

CURRICULUM VITAE

NICOLE FOSSOS

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EDUCATION

- Ph.D.** **Clinical Psychology**
2008 – Present The University of Texas at Austin, Austin, TX
Graduate Advisor: Kim Fromme, Ph.D.
- B.S.**
2003 – 2005 **Psychology**
University of Washington, Seattle, WA
- A.A.**
2001 – 2003 **Business**
South Seattle Community College, Seattle, WA

RESEARCH EXPERIENCE

- 2008 – Present ***Graduate Research Assistant***
Studies on Alcohol, Health, and Risky Activities Laboratory
Department of Psychology
The University of Texas at Austin

Assisted in research related activities in the SAHARA Lab on a research study examining health and risk behaviors in the transition out of college.

Supervisor: Kim Fromme, Ph.D.
- 2007 – 2008 ***Research Scientist 2***
Center for the Study of Health and Risk Behaviors
Department of Psychiatry and Behavior Sciences
University of Washington

Managed and contributed to the development, implementation, and

dissemination of findings for three federally funded web-based research studies. Two projects are randomized clinical trials of social norms intervention programs targeting typical heavy drinking as well as event-specific drinking among college students. The third project is an ecological momentary assessment study that examines daily fluctuations in posttraumatic stress disorder (PTSD) symptomatology and alcohol use and cravings in a sample of college women who have experienced a sexual assault or childhood sexual abuse.

Supervisors: Clayton Neighbors, Ph.D. and Debra Kaysen, Ph.D.

2005 – 2007

Research Study Coordinator 2

Center for the Study of Health and Risk Behaviors
Department of Psychiatry and Behavior Sciences
University of Washington

Project management for four web-based college student drinking prevention/intervention studies. Three of the four projects are described above. The fourth project was an Alcohol and Drug Abuse Institute small grant award that examined a web-based intervention targeting 21st birthday drinking among college students.

Supervisors: Clayton Neighbors, Ph.D., Debra Kaysen, Ph.D., Christine Lee, Ph.D., and Mary Larimer, Ph.D.

2004 – 2005

Research Study Assistant

Center for the Study of Health and Risk Behaviors
University of Washington
Department of Psychiatry and Behavioral Sciences

Assisted in research activities with emphasis on the study of alcohol and PTSD. Primary responsibility as a research assistant was working on a study examining the course of PTSD symptoms and substance use among a community sample of women who had recently experienced a sexual or physical assault.

Supervisors: Debra Kaysen, Ph.D. and Mary Larimer, Ph.D.

2004 – 2005

Research Study Assistant

Center for Anxiety & Traumatic Stress
University of Washington
Department of Psychology

Research assistant in the UW Center for Anxiety and Traumatic Stress on a research study exploring autobiographical memory and

emotion regulation in a community sample of women with PTSD.
Supervisors: Sally Moore, M.S. and Lori Zoellner, Ph.D.

CLINICAL TRAINING AND EXPERIENCE

- 2006, 2007 ***Brief Alcohol Screening and Intervention for College Students (BASICS)***
University of Washington
Completed two one-day trainings for delivery of the BASICS program including training on the delivery of Motivational Interviewing.
Trainer: Jason Kilmer, Ph.D.
- 2004 – 2006 ***Psychological Assessment Proctor***
Personnel Consultation and Selection, PLLC
Lynnwood Office
Proctored psychological assessment testing for applicants to public safety agencies.
Supervisors: James Tracy, Ph.D. and John Davison, Ph.D.
- 2004 – 2005 ***Structured Clinical Interview for DSM-IV Disorders (SCID IV)***
University of Washington
Gained proficiency in the administration of the Structured Clinical Interview for DSM-IV Disorders (SCID IV).
Trainer: Sally Moore, M.S.

TEACHING EXPERIENCE

- 2005 – 2007 ***Undergraduate Research Assistant Seminar Coordinator***
Center for the Study of Health and Risk Behaviors
Department of Psychiatry and Behavior Sciences
University of Washington
Coordinated and presented at weekly undergraduate professional development meetings.
Supervisors: Mary Larimer, Ph.D. and Christine Lee, Ph.D.
- Fall, 2007 ***Guest Speaker***
University of Washington
Course: Psychology Transfer Student Interest Group
Topic: The importance of undergraduate research

Instructor: Christina Meredith

Winter, 2007

Teaching Assistant

University of Washington
Department of Psychology
Course: Clinical Psychology

Created weekly quizzes and assisted in grading final papers for an undergraduate clinical psychology course.

Instructor: Ursula Whiteside, M.S.

RESEARCH TRAINING/CERTIFICATION

2005

HIPAA Compliance Training

University of Washington Medical Center, Seattle WA

2004

Human Subjects Protections Training

Children's Hospital & Regional Medical Center, Seattle WA

TECHNICAL EXPERIENCE

Statistical Programs: SPSS

Web Survey Design: Datstat Illume, Media Lab

Database Management: Microsoft Access, FileMaker Pro

Financial Management: Quicken 2005, QuickBooks 2005

Reference Databases: Endnote, Reference Manager

HONORS

2004

President's List, University of Washington

2003

Dean's List, South Seattle Community College

2002

President's List, South Seattle Community College

GROUP AFFILIATIONS

2006 – 2008

Diversity and Multiculturalism Journal Club

Department of Psychology
University of Washington

Coordinators: Briana Woods and Mary Larimer, Ph.D.

PROFESSIONAL AFFILIATIONS / PROFESSIONAL SERVICE

2007

Association for Behavioral and Cognitive Therapies

2007

American Psychological Association Division 50: Assistant to

2007 Program Chair
2005 – 2007 Research Society on Alcoholism, Associate Member
International Society for Traumatic Stress Studies

EDITORIAL CONSULTATION

Ad hoc reviewing for the following journals:

Addictive Behaviors
Cognitive Therapy and Research
Journal of Applied Social Psychology
Journal of Gambling Psychology
Journal of Personality
Journal of Research in Personality
Preventive Medicine
Psychology of Addictive Behaviors
Sex Roles: A Journal of Research

PUBLICATIONS

- Chawla, N., Neighbors, C., Logan, D., Lewis, M. A., & **Fossos, N.** (in press). The perceived approval of friends and parents as mediators of the relationship between self-determination and drinking. *Journal of Studies on Alcohol and Drugs*.
- Dunn, E. C., Neighbors, C., Larimer, M. E., & **Fossos, N.** (in press). A cross-lagged evaluation of eating disorder symptomatology and substance use problems. *Journal of Studies on Alcohol and Drugs*.
- Fossos, N.**, Neighbors, C., Kaysen, D., & Hove, M. C. (2007). Intimate partner violence perpetration and problem drinking among college students: The roles of expectancies and subjective evaluations of alcohol aggression. *Journal of Studies on Alcohol and Drugs*, *68*, 706-713.
- Kaysen, D., Neighbors, C., Martell, J., **Fossos, N.**, & Larimer, M. E. (2006). Effects of alcohol-related sexual assaults: A prospective profile analysis. *Addictive Behaviors*, *31*, 1820-1832.
- Lewis, M. A., Lee, C. M., Patrick, M. E. & **Fossos, N.** (2007). Normative misperceptions of risky sex and alcohol-related risky sex. *Sex Roles*, *57*, 81-90.
- Neighbors, C., **Fossos, N.**, Woods, B., Fabiano, P., Sledge, M., & Frost, D. (2007). Social anxiety as a moderator for the relationship between perceived norms and drinking. *Journal of Studies on Alcohol and Drugs*, *68*, 91-96.

Neighbors, N., Lee, C. M., Lewis, M. A., **Fossos, N.**, & Larimer, M. E. (2007). Are social norms the best predictor of outcomes among heavy drinking college students? *Journal of Studies on Alcohol and Drugs*, 68, 556-565.

Neighbors, C., Lewis, M. A., **Fossos, N.**, & Grossbard, J. R. (2007). Motivation and risk behaviors: A self-determination perspective. In L.V. Brown (Ed.), *Psychology of Motivation* (pp. 99-113). Hauppauge, NY: Nova Science Publishers, Inc.

Neighbors, C., Lostutter, T. W., Whiteside, U., **Fossos, N.**, Walker, D. D., & Larimer, M. E. (2007). Injunctive norms and problem gambling among college students. *Journal of Gambling Studies*, 23, 259-273.

Neighbors, C., O'Connor, R., Lewis, M. A., Chawla, N., Lee, C. M., & **Fossos, N.** (in press). The relative impact of descriptive and injunctive norms and college student drinking: The role of reference group. *Psychology of Addictive Behaviors*.

MANUSCRIPTS UNDER REVIEW OR REVISION

Lewis, M. A., Lindgren, K., **Fossos, N.**, Oster-Aaland, L., & Neighbors, C. (2008). Examining the relationship between typical drinking behavior and 21st birthday drinking behavior: Implications for event specific prevention. Manuscript under review.

Neighbors, C., Lee, C. M., Lewis, M. A., **Fossos, N.**, & Walter, T. (2008). Internet-based personalized feedback to reduce 21st birthday drinking: A randomized controlled trial of an event specific prevention intervention. Manuscript under revision.

MANUSCRIPTS IN PREPARATION

Fossos, N., Kaysen, D., Neighbors, C., Lindgren, K. & Hove, M. C. (2008). Sexual coercion and victimization within the context of college dating relationships: The role of alcohol use, problems, and motives. Manuscript in preparation.

Fossos, N., Neighbors, C., & Kaysen, D. (2008). Contingent self-esteem and dating violence among college students. Manuscript in preparation.

Kaysen, D., Lindgren, K. P., Lee, C. M., Lewis, M. A., & **Fossos, N.** (2008). The impact of peritraumatic alcohol use on the early course of PTSD in female crime victims. Manuscript in preparation.

CONFERENCE PRESENTATIONS AND PUBLISHED ABSTRACTS

Fossos, N. & Kaysen, D. (2007). *Self-concept and interpersonal violence: How victimization and perpetration influence beliefs about self and others*. Co-chair

for symposium presented at the annual meeting of the Association for Cognitive and Behavioral Therapies, Philadelphia, PA.

Fossos, N., Neighbors, C., Funasaki, K., Lewis, M. A., Lee, C. M, Hove, M. C., & Neil, T. A. (2007). Self-determination and perceived approval of drinking: Parents influence versus friends influence. *Alcoholism: Clinical and Experimental Research, 31*(s2), 223A.

Fossos, N., Neighbors, C., Kaysen, D., McFarland, J., & Toyama, J. (2006). Booze and bruises in college dating relationships: The impact of evaluations of alcohol's effects on risk and aggression. *Alcoholism: Clinical and Experimental Research, 30*(6), 153A.

Fossos, N., Neighbors, C., Kaysen, D., & Meredith, C. (2007). *Contingent self-esteem and dating violence among college students*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Fossos, N., Kaysen, D., Neighbors, C., & Neil, T. A. (2006). *Intimate partner violence and college students: The role of alcohol use, problems, and motives*. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Hollywood, CA.

Funasaki, K., **Fossos, N.**, Neighbors, C., & Lee, C. M (2007). *Sensation seeking and 21st birthday alcohol use*. Poster presented at the annual University of Washington Mary Gates Undergraduate Research Symposium, Seattle, WA.

Grossbard, J. R., **Fossos, N.**, Geisner, I. M., Neighbors, C., Kilmer, J., & Larimer, M. E. (2006). Are drinking games sports? College athlete drinking game participation and alcohol-related consequences. *Alcoholism: Clinical and Experimental Research, 30*(6), 52A.

Grossbard, J. R., Lee, C. M., **Fossos, N.**, Neighbors, C., & Larimer, M. E. (2007). *Body image concerns and contingent self-esteem in college students*. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.

Hove, M. C., Lee, C. M, Neighbors, C., **Fossos, N.**, & Olsen, N. (2007). *Everything in moderation: Harmonious and obsessive passion for marijuana use and negative consequences*. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.

Kaysen, D., Neighbors, C., Martell, J., **Fossos, N.**, & Larimer, M. E. (2005). *Effects of alcohol-related sexual assaults: A prospective profile analysis*. Poster presented at

- the annual meeting of the International Society for Traumatic Stress Studies, Toronto, Canada.
- Kaysen, D., Lindgren, K., Lee, C. M., Simpson, T. & **Fossos, N.** (2007). Substance use during assault and longitudinal changes in alcohol use. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.
- Lee, C. M. & **Fossos, N.** (2006). Alcohol use during the transition to college: The role of descriptive and injunctive norms. *Alcoholism: Clinical and Experimental Research*, 30(6), 202A.
- Lee, C. M., Neighbors, C., & **Fossos, N.** (2007). *Misperceptions of recent high school graduates' marijuana norms*. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.
- Lee, C. M., Neighbors, C., **Fossos, N.**, Lewis, M. A., Hove, M. C., & Walter, T. S. (2007). Spring break drinking among college students and alcohol-related consequences. In M. Lewis (Chair), *Event- and Context- specific drinking among college students: The need for research and prevention*. Symposium presented at the annual meeting of the Research Society on Alcoholism, Chicago, IL.
- Lee, C. M., Neighbors, C., Lewis, M. A., & **Fossos, N.** (2007). *Evaluations and perceptions of negative alcohol-related consequences*. Poster presented at the annual meeting of the Research Society on Alcoholism, Chicago, IL.
- Lee, C. M., Patrick, M. E., Neighbors, C., & **Fossos, N.** (2008). The influence of men's and women's beliefs about 21st birthdays on intended and actual 21st birthday drinking. Poster presented at the annual meeting of the Research Society on Alcoholism, Washington, DC.
- Lewis, M. A., **Fossos, N.**, & Oster-Aaland, L. (2007). *Condom-related protective behavioral strategies, alcohol use, and alcohol-related risky sexual behavior among college students*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Lewis, M. A., Hove, M. C., Whiteside, U., Lee, C. M., Kirkeby, B. S., Oster-Aaland, L., Neighbors, C., Larimer, M. E., & **Fossos, N.** (2007). *Social anxiety, motives, and problematic drinking*. Poster presented at the annual meeting of the Research Society on Alcoholism, Chicago, IL.
- Lewis, M. A., Phillippi, J., Neighbors, C., & **Fossos, N.** (2006). To thine own self be true or false? Self presentation and college student drinking. *Alcoholism: Clinical and Experimental Research*, 30(6), 141A.

- Lewis, M. A., Neighbors, C., **Fossos, N.**, & Phillippi, J. (2006). The role of gender identity in personalized normative feedback. *Alcoholism: Clinical and Experimental Research*, 30(6), 103A.
- Lewis, M. A., Neighbors, C., Lee, C. M., Oster-Aaland, L., & **Fossos, N.** (2007). *Evaluating and preventing 21st birthday drinking and consequences*. Poster presented at the annual meeting of the Research Society on Alcoholism, Chicago, IL.
- Lewis, M. A., Neighbors, C., Phillippi, J., & **Fossos, N.** (2006). *Morals, motives, and drinking*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Lewis, M. A., Rees, M., Neighbors, C., Lindgren, K. P., **Fossos, N.**, & Oster-Aaland, L. (2008). *Evaluating risk for 21st birthday alcohol-related negative consequences*. Poster presented at the annual meeting of the Research Society on Alcoholism, Washington, DC.
- Neighbors, C., **Fossos, N.**, & Neil, T.A. (2006). Normative misperceptions versus demographics, motives, and alcohol expectancies in predicting drinking behavior. *Alcoholism: Clinical and Experimental Research*, 30(6), 203A.
- Neighbors, C., **Fossos, N.** & Lee, C. M. (2006). *Injunctive norms and drinking: Flies in the ointment*. Poster presented at the annual meeting of the American Psychological Association, New Orleans, LA.
- Neighbors, C., Huang, G., **Fossos, N.**, Lee, C., Lewis, M., & Larimer, M. (2006). Social adjustment, drinking motives, and alcohol consumption. *Alcoholism: Clinical and Experimental Research*, 30(6), 141A.
- Neighbors, C., Lee, C. M., Lewis, M. A., **Fossos, N.**, & Mittmann, A. (2008). *Evaluating and extending and event specific intervention for 21st birthdays*. Paper presented at the annual meeting of the American Psychological Association, Boston, MA.
- Neighbors, C., Lee, C. M., Lewis, M. A., **Fossos, N.**, & Mittmann, A. (2008). *Mechanisms of change in a brief intervention targeting 21st birthday drinking*. Paper presented at the annual meeting of the Research Society on Alcoholism, Washington, D.C.
- Neighbors, C., Oster-Aaland, L., & **Fossos, N.** (2007). *The impact of policy regulating alcohol at college football games on pregame and tailgating drinking*. Paper presented at the annual meeting of the Research Society on Alcoholism, Chicago, IL.

Neil, T.A., Neighbors, C., Olson, N. & **Fossos, N.** (2006). Are you sure?
The role of confidence in perceived norms and college student drinking.
Alcoholism: Clinical and Experimental Research, 30(6), 201A.

Olson, N. D., Hove, M. C., Neighbors, C., Lee, C. M., & **Fossos, N.** (2007). *Everything in moderation: Harmonious and obsessive passion for alcohol and associated consequences*. Poster presented at the annual meeting of the Research Society on Alcoholism, Chicago, IL.