

# Susette A. Moyers, M.A.

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## EDUCATION

- Ph.D. University of California, Merced  
Doctor of Philosophy in Health Psychology  
Advisor: Dr. Martin Hagger 2019-Present  
Advisor: Dr. Jitske Tiemensma 2017-2018
- M.A. Pepperdine University 2014-2016  
Master of Arts in Psychology (Cum Laude)  
Thesis: *The effects of social interaction on sleep and cortisol in low socio-economic populations*
- B.A. University of California, Los Angeles 2012-2014  
Bachelor of Arts in Psychology with honors
- A.A. Santa Monica College 2010-2012  
Associate of Arts in Social and Behavioral Sciences (Cum Laude)

## PUBLICATIONS

- Hamilton, K., Smith, S. R., Keech, J. J., **Moyers, S. A.**, Hagger, M. S. (Under Review). Application of the Health Action Process Approach to social distancing behavior during COVID-19. *Applied Psychology: Health and Well-Being*.
- Hagger, M. S., Smith, S. R., Keech, J. J., **Moyers, S. A.**, Hamilton, K. (2020). Predicting social distancing intention and behavior during the COVID-19 pandemic: An integrated social cognition model. *Annals of Behavioral Medicine*. <https://doi.org/10.1093/abm/kaaa073>
- Moyers, S. A.** & Hagger, M. S. (2020). Planning and implementation intention interventions in physical activity. In (Eds.) *Handbook of Self-Regulation and Motivation in Sport and Exercise*. Oxen, UK: Taylor & Francis.
- Moyers, S. A.** & Hagger, M. S. (Under review). Physical activity and sense of coherence: A meta-analysis. *International Review of Sport and Exercise Psychology*.  
<https://doi.org/10.31234/osf.io/d9e3k>
- Moyers, S. A.** & Tiemensma, J. (2020). The association between physical activity, sleep, and quality of life in patients in bio-chemical remission from Cushing's Syndrome. *Quality of Life Research*, 29(8), 2089-2100. <https://doi.org/10.1007/s11136-020-02480-y>

McKinley, L. E., McAnally, K., **Moyers, S. A.**, & Hagger, M. S. (2020). Behavioral health theories, equity, and disparities in global health: A basic process model. In R. Haring, I. Kickbusch, D. Ganten & M. R. Moeti (Eds.), *Handbook of Global Health*. New York, NY: Springer

Hagger, M. S., **Moyers, S.**, McAnally, K., McKinley, L. E. (2020). Known knowns and known unknowns on behavior change interventions and mechanisms of action. *Health Psychology Review*, 14(1), 199-212. <https://doi.org/10.1080/17437199.2020.1719184>

## WORK EXPERIENCE

- |  |             |
|--|-------------|
| <b>Teaching Fellow</b><br>Psychology 180-01-Physiological Psychology<br>University of California, Merced   | Fall 2020   |
| <b>Teaching Assistant</b><br>Psychology 181-Clinical Neuropsychology<br>University of California, Merced   | Spring 2020 |
| <b>Teaching Assistant</b><br>Psychology 120- Health Psychology<br>University of California, Merced   | Fall 2019   |
| <b>Teaching Assistant</b><br>Psychology 001-Introduction to Psychology<br>University of California, Merced   | Spring 2019 |
| <b>Teaching Assistant</b><br>Psychology 181-Clinical Neuropsychology<br>University of California, Merced   | Fall 2018   |
| <b>Teaching Assistant</b><br>Psychology 143-Abnormal Child Psychology<br>University of California, Merced  | Spring 2018 |
| <b>Teaching Assistant</b><br>Psychology 001-Introduction to Psychology<br>University of California, Merced   | Fall 2017   |
| <b>Research Associate</b><br><i>Sovereign Health Group</i><br>Performed upper-level psychometric ratings such as SCID-V, WAIS-IV, MMPI-2RF, and any other projective testing as appropriate for patient based on current and pending diagnoses, wrote relevant psychological reports at the completion of each visit for each patient, managed the collection of data and ensured that it was precise and accurate, conducted literature research for all relevant projects, conducted on-going testing of company cognitive products, created proposals and promoted company products in research-related capacities, coordinated collaborative work efforts between staff from | 2016-2017   |

different departments and clinical sites in order to maximize the efficiency and effectiveness of the patient's treatment plan.

## **Rehabilitation Technician**

2014

### *Promises Treatment Centers*

Transported clients to and from necessary appointments when needed, observed and monitored clients behavior and intervened based on schedule, facilitated assigned groups/meetings/activities per program schedule, documented observations / milieu interventions in client records, coordinated milieu treatment with counseling staff (via client record, staff communication, and counseling/residential interface meeting), wrote a shift log (including check-in and check-out as well as a summary of the shift events), supervised self-administration of client medications, searched items brought to facility and lock-up of contraband and medications, completed admission/intake paperwork with incoming client when needed, provided one-on-one supervision of at-risk clients (ATA risk; suicidal ideation, etc.), supported aftercare component by facilitating aftercare groups, conducted sober living house checks, and conducted UA drug screen collection.

## **ORAL PRESENTATIONS**

- Moyers, S. A.** (2019, November). *Physical activity and sense of coherence: A meta-analysis*. Presentation given at University of California, Merced health psychology department colloquium.
- Moyers, S. A.** (2019, October). *Physical activity*. Guest lecture given at the University of California, Merced to Psychology 120 undergraduate class, Merced, California.
- Moyers, S. A.** (2019, April). *The association between exercise, sleep, and quality of life in patients in remission from Cushing' Syndrome*. Western Psychological Association, 99<sup>th</sup> Annual Conference, Pasadena, California.
- Moyers, S. A.** (2019, January). *The association between physical activity, sleep, and quality of life in patients in remission from Cushing' Syndrome*. Presentation given at University of California, Merced health psychology department colloquium.
- Moyers, S. A.** (2018, April). *The association between physical activity, sleep, and quality of life in patients in remission from Cushing' Syndrome*. Presentation given at University of California, Merced health psychology department pre-candidacy thesis symposium.
- Moyers, S. A.** (2018, March). *Stress, Trauma, and PTSD in Children*. Guest lecture given at the University of California, Merced to Psychology 143 undergraduate class, Merced, California.
- Moyers, S. A.** (2017, October). *Mechanisms of Memory*. Guest lecture given at the University of California, Merced to psychology 001 undergraduate class, Merced, California.
- Moyers, S. A.** (2017, March). *Graduate school acceptance*. Panel presentation at Pepperdine University Master of Arts in Psychology class, West Los Angeles, California. *Invited talk*
- Moyers, S. A.** (2016, June). *The Effects of Social Bonding on Sleep and Cortisol in Low Socio-Economic Populations*. Presentation conducted at Pepperdine's first annual GSEP Student Research and Project Symposium, Los Angeles, California.
- Moyers, S. A. & Thapar-Olmos, N.** (2016, March). *Stress, Resilience, and Healthy Women in the Workplace*. Presentation conducted at the annual GSEP Women in Leadership Conference, Los Angeles, California. *Invited talk*
- Castañeda-Sound, C. L., Sanchez, J. A., **Moyers, S. A.**, & Venegas, S. S. (2015, June). *Training Experiences of Bilingual Therapists*. Presentation given at Pepperdine's first annual graduate school of education and psychology faculty research symposium, West Los Angeles, California.

## POSTER PRESENTATIONS

- Moyers, S. A. & Tiemensma, J.** (2019, March). *The association between exercise, sleep, and quality of life in patients in remission from Cushing' Syndrome*. Society of Behavioral Medicine, 40<sup>th</sup> Annual Conference, Washington, D.C.
- Castañeda-Sound, C. L., Sanchez, J. A., **Moyers, S. A.**, & Venegas, S. S. (2018, October). *Exploring the clinical skill development of bilingual trainees*. National Latina/o Psychological Association biennial conference, San Diego, California.
- Pettit, C., **Moyers, S.**, Moss, I. K, Iturralde, E., Rodriguez, A., Corley, F., Ramos, M., & Margolin, M. (2017, April). *Co-rumination as a moderator between victimization and depressive symptoms*. Biennial Meeting of the Society for Research on Child Development, Austin, Texas.
- Pettit, C., **Moyers, S.**, Moss, I. K, Iturralde, E., Rodriguez, A., Corley, F., Ramos, M., Iturralde, E., & Margolin, M. (2017, April). *Observed global irritability in dyadic peer discussions as predicted by depressive symptoms and negative life events*. Biennial Meeting of the Society for Research on Child Development, Austin, Texas.
- Moyers, S. A.**, Pettit, C., Kellerman, I., Ramos, M., Iturralde, E., Corley, F., Margolin, G. (2017, April). *The role of gender in adolescent depression and put down behaviors*. Society for Research in Child Development Biennial Meeting, Austin, Texas.
- Harari, L. A., **Moyers, S. A.**, Raposa, E. B., & Hammen, C. L. (2014, May). *The role of early life stress, and parenting styles in predicting alcohol consumption*. Poster presented at the psychology undergraduate research conference, Los Angeles, California.

## TRAINING/CERTIFICATIONS

### **Remote University Instruction Workshop** 2020

*University of California, Merced, Center for Engaged Teaching and Learning*  
Certificate received

This three-part workshop included topics such as remote technologies for teaching, enriching the student remote learning experience, and enhancing the remote instructor experience to help prepare instructors to implement online instruction.

### **Improving Teaching by Assessing Learning Workshop** 2018

*University of California, Merced, Center for Engaged Teaching and Learning*  
Certificate received

This four-part practicum-style workshop included topics such as lesson/curriculum planning, rubric design, teaching portfolios and student evaluations, and crafting a teaching statement.

## SERVICE

### **Editorial Manager** 2020-2021

Special Issue "Health Behavior Change: Theories, Methods & Interventions"  
*Behavioral Sciences*

-Assisted with the editorial process for this special issue with invited guest editors

### **Lab Manager – SHARPP Lab** 2019-2020

*University of California, Merced*

-Facilitated lab meetings, coordinated with community members for collaboration on behalf of the lab, managed all lab projects, and ensured lab was stocked with all materials and resources needed.

**Peer Reviewer** 2019-2020

*Stress and Health / Annals of Leisure Research*

-Completed two peer reviews for the academic journal *Stress and Health* and one for the academic journal *Annals of Leisure Research*.

**Program committee for University of California Health Psychology Consortium** 2019-2020

*University of California, Merced*

-Committee member for University of California inter-campus health psychology consortium. Helped plan and facilitate event, held at the University of California, Merced

**Graduate Student “Buddy”** 2019

*University of California, Merced*

-“Buddy” to a prospective graduate student during visitation weekend, ensured the student was able to participate in all visitation weekend activities, provided transportation, and any other support that the prospective student needed.

**Research Lab Assistant** 2016

*University of Southern California*

Neuroendocrinology and Social Ties Lab (PI: Dr. Darby Saxbe)

-Recruited study participants from the San Fernando Valley area, ran participants in the study (included saliva collection for cortisol analysis), data entry, and transcribed video and audio interviews

**Research Lab Assistant** 2015- 2016

*University of Southern California*

Family Studies Project (PI: Dr. Gayla Margolin)

-Coded video data of dyads by identifying specific adaptive and maladaptive interpersonal behavioral patterns within the dyad for further quantitative analysis

**Research Lab Assistant** 2015- 2016

*Pepperdine University*

Language and Culture Lab (PI: Dr. Carrie Castañeda-Sound)

-Worked with a team to identify, examine, and interpret patterns and themes from interview transcripts for qualitative analysis

**Research Lab Assistant** 2013- 2014

*University of California, Los Angeles*

Social Environmental Health Experiences Lab (PI: Dr. Constance Hammen)

-Administered informed consent/explained the study, ran baseline measures, and ensured adherence to study protocol for each participant (including daily diary entries, follow-up surveys, and saliva collection for cortisol analysis)

## FELLOWSHIPS/AWARDS

## Amount

Graduate Dean’s Relocation Grant (September, 2017)

\$500

2018 SSHA Dean's Summer Research Award (April, 2018)	\$858
Psychological Sciences Summer Support Award (April, 2018)	\$3385
Health Psychology Travel Presentation Award (April, 2019)	\$160
Psychological Sciences Summer Support Award (April, 2019)	\$4213
Will Shadish Award for Leadership and Service (March, 2020)	\$300
Psychological Sciences Summer Support Award (April, 2020)	\$3618
Psychological Sciences Research Dissemination Award (April, 2020)	\$333

## PROFESSIONAL AFFILIATIONS

American Psychological Association  
 Health Sciences Research Institute at University of California, Merced  
 International Society of PsychoNeuroEndocrinology  
 Society of Behavioral Medicine (Member number: 26397)