

ANGELA C. INCOLLINGO RODRIGUEZ, C.PHIL.
(*née Incollingo Belsky*)
Curriculum Vitae
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EDUCATION

Institution: University of California, Los Angeles

Degrees: Ph.D., anticipated June 2018

Major: Health Psychology

Minors: Quantitative Psychology
Social Psychology

Institution: University of California, Los Angeles

Degrees: M.A., December 2015

C.Phil, June 2017

Major: Health Psychology

Institution: Rutgers, the State University of New Jersey, New Brunswick

Degrees: B.A., May 2012
Summa Cum Laude

Majors: Psychology
Spanish

FELLOWSHIPS

2015-2018 National Science Foundation Graduate Research Fellowship

2015-2016 UCLA Graduate Research Mentorship Fellowship (*declined*)

2014 Honorable Mention, National Science Foundation Graduate Research Fellowship Program

2014-2016 UCLA Graduate Dean's Scholar Award

2014-2015 UCLA Distinguished University Fellowship

GRANTS

2015 *Embodiment of weight stigma* (\$10,000)

UCLA Academic Senate

2014 *Secondhand stress? Coregulation of cortisol in dieters and non-dieters* (\$9,011)

UCLA Academic Senate

AWARDS AND HONORS

- 2016 UCLA Health Psychology Research Paper Award
For the paper "Hypothalamic-pituitary-adrenal axis dysregulation and cortisol activity in obesity: A systematic review:"
- 2015 American Psychosomatic Society Citation Poster Session Presentation
Poster session dedicated to submissions of the highest merit
- 2012 Phi Beta Kappa, Rutgers University Chapter
- 2011 School of Arts & Sciences Academic Excellence Award, Rutgers University

PROFESSIONAL ACTIVITIES

- Affiliations Association for Psychological Science
American Psychosomatic Society
Social, Personality & Health Network
Society for Personality and Social Psychology
The Obesity Society
- Ad Hoc Reviewer American Journal of Preventive Medicine
Annals of Behavioral Medicine
Appetite
Health Psychology
International Journal of Obesity
Journal of Health Psychology
Obesity
Psychoneuroendocrinology
- Web Master Social, Personality & Health Network (2015-2017)

PEER-REVIEWED PUBLICATIONS

*Denotes mentee author

Incollingo Rodriguez, A. C., Rodriguez, A., Callahan, L. C.,* Saxbe, D., & Tomiyama, A. J. (2017). The buddy system: A randomized controlled experiment of the benefits and costs of dieting in pairs. *Journal of Health Psychology*. PMID: 28810464

Incollingo Rodriguez, A. C., Heldreth, C. M., & Tomiyama, A. J. (2016). Putting on weight stigma: A randomized study of the effects of wearing a fat suit on eating, well-being, and cortisol. *Obesity*. PMID: 27465666. [First two authors made equal contributions.]

Incollingo Rodriguez, A. C., Epel, E. S., White, M. L.,* Standen, E. C.,* Seckl, J. R., & Tomiyama, A. J. (2015). Hypothalamic-pituitary-adrenal axis dysregulation and cortisol activity in obesity: A systematic review. *Psychoneuroendocrinology*. PMID: 26356039.

Incollingo Rodriguez, A. C., Finch, L. E., Buss, J., Guardino, C. M., & Tomiyama, A. J. (2015). An experimental field study of weight salience and food choice. *Appetite*. PMID: 25698080

Incollingo Rodriguez, A. C., Tomiyama, A. J., Ward, A. (2015). What does weight stigma smell like? Cross-modal influence of visual weight cues on olfaction. *International Journal of Obesity*. PMID: 25649689

Himmelstein, M., **Incollingo Belsky, A. C.,** Tomiyama, A. J. (2015). The weight of stigma: Cortisol reactivity to manipulated weight stigma. *Obesity*. PMID: 25522347

Tomiyama, A. J., Finch, L. E., **Incollingo Belsky, A. C.,** Buss, J., Finley, C., Schwartz, M. B., & Daubenmier, J. (2015). Weight bias in 2001 versus 2013: Contradictory attitudes among obesity researchers and health professionals. *Obesity*. PMID: 25294247

Incollingo Belsky, A. C., Epel, E. S., & Tomiyama, A. J. (2014). Clues to maintaining calorie restriction? Psychosocial profiles of successful long-term restrictors. *Appetite*. PMID: 24747211

COMMENTARIES

Incollingo Rodriguez, A. C., Heldreth, C. M., & Tomiyama, A. J. (2017). Response to: Why fat suits do not advance the scientific study of weight stigma. *Obesity*. PMID: 28084047

PROFESSIONAL PRESENTATIONS

*Denotes mentee author

Standen, E. C.,* **Incollingo Rodriguez, A. C.,** & Tomiyama, A. J. (2017, January). *Using weight salience to encourage healthy eating: An experimental field study*. Poster presented at the 2017 Social Personality & Health Network Preconference, San Antonio, TX.

Incollingo Rodriguez, A. C., Rodriguez, A., Nguyen-Cuu, J.,* Standen, E. C.,* White, M. L.,* Callahan, L. C.,* Saxbe, D., Tomiyama, A. J. (2016, May). *Debunking the buddy system: Unintended consequences of dieting in pairs*. Paper presented at the 28th Annual Convention of the Association for Psychological Science, Chicago, IL.

Standen, E. C.,* **Incollingo Rodriguez, A. C.,** & Tomiyama, A. J. (2016, May). *Weight salience to promote health? An experimental field study of food and drink choices*. Poster presented at the 28th Annual Convention of the Association for Psychological Science, Chicago, IL.

White, M. L.,* **Incollingo Rodriguez, A. C.,** Tomiyama, A. J. (2016, May). *Weight discrimination begins at home: Higher BMI individuals receive less parental support for higher education than lower BMI individuals*. Poster presented at the 28th Annual Convention of the Association for Psychological Science, Chicago, IL.

Incollingo Rodriguez, A. C., Rodriguez, A., Callahan, L. C.,* Saxbe, D., Tomiyama, A. J. (2016, March). *Second-hand stress: Physiological and psychosocial consequences associated with dieting in pairs*. Poster presented at the 74th Annual Scientific Meeting of American Psychosomatic Society, Denver, Colorado.

Incollingo Rodriguez, A. C., Heldreth, C. M., & Tomiyama, A. J. (2016, January). *Putting on weight stigma: The implications of wearing a fat suit for eating behavior and psychological well-being*. Paper presented at the 17th Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.

Corner, G. W., **Incollingo Belsky, A. C.,** Tsai, A. B., Lyden, H., Stoycos, S., & Saxbe, D. (2015, April). *Attitudes and beliefs about pregnancy and childbirth: The role of attachment styles in expectant parents*. Poster presented at the 36th Annual Meeting of & Scientific Sessions of the Society of Behavioral Medicine, San Antonio, TX.

Himmelstein, M. S., **Incollingo Rodriguez, A. C.,** & Tomiyama, A. J. (2015, March). *The effect of weight stigma on HPA reactivity: The importance of self-perceived weight*. Poster presented at the 73rd Annual Scientific Meeting of the American Psychosomatic Society, Savannah, Georgia.

Incollingo Belsky, A. C., Tomiyama, A. J., & Ward, A. (2015, March). *The smell of stigma: Cross-sensory pathway between vision and olfaction in stigma perception*. Poster presented at the 73rd Annual Scientific Meeting of the American Psychosomatic Society, Savannah, Georgia. [Poster received Citation Poster Session Distinction and Newsworthy Abstract Distinction]

Tomiyama, A. J., Himmelstein, M. H., **Incollingo Belsky, A. C.,** Hunger, J. M., & Daubemier J. (2015, March). *Is weight stigma stressful? Evidence from correlational, longitudinal, and experimental studies*. Paper presented at the 73rd Annual Scientific Meeting of the American Psychosomatic Society, Savannah, Georgia.

Incollingo Belsky, A. C., Tomiyama, A. J., & Ward, A. (2015, February). *What does stigma smell like?: Cross-modal influence of visual weight cues on olfaction*. Poster presented at the 16th Annual Meeting of the Society for Personality and Social Psychology, Long Beach, CA.

Himmelstein, M. S., **Incollingo Belsky, A. C.,** & Tomiyama, A. J. (2015, February). *The effect of weight stigma on HPA reactivity: The importance of self-perceived weight*. Paper presented at the 2015 Social Personality & Health Network Preconference, Long Beach, CA.

Incollingo Belsky, A. C., Tomiyama, A. J., & Ward, A. (2015, February). *What does stigma smell like?: Cross-modal influence of visual weight cues on olfaction*. Paper presented at the 2015 Social Personality & Health Network Preconference, Long Beach, CA.

- Callahan, L. C.,* **Incollingo Belsky, A. C.**, Himmelstein, M. S., & Tomiyama, A. J. (2014, May). *Weighing heavily on your mind: Weight stigma causes psychological stress*. Paper presented at Obesity Stigma: Psychological, Social, and Medical Causes and Consequences, Los Angeles, CA.
- Incollingo Belsky, A. C.**, Finch, L. E., Buss, J., & Tomiyama, A. J. (2014, May). *Stereotype threat versus assimilation: An experimental field study of weight salience and food choices*. Paper presented at Obesity Stigma: Psychological, Social, and Medical Causes and Consequences, Los Angeles, CA.
- Hamilton, R.,* **Incollingo Belsky, A. C.**, Tomiyama, A. J., & Ward, A. (2014, May). *Obesity stigma and olfactory perception*. Paper presented at Obesity Stigma: Psychological, Social, and Medical Causes and Consequences, Los Angeles, CA.
- Tomiyama, A. J., Finch, L. E., **Incollingo Belsky, A. C.**, Buss, J., & Daubemier, J. (2014, May). *Weight-bias among obesity specialists*. Paper presented at Obesity Stigma: Psychological, Social, and Medical Causes and Consequences, Los Angeles, CA.
- Incollingo Belsky, A. C.**, Epel, E. S., & Tomiyama, A. J. (2014, May). *Profiling personalities of long-term calorie restrictors: Why dieting may not be the cure for the "obesity epidemic."* Paper presented at the 26th Annual Convention of the Association for Psychological Science, San Francisco, CA.
- Incollingo Belsky, A. C.**, Epel, E. S., & Tomiyama, A. J. (2014, March). *Clues to maintaining calorie restriction? Psychosocial profiles of successful long-term restrictors*. Poster presented at the 72nd Annual Scientific Meeting of the American Psychosomatic Society, San Francisco, CA. [Poster received Newsworthy Abstract Distinction]
- Tomiyama, A. J., **Incollingo Belsky, A. C.**, Himmelstein, M., & Mann, T. (2014, February). *Diminish the self, expand the waist: How efforts to change overeating through stigma backfire*. Poster presented at the 15th Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.
- Incollingo Belsky, A. C.**, Finch, L. E., Buss, J., & Tomiyama, A. J. (2014, February). *Becoming our own stereotypes: Assimilating to unhealthy eating choices*. Paper presented at the 2014 Social Personality & Health Network Preconference, Austin, TX.
- Incollingo Belsky, A. C.**, Epel, E. S., & Tomiyama, A. J. (2013, November). *The keys to dieting success: Psychosocial characteristics of long-term calorie restrictors*. Poster presented at the 2013 Obesity Society Annual Scientific Meeting, Atlanta, GA.

TEACHING EXPERIENCE

- 2016-2017 **Graduate Student Instructor: DiSH Lab Summer Research Intensive**
Responsibilities: Leading educational modules including crafting and work shopping personal statements, discussing empirical research articles, planning professional development, developing research proposals as well as serving on graduate student panels in this National Science Foundation-funded summer research program for underrepresented minority community college students
- 2015-2016 **Mentor: Undergraduate Honors Student Theses**
Responsibilities: Mentoring undergraduate students in the departmental honors program in completing theses, including assisting with study design, execution, data analysis, and drafts, conducting weekly meetings to check on progress and address issues, and assisting in formatting the honors thesis for publication
- 2013-Present **Instructor: Psychology 196A Undergraduate Research Group Seminar**
Responsibilities: Directing weekly undergraduate research group seminars, including work-shopping personal statements with students, teaching research skills, and leading career development panels
- 2013 **Course Coordinator: Psychology 367 - Health Psychology, USC**
Responsibilities: Grading student response papers; facilitating test review sessions; holding weekly office hours to review concepts, lectures, and assignments; and organizing course materials for Dr. Darby Saxbe
- 2012 **Program Leader: Women's Health and Empowerment, Kibera, Kenya**
Responsibilities: Designing curriculum for and delivering seminar-style lectures focusing on women's health, psychological wellness, goal setting, and achievement for young women living in Kibera Slum, Kenya

REFERENCES

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