

# Shruti S. Kinkel-Ram, Ph.D.

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## EDUCATION & TRAINING

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

## AWARDS & RECOGNITIONS

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2026	<b>Cardiovascular Behavioral Medicine T32 Training Program Pilot Funding</b> (\$1000)
2025	<b>Sleep and Circadian Workshop on Indispensable Methods (SWIM) Travel Scholarship</b> (\$250)
2024	<b>Diversity Research Award</b> , ABCT Eating Disorder and Eating Behaviors SIG (\$200)
2024	<b>National Register Internship Travel Scholarship</b> , American Psychological Foundation (\$1000)
2024	<b>Capretta Award</b> , Miami University (\$1000)
2024	<b>Diversity Travel Award</b> , Midwestern Psychological Association (\$200)
2023	<b>Student Travel Award</b> , ABCT Military and Veteran SIG (\$300)
2023	<b>Young Investigator Award, Honorable Mention</b> , Academy of Eating Disorders Assessment and Diagnosis SIG
2022	<b>Graduate Student Achievement Award</b> , Miami University (\$350)
2021	<b>Letter of Commendation</b> , Miami University Psychology Department
2017	<b>Psychology Prize</b> , Centre College (\$250)

2016 **Parents' Fund Summer Internship Funding**, Centre College (\$350)

## **RESEARCH SUPPORT**

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### **Current 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

### **Pending Support:**

- 2026 – 2028 **National Heart, Lung, and Blood Institute**  
 F32HL1890801  
Project: Cardiovascular Behavioral Medicine Research Training  
Role: Principal Investigator  
Amount Requested: \$152,336

### **Prior Support:**

- 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 ( $n = 33$ ; first-authored $n = 8$ )**

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

34. Pacella, K. C., Bottera, A. R., Averyt, J., Bedard, S. P., De Young, K., Lighvan, R. F., Irish, L. A., Johnson, N. K., **Kinkel-Ram, S. S.**, Klaver, E., Lampe, E., & Olsen, J. (in press) Eat, sleep - how and when to treat: A guide for leveraging behavioral sleep medicine for co-occurring insomnia in eating disorder treatment. *Eating Disorders: The Journal of Treatment & Prevention*.
33. Goel, N., Wang, P., Singh, S., **Kinkel-Ram, S. S.**, Negi, S., Yu, K., Wong, V., Johnson-Munguia, S., & Craddock, N. (2026). Rethinking the “Asian” Identity in Eating Disorders Research: A Call to Action. *Eating Disorders: Journal of Treatment and Prevention*. <https://doi.org/10.1080/10640266.2026.2669113>
32. Lusich, R., Billman-Miller, M. G., **Kinkel-Ram, S. S.**, Hanss, K., Gorrell, S., Smith, A., Brown, T. (2026). 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*. <https://doi.org/10.1016/j.bodyim.2026.102071>
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. 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>
29. 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>
28. Frietchen, R. E., **Kinkel-Ram, S. S.**, Stanley, T., Billman Miller, M., Bodell, L., & Smith, A. R. (2025) 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*. <https://doi.org/10.1080/10640266.2025.2520573>
27. **Kinkel-Ram, S. S.**, Grunewald, W., Tubman, L. C. S. D., Esche, M. 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>
26. 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>
25. 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*, 51, 101786. <https://doi.org/10.1016/j.bodyim.2024.101786>
24. Smith, A. R., Forrest, L. N., **Kinkel-Ram, S. 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>

23. 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>
22. 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>
21. 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>
20. 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>
19. 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>
18. 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>
17. **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>
16. **Kinkel-Ram, S. S.**, Williams, B. M., Ortiz, S. N., Forrest, L. N., Magee, J., Levinson, C. A., & Smith, A.R. (2022). Testing intrusive thoughts as illness pathways between eating disorders and obsessive-compulsive disorder symptoms: A network analysis. *Eating Disorders: The Journal of Treatment & Prevention*, 30, 647-669. <https://doi.org/10.1080/10640266.2021.1993705>
15. **Kinkel-Ram, S. S.**, Grunewald, W., Ortiz, S. N., Magee, J., & Smith, A.R. (2022). Examining weekly relationships between eating disorder and obsessive-compulsive symptoms. *Journal of Affective Disorders*. <https://doi.org/10.1016/j.jad.2021.10.105>
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*, 12, 237. <https://doi.org/10.3390/brainsci12020237>
13. 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>

12. 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, 237-248. <https://doi.org/10.1016/j.bodyim.2022.01.001>
11. **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>
10. **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>
9. **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*, 41. <https://doi.org/10.1016/j.eatbeh.2021.101499>
8. 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*, 283, 302-309. <https://doi.org/10.1016/j.jad.2021.01.083>
7. 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*, 295, 446-452. <https://doi.org/10.1016/j.jad.2021.08.049>
6. 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*, 52, 1145-1157. <https://doi.org/10.1016/j.beth.2021.02.001>
5. 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*, 53, 834-851. <https://doi.org/10.1002/eat.23247>
4. 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*, 276, 585-591. <https://doi.org/10.1016/j.jad.2020.07.075>
3. 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*, 52, 1176-1180. <https://doi.org/10.1002/eat.23120>
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. 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. <https://doi.org/10.1016/j.eatbeh.2019.05.001>

## MANUSCRIPTS UNDER REVIEW

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1. **Kinkel-Ram, S. S.**, Thoma, B., Roberts, S., Choukas-Bradley, S., Puhl, R., & Watson, R. (under review) An Intersectional Examination of Weight and Gender Identity-Based Minority Stress on Depression Symptoms among Gender Minority Youth. *Journal of Consulting and Clinical Psychology*.
2. 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*.
3. Smith, A. R., Forrest, L. N., Harris, L. M., **Kinkel-Ram, S. S.**, Grunewald, G., & Levinson, C. A. (invited revision). 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

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- Kinkel-Ram, S. S.** & Levine, M. (in preparation) Weight Bias Internalization and Disordered Eating Outcomes Across Stages of Pregnancy and Postpartum.
- Kinkel-Ram, S. S.**, Kolko Conlon, R. P., Zhang, Z., Goldschmidt, A. B., Chapa, D. A. N., & Hasler, B. P. (in preparation) Fasting Interval Duration in Adolescents is Associated with Biological Circadian Phase but Not Sleep Timing.

## INVITED TALKS & PRESENTATIONS

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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* = 30; first-authored *n* = 19)

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\*Indicates mentored trainee co-author

30. Averyt, J.C., Bedard, S.P., Bottera, A. R., De Young, K.P., Feizi Lighvan, R., Irish, L.A., Johnson, N.K., **Kinkel-Ram, S.**, Klaver, E., Lampe, E.W., Olsen, J., Pacella, K.A.C. (2026, April). A Roadmap for Treating Insomnia in Eating Disorder Care. [Paper presentation]. Pacific Northwest Sleep and Circadian Network, Portland, OR, United States.
29. **Kinkel-Ram, S. S.**, Brown, T., Brochu, P., Duvall, A., Elbe, C., & Soulliard, Z. (November 2025). *Dismantling Fatphobia: A Roundtable on Integrating Fat Liberation in CBT Interventions for Eating Disorders*. [Clinical round table]. Association of Behavior and Cognitive Therapies Conference, New Orleans, LA.
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*. [DBT & Suicide, Epidemiology & Public Health, and Weight Stigma & Social Justice SIGs'-sponsored panel]. International Conference on Eating Disorders, San Antonio, TX.
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*. [Body Image SIG and Weight Stigma & Social Justice SIGs'-sponsored panel]. International Conference on Eating Disorders, San Antonio, TX.
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*. [Paper presentation]. Eating Disorder and Eating Behaviors Special Interest Group Meeting, Association of Behavioral and Cognitive Therapies Conference, 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 paper presentation]. Association of Behavior and Cognitive Therapies Conference, Philadelphia, PA.
24. 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 presentation]. Association for Behavioral and Cognitive Therapies Conference, Philadelphia, PA.
23. 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 presentation]. Appearance Matters Conference, Bristol, England.
22. **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*. [Weight Stigma & Social Justice SIG-sponsored panel]. International Conference on Eating Disorders, New York, NY.
21. **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 paper presentation]. Association for Behavioral and Cognitive Therapies Conference, Seattle, WA.

20. **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 paper presentation]. Association for Behavioral and Cognitive Therapies Conference, Seattle, WA.
19. **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 paper presentation]. Association for Behavioral and Cognitive Therapies Conference, Seattle, WA.
18. Soulliard, Z. A., Layland, E. K., Hatch, N., Pickering, E., Eisenstadt, B., Chiamonte, D., Behari, K., **Freeman, M., Kinkel-Ram, S. S.,** Harkness, A., & Pachankis, J. E. (Nov. 2023). 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 presentation]. Association for Behavioral and Cognitive Therapies Conference, Seattle, WA.
17. **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*. [Assessment and Body Image SIGs'-sponsored panel]. International Conference on Eating Disorders, Washington, DC.
16. **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 presentation]. International Conference on Eating Disorders, Washington, DC.
15. **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 paper presentation]. Association for Behavioral and Cognitive Therapies Conference, New York, NY.
14. 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 paper presentation]. Association for Behavioral and Cognitive Therapies Conference, New York, NY.
13. 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 paper presentation]. Association for Behavioral and Cognitive Therapies Conference, New York, NY.
12. **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 presentation]. International Conference on Eating Disorders, Virtual.

11. **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 presentation]. International Conference on Eating Disorders, Virtual.
10. **Kinkel-Ram, S. S.** & Smith, A. R. (April 2022) Eating Disorder and Agitation Symptoms among Military Members. [Paper presentation]. Midwestern Psychological Association Conference, Chicago, IL.
9. 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 paper presentation]. Association for Behavioral and Cognitive Therapies Conference, Virtual.
8. **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 presentation]. International Conference on Eating Disorders, Virtual.
7. **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 presentation]. Midwestern Psychological Association Conference, Virtual.
6. **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 presentation]. American Association of Suicidology Conference, Virtual.
5. **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 paper presentation]. Association for Behavioral and Cognitive Therapies Conference, Atlanta, GA.
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 presentation]. Eating Disorder Research Symposium, Chicago, IL.
3. Sala, M., **Ram, S. S.**, Vanzhula, I.A., & Levinson, C.A. (Mar. 2019). Mindfulness and eating disorder psychopathology: A meta-analysis. [Paper presentation]. International Conference on Eating Disorders, New York, NY.
2. 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 (chair), *Transdiagnostic processes in eating disorders: How shared mechanisms can inform treatment*. [Paper presentation]. Association for Behavioral and Cognitive Therapies Conference, Washington, D.C.
1. 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 presentation]. Association for Behavioral and Cognitive Therapies Conference, Washington, D.C.

## CONFERENCE POSTERS ( $n = 19$ ; first-authored $n = 11$ )

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\*Indicates mentored trainee co-author

19. **Kinkel-Ram, S. S.**, Kolko Conlon, R. P., Zhang, Z., Goldschmidt, A. B., Chapa, D. A. N., & Hasler, B. P. (Mar. 2026) Fasting Interval Duration and Timing among U.S. Adolescents and

- Associations with Multi-Method Sleep Parameters. [Poster presentation]. 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 presentation]. Eating Disorder and Eating Behaviors Special Interest Group Poster Exposition, Association of Behavior and Cognitive Therapies, Philadelphia, PA.
  17. 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 presentation]. Association for Behavioral and Cognitive Therapies Conference, Philadelphia, USA.
  16. **Kinkel-Ram, S. S.**, Grunewald, W., & Smith, A. (Sept. 2023) Using Network Analysis to Examine Eating Disorder Symptoms Among the Military. [Poster presentation]. 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 presentation]. 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 presentation]. Association for Behavioral and Cognitive Therapies Conference, Virtual.
  13. 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 presentation]. Association for Behavioral and Cognitive Therapies Conference, Virtual.
  12. 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 presentation]. Eating Disorder Research Symposium, Virtual.
  11. 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 presentation]. International Conference on Eating Disorders, Virtual.
  10. \*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 presentation]. Midwestern Psychological Association, Virtual.
  9. \*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 presentation]. Midwestern Psychological Association, Virtual.
  8. **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 presentation]. Obesity and Eating Disorders Special Interest Group (OED-SIG), Association for Behavioral and Cognitive Therapies, Virtual.
  7. **Kinkel-Ram, S. S.**, Perkins, N., & Smith, A. R. (Nov. 2020). Implicit Attitudes toward Eating Disorder Stimuli and Disordered Eating Symptoms. [Poster presentation]. Association for Behavioral and Cognitive Therapies, Virtual.
  6. 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 presentation]. Association for Behavioral and Cognitive Therapies, Virtual.
  5. **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 presentation]. Eating Disorder Research Symposium, Virtual.
4. **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 presentation]. Association for Behavioral and Cognitive Therapies, Atlanta, GA.
  3. **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 presentation]. Obesity and Eating Disorders Special Interest Group (OED-SIG), Association for Behavioral and Cognitive Therapies, Washington, DC.
  2. Reid, M., Green, S., **Ram, S. S.**, Breitenbach, E. & Wertz, J. (Apr. 2018). Effect of expressive writing and positive psychology on body image. [Poster presentation]. Midwestern Psychological Association, Chicago, IL.
  1. **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 presentation]. Centre College Research, Internships, and Creative Endeavors (RICE) Symposium, Danville, KY.

## EDITORIAL EXPERIENCE

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|----------------|--|
| 2025 – Present | <b>Editorial Board, <i>Eating Behaviors</i></b>  |
| 2025 – Present | <b>Early Career Editorial Board, <i>Body Image</i></b>   |
| 2021 – Present | <b>Reviewer for:</b> 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

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|----------------|---|
| 2025 – Present | <b>Perinatal Health and Behaviors (PHAB) Lab</b><br>Role: Postdoctoral Scholar<br>PI: Michele Levine, Ph.D.<br>University of Pittsburgh School of Medicine, Pittsburgh, PA                                |
| 2025 – Present | <b>Behavioral Investigations of Children's and Teens' Eating (BITE) Lab</b><br>Role: Postdoctoral Scholar<br>PI: Andrea Goldschmidt, Ph.D.<br>University of Pittsburgh School of Medicine, Pittsburgh, PA |
| 2021 – 2025    | <b>Hunger Stigma and Health (HuSH) Lab</b><br>Role: Doctoral Student<br>PI: Jeffrey Hunger, Ph.D.<br>Miami University, Miami, OH  |
| 2019 – 2025    | <b>Research on Eating Disorders and Suicidality (REDS) Lab</b><br>Role: Doctoral Student<br>PI: April Smith, Ph.D.<br>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**

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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**

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### **Guest Lectures**

Fall 2025      **PSY 385, Cultural Psychology**, Centre College  
Course Instructor: Jennifer Goetz, Ph.D.

Spring 2024	<b>PSY 294, Writing and Research Methods in Psychology</b> , Miami University Course Instructor: Wylie Brace, Ph.D.
Fall 2023	<b>PSY 410, Stigma and Its Consequences</b> , Miami University Course Instructor: Jeffrey Hunger, Ph.D.
Spring 2022	<b>PSY 647, Psychological Assessment II</b> , Miami University Course Instructor: Vaishali Raval, Ph.D.
Fall 2020	<b>PSY 242, Abnormal Psychology</b> , Miami University Course Instructor: Elise Clerkin, Ph.D.
Spring 2020	<b>PSY 242, Abnormal Psychology</b> , Miami University Course Instructor: Joseph Morrissey, Ph.D.

### **Teaching Assistantships**

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

### **Other Teaching Opportunities**

2019 – 2025	<b>Certificate in College Teaching</b> , Miami University
2024 – 2025	<b>Teaching Interest Support Group Member</b> , Miami University

## **MENTORING AND ADVISING**

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

## **PROFESSIONAL SERVICE**

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### **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**

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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  
Psi Chi Honor Society  
Society of Behavioral Medicine  
Society for Biopsychosocial Science and Medicine  
Sleep Research Society Foundation