

**Krista J. Howard, Ph.D.**  
Curriculum Vita

## **Academic/Professional Background**

### **Educational Background**

Ph.D. 2010 The University of Texas at Arlington: *Health Psychology/ Neuroscience*  
Dissertation: Prevalence, Risk Factors and Outcomes for Various  
Musculoskeletal Injury Sites Associated with the Development of  
Chronic Occupational Disability

M.S. 2008 The University of Texas at Arlington: *Health Psychology*  
Thesis: Risk Factors for Functional Restoration Non-Completion

B.A. 1997 The University of Texas at Arlington  
*Experimental Psychology (Major)/ Mathematics (Minor)*

### **University Experience**

Associate Chairperson	Texas State University	2016-2018
Associate Professor	Texas State University	2016-present
Assistant Professor	Texas State University	2010-2016
Assistant Research Psychologist	University of Texas at Arlington	2010-2010
Graduate Research Assistant	University of Texas at Arlington	2008-2010
Graduate Teaching Assistant	University of Texas at Arlington	2006-2008

### **Relevant Professional Experience**

Statistical Consultant	Florida Orthopaedic Institute	2014-present
Research Statistician	RestoreFX	2014-present
Research Statistician	UTSW Medical School/ Orthopaedics	2008-present
Research Statistician	Scottish Rite Hospital / Orthopaedics	2012-2013
Research Statistician	PRIDE Research Foundation	2006-2013
Mathematics Teacher	Hurst Euleless Bedford ISD	2003-2006
Mathematics Teacher	Grapevine Colleyville ISD	1999-2003
Research Analyst	Highland Park ISD	1998-1999

### **Other Professional Credentials**

2014 Creating and Teaching and Online Course Workshop  
2012 NSF Workshop, Austin Texas  
2011 Salimetrics “Spit Camp” training - Salivary Biomarkers  
1999 Texas Teaching Certification – Secondary Mathematics

## **Teaching**

### **Teaching Honors and Awards**

- 2018 *Favorite Professor* – Alpha Chi National College Honor Society
- 2016 *Favorite Professor* – Alpha Chi National College Honor Society
- 2015 *Liberal Arts College Achievement Award for Excellence in Teaching*
- 2015 *Favorite Professor* - Alpha Chi National College Honor Society
- 2012 *Favorite Professor* - Alpha Chi National College Honor Society
- 2011 *Favorite Professor* - Alpha Delta Pi

### **Courses Taught**

#### Graduate Courses

Applied Biostatistics in Health Research  
Foundations of Health Psychology  
Occupational Health Psychology  
Psychology of Teaching

#### Undergraduate Courses

Introduction to Statistics  
Introduction to Statistics Lab (GTA coordinator)  
Industrial Psychology  
Industrial Psychology - online  
Industrial Psychology - Correspondence Studies – Distance Learning  
Personality Psychology – Greece Study Abroad Program  
Health Psychology – Greece Study Abroad Program  
Social Psychology

#### Established Internships

Internship in Psychology - RestoreFX  
Internship in Psychology - Brain Balance Center  
Internship in Psychology - New Braunfels Food Bank  
Internship in Psychology - Center for Relationships

### **Thesis, Dissertations**

#### **Committee Chair**

- Gomez, Merab (anticipated Spring 2020). Evaluation of Psychosocial Factors Related to Social Media Currency on Instagram.
- Giblin, Madeline (anticipated Spring 2019). The Utility of the Minnesota Multiphasic Personality Inventory (MMPI) to Assess the Likelihood of Opioid Misuse in Patients with Chronic Disabling Occupational Musculoskeletal Disorders.

- Hopper, Jennifer (anticipated Spring 2019). Evaluating weight loss strategies and symptom severity in patients with hypothyroidism.
- Critz, Kirstin (2018). Evaluating Psychological Factors that Lead to Trolling Behaviors in Social Media Applications.
- Capote, Miguel (2018). A Comprehensive Occupational Health Evaluation of Absenteeism in Public School Teachers.
- Roming, Sinjin (2018). An Evaluation of Adaptive and Maladaptive Coping Strategies for College Students.
- Gray, Avia (2016). Barriers to Treatment Adherence and Hemoglobin A1c in Diabetic Populations.
- Price, Rachel (2015). Gastrointestinal Illness and Stress in Public School Teachers.
- Castaneda, Ricardo (2015). Psychosocial Variables Predicting Functional Restoration Treatment Outcomes for Patients with Chronic Occupational Musculoskeletal Disorders.
- Chambers, Jaime (2015). Factors that Contribute to Attrition in Texas' Public Schools.
- Stetler, Jessica. (2013). The effects of exercise on overall health outcomes for teachers.

**Committee Member**

- Snyder, Morgan (Anticipated Spring 2019). Investigation of the Relationship Between Weight Stigma and Treatment Adherence for Patients with Hypothyroidism.
- Lipschuetz, Shelby (Anticipated Spring 2019). The Relationship Between Personality Factors and Occupational Stability in Direct Care Workers.
- Morris, Casey (Anticipated Spring 2019). Evaluation of Art Therapy as a Stress Reduction Technique for College Students.
- Moore, Julia (2018). Alcohol Consumption and Other Related Factors in Military Veterans Attending College.
- Tanner, Garrett (2017). College Students' Perceptions of Safety on Campuses with Concealed Carry.

- Hill, Brittany (2016). Attitudes and personal judgments regarding body modification
- Kelly, Morgan (2016). Alcohol Use and Cardiovascular Health in College students.
- Cobos, Briana (2015). The Relationship between Psychological Disorders and Medication Adherence in College Students.
- Salas, Eric (2015). Recovery and Response to Injury: Athlete Coping.
- Pierson, Colin. (2013). The Social Environment, Genetics, and Obesity: Evaluation of Diathesis-Stress and Differential Susceptibility Frameworks. (Department of Sociology).
- Plate, Joshua (2012). Validation of the Injury-Readiness Return to Sport Scale in an Adolescent Population. (Department of Human Health and Performance).

### **Other Teaching**

#### **Research Assistant Supervision (Undergraduate and Graduate Students)**

2018: Marieke Visser, Angela Johnson, Amanda Jones, Anthony Robinson, Aaron Bonnette, Morgan Snyder, Madeline Giblin, Rachel Farley, Melissa Garza, Kirstin Critz, Carlos Corona, Rosa Burroughs, Tony Lopez, Shelby Lipschuetz, Rebekah Overhauser

2017: Angela Johnson, Sinjin Roming, Marieke Visser, Amanda Jones, Victoria Tsatenawa, Nathan Wofford, Ryan Watkins, Stephanie Purol, Robert Montayne, Elia Bueno, Melissa Garza, Lilye Espinoza, Miguel Capote, Trisha Flourney, Lily Jakaj

2016: Avia Gray, Nathan Wofford, Stephen Ramos, Emily Lund, Rosemary Emordi, Victoria Tsatenawa, Amanda Jones, Briana Cobos, Brooke Bryson, Melissa Garza, Angela Johnson

2015: Briana Cobos, Avia Gray, Javier Arteta, Michalai Walker, Kara Stevenson, Irina Jolic, Eric Salas, Natalie DeLeon, Brittany Hill, Rachel Price, Morgan Kelly, Nathan Wofford, Stephen Ramos

2014: Briana Cobos, Rachel Price, David Torrente, Brenda Hatcher, Martelle Wathan, Shelby Cohn, Ly Ton, Jaime Chambers, Ricardo Castaneda, Javier Arteta, Cortney Garten, Michalai Walker, Rhiana Holmes, Kara Stevenson, Warren McAdams

2013: Brittani Bash, Samuel Sohmer, Kaylyn Krejci, Amanda Congdon, Andrew Santana, Warren McAdams, Ly Ton, Stephanie Gonzalez, Paula Garcia, Cecilee Walker, Christina Henry, Meaghan Elek, Tara Robinson, Janie Bumford, Briana Cobos, Rachel Price, David Torrente, Robin Besse, Shelby Cohn

2012: Misty Maddox, Daniel Bradshaw, Marissa Nelson, Brittani Bash, Eulises Gonzales, Samuel Sohmer, Roxie Wurtz, Kaylyn Krejci, Amanda Congdon, Andrew Santana, Maia Williams, Meredith Kimbrough, Tara Key, Jenna Lorentsen, David March, Warren McAdams, Lance Tschirhart, Danielle Taylor, Ly Ton

2011: Misty Maddox, Marissa Nelson, Silvana Gaona, Brittani Bash, Jennifer von der Gruen, Andrea Spicer, Amanda Congdon, Kara Stevenson, Roxie Wurtz, Tiffani Woodham-Adkins, Joni Fields, Nathan Doyle, Caitlin Kennedy, Maia Williams, Alessa Smyth, David Lee, Katelyn Debord, Justin Fox, Kayleigh Isbell, Alessa Smyth

### **Internship Supervision**

2019 Spring: Rachel Farley, Madeline Giblin, Anthony Lopez, Shelby Lipschuetz, Sneha Pradhan, Raven Goad, Samantha Gaspard, Cynthia Lopez, Annabeth Pekarek, Madilynne Rhodes, Brianda Verdin

2018 Fall: Hailey Thomas, Joshua Long, Carlshea Brooks, Peyton Eddy, Crystal Roth, Baleigh Sims, Mariana Obregon, Morgan Snyder, Jennifer Hopper

2018 Summer: Kayla Lomas, Saralyn Smith, Rebekah Bruns, Avery Garrett, Kaycee Moore

2018 Spring: Shantell Batiste, Julia Brotherston, Alyssa Garner, Frances Adams, Naomi Gonzalez, Samantha Lamb, Matthew Wilkes, Tessa Zavala, Marieke Visser, Kirstin Critz, Blake Barnhouse

2017 Fall: Sterling Wilmer, Reagan Drake, Sneha Pradhan, Caitlin Lemons, Savannah Brinkley, Nancy Fernandez, Alyssa Marroquin, Ysabella Castillo

2017 Summer: Sinjin Roming, Kent Sanner, Mary Kate Shannon, Reina Soria, Megan Armstrong, Reggie Rios, Brandon Aguirre

2017 Spring: Arthur Barrera, Monica Gutierrez, Bailee Harbin, Alan Nguyen, Jasmine Robinson, Jimena Vega, Whitney Costello, Chasley Jones, Matthew Pacallier

2016 Fall: La’Rodney Brown, Devon Brunner, Taylor Candelario, Lauren Carranza, Kyla Jordan, Bonnie Luce, Savannah Mallon, Nathan Wofford

2016 Summer: Briauna Wilson, Alyssa Holt, Candace Collins, Mackenzie Goodson, Chelsea Thompson, Courtney Haynes, Angelica Rodriguez, Cameron Cantu

2016 Spring: Shannon Burbage, Maria Corona, Rafael Garcia, Danielle Lima, Jason Stephens, Lucia Tran, Geoffrey Parker, Allison Lee

2015 Fall: Sara Casas, Boyd Fowlkes, Alexis Clements, Brianna Lansford, Amy Martinez, Cassie Rodebush, Richard Smith, Avia Gray

2015 Summer: Johnathon Clark, Kamarie Douglas, Kari Schultz, Brooke Bryson, Morgan Kelly

2015 Spring: Brittany Hill, Natalie Deleon, Eric Salas, Ricardo Castaneda, Tiffany Stokes, April Murphy, Brandon Gibson, Patrick Cook, Brianna Teran, Georgina Arellano, Alexa Jesko

2014 Fall: Jaime Chambers, Warren McAdams, Alexandria Smith, Alexa Jesko, Alex Robbins, Nicole Cusson, Ileana Gonzales, Victoria Smith

2014 Summer: Laura Lopez, Fallon Laurenz, Javier Arteta, Crystal Stiegemeyer, Kelsie Salyer, Brittani Hamilton, Briana Cobos, Alyssa Kutach

2014 Spring: Olivia Van Ness, Shandi Cormier, Emily Keen, Irina Jolic, Kassandra Banda, Catherine Dilger, Torie Langston

## **Scholarly/Creative**

### **Works in Print**

\* Indicates Texas State Student Co-Author

### **Chapters in Books**

Gatchel, R.J., **Howard, K.J.**, Haggard, R., & Thomas, C. Introduction and Overview: Biopsychosocial Approaches to Understanding Chronic Pain and Disability. In R.J. Moore (Ed.), *The Handbook of Pain and Palliative Care (2<sup>nd</sup> Edition)*. New York: Springer, In Press, 2019.

Brede, E., Ikram, F., **Howard, K.**, Asih, S., Knauf, M., & Polatin, P. Measurement of Return to Work and Stay at Work Outcomes. In Schulz, I. & Gatchel, R. (Eds.), *The Handbook of Return to Work, From Research to Practice*. New York: Springer, 2016. Pgs: 181-205.

**Howard, K.J.**, \*March, D., \*Lorentsen, J., Howard, J.T., & Ikram, H. Lower Extremity Pain. In Gatchel, R. & Schulz, I. (Eds.), *Handbook of Musculoskeletal Pain and Disability Disorders in the Workplace*. New York: Springer, 2014. Pgs: 81-99.

**Howard, K.J.**, Howard, J.T., & \*Wurtz, R. Chronic Pain in a Specific Population: Low Back. In Dougall & Gatchel (Eds.). *Ask the Experts: Chronic Pain*. Future Science Group, 2013. Pgs 59-74. (doi: 10.2217/ebo.13.542)

**Howard, K.J.**, Howard, J.T. & \*Smyth, A.F. The Problem of Absenteeism and Presenteeism in the Workplace. In Schulz, I. & Gatchel, R. (Eds.), *Handbook of Occupational Health and Wellness*. New York: Springer, 2012. Pgs 151-179.

Graham, H., **Howard, K.J.**, & Dougall, A.L. The Growth of Occupational Health Psychology. In Schulz, I. & Gatchel, R. (Eds.), *Handbook of Occupational Health and Wellness*. New York: Springer, 2012. Pgs 39-59.

Gatchel, R.J., Haggard, R., Thomas, C., & **Howard, K.J.** Introduction and Overview: Biopsychosocial Approaches to Understanding Chronic Pain and Disability. In R.J. Moore (Ed.), *The Handbook of Pain and Palliative Care Across the Life Course*. New York: Springer, 2012. Pgs 1-16.

Gatchel, R., Brede, E., Choi, Y., **Howard, K.J.**, & Worzer, W. Measurement of Musculoskeletal Functioning. *Research Methods in Occupational Health Psychology: State of the Art in Measurements, Design and Data Analysis*. Boca Raton, FL: Taylor & Frances, 2012. Pgs 19-30.

Gatchel, R.J., **Howard, K.J.**, & Haggard, R. The Biopsychosocial Perspective of Pain. In R.J. Contrada & A. Baum (Eds.), *Handbook of Stress Science: Biology, Psychology and Health*. New York: Springer, 2011. Pgs 461-473.

## Articles

### **Refereed Journal Articles**

\*Chambers, J., \*Jones-Rincon, A., \*Johnson, A., \*Tsatenawa, V., & **Howard, K.** (In press, 2019). Why do teachers leave? A comprehensive occupational health study evaluating intent-to-quit in public school teachers. *Journal of Applied Biobehavioral Research*.

**Howard, K.**, \*Giblin, M., & \*Medina, R. (In press, 2019). The relationship between occupational stress and gastrointestinal illness: A comprehensive study of public school teachers. *Journal of Workplace Behavioral Health*.

\*Robinson, A., \*Bonnette, A., **Howard, K.**, Ceballos, N., Dailey, S., Lu, Y., & Grimes, T. (In press, 2019). Social comparisons, social media addiction, and social interaction: An examination of specific social media behaviors related to major depressive disorder in a Millennial population. *Journal of Applied Biobehavioral Research*.

Ceballos, N.A., **Howard, K.**, Sharma, S., Dailey, S.L., Grimes, T. (2018). Collegiate binge drinking and social media use among Hispanics and Non-Hispanics. *Journal of Studies on Alcohol and Drugs*.

\*Jones-Rincon, A. & **Howard, K.** (2018). An occupational health evaluation of the impact of Anxiety Disorder for public school teachers. *Journal of Applied Biobehavioral Research*, 1-12. doi.org/10.1111/jabr.12133

\*Visser, M., **Howard, K.**, & Ellis, H. (2018). Pre-operative and post-operative influence of Major Depressive Disorder on outcomes following total knee arthroplasty. *Pain Medicine*, 1-8. doi: 10.1093/pm/pny107

\*Gray, A., \*Ramos, S., \*Bryson, B., **Howard, K.**, & Ellis, H. (2017). The Pain Disability Questionnaire (PDQ): Evaluating the efficacy of the psychosocial and functional subscales for 12-month post-treatment outcomes after total knee arthroplasty. *Current Orthopaedic Practice* 28(6), 573-579. (Impact factor = 2.765, prior journal name: Clinical Orthopaedics and Related Research)

**Howard, K.**, Haskard-Zolnierek, K., \*Johnson, A., \*Roming, S., \*Medina, R., & \*Cobos, B. (2017). Somatization Disorder and stress in teachers: A comprehensive occupational health evaluation. *Journal of Applied Biobehavioral Research* 22(4), 1-11.

**Howard, K.**, \*Castaneda, R., \*Gray, A., Haskard-Zolnierek, K. & Jordan, K. (2017). Psychosocial factors related to functional restoration treatment completion and return-to-function for patients with chronic disabling occupational musculoskeletal disorders. *Journal of Occupational and Environmental Medicine* 59(3), 320-326. (Impact factor = 1.627).

**Howard, K.**, \*Gray, A., \*Ramos, S. & Ellis, H. (2016). The Pain Disability Questionnaire (PDQ): Evaluation of its utility for pre-surgical and one-year post-surgical physical and psychosocial outcomes for patients undergoing total knee arthroplasty. *Current Orthopaedic Practice*, 27(4), 420-426. (Impact factor = 2.765, prior journal name: Clinical Orthopaedics and Related Research)

\*Arteta, J., \*Cobos, B., Hu, Y., Jordan, K. & **Howard, K.** (2016). Evaluation of how depression and anxiety mediate the relationship between pain catastrophizing and prescription opioid misuse in chronic pain populations. *Pain Medicine*, 17(2), 295-303. (Impact factor = 2.324)

Ceballos, N., \*Sharma, S., Graham, R., & **Howard, K.** (2015). Stress and immune function in social drinking college students before and after spring break. *Neuropsychobiology*. 72, 8-15. (Impact factor = 2.261)



- \*Cobos, B., Haskard-Zolnierok, K., & **Howard, K.** (2015). White Coat Syndrome: Improving the patient-healthcare practitioner relationship. *Psychology Research and Behavior Management* 8, 133-141. (Impact factor N/A)
- \*Besse, R., **Howard, K.J.**, \*Gonzalez, S., Howard, J.T. (2015). Major Depressive Disorder in public school teachers: Evaluation of occupational and health outcomes. *The Journal of Applied Biobehavioral Research* 20 (2) 71-83.
- Wang, J.F., **Howard, K.J.**, \*McAdams, W., & Bucholz, R. (2014). Evaluating the effects of anxiety on physical and psychosocial measures for patients with severe lower extremity osteoarthritis undergoing total joint arthroplasty. *Current Orthopaedic Practice*, 25(2) 158-163. (Impact factor = 2.765, prior journal name: Clinical Orthopaedics and Related Research)
- Mayer, T.G., Choi, Y., **Howard, K.**, & Gatchel, R.J. (2013). Evaluation of prevalence and treatment outcomes for patients with chronic disabling occupational lower extremity musculoskeletal disorders. *Journal of Occupational and Environmental Medicine*, 55 (12) 1489-1494. (Impact factor = 1.630)
- Howard, K.J.**, Ellis, H.B., Wang, J.F., \*von der Gruen, J., & Bucholz, R. (2012). Evaluating the effects of somatization disorder for patients with end-stage lower extremity osteoarthritis. *Journal of Applied Biobehavioral Research*, 17 (2) 79-93.
- Howard, K.J.**, Mayer, T.G. & Gatchel, R.J. (2012). Comparison of chronic occupational upper extremity vs. lumbar differential disability-related outcomes and predictor variables. *Journal of Occupational and Environmental Medicine*, 54 (8) 1002-1009. (Impact factor = 1.630)
- Ellis, H.B., **Howard, K.J.**, Khaleel, M.A., & Bucholz, R.W. (2012). The effect of psychopathology on patient perceived outcomes of total knee arthroplasty within an indigent population. *Journal of Bone and Joint Surgery*, 94: e84 (1) 1-8. (Impact factor = 4.309)
- Neblett, R., **Howard, K.J.**, Kishino, N., & Gatchel, R.J. (2012). Fibromyalgia: An overview of etiology and treatment options. *Practical Pain Management*, 21-26. (Impact factor N/A)
- Mayer, T.G., Neblett, R., Cohen, H., **Howard, K.J.**, Choi, Y.H., Williams, M., Perez, Y., & Gatchel, R.J. (2011). The development and psychometric validation of the Central Sensitization Inventory (CSI). *Pain Practice*, 12(4) 276-285. (Impact factor = 2.183)
- Howard, K.J.**, Ellis, H.B., Khaleel, M.A., Gatchel, R.J. & Bucholz, R.W. (2011). Psychosocial profiles of indigent patients with severe osteoarthritis requiring

- arthroplasty. *The Journal of Arthroplasty*, 26 (2): 244-249. (Impact factor = 2.207)
- Howard, K.J.**, Mayer, T.G., Neblett, R., Perez, Y., Cohen, H. & Gatchel, R.J. (2010). Fibromyalgia found in chronic disabling occupational health disorders: Prevalence, risk factors and post-treatment outcomes. *Journal of Occupational and Environment Medicine*, 52 (12): 1186-1191. (Impact factor = 1.630)
- Howard, K.J.**, Khaleel, M.A., Ellis, H.B., & Gatchel, R.J. (2010). Applying the biopsychosocial approach to the preoperative and perioperative management of patients undergoing total joint arthroplasty. *Practical Pain Management*, 10 (1): 17-28. (Impact factor N/A)
- Howard, K.J.**, Kishino, N., Johnston, V.J., Worzer, W.E., & Gatchel, R.J. (2010). Malingering and pain: Is this a major problem in the medicolegal setting? *Psychological Injury and Law*, 3 (3): 203. (Impact factor N/A)
- Howard, K.J.**, Ellis, H.B., & Khaleel, M.A. (2010). Psychological factors that may influence outcome following joint replacement surgery. *Current Orthopaedic Practice*, 21 (2): 144-147. (Impact factor = 2.765, prior journal name: Clinical Orthopaedics and Related Research)
- Ellis, H.B., **Howard, K.J.**, & Khaleel, M.A. (2010). Influence of socioeconomic status on outcome of joint replacement surgery. *Current Orthopaedic Practice*, 21 (2): 132-137. (Impact factor = 2.765, prior journal name: Clinical Orthopaedics and Related Research)
- Howard, K.J.**, Mayer, T.G., Theodore, B.R. & Gatchel, R.J. (2009). Chronic disabling occupational musculoskeletal disorder patients failing to complete functional restoration: Analysis of treatment-resistant personality characteristics. *Archives of Physical Medicine and Rehabilitation*, 90 (5): 778-785. (Impact factor = 2.441)
- Gatchel, R.J., Ricard, M.D., Brede, E.C., & **Howard, K.J.** (2009). Recent advances in the use of surface electromyography (sEMG) to evaluate function/impairment in low back pain patients. *Practical Pain Management*, 9 (2): 31-35.
- Howard, K.J.**, Mayer, T.G., & Gatchel, R.J. (2009). The effects of presenteeism in chronic occupational musculoskeletal disorders: Stay at work (SAW) is validated. *Journal of Occupational and Environmental Medicine*, 51 (6): 724-731. (Impact factor = 1.630)
- Gatchel, R.J., Ricard, M.D., Choksi, D.N., Mayank, J., & **Howard, K.J.** (2009). The Comprehensive Muscular Activity Profile (CMAP): Its high sensitivity, specificity and overall classification rate for detecting submaximal effort on

functional capacity testing. *Journal of Occupational Rehabilitation*, 19 (1): 49-55. (Impact factor = 2.159)

Gatchel, R.J., **Howard, K.J.**, & Kishino, N. (2008). The biopsychosocial approach to pain management. *Practical Pain Management*, 8 (4): 28-39. (Impact factor N/A)

### **Published Abstracts**

Ceballos, N., **Howard, K.**, Dailey, S., & Grimes, T. (2018). Binge drinking and social media intensity among Hispanic and non-Hispanic college students. *Research Society on Alcoholism*.

Ceballos, N., \*Sharma, S., Patterson, T., Graham, R., & **Howard, K.** (2015). Stress, immune function and collegiate holiday drinking: A pilot study. *FASEB Journal* 27, 1124-1125.

Russell, R., **Howard, K.**, & Bucholz, R. (2014). Psychopathology and Obesity Effects on Outcomes of Total Knee Arthroplasty. *American Academy of Orthopaedic Surgeons*.

\*Sharma, S., **Howard, K.**, Graham, R., & Ceballos, N. (2013). Stress and immune function in social drinking college students before and after spring break. *Experimental Biology*.

Russell, R., **Howard, K.**, & Bucholz, R. (2013). Effect of Psychopathology and Obesity on Outcomes of Total Knee Arthroplasty. *American Academy of Hip and Knee Surgery*.

Ellis, H.B., Wise, K., Dumont, G., **Howard, K.**, & Wilson, P. (2013). Does socioeconomic status affect the timing of Anterior Cruciate Ligament Reconstruction in the adolescent athlete? *Pediatric Orthopaedic Society of North America*.

**Howard, K.J.**, Ellis, H.B., Wang, J.F., \*von der Gruen, J., & Bucholz, R. (2012). Evaluating the effects of somatization disorder on self-reported measures of pain, function, disability and quality of life for patients with end-stage lower extremity osteoarthritis undergoing total joint arthroplasty. *American Pain Society*.

Howard, J.T. & **Howard, K.J.** (2012). Barriers to healthcare utilization for individuals with chronic upper extremity joint pain: Results from the National Health Interview Survey. [Abstract]. *American Pain Society*.

Wang, J.F., Khaleel, M.A., Black, S., **Howard, K.J.**, Ellis, H.B., & Bucholz, R. (2010). The effect of ethnicity on patient perceived outcomes of total joint arthroplasty within an indigent population. [Abstract]. *UTSW Medical Student Research Forum*.

**Howard, K.J.**, Ellis, H.B., Khaleel, M.A., Gatchel, R.J. & Bucholz, R.W. (2010). Psychosocial profiles of indigent patients with severe osteoarthritis requiring arthroplasty. [Abstract]. *The American Association of Orthopaedic Surgeons*.

**Howard, K.J.**, Ellis, H.B., Khaleel, M.A., Gatchel, R.J. & Bucholz, R.W. (2010). Psychosocial profiles of indigent patients with severe osteoarthritis requiring arthroplasty. [Abstract]. *Middle American Orthopaedic Society*.

**Howard, K.J.**, Mayer, T.G., Theodore, B.R., Shea, M., & Gatchel, R.J. (2008). Is there evidence that patients failing to complete a functional restoration program have a social malcontent syndrome? A risk factor analysis in chronic disabling spinal disorders [Abstract]. *The Spine Journal (NASS)* 8 (5): 26S.

### **Works Not in Print**

#### **Papers Presented at Professional Meetings**

Dailey, S., **Howard, K.**, \*Roming, S., Ceballos, N., & Grimes, T. (2018). Playing with Fire: Communicative and Psychosocial Predictors of Social Media Addiction. Poster Presentation: *National Communication Association*.

Ceballos, N., **Howard, K.**, Dailey, S., & Grimes, T. (2018). Binge drinking and social media intensity among Hispanic and non-Hispanic college students. Poster Presentation: *Research Society on Alcoholism*.

**Howard, K.**, Ceballos, N., \*Roming, S., Dailey, S., & Grimes, T. (2018). Social media behaviors and psychosocial predictors of social media addiction. Poster Presentation: *Association for Psychological Science*.

\*Roming, S., **Howard, K.**, & \*Johnson, A. (2018). Adaptive and maladaptive coping strategies for perceived stress and their relationship with quality of life. Poster Presentation: *Association for Psychological Science*.

\*Farley, R., **Howard, K.**, Dailey, S., Ceballos, N., & Grimes, T. (2018). Personal distress and social media: Influenced behaviors and attitudes in undergraduate university students. Poster Presentation: *Association for Psychological Science*.

- \*Critz, K., **Howard, K.**, Dailey, S., Ceballos, N., & Grimes, T. (2018). An exploratory study of psychological factors that influence trolling on social media. Poster Presentation: *Association for Psychological Science*.
- \*Capote, M.A. & **Howard, K.** (2018). Individual, occupational, and health factors that contribute to absenteeism of teachers in Texas public schools. Poster Presentation: *Association for Psychological Science*.
- \*Bonnette, A., \*Robinson, A., **Howard, K.**, Dailey, S., Ceballos, N., and Grimes, T. (2018). Evaluating the relationship between social media behaviors and anxiety disorder in undergraduate college students. Poster Presentation: *Association for Psychological Science*.
- \*Johnson, A., \*Chambers, J., \*Jones-Rincon, A., & **Howard, K.** (2018). An occupational health study assessing intent-to-quit in public school teachers. Poster Presentation: *Association for Psychological Science*.
- \*Snyder, M., **Howard, K.**, & Haskard Zolnierrek, K. (2018). Investigating barriers associated with medication adherence. Poster Presentation: *Association for Psychological Science*.
- \*Robinson, A., \*Bonnette, A., **Howard, K.**, Dailey, S., Ceballos, N., & Grimes, T. (2018). Specific social media behaviors associated with major depressive disorder. Poster Presentation: *Association for Psychological Science*.
- \*Flournoy, T., & **Howard, K.** (2018). The effect of workplace characteristics on workplace burnout. Poster Presentation: *Southwestern Psychological Association*.
- \*Roming, S., \*Johnson, A., \*Cobos, B., Haskard-Zolnierrek, K., & **Howard, K.** (2017). Somatization syndrome in Texas school teachers. Poster Presentation: *Association for Psychological Science*.
- \*Johnson, A., \*Roming, S., \*Cobos, B., Haskard-Zolnierrek, K., & **Howard, K.** (2017). Somatization Disorder: Occupational factors impact on Texas school teachers. Poster Presentation: *Association for Psychological Science*.
- \*Jones-Rincon, A. & **Howard, K.** (2017). Examining occupation and health predictors for Generalized Anxiety in public school teachers. Poster Presentation: *Southwestern Psychological Association*.
- \*Ramos, S., \*Gray, A., & **Howard, K.** (2016). Evaluating the influence of perceived disability on psychosocial factors following knee replacement surgery. Poster Presentation: *Association for Psychological Science*.

- \*Ramos, S., \*Gray, A., & **Howard, K.** (2016). Evaluating the utility of the Pain Disability Questionnaire for physical outcomes following Total Knee Arthroplasty (TKA). Poster Presentation: *Society for Behavioral Medicine*.
- \*Gray, A., Haskard Zolnierrek, K., & **Howard, K.** (2016). Evaluating barriers to medication adherence: A comparison of patients with physical versus psychological illness. Poster Presentation: *Society for Behavioral Medicine*.
- \*Chambers, J., **Howard, K.**, \*Cobos, B., \*Price, R., & Haskard Zolnierrek, K. (2015). An Occupational Health Evaluation of Migraine in Public School Teachers. Poster Presentation: *36<sup>th</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine*.
- \*Arteta, J., \*Cobos, B., **Howard, K.**, & Jordan, K. (2014). Evaluation of how Depression and Anxiety Mediate the Relationship Between Pain Catastrophizing and Opioid Misuse in Chronic Pain Populations. Best Poster Award: *International Organization for Social Sciences and Behavioral Research*.
- Howard, J.T., Hughes, H., and **Howard, K.J.** (2014). Spatial Patterning of Public School Teacher Stress Levels in Texas. Poster Presentation: *Applied Demography Conference*, January 2014.
- Ellis, H.B., Wise, K., Dumont, G., **Howard, K.**, & Wilson, P. (2013). Does socioeconomic status affect the timing of Anterior Cruciate Ligament Reconstruction in the adolescent athlete? Paper Presentation: *Pediatric Orthopaedic Society of North America*. May, 2013. (Presented by Henry Ellis, MD).
- Howard, K.J.**, Wang, J.F., \*von der Gruen, J., & Bucholz, R. (2012). Evaluating the effects of somatization disorder on self-reported measures of pain, function, disability and quality of life for patients with end-stage lower extremity osteoarthritis undergoing total joint arthroplasty. Poster Presentation: *American Pain Society*, May 2012.
- Howard, J.T. & **Howard, K.J.** (2012). Barriers to healthcare utilization for individuals with chronic upper extremity joint pain: Results from the National Health Interview Survey. Poster Presentation: *American Pain Society*, May 2012.
- Khaleel, M.A., **Howard, K.J.**, Ellis, H.B., & Bucholz, R. The role of ethnicity in perceived outcomes of total knee arthroplasty within an indigent population. Paper Presentation: UTSW Gregory Lecture, June 2012. (Presented by Mohammed Khaleel, MD).

**Howard, K.J.,** Ellis, H.B., Khaleel, M.A., Gatchel, R.J. & Bucholz, R.W. (2010). Psychosocial profiles of indigent patients with severe osteoarthritis requiring arthroplasty. Paper Presentation: *Middle American Orthopaedic Society*, April 2010. (Presented by Henry Ellis, MD).

**Howard, K.J.,** Ellis, H.B., Khaleel, M.A., Gatchel, R.J. & Bucholz, R.W. (2010). Psychosocial profiles of indigent patients with severe osteoarthritis requiring arthroplasty. Paper Presentation: *The American Association of Orthopaedic Surgeons*, March 2010. (Presented by Henry Ellis, MD).

**Howard, K.J.,** Mayer, T.G., & Gatchel, R.J. (2009). The effects of presenteeism in chronic occupational musculoskeletal disorders: Stay at work is validated. Poster Presentation: *The Spine Journal (NASS)*, November 2009. (Presented by Tom Mayer, MD).

**Howard, K.J.,** Mayer, T.G., Theodore, B.R. & Gatchel, R.J. (2008). Risk Factors for Functional Restoration Non-Completion. Paper Presentation: *Research Colloquium*, February 2008.

**Howard, K.J.,** Mayer, T.G., Theodore, B.R. & Gatchel, R.J. (2008). Chronic disabling occupational musculoskeletal disorder patients failing to complete functional restoration: Their “Social Malcontent” profile. Poster Presentation: *Research Day – The University of Texas at Arlington*.

### **Invited Talks, Lectures, Presentations**

**Howard, K.J.** (2018). Invited Talk: Internships. Presented to the *Psychology Learning Community*.

**Howard, K.J.** (2018). Brown Bag Research Blitz. Presenter at the Psychology Department Brown Bag Symposium.

**Howard, K.J.** (2016). Brown Bag Talk: *Research in Health Psychology*. Presented at the Psychology Department Brown Bag Symposium.

**Howard, K.J.** (2014). Invited Talk: *Careers in Psychology*. Presented to the Psi Chi, International Honor Society of Psychology.

**Howard, K.J.** (2011). Invited Talk: *Research in the Field of Health Psychology*. Presented to the San Marcos High School AP Psychology Students.

**Howard, K.J.** (2011). Invited Talk: *Overview of Industrial and Organizational Psychology*. Presented to the Psychology Learning Community and the Business Learning Community – Texas State University - San Marcos.

**Howard, K.J.** (2010). Guest Lecture: *Fundamentals of Human Factors Research and Engineering Psychology*. Introduction to Psychology course – The University of Texas at Arlington.

**Howard, K.J.** (2008). Presentation: *Chronic Disabling Occupational Musculoskeletal Disorder Patients Failing to Complete Functional Restoration*. Graduate Professional Seminar – The University of Texas at Arlington.

### **Other Works not in Print:**

#### **Works Submitted or Under Review**

Dailey, S., **Howard, K.**, \*Roming, S., Ceballos, N., & Grimes, T. Perpetual Posting, Constant Commenting, and Limitless Lurking: Communicative and Psychosocial Predictors of Social Media Addiction. (Under Review, September 2018, *Journal of Addictive Behaviors*)

\*Roming, S., & **Howard, K.** Coping with stress in college: An examination of spirituality, social support, and quality of life. (Under Review, July 2018, *Journal of Religion and Health*)

#### **Works in Progress**

\*Kelly, M., \*Visser, M., **Howard, K.**, Tirado, C., & Jordan, K. Evaluation of the influence of disability perception and likelihood to misuse opioid medications in a chronic pain population (To be submitted, journal TBD).

Haskard-Zolnierrek, K. & **Howard, K.** The development and validation of the Barriers to Medication Adherence Questionnaire. (To be submitted 2018, journal TBD).

**Howard, K.**, \*Burroughs, R., \*Garza, M., \*Espinoza, L., \*Bueno, E., & \*Johnson, A. Evaluation of the differences in stress and mental health between Hispanic and non-Hispanic Texas public school teachers. (To be submitted 2018, journal TBD).

Howard, K., \*Critz, K., Ceballos, N., Dailey, S., & Haskard-Zolnierrek, K. Psychosocial predictors of online trolling behaviors. (To be submitted 2019, *Journal of Personality and Individual Differences*).

\*Bonnette, A., \*Robinson, A., & Howard, K. Investigation of specific social media behaviors related to Anxiety Disorder. (To be submitted 2019, journal TBD).



**Howard, K.J., & Howard, J.T.** Evaluation of the Central Sensitization Inventory subscales in a hypothyroid patient population. (To be submitted 2019, journal TBD).

**Howard, K.J., & Howard, J.T.** Biomarkers of allostatic load differences based on treated and untreated hypothyroidism. (To be submitted 2019, journal TBD).

**Howard, K.J., Haskard-Zolnierek, K., & Howard, J.T.** Medication non-adherence in a hypothyroid patient population: Predictors and influence on quality of life.

\***Corona, C., Dailey, S., & Howard, K.J.** Personal social media use for work: Examination of occupational and psychosocial predictors. (To be submitted 2019, journal TBD).

## **Grants and Contracts**

### **Submitted but Not Funded External Research Grants and Contracts**

Haskard Zolnierek, K., (PI) Burke, T., (Co-PI) **Howard, K.**, (Co-PI) Lawrence, G., (Co-PI) & Tamir, D. (Co-PI) (scored June 2016, scored Feb 2016). Improving Self-Management in Patients with Metabolic Syndrome: The Development and Testing of the MetaboManage Mobile App. National Institutes of Health: National Institute on Aging. Risk, Prevention and Health Behavior AREA Review. (Requested: \$448,138).

Haskard Zolnierek, K., (PI) & **Howard, K.J.**(Co-PI) (2014) Multicomponent Medication Adherence Monitor (MMAM) Smartphone Program for Chronic Medical Conditions. PhRMA Foundation Adherence Intervention Evaluation Award (requested \$119,350).

**Howard, K.J.** (PI) (2014). The Development of the Interactive Medication Adherence Monitor (IMAM) for Mental Health Conditions. Hogg Research Foundation (\$17,500).

**Howard, K.J.** (PI) (2012). Evaluating the Prevalence of Major Depressive Disorder and the Effects on Burnout and Attrition for Texas Public School Teachers. Hogg Research Foundation (\$17,500).

**Howard, K.J.** (PI) (2011). Mental Health and Treatment Adherence in Underserved Populations Undergoing Total Knee Replacement Surgery: Evaluating the Effects of Axis I Psychopathology. Hogg Research Foundation (\$20,000).

**Howard, K.J.** (PI). (2011). Evaluating the Risk Factors of Post-Surgical Physical Therapy Non-Adherence and its Relationship with Pain and Function Outcomes Following Unilateral Total Knee Arthroplasty. American Pain Society (\$20,000).

## **Funded Internal Research Grants and Contracts**

**Howard, K.** (PI), Ceballos, N., Grimes, T., Dailey, S., Lu, Y., Lee, S., & Sharma, S. (2018). Does Social Media Make Us Sick? A Pilot Study on the Effects of Social Media on Physiological Reactivity and Mental Health. Multidisciplinary Internal Research Grant (MIRG), Texas State University. (\$23,784).

Burke, T., Haskard Zolnierek, K., **Howard, K.** (Co-PI), Lawrence, G. & Tamir, D. (2016). Increasing Treatment Adherence in Patients with Metabolic Syndrome: Development of a Support Network Application. Multidisciplinary Internal Research Grant (MIRG), Texas State University. (\$25,000).

Haskard Zolnierek, K., (PI) & **Howard, K.J.** (Co-PI) (2013) Interactive Medication Adherence Monitor (IMAM) Smartphone Program for Chronic Medical Conditions – Phase II. Texas State University Research Enhancement Program (\$6,670).

**Howard, K.J.** (PI) (2011). Evaluating Disparity in Outcomes of Total Joint Replacement in Underserved Population. Texas State University Research Enhancement Program (\$8,000).

## **Submitted, but not Funded, Internal Grants and Contracts:**

Haskard Zolnierek, K., Long, J., Covington, B., & **Howard, K.** (2017). Medication Reconciliation and Improving Adherence. Multidisciplinary Research Grant (MIRG), Texas State University. (\$25,000).

Grimes, T., Lasser, J., Sokal, J., Daily, S., Lu, Y., Fall, K., & **Howard, K.** (2017). Social Media Influence on Depression, Anxiety, and Suicide Ideation. Multidisciplinary Research Grant (MIRG), Texas State University. (\$25,000).

**Howard, K.** (PI) & Haskard-Zolnierek, K. (2016). Hypothyroidism: Understanding how Comorbid Symptoms, Medication Adherence, and Patient-Physician Communication Predicts Quality of Life. Texas State University Research Enhancement Program (\$16,000).

Burke, T., Haskard Zolnierek, K., **Howard, K.**, Lawrence, G. & Tamir, D. (2015). Increasing Treatment Adherence in Type II Diabetes Patients: Development of a Support Network Application. Multidisciplinary Research Grant (MIRG), Texas State University. (\$25,000).

Haskard Zolnierek, K. & **Howard, K.J.** (Co-PI) (2012). Development of the Interactive Medication Adherence Monitor (IMAM). Texas State University Research Enhancement Program (\$16,000).

## **Fellowships, Awards, Honors**

2018	<i>Health Scholar Showcase Research Presentation Award</i> Texas State University (\$5,000)
2016	<i>Golden Apple Award for Scholarly Activity</i> Texas State University: Liberal Arts College
2015-2016	<i>Dean's Presidential Nominee for Excellence in Scholarly Activity</i> Texas State University: Liberal Arts College
2012-2013	<i>Liberal Arts College Achievement Award for Excellence in Scholarly Activity</i> Texas State University: Liberal Arts College
2009	<i>Verne Cox Outstanding Research Award;</i> Psychology Department; The University of Texas at Arlington
2009-2010	<i>Recipient STEM Fellowship;</i> Department of Psychology The University of Texas at Arlington
2008-2009	<i>Recipient STEM Fellowship;</i> Department of Psychology The University of Texas at Arlington
2007-2008	<i>Recipient STEM Fellowship;</i> Department of Psychology The University of Texas at Arlington
1996	<i>Excellence in Statistics Award;</i> Department of Sociology The University of Texas at Arlington

## **Service**

### **Institutional** **University**

2018	Volunteer, Bobcat Day (October 2018)
2018-2019	Member, Course Schedule Committee
2018	Member (substitute), University Curriculum Committee
2018	Volunteer, Bobcat Day (Spring 2018)
2017	Chair, Search Committee for Director of TEMC
2017	Methods Coach - CoSearch
2017-2018	Member, Retirement and Benefits Committee
2017-2018	Member, Campus Climate Survey Committee
2017	Volunteer, Bobcat Day (Spring 2017, Fall 2017)
2016	Methods Coach - CoSearch
2015-2016	Member, University Leadership Assembly
2015-2016	Volunteer, Bobcat Day (November and February)
2015	Volunteer, Freshman Move-In (2 days)
2013-2014	Member, University Lecturers Committee
2010-2011	Library Committee Representative
2010	Volunteer, Bobcat Day

## **College**

2016-2017 Member, Liberal Arts Study Aboard Council  
2015-2016 Member, Liberal Arts Study Aboard Council

## **Departmental**

2018-2019 Member, Search Committee (Department IT position)  
2018-2019 Member, Search Committee (Social Position)  
2018-2019 Chair, Psychology Policy Review Committee  
2018-2019 Member, Internship Committee  
2017-2018 Chair, Faculty Review Committee  
2017-2018 Member, Internship Committee  
2017-2018 Chair, Committee to Review Office Hours Requirements  
2016-2017 Member, Faculty Review Committee  
2016-2017 Member, MAPR Graduate Program Committee  
2016-2017 Member, Internship Committee  
2016-2017 Member, Psychology Department PhD Exploratory Committee  
2015-2016 Member, Internship Committee  
2015-2016 Member, MAPR Graduate Program Committee  
2014-2015 Member, Internship Committee  
2014-2015 Member, MAPR Graduate Program Committee  
2013-2014 Chair, Statistics and Research Methods Transition Committee  
2013-2014 Member, Search Committee (Human Factors Position)  
2012-2013 Member, Student Evaluation Committee  
2012-2013 Member, Undergraduate Curriculum Committee  
2012-2013 Member, Candidate Search Committee (Quantitative position)  
2011-2012 Member, Candidate Search Committee (Health position)  
2011-2012 Member, Undergraduate Curriculum Committee  
2011-2012 Consultant, Graduate Research Committee  
2010-2011 Member, Undergraduate Curriculum Committee  
2010-2011 Member, Student Retention Committee

## **Professional**

### **Editorial Board**

2011-present *Journal of Applied Biobehavioral Research*

### **Peer Manuscript Reviewer**

*Journal of Bone and Joint Surgery*  
*Pain Medicine*  
*Pain Practice*  
*Journal of Occupational Rehabilitation*  
*Journal of Health Psychology*  
*Journal of Applied Biobehavioral Research*  
*Educational Researcher*  
*Patient Education and Communication*

*Health and Stress*  
*BMC Health Services Research*  
*Journal of Applied Social Psychology*

**Associations**

2010-present	American Psychological Association
2010-present	Association for Psychological Science
2011-present	American Pain Society

**Community**

2014	Volunteer, Science Fair Judge, Travis Elementary School
2013	Volunteer, Science Fair Judge, Travis Elementary School
2011	Invited talk with San Marcos High School Psychology Students