

Hana Flynn Zickgraf, Ph.D.
CURRICULUM VITAE

ADDRESS

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EMPLOYMENT

National Institute of Mental Health (NIMH) T32 Postdoctoral Fellowship **August 2018 – Present**
Midwest Regional Training Program in Eating Disorder Research, T32MH082761
University of Chicago, Chicago, IL
Primary mentor: Jennifer Wildes, Ph.D., University of Chicago, Chicago, IL
Secondary mentor: Ross Crosby, Ph.D., University of North Dakota, Fargo, ND

EDUCATION

Ph.D. in Clinical Psychology, 2018 **September 2012 – August 2018**
University of Pennsylvania, Philadelphia, PA
Dissertation: Avoidant/restrictive food intake disorder: Descriptive psychopathology and measure development
Advisors: Martin E. Franklin, Ph.D., Paul Rozin, Ph.D.
Committee: Dianne L. Chambless, Ph.D. (chair), Sara Jaffe, Ph.D.

Internship in Clinical Psychology **July 2017 – June 2018**
Pennsylvania State University/Hershey Medical Center, Hershey, PA

M.A. in Psychology, 2013 **September 2012 – August 2013**
University of Pennsylvania, Philadelphia, PA
Thesis: Parents' resistance to treatment for pediatric OCD: Assessment and pre-treatment predictors
Advisor: Martin E. Franklin, Ph.D.

B.A. in Psychology, 2012 **September 2008 – May 2012**
University of Pennsylvania, Philadelphia, PA
Summa cum Laude, Distinction in Psychology
Honors thesis: Resistance, working alliance, interpersonal difficulties, and adherence in CBT for panic disorder
Advisor: Dianne L. Chambless, Ph.D.
Senior thesis: Physical cleanliness and embodied moral decision-making: The effect of private body consciousness
Advisor: Paul Rozin, Ph.D.

GRANTS AND FELLOWSHIPS

May 2019 – May 2020	Brad Hollinger Eating Disorders Research Endowment: \$10,000 award for research on longitudinal changes in binge eating disorder symptoms before and up to 18 months after bariatric surgery. Study focus is on addiction transfer model, exploring changes in binge eating as predictors of problematic alcohol use. Role: Co-Investigator
January 2019 – December 2019	Beryl Institute Patient Experience Grant. Impact of food insecurity on bariatric surgery outcomes. \$1000 award for research expenses. Role: Co-Investigator
August 2018 – July 2019	5T32MH082761-10 (P.I. Scott Crow) NIH/NIMH, Midwestern Regional Eating Disorders Training Grant. Role: Awardee
July 2017 – July 2018	Brad Hollinger Eating Disorders Research Endowment: \$9,965 award for research on DSM-5 disordered eating symptoms as predictors of bariatric surgery readiness and outcomes using a latent profile analysis approach. Role: Co-Investigator
June 2016 – June 2017:	Teece Fellowship, \$6,000 awarded by the University of Pennsylvania School of Arts and Sciences for dissertation research expenses. Role: Awardee
May 2010 – September 2010	Penn Undergraduate Research Mentoring Fellowship, \$4,000 awarded by the University of Pennsylvania School of Arts and Sciences to cover summer living expenses while conducting an independent research project with Paul Rozin. Role: Awardee
<u>Other grants submitted</u> <hr/>	
June 2017	Metabolic and Bariatric Surgery Research Grant, Association for Metabolic and Bariatric Surgery. Cue-potentiated food cravings and eating in successful vs. unsuccessful bariatric surgery patients. Funds requested: \$25,000.00 Role: Co-Investigator Not funded.
April 2015	1F31MH1099220-01 NIH/NIMH. Sensory sensitivity and cognitive rigidity: Potential mechanisms of highly selective adult eating. Funds requested: \$123,189.00 Role: Primary Investigator Fellowship applicant score (mean): 1.33 Total score: 39 Not funded.

PEER-REVIEWED PUBLICATIONS (*denotes mentee coauthors)

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37. **Zickgraf, H.F.**, Hazzard, V.M., O'Connor, S.M., Simone, M., Williams-Kerver, G.A., Anderson, L.M., & Lipson, S.K. (2020). Examining vegetarianism, weight motivations, and eating disorder psychopathology among college students. In press, *International Journal of Eating Disorders*.
36. Lane-Loney, S.E., **Zickgraf, H.F.**, Ornstein, R.O., Mahar, F., & Essayli, J.H. (2020). A cognitive-behavioral family-based protocol for the primary presentations of avoidant/restrictive food intake disorder (ARFID): Case examples and clinical research findings. Accepted manuscript, *Cognitive Behavior Therapy and Practice*.
35. He, J., **Zickgraf, H.F.**, Ellis, J.E., & Fan, X. (2020). Chinese version of the Nine Item ARFID Screen: Psychometric properties and cross-cultural measurement invariance. Accepted manuscript, *Assessment*.
34. Sun, S., He, J., & **Zickgraf, H.F.** (2020). Meta-analysis of gender differences in body appreciation. Accepted manuscript, *Body Image*.
33. **Zickgraf, H.F.**, Richards, E., Zucker, N., & Wallace, G.E. (2020) Cognitive Rigidity and Oral Texture Sensitivity: Independent Contributions to Picky Eating in Four Samples with Typical and Atypical Development. Accepted manuscript, *Journal of Clinical Child and Adolescent Psychiatry*.
32. He, J., **Zickgraf, H.F.**, Essayli, J.H., & Fan, X. (2020). Classifying and characterizing Chinese young adults reporting picky eating: A latent profile analysis. Accepted manuscript, *International Journal of Eating Disorders*.
31. Farhat, L. C., Olfson, E., Levine, J. L., Li, F., Franklin, M. E., Lee, H. J., Lewin, A.B., McGuire, j.F., Rahman, O., Storch, E.A., Tolin, D.F., **Zickgraf, H.F.**, & Bloch, M.H.. (2019). Measuring Treatment Response in Pediatric Trichotillomania: A Meta-Analysis of Clinical Trials. *Journal of Child and Adolescent Psychopharmacology*.
30. **Zickgraf, H.F.**, Stefano, E.C., & Rigby, A. (2019). Self-reported behaviors predict pre-bariatric surgery weight loss and dysregulated eating: Validation of the Weight Management Skills Questionnaire in a pre-bariatric surgery sample. In press, *Obesity Surgery*.
29. **Zickgraf, H.F.** (2019). Commentary on "Gender differences in orthorexic eating behaviors: A systematic review and meta-analytic integration." In press, *Nutrition*.
28. Schaefer, L. M., Anderson, L. M., Simone, M., O'Connor, S. M., **Zickgraf, H.F.**, Williams-Kerver, G. A., Anderson, D. A., Rodgers, R. F., & Thompson, J. K. (2019). Gender-based differential item functioning in measures of eating pathology. *International Journal of Eating Disorders* 52, 1047-1051.
27. He, J., Sun, S., **Zickgraf, H.F.**, Ellis, J.M., Fan, X. (2019). Assessing appetitive traits among Chinese young adults using the Adult Eating Behaviour Questionnaire: Factor structure, gender invariance and latent mean differences, and associations with BMI. *Assessment* 0(00), 1-13.

26. **Zickgraf, H.F.**, Stefano, E.C., *Price, J.B., Valdheer, S., Rogers, A., & Rigby, A. (2019). The relationship between food insecurity and binge and night eating in pre-bariatric patients is mediated by depressive symptoms. *Surgery for Obesity and Related Diseases* 15(8), 1374-1379.
25. He, J., Ellis, J.M., **Zickgraf, H.F.**, Fan, X. (2019). Translating, modifying, and validating the adult picky eating questionnaire for use in China. *Eating Behaviors* 33, 78-84.
24. Mayes, S.D & **Zickgraf, H.F.** (2019). Atypical eating behaviors in children with autism, ADHD, other disorders, and typical development. *Research in Autism Spectrum Disorders* 31(3), 399-418.
23. *Price, J.B., **Zickgraf, H. F.**, & Rigby, A. (2019). Food insecurity prevalence and demographics in a prebariatric surgery population. *Public Health Nutrition*, 22(15), 2756-2765.
22. Eddy, K.T., Harshman, S.G., Becker, K.R., Bern, E., Bryant-Waugh, R., Hilbert, A., Katzman, D.K., Lawson, E.A., Manzo, L.D., Menzel, J., Micali, N., Ornstein, R.O., Sally, S., Serinsky, S.P., Sharp, W., Stubbs, K., Walsh, T.B., **Zickgraf, H.F.**, Zucker, N., & Thomas, J.J. (2019). Radcliffe ARFID Workgroup: Commentary on diagnosis, multi-disciplinary assessment and treatment, and directions for the field. *International Journal of Eating Disorders*, 52(4), 361-366.
21. **Zickgraf, H.F.**, Lane-Loney, S. Essayli, J.H., & Ornstein, R.O. (2019). Further support for diagnostically meaningful ARFID symptom presentations in an adolescent medicine partial hospitalization program. *International Journal of Eating Disorders*, 52(4), 402-409.
20. **Zickgraf, H.F.**, Burton-Murray, H., Kratz, H.E., & Franklin, M.E. (2019). Characteristics of outpatients diagnosed with the selective/neophobic presentation of Avoidant/Restrictive Food Intake Disorder. *International Journal of Eating Disorders*, 52(4), 376-377.
19. **Zickgraf, H.F.**, & Mayes, S.D. (2019). Psychological, health, and demographic correlates of atypical eating behaviors in children with autism. *Journal of Developmental and Physical Disabilities*, 2019, 1-11.
18. **Zickgraf, H.F.**, Ellis, J.M., & Essayli, J.H. (2019). Disentangling orthorexia nervosa from healthy eating and other eating disorder symptoms: Relationships with clinical impairment, comorbidity, and self-reported food choices. *Appetite*, 134, 40-49.
17. Ellis, J. M., **Zickgraf, H. F.**, Galloway, A. T., Essayli, J. H., & Whited, M. (2018). A functional description of adult picky eating using latent profile analysis. *International Journal of Behavioral Nutrition and Physical Activity*, 15(1), 109.
16. **Zickgraf, H. F.** & Rigby, A. (2018). The Adult Eating Behavior Questionnaire in a bariatric surgery-seeking sample: Factor structure, convergent validity, and associations with BMI. *European Eating Disorders Review*, 2018.
15. **Zickgraf, H.F.** & *Elkins, A.R. (2018). Sensory sensitivity mediates the relationship between anxiety and picky eating in children/ adolescents ages 8-17, and in college undergraduates: A replication and age-upward extension. *Appetite*, 128, 333-339.

14. Ellis, J. M., Galloway, A. T., **Zickgraf, H. F.**, & Whited, M. C. (2018). Picky eating and fruit and vegetable consumption in college students. *Eating Behaviors, 30*, 5-8.
13. *Elkins, A.R., & **Zickgraf, H.F.** (2018). Picky eating and food neophobia: Resemblance and agreement in parent/young adult dyads. *Appetite, 126*, 36-42.
12. Ellis, J. M., Schenk, R., Galloway, A.T., **Zickgraf, H.F.**, Webb, R.M., Martz, D.M., & Skolnick, A.J. (2018). A multidimensional approach to understanding the predictors and covariates of adult picky eating. *Appetite, 125*, 1-9.
11. **Zickgraf, H.F.**, & Ellis, J. M. (2018). Initial validation of the Nine Item Avoidant/Restrictive Food Intake Disorder Screen (NIAS): A measure of three restrictive eating behaviors. *Appetite, 123*, 32-42.
10. Heyman, R. E., Slep, A. M. S., White-Ajmani, M, Bulling, L., **Zickgraf, H. F.**, Franklin, M. E., & Wolff, M. S. (2016). Dental fear and avoidance in treatment seekers at a large, urban dental clinic. *Oral Health and Preventive Dentistry, 14*(4), 315-320.
9. Zickgraf, H.F., & *Schepps, K. E. (2016). Dietary intake and dietary variety in adult picky eaters. *Food Quality and Preference, 54*, 39-50.
8. **Zickgraf, H.F.**, Franklin, M. E., & Rozin, P. (2016). Adult picky eaters with symptoms of Avoidant/Restrictive Food Intake Disorder: Comparable distress and comorbidity but different eating behaviors compared to those with disordered eating symptoms. *The Journal of Eating Disorders, 4*(1), 26.
7. Morris, S.H., Dingfelder, H.E., Antinoro, D., **Zickgraf, H. F.**, Coogan, C., & Franklin, M. E., (2016). Behavior therapy for pediatric trichotillomania: Rationale and methods for a randomized controlled trial. *The Journal of OCD and Related Disorders, 9*, 116-124.
6. Kauer, J., Pelchat, M., Rozin, P. & **Zickgraf, H. F.** (2015). Adult picky eating: Phenomenology, taste sensitivity, and psychological correlates. *Appetite, 90*, 219-228.
5. **Zickgraf, H.F.**, Chambless, D. L., McCartney, K., Gallop, R., Sharpless, B. F., Milrod, B. A., & Barber, J. A. (2015). Interpersonal factors are associated with therapist adherence in cognitive behavioral therapy for Panic Disorder. *Clinical Psychology and Psychotherapy, 23*(3), 272-284.
4. Kerns, C. M., Kendall, P. C., **Zickgraf, H. F.**, Franklin, M. E., Miller, J., & Herrington, J. (2015). Not to be overshadowed or overlooked: The functional impact of anxiety disorders in youth with ASD. *Behavior Therapy, 46*(1), 29-39.
3. Rozin, P., Scott, S., **Zickgraf, H. F.**, Ahn, F., & Jiang, H. (2014). Asymmetrical social Mach bands: Exaggeration of social identities on the more esteemed side of group borders. *Psychological Science, 25*(10), 1955-1959.

2. Heyman, R. E., Slep, A. M. S., **Zickgraf, H. F.**, & Franklin, M. E. (2014). Oral Healthcare Treatment Anxiety: Ubiquitous, Treatable, But Without a Viable Treatment Vector in the United States. *Journal of Theory and Practice of Dental Public Health*, 1(4), 4-10.
1. Morris, S. H. & **Zickgraf, H. F.**, Dingfelder, H. E., & Franklin, M. E. (2013). Habit reversal training in trichotillomania: Guide for the clinician. *Expert Reviews of Neurotherapeutics*. 13(9), 1069-1077.

ENCYCLOPEDIA CHAPTERS and INVITED SUBMISSIONS

1. **Zickgraf, H.F.** Treatment of pathological healthy eating (Orthorexia Nervosa). In: Storch, E.A., McKay, D., & Abramowitz, J., editors. *Advanced Casebook of Obsessive-Compulsive and Related Disorders*. New York: Elsevier; in press.
2. *Anaya C., Anam S., **Zickgraf, H.F.**, O'Connor S.M., & Wildes J.E. Childhood trauma in eating disorders. In: Spalletta G, Janiri D, Brogna P, Sani G, editors. *Childhood trauma in mental disorders*. New York: Springer Nature; in press.
3. **Zickgraf, H. F.** & Lukens, C. T. (2017). Feeding disorders: Lifespan perspective. *The SAGE Encyclopedia of Abnormal and Clinical Psychology*, first edition. Ed. A. Wenzel. SAGE, New York, NY.
4. **Zickgraf, H. F.** & Lukens, C. T. (2017). Feeding disorders: Psychological characteristics. *The SAGE Encyclopedia of Abnormal and Clinical Psychology*, first edition. Ed. A. Wenzel. SAGE, New York, NY.
5. Lukens, C. T. & **Zickgraf, H. F.** (2017). Feeding disorders: Incidence and Prevalence. *The SAGE Encyclopedia of Abnormal and Clinical Psychology*, first edition. Ed. A. Wenzel. SAGE, New York, NY.
6. Lukens, C. T. & **Zickgraf, H. F.** (2017). Feeding disorders: Gender and sex differences. *The SAGE Encyclopedia of Abnormal and Clinical Psychology*, first edition. Ed. A. Wenzel. SAGE, New York, NY.
7. **Zickgraf, H. F.** & Franklin, M. E. (2015). Trichotillomania. In: *The Encyclopedia of Clinical Psychology*, first edition. Eds. R. L. Cautin & S. O. Lilienfeld. John Wiley & Sons, Inc: Hoboken, NJ.

TALKS PRESENTED AT SCIENTIFIC MEETINGS

- Zickgraf, H.F.** (2019, September). Symptom Presentations of Avoidant/Restrictive Food Intake Disorder in Adults: Mechanisms of Severity and Symptom Overlap. Talk in symposium: ICD-11 Feeding and Eating Disorders: A Global Classification System for Global Disorders. Chair: Kathleen M. Pike, Ph.D. Eating Disorders Research Society, Chicago, IL.
- Zickgraf, H.F.**, Lane-Loney, S. Essayli, J.H., & Ornstein, R.O. (2019, March). Further support for diagnostically meaningful ARFID symptom presentations in an adolescent medicine partial hospitalization program. Paper talk: International Conference on Eating Disorders, New York, NY.
- Zickgraf, H. F.** (2018, November). Sensory sensitivity and picky eating as predictors of fruit and vegetable variety and daily intake: A moderation analysis. In M. Falkenstein (Chair), *Conceptualization of Sensory Over-Responsivity*:

Implications for Classification of Psychopathology. Symposium to be presented at the Association for Behavioral and Cognitive Therapies Convention, Washington, DC, USA.

Zickgraf, H.F., *Elkins, A.R., *Silber, M., *Budzyn, S., & Franklin, M.E. (2018, April). Are ARFID symptoms overlooked in the anxiety clinic? Prevalence and characteristics of interfering picky eating in a pediatric OCD and anxiety treatment-seeking sample. Paper talk: International Conference on Eating Disorders, Chicago, IL.

Rigby, A., **Zickgraf, H.F.**, & Essayli, J.H. (2018, April). Using the Adult Eating Behavior Questionnaire to identify prebariatric patients who exhibit eating pathology: A latent class analysis. Paper talk: International Conference on Eating Disorders, Chicago, IL.

Zickgraf, H.F., Ellis, J.E., & Essayli, J.H. (2018, April). Orthorexia traits are associated with interference when eating behavior does not conform to healthy eating beliefs. Paper talk: Society for Behavioral Medicine, New Orleans, LA.

Essayli, J. H., Lane-Loney, S. E., **Zickgraf, H. F.**, Scipioni, A. M., & Ornstein, R. M. (2017, November). Is exposure to feared foods helpful or harmful during the weight restoration phase of treatment for adolescents with anorexia nervosa? In J. H. Essayli (Chair), *Adapting exposure therapy to address disordered eating and body dissatisfaction in diverse populations and treatment settings*. Symposium to be presented at the Association for Behavioral and Cognitive Therapies Convention, San Diego, CA, USA.

Zickgraf, H. F. (2016, October). Sensory sensitivity as a mediator of the relationship between anxiety and symptoms of the picky eating presentation of Avoidant/Restrictive Food Intake Disorder. In L. Zandberg, (Chair), Carolyn B. Becker, Ph.D. (discussant): *On Common Ground: The Overlap and Interplay between Anxiety and Eating Pathology*. Association of Behavioral and Cognitive Therapy, New York, NY.

Franklin, M. E., Morris, S.H., **Zickgraf, H. F.**, Silber, M.* (2016, October). Secondary Outcomes from a Randomized Controlled Trial of Behavior Therapy for Pediatric Trichotillomania. Talk in symposium: But will it change my life? CBT's impact on broad domains of outcome in anxiety and related disorders. Alexander C. Kline (chair), Association of Behavioral and Cognitive Therapy, New York, NY.

Zickgraf, H.F., & Rozin, P. (2015, April). Salivation as a measure of in-vivo disgust. Talk in symposium: Disgust in the anxiety disorders: Current status. Dean McKay, Ph.D. (chair), Lisa Elwood, Ph.D. (discussant). Anxiety and Depression Association of America conference, Miami, FL.

Zickgraf, H. F., Morris, S. H., & Franklin, M. E. (2014, November). Characteristics of treatment-seeking youth with disgust-related OCD symptoms. Talk in symposium: Understanding the role of disgust in anxiety and obsessive-compulsive spectrum disorders: A transdiagnostic approach. **Hana F. Zickgraf, MA** (chair), Martin E. Franklin, Ph.D. (discussant). Association for Behavioral and Cognitive Therapy conference, Philadelphia, P.A.

INVITED TALKS

Zickgraf, H.F. (2018, September). Are we all defining ARFID the same way? Invited talk presented at the Radcliffe Institute exploratory seminar: Avoidant/Restrictive Food Intake Disorder: Development of Consensus Guidelines for Assessment and Treatment.

Zickgraf, H.F. (2015, October). Avoidant/Restrictive Food Intake Disorder: Identification, assessment, and treatment in children and adults. Invited talk presented at the University of Pennsylvania Center for Weight and Eating Disorders Research Seminar.

POSTERS PRESENTED AT SCIENTIFIC MEETINGS

Zickgraf, H.F., & Rigby, A. (2018, November). Cognitive distortions associated with Avoidant Restrictive Food Intake Disorder symptoms in adults with vomit phobia. Association for Behavioral and Cognitive Therapies Convention, Washington, DC, USA

Zickgraf, H.F., & Rigby, A. (2018, April). Validation of the adult eating behavior questionnaire in a prebariatric sample: Relationships with BMI and presurgical weight loss. Society for Behavioral Medicine, New Orleans, LA.

Ellis, J.E., **Zickgraf, H.F.**, Galloway, A.E., & Whitehead, M.C. (2018, April). BMI and psychosocial impairment associated with adult picky eating: A latent profile analysis. Society for Behavioral Medicine, New Orleans, LA.

Essayli, J.H., **Zickgraf, H.F.**, Scipioni, A.M., Levene, M.L., & Lane-Loney, S.E. (2018, April) Do individuals with eating disorders dislike exposure therapy? Results from adolescent and adult patients at a partial hospital program for eating disorders. International Conference on Eating Disorders, Chicago, IL.

Zickgraf, H.F. (2017, November). The relationship of sensory processing dysfunction to anxiety and repetitive behavior: A meta-analysis. Association of Behavioral and Cognitive Therapy, San Diego, CA.

Zickgraf, H.F. (2017, November). Daily dietary intake and dietary variety in individuals with symptoms of Avoidant/Restrictive Food Intake Disorder. Association of Behavioral and Cognitive Therapy, San Diego, CA.

*Elkins, A.E., Franklin, M.E., & **Zickgraf, H.F.** (2017, November). Cross-age group stability of parent/child resemblance in picky eating behavior. Association of Behavioral and Cognitive Therapy, San Diego, CA.

Zickgraf, H.F., Ellis, J.M., Franklin, M.E., & Whitehead, M.C. (2017, April). Comorbidity and eating behavior in individuals with symptoms of Avoidant/Restrictive Food Intake Disorder. Society for Behavioral Medicine, San Diego, CA.

Ellis, J.M., **Zickgraf, H.F.**, & Whitehead, M.C. (2017, April). Differences in body mass index of college students exhibiting Avoidant/Restrictive Food Intake Disorder, picky eating behavior, and traditional eating disorders. Society for Behavioral Medicine, San Diego, CA.

Ellis, J.M., **Zickgraf, H.F.**, & Whitehead, M.C. (2017, April). Establishing clinical cutoffs for the screening of Avoidant/Restrictive Food Intake Disorder. Society for Behavioral Medicine, San Diego, CA.

Zickgraf, H. F. (2016, October). Anxiety and sensory processing: Specific and common correlates of symptoms of Avoidant/Restrictive Food Intake Disorder in children. Association of Behavioral and Cognitive Therapy, New York, NY.

- *Elkins, A., & **Zickgraf, H. F.** (2016, October). Parent/child resemblance in picky eating and neophobia. Association of Behavioral and Cognitive Therapy, New York, NY.
- Zickgraf, H. F.** (2016, April). Picky eating: Prevalence in a treatment seeking sample with pediatric anxiety and OC-spectrum disorders. Anxiety and Depression Disorders Association of America, Philadelphia, PA.
- *Silber, M. J., **Zickgraf, H. F.**, Morris, S. H., & Franklin, M. E. (2016, April). Improvement in anxiety and depression symptoms with successful treatment for pediatric trichotillomania. Anxiety and Depression Disorders Association of America, Philadelphia, PA.
- Zickgraf, H. F.** (2015, November). The Inflexibility Index: Development and validation of a screening instrument for picky eating and Avoidant/Restrictive Food Intake Disorder. Association of Behavioral and Cognitive Therapy, Chicago, IL.
- Zickgraf, H. F.**, Morris, S. H., *Silber, M. J., & Franklin, M. E (2015, November). Outcomes after 16 sessions and treatment termination of cognitive behavioral therapy for pediatric Obsessive Compulsive Disorder: A naturalistic treatment trial. Association of Behavioral and Cognitive Therapy, Chicago, IL.
- Morris, S. H., **Zickgraf, H. F.**, *Silber, M. J., & Franklin, M. E (2015, November). Acute outcomes of a randomized controlled trial of Habit Reversal Training for pediatric trichotillomania. Association of Behavioral and Cognitive Therapy, Chicago, IL.
- Zickgraf, H. F.** (2015 April). Adult picky eating: Descriptive psychopathology and implications for Avoidant/Restrictive Food Intake Disorder. Anxiety and Depression Association of America conference, Miami, 2015.
- Zickgraf, H. F.**, & Franklin, M. E. (2013, November). Parent resistance to psychotherapy for a child's OCD is not associated with treatment outcomes. Association for Behavioral and Cognitive Therapy conference, Nashville, T.N.
- Zickgraf, H. F.**, Chambless, D. L., McCartney, K., Sharpless, B. F., Milrod, B. A., & Barber, J. A. (2013, April). Interpersonal factors are associated with therapist adherence in cognitive behavioral therapy for Panic Disorder. Anxiety Disorders Association of America conference, San Diego, C.A.
- Zickgraf, H. F.**, Kim Y.-H, & Rozin, P. (2012, May). Cleanliness and morality: The moderating role of Private Body Consciousness. American Psychological Society conference, Chicago, I.L.
- Zickgraf, H. F.**, Liu, L. & Liu, J. H. (2012, April). Intergenerational effects of parental bonding: The relationship between parental bonding and childhood internalizing disorders in the next generation. Anxiety Disorders Association of America conference, Washington, D.C.

TEACHING EXPERIENCE

Illinois Institute of Technology

July 2019

Guest lecture: Avoidant/restrictive food intake disorder: Descriptive psychopathology and interventions

Abnormal Psychology for Clinical PhD students
 Professor: Alissa Haedt-Matt, Ph.D.

Indiana University

November 2018 **Guest lecture:** Eating and feeding disorders in DSM-5: Development of food preferences and maintenance of energy balance
 Abnormal Psychology
 Professor: Lorenzo Lorenzo-Luaces, Ph.D.

Penn State Hershey Medical Center

July 2017-June 2018 **Surgical weight loss program: Instructor in behavioral weight management**
 Responsible for developing a lecture and discussion-based course on behavioral weight management techniques for bariatric patients. Part of the required presurgical curriculum, taught to groups of 15-30 bariatric candidates.

University of Pennsylvania School of Medicine

February 2017 **Master clinician workshop instructor:** Cognitive behavioral treatment of pediatric OCD. Child and Adolescent OCD, Tics, Trichotillomania, and Anxiety Group (COTTAGE).
 Developed didactic lecture on the empirical support for exposure and response prevention therapy in children, led hands-on practice therapy session workshop, and conducted a mock therapy session to demonstrate techniques for challenging patients.

University of Pennsylvania School of Arts and Sciences

June 2017 **Guest lecture:** Eating and feeding disorders in DSM-5: Development of food preferences and maintenance of energy balance
 Abnormal Psychology (PSYC 162)
 Instructor: Gabriella Kattan-Khazanov, M.A.

Fall 2016 **Senior teaching assistant**
Guest lecture: Hormonal control of meal initiation and food intake
 Physiology of Motivated and Emotional Behavior (PSYC 127)
 Professor: Harvey Grill, Ph.D.
 Responsible for co-writing exams, holding weekly open office hours and meeting privately with students, leading four exam review sessions, contributing to development of lectures, grading exams, training new course teaching assistant

Fall 2015-Spring 2016 **Independent Study in Empirical Psychology (PSYC 399): Supervisor**
 Instructor of record for an undergraduate senior thesis research project by Anjeli Elkins entitled "Picky eating and Avoidant/Restrictive Food Intake Disorder: Parent/child resemblance and agreement." Responsibilities included overseeing the development of a research idea,

supervising data collection, reading and editing drafts of a research report, teaching statistical methods and supervising data analysis, helping to create a poster, and helping to prepare submissions to conferences and journals, assisting with applications to post-baccalaureate research positions and graduate school.

Spring 2016

Teaching assistant

Social Psychology (PSYC 170)

Professor: Andrew Ward, Ph.D.

Responsibilities: Holding weekly open office hours and meeting privately with students.

Grading short answer and essay-based exams.

Fall 2015

Senior teaching assistant

Guest lecture: Neuroendocrinology and animal models of human feeding and eating disorders

Physiology of Motivated and Emotional Behavior (PSYC 127)

Professor: Harvey Grill, Ph.D.

Responsible for co-writing exams, holding weekly open office hours and meeting privately with students, leading four exam review sessions, contributing to development of lectures, grading exams.

Fall 2014-Spring 2015

Independent Study in Empirical Psychology (PSYC 399): Supervisor

Instructor of record for an undergraduate senior thesis research project by Katie Schepps entitled “A theory for nutritional intervention: Creating a model for dietary-change self-efficacy.” Responsibilities included overseeing the development of a research idea, supervising data collection, reading and editing drafts of a research report, teaching statistical methods and supervising data analysis, helping to create a poster, and helping to prepare submissions to conferences and journals, assisting with applications to graduate school.

April 2015

Guest lecture: Autism spectrum disorder: A brief overview

Introduction to Experimental Psychology (PSYC 001)

Professor: Caroline Connelly, Ph.D.

Spring 2015

Teaching assistant

Guest lecture: Feeding and eating disorders: Assessment and treatment

Physiology of Motivated and Emotional Behavior (PSYC 127)

Professor: Harvey Grill, Ph.D.

Responsible for co-writing exams, holding weekly open office hours and meeting privately with students, leading four exam review sessions, contributing to development of lectures, grading exams.

Fall 2014

Teaching assistant

Guest lecture: Autism spectrum disorder: A brief overview

Introduction to Experimental Psychology (PSYC 001)

Professor: Caroline Connelly, Ph.D.

Responsibilities: Leading weekly discussion sections reinforcing and expanding upon material covered in lectures; writing multiple choice exam questions for midterm and final. Holding weekly open office hours and meeting privately with students.

Fall 2013-Spring 2014

Independent Study in Empirical Psychology (PSYC 399): Supervisor

Instructor of record for an undergraduate senior thesis research project by Marissa Schwartz entitled “Resistance and adherence in Habit Reversal Training for adolescents with trichotillomania.” Responsibilities included overseeing the development of a research idea, supervising training of video coders and data collection, reading and editing drafts of a research report, teaching statistical methods for analyzing data and supervising data analysis, helping to create a poster, helping to prepare submissions to conferences and journals, assisting with applications to post-baccalaureate research assistant positions.

Spring 2014

Teaching assistant

Social Psychology (PSYC 170):

Professor: Geoffrey Goodwin, Ph.D.

Responsibilities: Holding weekly open office hours and meeting privately with students.

Grading three short-answer and essay-based exams and three short essay-based homework assignments.

Fall 2013

Teaching assistant

Introduction to Experimental Psychology (PSYC 001)

Professor: Caroline Connelly, Ph.D.

Responsibilities: Leading weekly discussion sections reinforcing and expanding upon material covered in lectures; writing multiple choice exam questions for midterm and final. Holding weekly open office hours and meeting privately with students.

Training in educational techniques

Active Learning in STEM Fields: Completed six courses through the University of Pennsylvania Center for Teaching and Learning in 2017. Acquired and practiced techniques for facilitating active learning as an instructor in the sciences. Course concluded with a teaching demonstration.

Certificate in College and University Teaching: University of Pennsylvania Center for Teaching and Learning, 2016

Certificate from the Postdoc Mentor Training Program: University of Chicago Biological Sciences Division, 2019

CLINICAL EXPERIENCES:

Postdoctoral fellowship

September 2018-July 2019 **University of Chicago Eating Disorders Program**
University of Chicago Pritzker School of Medicine

Supervisor: Jennifer Wildes, Ph.D.

September 2018-July 2019 **University of Chicago Center for the Surgical Treatment of Obesity**
University of Chicago Pritzker School of Medicine

Predoctoral internship training

June 2017 – June 2018 **Penn State Hershey Medical Center Adolescent Medicine Eating Disorders**
Penn State College of Medicine/Hershey Medical Center
Supervisors: Susan Lane-Loney, Ph.D., & Rollyn Ornstein, MD

June 2017 – June 2018 **Penn State Hershey Medical Center Surgical Weight Loss Program**
Penn State College of Medicine/Hershey Medical Center
Supervisor: Andrea Rigby, Psy.D.

Jan. 2017 – June 2018 **Penn State HMC Center for the Treatment of Autism**
Penn State College of Medicine/Hershey Medical Center
Supervisor: Sierra Brown, Ph.D.

Jan. 2017 – June 2018 **Penn State HMC Child Diagnostic Clinic**
Penn State College of Medicine/Hershey Medical Center
Supervisor: Susan Mayes, Ph.D.

July 2017 – Dec. 2017 **Penn State HMC Sleep Treatment and Research Center, Pediatric Assessment Clinic**
Penn State College of Medicine/Hershey Medical Center
Supervisor: Susan Calhoun, Ph.D.

Predoctoral practica and externships

August 2016 – June 2017 **University of Pennsylvania Cognitive Therapy Training Clinic**
University of Pennsylvania, Department of Psychology
Supervisor: Robert DeRubeis, Ph.D.

July 2015-August 2016 **Center for Weight and Eating Disorders**
University of Pennsylvania, Perelman School of Medicine, Department of Psychiatry
Supervisors: Lucy Hemsley-Faulconbridge, Ph.D., Kelly Allison, Ph.D., Brooke Bailer, Ph.D.

May 2014 – June 2017 **Child and Adolescent OCD, Tic, Trichotillomania, and Anxiety Group (COTTAGE)**
University of Pennsylvania, Perelman School of Medicine, Department of Psychiatry
Supervisor: Martin Franklin, Ph.D.

July 2014-June 2015 **Pediatric Feeding and Swallowing Clinic**
Children's Hospital of Philadelphia
Supervisors: Loretta Martin-Halpine, Psy.D. & Colleen Lukens, Ph.D.

January 2014-May 2014 **Center for the Management of ADHD**
 Children's Hospital of Philadelphia
 Supervisor: Jenelle Nissley-Tsiopinis, Ph.D.

Sept. 2013-May 2014 **University of Pennsylvania Assessment Clinic**
 University of Pennsylvania, Department of Psychology
 Supervisor: Melissa Hunt, Ph.D.

PROFESSIONAL ACTIVITIES

Professional Affiliations

Association for Behavioral and Cognitive Therapy	2013– present
Anxiety and Depression Association of America	2013 – 2017
Society for Behavioral Medicine	2017 – present
Academy for Eating Disorders	2018 – present
Eating Disorders Research Society	2019 – present

Ad Hoc Reviewer

Appetite
Child Psychology and Psychiatry
Children's Health Care
Eating and Weight Disorders
Ecology of Food and Nutrition
Food Quality and Preference
Frontiers – Eating Behavior
International Journal of Eating Disorders
Journal of Abnormal Psychiatry
Neuropsychiatric Disease and Treatment
Pain Practice
PLOS ONE
Psychological Assessment

Review Editor

Frontiers – Psychological Therapies

Consultation and Committee activities

Dissertation committee member for Jenna Steinmiller: La Salle University, Department of Psychology	September 2018-May 2020
Radcliffe Institute Avoidant/Restrictive Food Intake Disorder: Development of Consensus Guidelines for Assessment and Treatment	September 13-14, 2018
ARFID Criterion-A Advisory Group (ACAAG)	2018
Consultant to the Vetri Foundation Eattiquite program	May– August 2014

ACADEMIC AWARDS

Phi Beta Kappa, Delta Chapter

May 2011

Psi Chi

May 2010

STATISTICAL PROGRAM and SURVEY PLATFORM PROFICIENCIES

Statistical packages/languages: R and RStudio, SPSS, Stata

Survey hosting and testing platforms: Qualtrics, RedCap, PsyToolkit, SONA, Experimetrix, Mechanical Turk, TurkPrime, Inquisit, NIH Toolbox