

**Jessica Balla, M.A.**  
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### **Education**

December 2024  
(Expected)                    **Ph.D. Psychological Sciences**  
*Health Psychology Concentration*  
University of California, Merced  
Advisor: Dr. Martin Hagger

June 2022                        **M.A. Psychological Sciences**  
*Health Psychology Concentration*  
University of California, Merced  
Advisor: Dr. Martin Hagger  
GPA: 3.98

January 2020                    **B.S. Psychology**  
*Summa Cum Laude, Departmental Honors,*  
*Honors Program Graduate*  
University of La Verne  
Major GPA: 3.94  
Cumulative GPA: 3.88

### **Publications, Peer-Reviewed**

**Balla, J.,** Polet, J., Kokko, S., Hirvensalo, M., Vasankari, T., Lintunen, T., & Hagger, M.S. (2023). Predicting adolescents' physical activity intentions: Testing an integrated social cognition model. *International Journal of Behavioral Medicine*, 1-14. <https://doi.org/10.1007/s12529-023-10156-3>

Gamst, G., Ma-Kellams, C., Arellano-Morales, L., Meyers, L. S., **Balla, J.,** McCafferty, K., Verbarendse, K., Serpas, D., Rojas, A., Huffman, N., & Menendez, C. (2021). Development and validation of the Asian American Women's Shifting Scale (AsAWSS). *Asian American Journal of Psychology*, 12(2), 122-137. <https://doi.org/10.1037/aap0000220>

Gamst, G., Arellano-Morales, L., Meyers, L.S., Serpas, D., **Balla, J.,** Diaz, A., Dobson, K., Feller, C., Rought, S., Salazar, S., Garcia, S., & Aldape, R. (2020). Shifting can be stressful for African American women: A structural mediational model. *Journal of Black Psychology*, 46(5), 364-387. <https://doi.org/10.1177/0095798420939721>

### **Conference Presentations, Peer-Reviewed**

**Balla, J. & Hagger, M.S.** (2023, April 26-29). *Using an integrated social cognition model to predict adolescent physical activity intentions* [Poster presentation]. Society of Behavioral Medicine 2023 conference, Phoenix, AZ, United States.

**Balla, J. & Hagger, M.S.** (2022, April 28-May 1). *Predicting physical activity in adolescents: Test of an integrated model* [Poster presentation]. Western Psychological Association 2022 conference, Portland, OR, United States.

- Balla, J.**, McCafferty, K., Verbarendse, K., Aldape, R., Awad, N., Bench, R., Vargas, V., Lawson, M., Hernandez, I., Aguilera, B., Olvera, V., Huffman, N., Arellano-Morales, L., Meyers, L. S., & Gamst, G. (2020, October 28-31). *Shifting mediates racism-related stress of Asian American women* [Poster presentation]. Western Psychological Association 2020 virtual conference.
- Balla, J.**, McCafferty, K., Verbarendse, K., Huffman, N., Menendez, C., Chao, T., Serpas, D., Rojas, A., Ma-Kellams, C., Arellano-Morales, L., Meyers, L. S., & Gamst, G. (2020, October 28-31). *A confirmatory factor analysis of the Asian American Women's Shifting Scale (AsAWSS)* [Poster presentation]. Western Psychological Association 2020 virtual conference.
- Balla, J.**, Vargas, V., Huffman, N., Hernandez, I., Lawson, M., Aguilera, B., Serpas, D., Rojas, A., Gordon, C., Kwon, R., Meyers, L.S., & Gamst, G. (2020, October 28-31). *Effects of type of Latinx American landscaper on assessment of petty bourgeois mentality: A field experiment* [Poster presentation]. Western Psychological Association 2020 virtual conference.
- Balla, J.**, Blankenship, H., Calzada, C., Huffman, N., Camacho, J., Price, J., Lukacs, A., & Bui, N. (2019, April 25-28). *The effects of social media influencers on self-esteem among college students* [Poster presentation]. Western Psychological Association 2019 conference, Pasadena, CA, United States.
- Balla, J.**, Blankenship, H., Calzada, C., Smisek, W., Zhu, X., Dalton, J., Ontiveros, A., Gutierrez, A., & Bui, N. (2019, April 25-28). *The effects of social media influencers on life aspirations among college students* [Poster presentation]. Western Psychological Association 2019 conference, Pasadena, CA, United States.
- Escobar, R., **Balla, J.**, Serpas, D., Rojas, A., Huffman, N., McCafferty, K., Verbarendse, K., Wang, V., Menendez, C., Ma-Kellams, C., Arellano-Morales, L., & Gamst, G. (2019, April 25-28). *A qualitative analysis of Asian American women's shifting attitudes in a community sample* [Poster presentation]. Western Psychological Association 2019 conference, Pasadena, CA, United States.
- Aldape, R., **Balla, J.**, Diaz, A., Dobson, K., Feller, C., Garcia, S., Rought, S., Salazar, B., Serpas, D., Arellano-Morales, L., Meyers, L.S., & Gamst, G. (2018, April 26-29). *A structural mediation model predicting race-related stress of African American women* [Poster presentation]. Western Psychological Association 2018 conference, Portland, OR, United States.

## **Research Experience**

- Aug. 2023-present      **Lab Manager**  
*SHARPP Lab, Psychological Sciences Department, University of California, Merced*
- Aug. 2020-present      **Doctoral Lab Member**  
*SHARPP Lab, Psychological Sciences Department, University of California, Merced*  
Advisor: Dr. Martin Hagger
- Apr. 2019-Dec. 2019      **Undergraduate Research Assistant**  
*Psychology Department, University of La Verne*  
Advisors: Drs. Glenn Gamst and Roy Kwon

Aug. 2018-  
May 2019                    **Undergraduate Research Chair**  
*Psi Chi Honor Society, University of La Verne*  
Advisor: Dr. Ngoc Bui

Jan. 2017-  
Dec. 2019                    **Undergraduate Research Assistant**  
*Multicultural Lab, Psychology Department, University of La Verne*  
Advisors: Drs. Glenn Gamst and Leticia Arellano-Morales

### **Professional Experience**

March 2023-  
present                    **Editorial Associate**  
*Social Science and Medicine, Health Psychology*  
Supervisor: Dr. Martin Hagger

Aug. 2023-  
present                    **Graduate Student Researcher**  
*Psychological Sciences Department, University of California, Merced*  
Supervisor: Dr. Martin Hagger  
Project: ‘Developing Community-Engaged and Contextually Tailored COVID-19 Vaccine Messages for Latinos in the Central Valley: The C4 Project’.

Jan. 2023-  
present                    **Teaching Assistant, PSY10 – Analysis of Psychological Data**  
*Psychological Sciences Department, University of California, Merced*  
Supervisor: Dr. Sarah Depaoli  
Lectures written and presented: Discussion sections led weekly.

Aug. 2022-  
Dec. 2022                    **Teaching Assistant, PSY125 – Cognition, Affect, and Health**  
*Psychological Sciences Department, University of California, Merced*  
Supervisor: Dr. Linda Cameron

June 2022-  
Aug. 2022                    **Graduate Student Researcher**  
*Psychological Sciences Department, University of California, Merced*  
Supervisor: Dr. Martin Hagger  
Project: ‘A Scoping Review of Tobacco Flavor Bans and Their Effects on Smoking Cessation’.

Jan. 2022-  
May 2022                    **Teaching Assistant, PSY183 – Human Behavioral Genetics**  
*Psychological Sciences Department, University of California, Merced*  
Supervisor: Dr. Jennifer Hahn-Holbrook  
Lectures written and presented: ‘Research Methods in Behavioral Genetics’.

Jan. 2022                    **Community Partners Breakout Session Facilitator – ‘Mobilizing Voices to Support Flavored Tobacco Restrictions’ Webinar**  
*Nicotine and Cannabis Policy Center, University of California, Merced*

Aug. 2021-  
Dec. 2021                    **Teaching Assistant, PSY120 – Health Psychology**  
*Psychological Sciences Department, University of California, Merced*  
Supervisor: Dr. Deborah Wiebe  
Lectures written and presented: ‘Health Behavior Theory’.

Jan. 2021-  
May 2021                    **Teaching Assistant, PSY010 - Analysis of Psychological Data**  
*Psychological Sciences Department, University of California, Merced*  
Supervisor: Dr. Ren Liu

- Lectures written and presented: ‘Lab 3: Measures of Central Tendency and Variability’; ‘Lab 6: Hypothesis Testing’; ‘Lab 9: Related-Sample T-Test and One-Way ANOVA’; ‘Lab 13: Repeated Measures ANOVA’.
- Aug. 2020-  
Dec. 2020      **Teaching Assistant, PSY180 - Physiological Psychology**  
*Psychological Sciences Department, University of California, Merced*  
Supervisor: Dr. Darrin Tracy
- Lectures written and presented: ‘Exam 1 Review’; ‘Exam 2 Review’;  
‘Exam 3 Review’.
- May 2019      **Psychology Research Conference Coordinator**  
*9th Annual Psi Chi Student Research Conference, University of La Verne*
- Feb. 2019-  
May 2019      **Assistant Teacher**  
*Fairplex Child Development Center, Pomona, CA*

### **Invited Talks**

- Sep. 2023      *Developing community-engaged and contextually tailored COVID-19 vaccine messages for Latinos in the Central Valley: The C4 project.* Presentation given at University of California, Merced SHARPP Lab meeting.
- Apr. 2022      *Science communication.* Presentation given at University of California, Merced SHARPP Lab meeting.
- Mar. 2022      *Graduate school applications and experience.* Lecture presented at University of La Verne Psi Chi Honor Society club meeting.
- Feb. 2022      *Changing behavior using the health belief model and protection motivation theory.* Lecture co-delivered with doctoral student Rabia Majeed for PSY-190 Science of Behavior Change undergraduate class.
- Nov. 2021      *Study quality screening for meta-analysis using the Q-SSP.* Training workshop given at University of California, Merced SHARPP Lab meeting.
- Oct. 2021      *Social cognition determinants of preventive behaviors for respiratory infections: Meta-analysis and test of a process model.* Presentation given at University of California, Merced health psychology departmental colloquium.
- April 2021      *Predicting physical activity in adolescents: Test of an integrated model.* Presentation given at University of California, Merced first-year presentation seminar.

### **Training/Certifications**

- Jan. 2023      **Certificate in Quantitative Methods**  
*Psychological Sciences Department, University of California, Merced*
- Mar. 2022      **Publishing Your Work: Workshop**  
*Psychological Sciences Department, University of California, Merced*
- Jan. 2022      **Missing Data Analysis: Workshop**  
*Quantitative Methods, Measurement, and Statistics Group, University of California, Merced*

- Oct. 2021            **Open Science: Workshop**  
*Psychological Sciences Department, University of California, Merced*
- July 2021            **Structural Equation Modeling: Webinar**  
*Quantitative Methods, Measurement, and Statistics Group, University of California, Merced*
- Nov. 2020           **Methods for Meta-Analysis: Webinar**  
*Georgia State University, Center for International Business Education & Research*
- Aug. 2020           **Preparing to Teach in the Online Environment: Three-Part Workshop (Certified)**  
*Center for Engaged Teaching and Learning, University of California, Merced*

### **Service**

- May 2023-present    **Student Representative**  
*Theories and Techniques of Behavior Change Interventions (TTBCI) Special Interest Group, Society of Behavioral Medicine*
- Nov. 2020-present   **Academic Journal Peer Reviewer**  
*Behavioral Sciences, International Journal of Environmental Research and Public Health, SAGE Open, Social Science and Medicine, Applied Psychology: Health and Well-Being*

### **Honors and Awards**

- 2023                    Health Psychology Research Dissemination Award, University of California, Merced
- 2022, 2023           Graduate Student Development Support Award, University of California, Merced
- 2021, 2022, 2023      Psychological Sciences Summer Support Award, University of California, Merced
- 2021                    Graduate Fellowship Incentive Program Award, University of California, Merced
- 2019                    2<sup>nd</sup> Place Poster Award, Western Psychological Association Division 52: International Psychology
- 2019                    Psychology Departmental Award in Academic Recognition, University of La Verne
- 2017-2019            Dean's List (Fall 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018, Spring 2019), University of La Verne
- 2016-2019            Presidential Scholarship, University of La Verne

### **Professional Memberships**

- 2021-present           Society of Behavioral Medicine
- 2018-present           Psi Chi, International Honor Society in Psychology