

CURRICULUM VITA

Grant Benham, Ph.D.

Department of Psychological Science
The University of Texas Rio Grande Valley
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CURRENT APPOINTMENT

Professor (Sep 2015 – Present), Department of Psychological Science, University of Texas Rio Grande Valley.

EDUCATION

Aug 1995 - Dec 2000

Ph.D., Experimental Psychology, University of Tennessee, Knoxville. Dissertation title: "*Secretory immunoglobulin A and heart rate reactions to mental arithmetic and hypnotic suggestions*".

Sep 1987 - Jun 1990

B.Sc. (Hons), Psychology, The University of Plymouth, Plymouth, England. Honors research title: "*Recognition accuracy of emotions expressed by the face*".

PROFESSIONAL ACADEMIC EXPERIENCE

Sep 2013 – Aug 2015

Professor, Department of Psychology, University of Texas – Pan American.

Sep 2007 – Aug 2013

Associate Professor, Department of Psychology, University of Texas – Pan American.

Sept 2002 – Aug 2007

Assistant Professor, Department of Psychology and Anthropology, University of Texas – Pan American.

Sept 2010 – May 2011

Interim Assistant Dean, Social and Behavioral Sciences College, University of Texas – Pan American.

Jan 1997 – July 2002

Managing Editor, the International Journal of Clinical and Experimental Hypnosis. Managed publication process, coordinated staff, corresponded with authors and publishers, and oversaw marketing.

Jan 2002 – May 2002 **Adjunct Professor, Behavioral Sciences Department, Tennessee Wesleyan College.** Courses taught: *Physiological Psychology* and *Social Research Methods*.

Sep 1996 – June 1998 **Full teaching responsibility** for various upper and lower division psychology classes at the University of Tennessee, Knoxville.

TEACHING

Courses Taught:

- Introductory (General) Psychology
- Research Design (Graduate)
- Research Methods (Undergraduate)
- Advanced Research Seminar
- Internship (Undergraduate)
- Mind-Body Interactions
- Health Psychology
- Statistics
- Developmental Psychology: Lifespan
- Physiological Psychology
- Stress Management

Selection of Teaching Workshops Attended:

- Four day “*Cooperative Learning*” workshop
- APS Teaching Conference
- “*How to Foster Deep Learning among your Students*” workshop by Dr. Ken Bain.
- Four day “*Advanced Cooperative Learning*” workshop
- “*Active Learning in the Classroom*” workshop by Dr. Stuart Ross.
- Completion of 60+ hr online training: “*BlackBoard Digital Skills*” and “*BlackBoard Learn*” workshops through COLTT at UTPA.
- Semester-long series of workshops: Integrating Undergraduate Research Into the Curriculum (2014-2015).

SCHOLARLY SUBMISSIONS, PUBLICATIONS, AND PRESENTATIONS

In Preparation:

Benham, G. *Acute changes in trans-epidermal water loss (TEWL) following a tape-stripping procedure.* Manuscript in preparation.

Gonzalez, S. J. & **Benham, G.** *Premenstrual experiences: the simultaneous examination of the association of self-perceived stress, college-related stress, and sleep quality.* Manuscript in preparation.

Esparza, C., Welbourne, J., & **Benham, G.** *Religious coping mediates the effect of workplace stress on job satisfaction.* Manuscript in preparation.

Benham, G., Croyle, K., & Ernst, F. A. *Asking sensitive questions: A comparison of paper-and-pencil methods vs. electronic response pads.* Manuscript in preparation.

Benham, G. *Fake hand illusion: Size is not important.* Manuscript in preparation.

Submissions:

Benham, G., Ghaddar, S. F., Talavera-Garza, L. *Short sleep duration is associated with obesity in Hispanic manufacturing workers.* Manuscript submitted for publication.

Benham, G. *The association between body mass index and sleep in a predominantly Hispanic college population.* Manuscript submitted for publication.

Publications:

Briones, E. & **Benham, G.** (in press). An examination of the equivalency of self-report measures obtained from crowdsourced versus undergraduate student samples. *Behavior Research Methods*.

Dixon, E., **Benham, G.**, Sturgeon, J. A., Mackey, S., Johnson, K. A., & Younger, J. (in press). Development of the Sensory Hypersensitivity Scale (SHS): A self-report tool for assessing sensitivity to sensory stimuli. *Journal of Behavioral Medicine*.

Benham, G. (2015). Skin barrier recovery is not associated with self-perceived stress. *Stress and Health*. Advance online publication. doi: 10.1002/smi.2640

Benham, G. (2010). Sleep: An important factor in stress-health models. *Stress and Health*, 26, 204-214.

Benham, G., Nash, M. R., & Baldwin, D. (2009). A comparison of changes in secretory immunoglobulin A following a stress-inducing and a stress-reducing task. *Stress and Health*, 25, 81-90.

Benham, G. & Younger, J. (2008). Hypnosis and mind-body interactions. In M. R. Nash & A. J. Barnier, *The Oxford Handbook of Hypnosis: Theory, Research, and Practice* (pp. 393-438). New York, NY, Oxford University Press.

Bowen, J. E., Maville, J., & **Benham, G.** (2008). Effect of healing touch on stress perception and biological correlates. *Holistic Nursing Practice*, 22, 103-110.

Benham, G. (2007). The shape of stress: The use of frequent sampling to measure temporal variation in S-IgA levels during acute stress. *Stress and Health*, 23, 295-301.

Benham, G. & Nash, M. R. (2007). Ask the brains: Hypnosis. *Scientific American Mind*, 18 (3), 86.

Benham, G., Huerta, A., & Salazar, S. (2006). Illicit prescription stimulant use among college students living near the U.S. - Mexico Border. *Hispanic Health Care International*, 4 (4), 195-202.

Benham, G., Woody, E., Wilson, S. K. & Nash, M. R. (2006). Expect the unexpected: Ability, attitude, and responsiveness to hypnosis. *Journal of Personality and Social Psychology*, 91 (2), 342-350.

Benham, G. (2006). The Highly Sensitive Person: Stress and physical symptom reports. *Personality and Individual Differences*, 40 (7), 1433-1440.

Nash, M. R. & **Benham, G.** (2005). The truth and the hype of hypnosis. *Scientific American Mind*, 16 (2), 46-53.

Benham, G., & Nash, M. R. (2004). Hypnosis. In B. S. Oken (Ed.), *Complementary and Alternative Medicine in Neurology: An Evidence-based Approach to Clinical Practice* (pp. 169-188). New York, NY. Taylor and Francis.

Benham, G. (2003). International Journal of Clinical & Experimental Hypnosis: Editorial. *International Journal of Clinical and Experimental Hypnosis*, 51, 95-96.

Benham, G., Smith, N., & Nash, M. R. (2002). Hypnotic susceptibility scales: Are the mean scores increasing? *International Journal of Clinical and Experimental Hypnosis*, 50, 5-16.

Benham, G., Bowers, S., Nash, M. R., & Muenchen, R. (1998). Self-fulfilling prophecy and hypnotic responding are not the same thing. *Journal of Personality and Social Psychology*, 75 (6) 1604-1613.

Benham, G., Rasey, H., Lubar, J. F., Frederick, J., & Zoffuto, C. A. (1997). EEG power spectral and coherence differences between attentional states during a complex auditory task, *Journal of Neurotherapy*, 2 (3) 1-9.

Presentations:

* indicates research conducted with students

- * Arredondo, M. L. Leon, M. I., & **Benham, G.** (2016, April). *Pre-sleep technology use in bed is associated with greater insomnia*. Poster presented at the meeting of the Southwestern Psychological Association, Dallas, TX.
- * Leon, M. I., Arredondo, M. L., & **Benham, G.** (2016, April). *Facebook addiction is associated with insomnia and poor sleep quality*. Poster presented at the meeting of the Southwestern Psychological Association, Dallas, TX.

* Dixon, E., **Benham, G.**, Sturgeon, J., Johnson, K., Makey, S., & Younger, J. (2015, May). *Development of the Sensory Hypersensitivity Scale (SHS): a self-report tool for assessing sensitivity to sensory stimuli*. Poster presented at the meeting of the American Pain Society, Palm Springs, CA.

Benham, G. (2015, April). *Insufficient sleep amongst college students*. Poster presented at the meeting of the Southwestern Psychological Association, Wichita, KS.

Benham, G. (2015, April). Preparing for the graduate school interview. In E. Zucker (Chair), *Getting your foot in the graduate school door*. Symposium conducted at the meeting of the Southwestern Psychological Association, Wichita, KS.

* **Benham, G.**, Melo, M. (2014, April). *Taking stress to bed: Stress predicts pre-sleep cognitive and physical arousal*. Poster presented at the meeting of the Southwestern Psychological Association, San Antonio, TX.

* Garza, N.E., Melo, M., Enriquez, F.A., & **Benham, G.** (2014, April). *Anxiety as a predictor of pre-sleep cognitive arousal and insomnia*. Poster presented at the meeting of the Southwestern Psychological Association, San Antonio, TX.

* Enriquez, F.A., Garza, N.E., Melo, M., & **Benham, G.** (2014, April). *Holding in anger: Do students who control their aggression sleep better?* Poster presented at the meeting of the Southwestern Psychological Association, San Antonio, TX.

* **Benham, G.**, Melo, M., & Garza, N.E. (2014, April). *Pre-sleep cognitions: Bedtime worry and rumination as predictors of insomnia*. Poster presented at the meeting of the Southwestern Psychological Association, San Antonio, TX.

* Gonzales, A., & **Benham, G.** (2014, April). *Sleep locus of control associated with better sleep quality, particularly in insomniacs*. Poster presented at the meeting of the Southwestern Psychological Association, San Antonio, TX.

* **Benham, G.**, Fausey, A. & Melo, M. (2014, April). *Women sleep as soundly as men, but are more stressed and ill*. Poster presented at the meeting of the Southwestern Psychological Association, San Antonio, TX.

* Gonzales, A., & **Benham, G.** (2014, April). *Differences in sleep locus of control between those with and without insomnia*. Poster presented at the meeting of the Southwestern Psychological Association, San Antonio, TX.

* **Benham, G.**, Enriquez, F.A., Villegas, G., Gutierrez, A., Arevalo, I.E., Gonzalez, E. & Barrios, L. (2013, May). *Examining Catharsis: Cardiovascular Effects of Emotion Suppression during a Tearjerker Movie*. Poster presented at the meeting of the Association for Psychological Science, Washington, D.C.

* Arevalo, I.E. & **Benham, G.** (2013, May). *Technostress: Pre-sleep technology use is associated with higher psychological stress*. Poster presented at the meeting of the Association for Psychological Science, Washington, D.C.

- * **Benham, G.** (2013, April). *Navigating the IRB maze: Ethical and practical issues in human subjects protection*. Invited paper presented at the meeting of the Southwestern Psychological Association, Dallas, TX.
- * **Benham, G.**, Arevalo, I.E., & Popan, J. (2013, April). *Bedtime thoughts: Worry and rumination mediate the association between stress and sleep*. Poster presented at the meeting of the Southwestern Psychological Association, Dallas, TX.
- * **Benham, G.** & Arevalo, I. E. (2013, April). *The impact of pre-sleep technology use on insomnia*. Poster presented at the meeting of the Southwestern Psychological Association, Dallas, TX.
- * Arevalo, I.E., Stegall, S., Rodriguez, J.M. & **Benham, G.** (2012, May). *Family intrusiveness and health locus of control fail to predict exercise activity in Hispanic college students*. Poster presented at the meeting of the Association for Psychological Science, Chicago, IL.
- * Gutierrez, H., Duran, R. III., & **Benham, G.** (2012, May). *Chronotype as a predictor of salivary cortisol levels in college students*. Poster presented at the meeting of the Association for Psychological Science, Chicago, IL.
- * Stegall, S., Arevalo, I.E., & **Benham, G.** (2012, May). *The Shape of Stress: Differing autonomic patterns of response to an acute stress task*. Poster presented at the meeting of the Association for Psychological Science, Chicago, IL.
- * Huerta, J.J., Winkel, M. & **Benham, G.** (2012, April). *Assessing the functions of internet use in a sample of Hispanic college students*. Poster presented at the meeting of the International Association of Social Sciences and Behavioral Research, Atlantic City, NJ.
- * **Benham, G.** & Gutierrez, H. (2012, April). *Crying frequency predicts stress and physical health after controlling for negative affect*. Poster presented at the meeting of the Southwestern Psychological Association, Oklahoma City, OK.
- * **Benham, G.**, Duran, R. III, Arevalo, I.E., & Stegall, S. (2012, April). *Sequelae of childhood sexual abuse in Hispanic college students*. Poster presented at the meeting of the Southwestern Psychological Association, Oklahoma City, OK.
- * **Benham, G.**, Stegall, S., Arevalo, I.E., & Duran, R. III. (2012, April). *Stress, personality, and health: the disadvantage of being a Highly Sensitive Person*. Poster presented at the meeting of the Southwestern Psychological Association, Oklahoma City, OK.
- * **Benham, G.**, Arevalo, I.E., Stegall, S., & Duran, R. III. (2012, April). *Social support from friends and family in male and female Hispanic undergraduates*. Poster presented at the meeting of the Southwestern Psychological Association, Oklahoma City, OK.
- * Ghaddar, S. F., **Benham, G.** Chopra, P., Talavera-Garza, L., Valerio, M. A. (2011, November). *Obesity and sleep duration among Latino manufacturing workers*. Poster presented at the meeting of the American Public Health Association, Washington, DC.

- * Benham, C. F., Rodriguez, J. & **Benham, G.** (2011, April). *Online social networking as a predictor of social capital and university satisfaction*. Poster presented at the meeting of the Southwestern Psychological Association, San Antonio, TX.
 - * **Benham, G.**, Benham, C. F., & Rodriguez, J. (2011, April). *Extraversion moderates sophomore slump in university satisfaction*. Poster presented at the meeting of the Southwestern Psychological Association, San Antonio, TX.
 - * Lopez, S., Adame, L., Gonzalez, S., Rodriguez, V. & **Benham, G.** (2011, April). *Loneliness as a predictor of stress, sleep, and health*. Poster presented at the meeting of the Southwestern Psychological Association, San Antonio, TX.
 - * **Benham, G.**, Gonzalez, S., Rodriguez, V., Adame, L., & Lopez, S. (2011, April). *Stress and sleep predict self-rated health after controlling for negative affect*. Poster presented at the meeting of the Southwestern Psychological Association, San Antonio, TX.
 - * Rodriguez, V. & **Benham, G.** (2011, April). *The impact of US-Mexico border violence on psychological stress and physical health*. Paper presented at the meeting of the Southwestern Psychological Association, San Antonio, TX.
 - * **Benham, G.**, Tijerina, S., Fernandez, A., Jimenez, S., & Garza, A. (2010, May). *Sleep quality, not psychological stress, predicts secretory immunoglobulin A levels in males*. Poster presented at the meeting of the Association for Psychological Science, Boston, MA.
 - * Jimenez, S., Fernandez, A., & **Benham, G.** (2010, May). *Non-expression of emotions: Sex differences and association with illness symptoms*. Poster presented at the meeting of the Association for Psychological Science, Boston, MA.
 - * Fernandez, A., Jimenez, S., & **Benham, G.** (2010, May). *Sleep: An important consideration in stress-health relationships*. Poster presented at the meeting of the Association for Psychological Science, Boston, MA.
- Benham, G.** (2010, May). *Word Clouds Project*. Research presented at the UTPA Social Justice and Peace Conference, Edinburg, TX.
- Benham, G.**, Croyle, K., & Ernst, F. (2009, November). *Ethical implications of asking sensitive questions*. Poster presented at the meeting of Public Responsibility in Medicine and Research (PRIM&R), Nashville, TN.
- * **Benham, G.**, Tijerina, S., Cantu, M. Y., Rios, C., & Gonzalez, I. (2009, May). *Sleep quantity, not self-perceived stress, is associated with baseline secretory immunoglobulin A levels in males*. Poster presented at the meeting of the Association for Psychological Science, San Francisco, CA.
 - * **Benham, G.**, Cantu, M. Y., Rios, C., & Gonzalez, I. (2009, April). *The relationship between daytime sleepiness, psychological stress, and physical health*. Poster presented at the meeting of the Southwestern Psychological Association, San Antonio, TX.

- * Gonzalez, I., Cantu, M. Y., Rios, C., **Benham, G.**, & Ernst, F. (2009, April). *Association between manifest hostility, psychological stress, and physical health in a Hispanic sample*. Poster presented at the meeting of the Southwestern Psychological Association, San Antonio, TX.
- * Gutierrez, C. & Perez, N. M. [faculty advisor: **Benham, G.**] (2009, April). *Body Mass Index, Self-Esteem, and Relationship Satisfaction Among Hispanic College Students*. Psi Chi paper presented at the meeting of the Southwestern Psychological Association, San Antonio, TX.
- * Perez, N. M. & Gutierrez, C. [faculty advisor: **Benham, G.**] (2009, April). *Weight Levels, Body Image and Self-Esteem in Mexican American College Students*. Psi Chi poster presented at the meeting of the Southwestern Psychological Association, San Antonio, TX. *Awarded Psi Chi Regional Research Award*.
- * Gutierrez, J., Arteaga, C., **Benham, G.**, Croyle, K., & Ernst, F. (2008, April). *Histories of childhood sexual abuse in Hispanic college students*. Poster presented at the meeting of the Western Psychological Association, Irvine, CA.
- * Arteaga, C., Izaguirre, M. **Benham, G.**, Croyle, K., & Ernst, F. (2008, April). *Excessive weight in Hispanic females with childhood sexual abuse histories*. Poster presented at the meeting of the Western Psychological Association, Irvine, CA.

Benham, G. (2008, February). *Asking Sensitive Questions: Scantrons vs. Electronic Response Pads*. Paper presented at the College of Social and Behavioral Sciences Research and Teaching Conference, Edinburg, TX.

Benham, G. (2008, February). *Human Subjects Research: Tips for a Successful IRB Submission*. Paper presented at the College of Social and Behavioral Sciences Research and Teaching Conference, Edinburg, TX.

Benham, G. (2007, September). *The long shadow of Stanley Milgram: Misperceived risks vs. legitimate concern in social-behavioral research*. Invited paper presented at Meharry Medical College Conference on Evidence Based Research Ethics, Nashville, TN.

Maville, J. A., Bowen, J. E., & **Benham, G.** (2007, June). *The Effect of Healing Touch on Stress Perception and Biological Correlates of Stress in University Students*. Poster presented at the meeting of the American Holistic Nursing Association, Tahoe City, CA.

Benham, G. (2007, May). *Skin healing is related to the amount that we sleep, not how stressed we feel*. Poster presented at the meeting of the Association for Psychological Science, Washington, DC.

Benham, G. (2007, May). *A personal account of the usefulness of wireless student response pads*. Poster presented at the meeting of the Association for Psychological Science, Washington, DC.

- * Gutierrez, C., Perez, N. M., & **Benham, G.** (2007, May). *Body Dissatisfaction and Its Effect on Romantic Relationships*. Poster presented at the meeting of the Association for Psychological Science, Washington, DC.

* Perez, N. M., Gutierrez, C., & **Benham, G.** (2007, May). *Romantic Relationship Satisfaction and Self-Other Agreement in Interpersonal Perception*. Poster presented at the meeting of the Association for Psychological Science, Washington, DC.

Benham, G. (2007, February). *The shape of stress: Changes in salivary immune proteins following acute psychological stress*. Paper presented at the College of Social and Behavioral Sciences Research and Teaching Conference, Edinburg, TX.

Benham, G. (2007, February). *Skin healing is related to the amount that we sleep, not how stressed we feel*. Paper presented at the College of Social and Behavioral Sciences Research and Teaching Conference, Edinburg, TX.

Benham, G. (2007, February). *A personal account of the usefulness of wireless student response pads*. Paper presented at the College of Social and Behavioral Sciences Research and Teaching Conference, Edinburg, TX.

Benham, G. (2006, April). *Fake Hand Illusion: Size is not important*. Poster presented at the meeting of the Southwestern Psychological Association, Austin, TX.

Benham, G. & Younger, J. (2005, October). *Hypnosis and mind-body interactions*. Invited paper presented at the meeting of the Society for Clinical and Experimental Hypnosis, Charleston, SC.

Benham, G. & Eyambe, G. S. (2005, May). *The shape of stress: Pattern of acute stress induced changes in S-IgA*. Poster presented at the meeting of the American Psychological Society, Los Angeles, CA.

Benham, G., Woody, E. & Nash, M.R. (2004, November). *Hypnosis: Expect the unexpected*. Paper presented at the meeting of the Society for Clinical and Experimental Hypnosis, Santa Fe, NM.

Benham, G. (2004, April). *The Highly Sensitive Person: perceived stress, and physical health complaints*. Poster presented at the meeting of the Southwestern Psychological Association, San Antonio, TX.

Benham, G. (2004, April). *Self-predictions of hypnotic ability: sex differences, confidence ratings, and accuracy of predictions*. Poster presented at the meeting of the Southwestern Psychological Association, San Antonio, TX.

Benham, G. (2004, April). *The Sensory Sensitivity Scale: sex and population differences*. Poster presented at the meeting of the Southwestern Psychological Association, San Antonio, TX.

* Huerta, A. M., Salazar, S. A., Garibay, S. S., & **Benham, G.** (2004, April). *Drug use among college students by the Mexico border*. Poster presented at the meeting of the Southwestern Psychological Association, San Antonio, TX. *Awarded Psi Chi Regional Research Award.*

Benham, G., Tasso, A., Winkel, J., & Bland, R. (2002, November). *Sped up hypnosis administration: Ruling out the effects of experimenter-induced expectations*. Paper presented at the meeting of the Society for Clinical and Experimental Hypnosis, Boston, MA.

Benham, G., Tasso, A., & Winkel, J. (2001, November). *Temporal manipulation of HGSHS:A administration*. Paper presented at the meeting of the Society for Clinical and Experimental Hypnosis, San Antonio, TX.

Benham, G., Baldwin, D.R. & Nash, M.R. (2001, June). *Comparing the nature of stress-based immunomodulation and hypnosis based immunomodulation: A secretory immunoglobulin A study*. Paper presented at the meeting of the British Society of Experimental and Clinical Hypnosis, Ilkley Moor, United Kingdom.

Benham, G., Baldwin, D., and Nash, M. R. (2000, November). *Secretory immunoglobulin A and heart rate reactions to mental arithmetic and hypnotic suggestions*. Paper presented at the meeting of the Society for Clinical and Experimental Hypnosis, Seattle, WA.

Benham, G., Smith, N., and Nash, M. R. (1999, August). *Measures of hypnotic susceptibility: Are the mean scores increasing?* Paper presented at the meeting of the American Psychological Association, Division 30, Boston, MA.

Benham, G., Bowers, S., and Nash, M. R. (1997, November). *Self-fulfilling prophecy and hypnosis: Increasing expectations fails to impact hypnotic responsiveness*. Paper presented at the meeting of the Society for Clinical and Experimental Hypnosis, Washington DC.

Benham, G., Borckardt, J. and Nash, M. R. (1998, November). *The banishment of warts: Is knowledge and expectation of hypnotic efficacy sufficient?* Paper presented at the meeting of the Society for Clinical and Experimental Hypnosis, Chicago, IL.

Smith, N., **Benham, G.,** and Nash, M. R. (1998, November). *Mean scores on the Stanford, Form C: Are they "creeping" higher?* Paper presented at the meeting of the Society for Clinical and Experimental Hypnosis, Chicago, IL.

Benham, G., Smith, N., and Nash, M. R. (1998, June). *Mean scores on the Stanford, Form C: Are they "creeping" higher?* Paper presented at the meeting of the British Society of Experimental and Clinical Hypnosis, Birmingham, United Kingdom.

Benham, G., Rasey, H., Lubar, J. F., Frederick, J., and Zoffuto, C. A. (1997, March)
Poster Presentation: *EEG power spectral and coherence differences between attentional states during a complex auditory task*. Paper presented at the meeting of the Association for Applied Psychophysiology and Biofeedback, San Diego, CA.

Benham, G., Bowers, S., & Nash, M. R. (1996, November). *Replication and extension of the Wickless & Kirsch technique for enhancement of hypnotic susceptibility*. Paper presented at the meeting of the Society for Clinical and Experimental Hypnosis, Tampa, FL.

Lubar J.F., Rasey H.W., **Benham G.,** Zoffuto A.C., Wear K. (1996, March). *An evaluation of EEG coherence differences for engrossed versus nonengrossed attentional tasks*. Paper presented at the meeting of the Association for Applied Psychophysiology and Biofeedback, Albuquerque, NM.

GRANTS

12/14-8/14: Faculty Research Council grant (\$5,000.00) to support research titled “*Virtual forest project: examining the effectiveness of immersive 3D nature video for stress reduction*”. **Funded.**

12/14-8/14: Undergraduate Research Initiative grant (\$2,000.00) to support research titled “*Stress, sleep, and physical health within a rural Nicaraguan community*”. **Funded.**

9/14-12/14: Get in Gear (GIG) research manuscript writing grant (\$500.00) to support conference presentation travel. **Funded.**

8/13-8/14: Psi Chi Faculty Advisor Research Grant (\$2,000.00) to support research titled “*Cardiovascular effects of emotion suppression*”. **Funded.**

9/13-2/14: Co-PI (PI: Suad Ghaddar, Institution for Population Health Policy, UTPA). “*Planning to INSPIRE: Consortium & Infrastructure Development for BUILD Initiative*”. NIH/NIMHD P20 RM13001. \$150,000.00. Not funded.

10/12-8/13: Undergraduate Research Initiative grant (\$2,000.00) to support research titled “*Emotion suppression and health 2012*”. **Funded.**

6/09-5/10: Undergraduate Research Initiative grant (\$2,000.00) to support research titled “*The relationship of psychological and behavioral factors to physical health*”. **Funded.**

9/10-8/11: Collaborator (PI: Dr. Peter Elias, VA Medical Center, San Francisco, CA). “*Nature of Mammalian Cutaneous Permeability Barrier*”. NIH R01 AR019098. Total Direct Costs: \$365,468.00. Not Funded.

5/09-5/09: UTPA Social and Behavioral Sciences College Scholarly Writing Initiative Grant (\$2,000.00) to support two weeks of dedicated writing for research article publication. **Funded.**

12/08-8/09: Faculty Development Council grant (\$1,500.00) to support faculty development through training in qualitative research “*Border Issues Research Initiative – SBS faculty*”. **Funded.**

1/08-8/08: Undergraduate Research Initiative grant (\$2,000.00) to support research titled “*The impact of sleep quantity and sleep quality on skin-barrier recovery*”. **Funded.**

5/07-5/08: UTPA Faculty Research Council grant (\$4,000.00) to support research titled “*The impact of sleep quantity and sleep quality on skin-barrier recovery*”. **Funded.**

5/07-5/07: UTPA Social and Behavioral Sciences College Scholarly Writing Initiative Grant (\$2,000.00) to support two weeks of dedicated writing for research article publication. **Funded.**

11/06-8/07: UTPA College of Social and Behavioral Sciences GRANT program (\$2,995.00) to support project entitled “*The Classroom Performance System as a Tool for Anonymously Collecting Sensitive Data*”. **Funded.**

1/06-8/06: UTPA Social and Behavioral Sciences College Research Grant (\$1,500.00) to support research assistant salary and conference presentation travel costs. **Funded.**

5/05-5/06: National Center on Minority Health and Health Disparities (NIH) export grant through the Hispanic Health Research Center in Brownsville (\$21,500.00) to support a pilot study titled "*Psychological stress and skin-barrier recovery*". **Funded.**

6/04-12/04: National Institutes of Health Sponsored Research Infrastructure Program Grant (\$4,900.00) to support pilot study titled "*Pattern of acute stress induced changes in human S-IgA.*" **Funded.**

4/5/04: UTPA Faculty Development Program Grant (\$1,616.00). The award was used to attend teaching workshops and course related presentations at the American Psychological Society's annual conference in Chicago. **Funded.**

HONORS AND DISTINCTIONS

- Winner of the 2015 UTPA Excellence in Online Teaching Award.
- Winner of the 2015 UTPA College of Social and Behavioral Sciences Award for Mentoring.
- Research Fellow of The South Texas Border Health Disparities Center.
- Winner of the 2011 UTPA College of Social and Behavioral Sciences Award for Service.
- Winner of the 2010 UTPA Faculty Advisor Award (Psi Chi).
- 2007 SCEH Henry Guze Award for Best Research Paper: "*Expect the unexpected: Ability, attitude and responsiveness to hypnosis*".
- American Psychological Association: Div. 30 Early Career Achievement Award, 2005
- Participant in 2005 Professions Capacity Building Program sponsored by the Hispanic Association of Colleges and Universities (HACU) and Department of Health and Human Services (DHHS). June – September 2005.
- Elected Fellow of the Society for Clinical and Experimental Hypnosis, November 2004.
- Hilton A. Smith Graduate Fellowship recipient, 2000.
- APA Division 30 Nicholas P. Spanos Best Graduate Student Paper Award, 1999.
- University of Tennessee Science Alliance Award recipient, 1999.
- Milla Alihan Scholarship recipient, 1998 and 2000.
- Erika Fromm Scholarship recipient, 1996.

SERVICE

- Sept 2015 – Present** **Student Organization Faculty Advisor:** *Psi Chi* (International Honors Society in Psychology) and *Psychology Club, The University of Texas Rio Grande Valley.*
- Sept 2012 – Present** **Member, Southwestern Regional Psi Chi steering committee,** *Psi Chi international honors society in psychology.*
- Apr 2012 – Present** **Member, International Advisory Board,** *Psi Chi.*
- Sept 2014 – Aug 2015** **Member, Social and Behavioral Sciences College Council,** *The University of Texas - Pan American.*
- Sept 2014 – Aug 2015** **Member, UTPA Honors Council,** *The University of Texas - Pan American.*
- Sept 2014 – Jun 2015** **Member, Search Committee (Quantitative, Clinical, Cognitive, & Lecturer positions).** *Department of Psychology, The University of Texas - Pan American.*
- Sept 2012 – Aug 2015** **Member, Undergraduate Research Advisory Board,** *The University of Texas - Pan American.*
- Sept 2012 – Aug 2015** **Psychology Department Website Liaison,** *The University of Texas - Pan American.*
- Aug 2012 – Aug 2015** **Ex-Officio Member, Institutional Radiation and Biological Safety Committee,** *The University of Texas - Pan American.*
- Sep 2012 – June 2014** **Member, Institutional Review Board.** *The University of Texas - Pan American.*
- Sept 2012 – Apr 2013** **Member, Tobacco on Campus Taskforce,** *The University of Texas - Pan American.*
- Sept 2010 – Mar 2011** **Co-Organizer, 5th Annual College of Social and Behavioral Sciences Research and Teaching Conference,** *The University of Texas - Pan American.*
- Sept 2010 – June 2011** **Co-Editor, College of Social and Behavioral Sciences Newsletter,** *The University of Texas - Pan American.*
- Nov 2010** **Alumni Survey Taskforce Chair.** *College of Social and Behavioral Sciences, The University of Texas - Pan American.*
- Oct 2010** **Organizer and panel moderator for College of Social and Behavioral Sciences Career and Internship Symposium 2010.** *The University of Texas - Pan American.*

Sept 2002 – Aug 2015 **Student Organization Faculty Advisor:** *Psi Chi* (National Honors Society in Psychology) and *Psychology Club, The University of Texas - Pan American*.

Apr 2005 – Sep 2012 **Chair, Institutional Review Board.** *The University of Texas - Pan American*.

Dec 2006 – Jan 2012 **Co-Chair, Campus Wellness Taskforce.** *The University of Texas - Pan American*.

Apr 2010 – Dec 2011 **Member, Presidential Task Force on Faculty Performance & Workload.** *The University of Texas - Pan American*.

Jul 2010 – Apr 2011 **Chair, Search Committee (Assistant Professor in Quantitative Psychology position).** *Department of Psychology and Anthropology, The University of Texas - Pan American*.

Jul 2010 – Sept 2010 **Chair, Search Committee (Lecturer position).** *Department of Psychology and Anthropology, The University of Texas - Pan American*.

Sept 2003 – Aug 2014 **Institutional Review Board member.** *The University of Texas - Pan American*.

Feb 2008 – Apr 2009 **Member, UT System IRB Taskforce.**

Oct 2005 – Oct 2007 **Treasurer:** *The Society for Clinical and Experimental Hypnosis*.

Sept 2002 – Oct 2007 **Constitution and Bylaws Chair,** *The Society for Clinical and Experimental Hypnosis*.

Sept 2004 – Aug 2007 **Faculty Research Council member.** *The University of Texas - Pan American*.

Jan 2004 – Jan 2007 **Editor:** *SCEH Focus* (newsletter of *The Society for Clinical and Experimental Hypnosis*).

Sept 2004 – Apr 2005 **Dean Search Committee member.** *College of Social and Behavioral Sciences, The University of Texas - Pan American*.

Jun 2001 – Sept. 2002 **Action-Editor, 50th Anniversary Special Issue: Mesmer, Franklin, and the Royal Commission.** *The International Journal of Clinical and Experimental Hypnosis. October 2002*.

Jul 2001 – Sept. 2002 **Conference Co-Chair, Congress on the Brain and Hypnosis.** Sept 11th - 14th 2002, Gatlinburg, Tennessee.

Jun 2001 – Dec 2002	Editor, Special Issue: Hypnosis and the Brain, Part I. <i>The International Journal of Clinical and Experimental Hypnosis. Vol. 51 (2), April 2003.</i>
Jun 2001 – Feb 2002	Editor, Special Issue: Hypnosis and the Brain, Part II. <i>The International Journal of Clinical and Experimental Hypnosis. Vol. 51 (3), July 2003.</i>
Ad Hoc Reviewer for	American Journal of Psychological Research Annals of Behavioral Medicine Anxiety, Stress, and Coping Archives of Oral Biology Biological Psychology Psychosomatic Medicine Stress and Health The International Journal of Clinical and Experimental Hypnosis SouthWestern Psychological Association

Sample of guest presentations for university and community:

- ***“Lightening the load: strategies for stress relief”***: Wellness and Recreational Sports Complex Community Day, UTPA.
- ***“Managing Stress in the Workplace”***: National Hispanic Professionals Organization, RGV Chapter.
- ***“Waking up to Stress Management”***: Human Resources Department, UTPA.
- ***“The Institutional Review Board (IRB) & CITI Certification”***: The Undergraduate Research Academy, UTPA.
- ***“Publishing an Undergraduate Research Article”***: Psychology Club and Psi Chi student organizations.
- ***“Extreme Makeover: Faculty Edition”***: Panel member for student internship symposium, UTPA.
- ***“Tuskegee Study and Human Subjects Ethics”***: UTPA UPB Black History Month.
- ***“Stress (and how to reduce it)”***: Staff Development Day, UTPA.
- ***“First Day of Class in Psychology”***: Office of Admissions Open House event, UTPA.
- ***“Getting into Graduate School”***: Psychology Club and Psi Chi student organizations.
- ***“Protection of Human Subjects in Research”***: various departments.

Organization membership	Fellow of the Society for Clinical and Experimental Hypnosis Member of the Association for Psychological Science Member of the South Western Psychological Association
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REFERENCES

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