

**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**

Professor	Texas State University	2021-present
Associate Professor	Texas State University	2016-2021
Associate Chairperson	Texas State University	2016-2018
Assistant Professor	Texas State University	2010-2016
Graduate Research/Teaching Asst	University of Texas at Arlington	2006-2010

### **Relevant Professional Experience**

Clinical Health Scientist	Military & Health Research Foundation	2022-present
Statistical Consultant	ORMC Orthopedics	2019-present
Statistical Consultant	Florida Orthopaedic Institute	2014-present
Research Statistician	RestoreFX	2014-2021
Research Statistician	UTSW Medical School/ Orthopaedics	2008-2018
Research Statistician	Scottish Rite Hospital / Orthopaedics	2012-2013
Research Statistician	PRIDE Research Foundation	2006-2013
Mathematics Teacher	Hurst Eules Bedford ISD	2003-2006
Mathematics Teacher	Grapevine Colleyville ISD	1999-2003
Research Analyst	Highland Park ISD	1998-1999

### **Other Professional Credentials**

Creating and Teaching and Online Course Workshop, Texas State	2014
National Science Foundation Workshop, Austin Texas	2012
Salimetrics “Spit Camp” Training (Salivary Biomarkers), State College	2011
Texas Teaching Certification – Secondary Mathematics (6-12)	1999-2012

## Teaching

### Teaching Honors and Awards

- 2022 *Liberal Arts College Award for Excellence in Mentoring*
- 2020 *Liberal Arts College Achievement Award for Excellence in Teaching*
- 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 (PSY 5360O)
- Foundations of Health Psychology (PSY 5335) - Face-to-Face
- Foundations of Health Psychology (PSY 5335) - Online
- Occupational Health Psychology (PSY 5343)
- Psychology of Teaching (PSY 5105)
- Individual Study (PSY 5366)
- Internship in Psychology (PSY 5398)
- Thesis (5399A/B)

#### Undergraduate Courses

- Health Psychology (PSY 3361) - Online
- Introduction to Statistics (PSY 3301, 2301) – Face-to-Face
- Introduction to Statistics (PSY 2301) – Online
- Introduction to Statistics Laboratory (PSY 2101, GTA coordinator)
- Industrial Psychology (PSY 3333) - Face-to-Face
- Industrial Psychology (PSY 3333) - Online
- Industrial Psychology (PSY 3333) - Correspondence Studies/Distance Learning
- Personality Psychology (PSY 3316) - Greece Study Abroad Program
- Health Psychology (PSY 3361) - Greece Study Abroad Program
- Industrial Psychology (PSY 3333) – Greece Study Abroad Program
- Social Psychology (PSY 3331)
- Individual Study (PSY 4395)
- Internship in Psychology (PSY 4396)

#### Established Internships

- RestoreFX
- Brain Balance Center
- New Braunfels Food Bank
- Live Oak Living Community/Seaton Foundation (graduate students)

## **Thesis, Dissertations**

### **Thesis Committee Chair**

- Medel, Alexandria (anticipated 2024). Occupational Health Evaluation of Direct Support Professionals
- Brunett, Kaitlin (2022). Attitudes Toward Rape Myths: The Influence of Social Constructs and Personality on the Acceptance of Rape Myths
- Jefferson, Michaela (2021). Examining Personality Constructs Related to the Interpretation of Sexual Consent in Online Dating Application Dialogues.
- Hernandez, Genesis (2021). Assessing how Attachment Styles Affect Various Social Media Behaviors.
- Gomez, Merab (2020). Instagram Social Media Currency: Are You Social Media Rich or Poor?
- Hopper, Jennifer (2019). Evaluating how major depressive disorder affects symptom severity in patients with hypothyroidism.
- Giblin, Madeline (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.
- 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.

### **Thesis Committee Member**

- Mitaj, Dea (Anticipated, 2024). Religiosity in Children
- Alcazar, Rebbekah (Anticipated, 2024). Maternal Health
- Vrotsos, Kat (2023). Examining the associations between exposure to substance use on TikTok, social norms, and substance use prevalence in emerging adulthood

- Grelle, Kaitlin (2022). Can knowledge help? Investigating the relationship between knowledge of Alzheimer’s Disease and caregiver burden.
- Rizzo-Esposito, Alessandra (2022). The effect of perception of LatinX immigrant patients on the level of care offered by health students.
- Petrofes, Cara (2021). The relationship between social media posts, the physiological stress response, and empathy.
- Morin, Yoshua (2021). Exploring neuropsychological functions related to social media stimuli.
- Sigler, Kristen (2021). Investigating non-medicinal interventions for the behavioral manifestations associated with Alzheimer’s Disease.
- Gilbeaut, Ethan (2020). Barriers and Facilitators to Antidepressant Adherence.
- Snyder, Morgan (2019). Investigation of the Relationship Between Weight Stigma and Treatment Adherence for Patients with Hypothyroidism.
- Lipschuetz, Shelby (2019). The Relationship Between Personality Factors and Occupational Stability in Direct Care Workers.
- Morris, Casey (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).

### **Dissertation Committee Member**

- Iyanda, Ayodeji (2021). Geographic Investigation of Gentrifying Neighborhoods and Chronic Health Conditions in East Austin, Texas (Department of Geography, Texas State University).

### **Other Teaching**

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

2023: Kaleigh Ridlon, Chris Kinstley, Emma Johnson, Johnny Dao, Rebbekah Alcazar, William Murley, Jewel Neal, Alexandria Medel

2022: Natalie Noebel, Chris Kinstley, Aqua Uwadiale, Evan Schmiedehaus, Emma Johnson, Kaitlin Brunett, Haley Parker, Kaleigh Ridlon, Ethan Snyder, Ray Chavez, Johnny Dao, William Murley, Alexandria Medel

2021: Kaitlin Brunett, Aqua Uwadiale, Kennedy Anderson, Mark Stern, Derek Mangino Sirvent, Kaitlin Grelle, Neha Shrestha, Julia Pruin, Sidney Chambless, Megan Ximenes

2020: Merab Gomez, Sierra Kaiser, Mark Stern, Dalton Klare, Rabecca Hernandez, Kristen Sigler, Aleyda Arreola, Alyse Finch, Courtney Wilson, Julia Pruin, Kennedy Anderson, Lucas Smith, Alyssa Trevino, Jordan Pennington, Roman Zapata, Joshua Banja, Kaitlin Brunett

2019: Morgan Snyder, Merab Gomez, Aaron Bonnette, Anthony Robinson, Rachel Farley, Madeline Giblin, Courtney Wilson, Sierra Kaiser, Mark Stern, Nicole Stokes, Shelby Lipschuetz, Carlos Corona, Dalton Klare, Rabecca Hernandez, Julia Pruin, Kristen Sigler

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**

2022-2023: Alexandria Medel, Jewel Neal, William Murley

2020 Summer: Joshua Banja, Saril May, Alexis Perez

2020 Spring: Avery Butler, Katie Fry, Jessica Obregon, Veronica Patrick, Cody Rodriguez, Sydni Blazi, Nohely Gonzalez, Sierra Kaiser, Courtney Wilson

2019 Fall: Andreanika Randle, Miranda Finken, Brian Hill, Jerome Javellana, Madison Henry, Veronica Patrick, Merab Gomez, Rabeca Hernandez, Julia Pruin, Marta Pillows,

2019 Summer: Madeline Giblin, Juan Sanchez Flores, Jacob Esquivel, Amariani Negrete, Kammille Harvey, Madison Savage, Andreanika Randle

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: Briana 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, Cassandra Banda, Catherine Dilger, Torie Langston

### **Graduate Teaching Assistantship Training and Supervision**

- 2019-2020: Aleyda Arreola, Dalton Edward, Alyse Finch, Dalton Klare, Alyssa Kopecki, Mark Stern
- 2018-2019: Aaron Bonnette, Rachel Farley, Niki Hayatbini, Anthony Robinson, Morgan Snyder, Callie de la Cerda
- 2017-2018: Miguel Capote, Marin Cordivin, Fatemeh Fereidooni, Angela Johnson, Marieke Visser, Sinjin Roming
- 2016-2017: Katie Stephenson, Katherine Mooney, Garrett Tanner, Amanda Jones, Matt Pacailler
- 2015-2016: Stephen Ramos, Bryant Reininger, Brittany Hill, Rachel Layton, Candice Stanfield
- 2014-2015: Briana Cobos, Natalie deLeon, Joe Bassili, Jaime Chambers, Shannon Wilder

## Scholarly/Creative

### Works in Print

\* Indicates Texas State Student Co-Author

(SA) Indicates Senior Author

### Articles Currently Submitted and Under Review

Lee, J., **Howard, K.J.**, Greif, A., Howard, J.T. Patterns of prenatal care (PNC) utilization and racial/ethnic disparities before and during the COVID-19 pandemic. (Under Review, *JAMA*, September 2023; IF = 157.3)

Westerberg, C., \*Price, M., Niziurski, J., & Howard, K. Prolonged changes to dreaming behaviors resulting from the COVID-19 pandemic. (Under Review, *Dreaming*, August 2023; IF = 2.212).

Cordaro, M., **Howard, K.**, Schmiedhaus, E., & Dailey, S. Compassion fatigue, burnout, and faculty mental health: A call to the profession, a call to the institution. (Under Review, *Review of Higher Education*, May 2023; IF = 2.383).

\*Johnson, E., \*Kinstley, C., Haskard-Zolnierrek, K., Medina, R., Cordaro, M., Perrotte, J. & **Howard, K. (SA)**. Loneliness during the COVID-19 pandemic: An evaluation of its impact on mental health and substance use. (Under Review, *Trends in Psychology*, August 2023; IF = 0.224).

\*Noebel, N., **Howard, K.**, & Oberle, C. Examining the relationship between diet and fitness content viewership on TikTok with orthorexia nervosa symptomatology. (Under Review, *Journal of Social Media in Society*, May 2023; IF = 4.636).

### Published Refereed Journal Articles

Howard, J.T., Stewart, I.J., Amuan, M., Janak, J., **Howard, K.**, & Pugh, M.J. (2023). Trends in suicide rates among post-9/11 US military veterans with and without traumatic brain injury from 2006-2020. *JAMA Neurology*, (IF = 29.9).

- Altmetric Score = 227
- Military News interview: <https://www.military.com/daily-news/2023/08/28/suicide-rates-surged-among-post-9-11-veterans-even-deaths-remained-steady-general-population-study.html>

\*Shrestha, N., Cordaro, M., Deason, R., **Howard, K.**, & Haskard-Zolnierrek, K. (In press, June 2023). Evaluating the impact of empathic concern on college students' responses to the COVID-19 pandemic. *Journal of American College Health*.



- \*Shrestha, N.R., \*Vrotsos, K., Romero, D., Baumann, M.R., **Howard, K.J.**, & Perrotte, J.K. (In press, 2023). Pathways between adverse change in employment and alcohol use among U.S. women during a global pandemic: The moderating role of conformity to masculine norms. *Substance Use & Misuse*, (IF = 1.132).
- Lee, J., **Howard, K.**, Leong, C., Grigsby, T.J., & Howard, J.T. (2023). Beyond being insured: Insurance coverage denial as a major barrier to accessing care during pregnancy and postpartum. *Clinical Nursing Research* (IF = 3.053).
- Howard, J.T., Perrotte, J.K., Grigsby, T., Leong, C., & **Howard, K.J. (SA)**. (2023). All-cause and cause-specific mortality by race and ethnicity among pregnant and recently pregnant women in the United States, 2019-2020. *JAMA Network Open*. (IF= 13.35).
- Altmetric score = 337
  - CNN interview: <https://www.cnn.com/2023/01/27/health/pregnancy-deaths-study/index.html>
  - The New York Times interview: <https://www.nytimes.com/2023/01/27/health/pregnancy-maternity-women-deaths.html>
  - KXAN interview: <https://www.kxan.com/news/analysis-shows-death-rates-in-new-moms-and-pregnant-women-increased-in-2020/>
  - KSAT report: <https://www.ksat.com/news/local/2023/02/13/study-shows-mortality-for-recently-pregnant-women-increased-during-the-pandemic/>
- Cordaro, M., Meca, A., Garcia, A., Ramos, S. & **Howard, K. (SA)** (2023). *Al Mal Tiempo, Buana Cara* (Keeping a good face during bad times): Differential psychosocial and health profiles between Hispanic and non-Hispanic public school teachers in Texas, *Journal of Workplace Behavioral Health*. (IF = 1.766).
- \*Brunett, K., \*Kinstley, C. **Howard, K.**, Perrotte, J., Deason, R.G., & Cordaro, M. (2023). Generalized Anxiety Disorder in college students during the COVID-19 pandemic: The importance of screening and early detection during traumatic stressor events. *Journal of College Student Psychotherapy*, DOI: 10.1080/87568225.2023.2191880 (IF= 0.970).
- \*Grelle, K., \*Shrestha, N., \*Ximenes, M., Cordaro, M., Perrotte, J.K., Deason, R.G. & **Howard, K. (SA)**. (2023). The generation gap revisited: Generational differences in mental health, maladaptive coping behaviors, and pandemic-related concerns during the initial COVID-19 pandemic. *Journal of Adult Development*. (IF = 1.909).
- Schmiedehaus, E., Cordaro, M., Perrotte, J., Stern, M., Dailey, S. & **Howard, K. (SA)**. (2023). The Great Resignation in higher education: An occupational health approach to understanding intentions-to-quit for faculty in higher education. *Teaching and Teacher Education*. (IF = 3.782).
- Schmiedehaus, E., Snyder, E., Perrotte, J., Deason, R., **Howard, K.**, & Cordaro, M. (2023). The ongoing mental health plight of depressed college students: Clinical recommendation and

the importance of early screening and detection. *Issues in Mental Health Nursing* (IF = 1.156).

**Howard, K.,** Leong, C., Chambless, S., Grigsby, T., Cordaro, M., Perrotte, J., & Howard, J.T. (2022). Major depression in postpartum women during the COVID-19 pandemic: Can social support buffer psychosocial risks and substance use? *International Journal of Environmental Research and Public Health*, 19, e15748. <https://www.mdpi.com/1660-4601/19/23/15748> (IF = 3.39).

Grigsby, T., **Howard, K.,** Howard, J.T., & Perrotte, J.K. (2022). COVID-19 concerns, perceived stress, and increased alcohol use among adult women in the United States during the initial stay-at-home recommendation period. *Clinical Nursing Research* (IF = 2.075).

Verbalyte, M., Keitel, C., & **Howard, K.** (2022). Online trolls: Unaffectionate psychopaths or just lonely outcasts and angry partisans? *Politics and Governance*, 40(4), 396-410. <https://doi.org/10.17645/pag.v10i4.5790> (IF = 2.061)

Howard, J.T., Perrotte, J.K., Flores, K., Leong, C., Nocito, J., & **Howard, K.J. (SA).** (2022). Recent trends in binge drinking and heavy alcohol consumption among pregnant women in the United States, 2011-2020. *JAMA Network Open*, 5(8) e2224846. DOI:10.1001/jamanetworkopen.2022.24846 (IF = 13.37).

\*Petrofes, C., **Howard, K.,** Mayberry, A., Bitney, C. & Ceballos, N. (2022). Sad-fishing: Understanding a maladaptive social media behavior in college students. *Journal of American College Health* (IF = 1.656).

\*Giblin, M., Cordaro, M., Jordan, K., Bitney, C., Haskard-Zolnierrek, K., & **Howard, K. (SA).** (2022). The utility of the MMPI-2-RF Personality Psychopathology Five (PSY-5-RF) and Higher-Order Scales in predicting opioid misuse within a chronic pain population. *Journal of Behavioral Medicine*. DOI:10.1007/s10865-022-00347 (IF = 2.960).

Stern, M., \*Finch, A., Haskard-Zolnierrek, **Howard, K.,** & Deason, R. (2022). Cognitive decline in mid-life: changes in memory and cognition related to hypothyroidism. *Journal of Health Psychology* (IF = 3.231).

\*Anderson, K., **Howard, K.,** Haskard-Zolnierrek, K., \*Pruin, J., & Deason, R. (2022). Using the Biopsychosocial approach to identify factors associated with major depressive disorder for individuals with hypothyroidism. *Issues in Mental Health Nursing*, 43(8), 755-765. <https://doi.org/10.1080/01612840.2053010> (IF = 1.156).

Grigsby, T.J., Howard, J.T., Deason, R.G., Haskard-Zolnierrek, K., & **Howard, K. (SA).** (2022). Correlates of pandemic-related increases in sleep aid and anti-anxiety medication use. *Journal of Substance Use*, 27(1), 56-61. DOI: 10.1080/14659891.2021.1892221. (IF = 1.132)

- \*Gomez, M., \*Klare, D., \*Kaiser, S., Ceballos, N., Dailey, S., & **Howard, K. (SA)**. (2022). Do you dare to compare?: Identifying key characteristics of social media users who frequently make online upward social comparisons. *International Journal of Human-Computer Interaction*, 38(10), 938-948. DOI: 10.1080/10447318.2021.1976510. (IF = 3.353).
- Howard, J.T., Sparks, C.S., Santos, A.R., Janak, J.C., Olowolaju, S., & **Howard, K.J. (SA)**. (2021). Trends in mortality among pregnant and recently pregnant women in the United States, 2015-2019. *JAMA*, 326(16), 1631-1633. doi:10.1001/jama.2021.13971 (IF = 157.30)
- Altmetric score 99
  - PRB: Project Center for Public Information on Population Research: <https://www.prb.org/resources/drug-overdoses-may-drive-death-rate-rise-among-recently-pregnant-u-s-women/>
  - Healio: Reproductive & Maternal Health Resource Center <https://www.healio.com/news/primary-care/20211026/study-shows-mortality-rates-significantly-increased-among-pregnant-women-from-2015-to-2019>
  - Medpage Today: <https://www.medpagetoday.com/obgyn/pregnancy/95269>
- \*Uwadiale, A., Cordaro, M., \*Brunett, K., \*Stern, M., & **Howard, K. (SA)**. (2021). Lessons learned about the need for early screening for depression during the first months of the COVID-19 pandemic in the United States. *Issues in Mental Health Nursing*. DOI: 10.1080/01612840.2021.1975333. (IF = 1.156).
- Haskard-Zolnieriek, K., \*Wilson, C., \*Pruin, J., Deason, R., & **Howard, K. (SA)**. (2021). The relationship between brain fog and medication adherence for individuals with hypothyroidism. *Clinical Nursing Research*. 10547738211038127. Advance online publication. <https://doi.org/10.1177/10547738211038127>. (IF = 2.075)
- Howard, K.**, Grigsby, T.J., Haskard-Zolnieriek, K., Deason, R., & Howard, J.T. (2021). Pandemic-related work status is associated with increases in substance use. *Journal of Workplace Behavioral Health*, 36(3), 250-257. DOI: 10.1080/15555240.2021.1941067. (IF = 1.130)
- Grigsby, T.J., **Howard, K.**, & Howard, J.T. (2021). Comparison of past year substance use estimates by age, sex, and race/ethnicity between two representative samples in the U.S. population. *Population Research and Policy Review*. DOI: <https://doi.org/10.1007/s11113-021-09645-8>. (IF = 2.051).
- Cordaro, M., Grigsby, T.J., Howard, J.T., Deason, R.G., Haskard-Zolnieriek, K., & **Howard, K. (SA)**. (2021). Pandemic-specific factors related to generalized anxiety disorder during the initial COVID-19 protocols in the United States. *Issues in Mental Health Nursing* 42(8), 747-757. DOI: 10.1080/01612840.2020.1867675. (IF = 1.156).
- \*Klare, D., \*Finch, A., \*Arreola, A., Dailey, S., & **Howard, K. (SA)**. (2021). Examining how sexual identity, psychosocial factors, and organizational differences relate to intent-to-

quit in a large-scale, cross-sectional study. *Journal of Gay and Lesbian Social Services*, 33(4), 493-511. DOI:10.1080/10538720.2021.1875281. (IF = 1.110).

\*Kaiser, S., \*Klare, D., \*Gomez, M., Ceballos, N., Dailey, S., & **Howard, K. (SA)**. (2021). A comparison of social media behaviors between sexual minorities and heterosexual individuals. *Computers in Human Behaviors*, 116, 106638. DOI:10.1016/j.chb.2020.106638. (IF = 6.829).

\*Snyder, M., Haskard-Zolnierrek, K., **Howard, K.**, & Hu, Y. (2020). Weight stigma in health care settings is associated with provider-patient relationship factors and adherence among individuals with hypothyroidism. *Journal of Health Psychology*. DOI:10.1177/1359105320963548 (IF = 2.503).

Howard, J.T. & **Howard, K.** (2020). The effect of perceived stress on absenteeism and presenteeism in public school teachers. *Journal of Workplace Behavioral Health*, 35(2), 100-116. DOI: 10.1080/15555240.2020.1724794 (IF = 1.130).

Dailey, S., **Howard, K.**, \*Roming, S., Ceballos, N., & Grimes, T. (2020). A biopsychosocial approach to understanding social media addiction. *Human Behavior and Emerging Technologies*, 2, 158-167. DOI: 10.1002/hbe2.182 (IF – N/A)

- Interviewed by Gizmodo Q&A: *Why is Social Media so Addictive?*  
<https://gizmodo.com/why-is-social-media-so-addictive-1841261494>

\*Roming, S., & **Howard, K.** (2019). Coping with stress in college: An examination of spirituality, social support, and quality of life. *Mental Health, Religion, and Culture*, 22(8), 832-843. doi.org/10.1080/13674676.2019.1674794 (IF = 1.030)

**Howard, K.**, Haskard-Zolnierrek, K., \*Critz, K., Dailey, S., & Ceballos, N. (2019). An examination of psychosocial factors associated with malicious online trolling behaviors. *Journal of Personality and Individual Differences*, 149, 309-314. (IF = 2.311)

\*Bonnette, A., \*Robinson, A., Ceballos, N., Dailey, S., & **Howard, K. (SA)** (2019). Upward social comparisons and posting under the influence: Investigating social media behaviors of U.S. adults with Generalized Anxiety Disorder. *Spotlight on Mental Health Research*. DOI: 10.35831/sor.mh.bonnette19 (IF – N/A)

- Reported by KVUE-abc: <https://www.kvue.com/article/news/health/research-identifies-behaviors-predicting-anxiety/269-25504781-9411-416e-9706-d79204aa43ee>
- Interviewed by Psychiatric Times: *A Case of the Chicken or the Egg: Social Media, GAD, & Substance Use*  
<https://www.psychiatrictimes.com/anxiety/case-chicken-or-egg-social-media-gad-substance-use>

**Howard, K.**, \*Snyder, M., Haskard-Zolnierrek, K., & Howard, J. (2019). Central sensitization syndrome and hypothyroidism: An evaluation of symptom severity and comorbid

diagnoses. *Spotlight on Health Science Research*. DOI: 10.35831/shsr/kh.10-31-2019 (IF – N/A)

\*Chambers, J., \*Jones-Rincon, A., \*Johnson, A., \*Tsatenawa, V., & **Howard, K. (SA)** (2019). Why do teachers leave? A comprehensive occupational health study evaluating intent-to-quit in public school teachers. *Journal of Applied Biobehavioral Research*, 24(1), e12160. (IF – N/A) \*Wiley – Top 10 Downloaded Articles 2019-2020\*

**Howard, K.**, \*Giblin, M., & \*Medina, R. (2019). The relationship between occupational stress and gastrointestinal illness: A comprehensive study of public school teachers. *Journal of Workplace Behavioral Health*, 33(3-4), 1-16. (IF = 0.680)

\*Robinson, A., \*Bonnette, A., **Howard, K.**, Ceballos, N., Dailey, S., Lu, Y., & Grimes, T. (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*, 24(1), e 12158. (IF – N/A) \*Wiley – Top 10 Downloaded Articles 2019-2020\*

- Altmetric score 197; mentioned by 21 news outlets including: US News and World Reports, abcNEWS, and Health Day
- Reported on KVUE-abc: <https://www.kvue.com/article/news/millennials-social-media-use-may-increase-depression-risks-texas-state-study-finds/269-f9123b8a-83ff-4fd3-8326-03a4ecf6a57f>
- Reported in the Daily Mail: <https://www.dailymail.co.uk/sciencetech/article-6569795/Social-media-raises-risk-depression-Millennials.html>
- Reported by Metro News: <https://metro.co.uk/2019/01/09/five-things-facebook-might-depressed-8325353/>
- Reported by Consumer Affairs: <https://www.consumeraffairs.com/news/another-study-suggests-were-spending-too-much-time-on-social-media-011419.html>
- Reported by the Dana Foundation: <https://dana.org/article/understanding-the-links-between-social-media-and-depression/>

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*, 79(6), 868-875. (IF = 2.616)

\*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*, 24(1), 1-12. doi.org/10.1111/jabr.12133 (IF – N/A)

\*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 (IF = 2.782)

\*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. (IF = 0.150)

**Howard, K.**, Haskard-Zolnieriek, 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. (IF – N/A)

**Howard, K.**, \*Castaneda, R., \*Gray, A., Haskard-Zolnieriek, 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. (IF = 1.355)

**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. (IF = 0.150)

\*Arteta, J., \*Cobos, B., Hu, Y., Jordan, K. & **Howard, K. (SA)** (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. (IF = 2.782)

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.

\*Cobos, B., Haskard-Zolnieriek, K., & **Howard, K.** (2015). White Coat Syndrome: Improving the patient-healthcare practitioner relationship. *Psychology Research and Behavior Management* 8, 133-141. (IF = 2.303)

\*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. (IF – N/A)

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. (IF = 0.150)

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. (IF = 1.355)

- 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. (IF – N/A)
- 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. (IF = 1.355)
- 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. (IF = 4.578)
- Neblett, R., **Howard, K.J.,** Kishino, N., & Gatchel, R.J. (2012). Fibromyalgia: An overview of etiology and treatment options. *Practical Pain Management*, 21-26. (IF – 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. (IF = 2.183)
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- 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. (IF = 1.355)
- 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. (IF – 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. (IF – 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. (IF = 0.150)
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Analysis of treatment-resistant personality characteristics. *Archives of Physical Medicine and Rehabilitation*, 90 (5): 778-785. (IF = 2.697)

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**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. (IF = 1.355)

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. (IF = 2.672)

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

### **Non-Refereed Articles**

**Howard, K.**, \*Gomez, M., Dailey, S., & Ceballos, N. (2019). Digital Depression: A review of social media behaviors and their relationship with mental health and well-being. Invited Submission: *American Bar Association: GP Solo Magazine*, 36(6), 16-19. (IF – N/A)

### **Chapters in Books**

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 (2<sup>nd</sup> Edition)*. New York: Springer, 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.

### **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**

- Stenquist, D., Mir, H. & **Howard, K.** (accepted for 2023 conference). Suprapatellar versus infrapatellar nail technique lowers rate of malalignment of proximal tibia fractures. *American Academy of Orthopedic Surgeons*.
- Howard, K.** & Ceballos, N. (2021). Increases in alcohol use during the initial pandemic protocols. *Research Society on Alcohol* (virtual).
- \*Brunett, K. & **Howard, K.** (2021). Attitudes toward rape myths: The influence of social constructs and personality on the acceptance of rape myths. *Texas State University Psychology Department Psychology Day*.
- \*Hardin-Sigler, K., Deason, R., Dailey, S., Ceballos, N. & **Howard, K.** (2021). Under the digital bridge: Investigating trolling behaviors in Baby Boomers. *Texas State University Psychology Department Psychology Day*.

- \*Shretha, N., Perrotte, J., & **Howard, K.** (2021). Masculinity as a moderator of the relationship between COVID-19 change-in-employment and alcohol use among women. *Texas State University Psychology Department Psychology Day*.
- \*Hardin-Sigler, K., \*Stern, M. J, \*Finch, A., \*Gore, A., **Howard, K.**, & Deason, R. G. (2020). What's my age again? Analyzing the relationship between subjective age and self-reported memory function. Presented at the annual meeting of the Psychonomic Society (virtual).
- \*Hardin-Sigler, K., Deason, R. G., Dailey, S., Ceballos, N., & **Howard, K.** (2020). Under the digital bridge: Investigating trolling behavior in Baby Boomers. Presented at the annual meeting of the Gerontological Society of America (virtual).
- \*Stern, M., Deason, R., & **Howard, K.** (2019). An investigation of cognitive decline in patients with hypothyroidism. Panel Presentation: *Texas State University International Graduate Student Research Conference*. (Winner: Top Master's Paper)
- \*Gomez, M., & **Howard, K.** (2019). Do you dare to compare? Identifying key characteristics of social media users who frequently make online upward social comparisons. Panel Presentation: *Texas State University International Graduate Student Research Conference*.
- \*Kaiser, S., \*Gomez, M., \*Klare, D., **Howard, K.** (2019). Sexual Minorities' Social Media Behavior. Panel Presentation: *Texas State University International Graduate Student Research Conference*.
- \*Gibeaut, E., Haskard-Zolnieriek, K., & **Howard, K.** (2019). Depression increases susceptibility to barriers to adherence. Panel Presentation: *Texas State University International Graduate Student Research Conference*.
- \*Wilson, C., **Howard, K.**, Haskard-Zolnieriek, K., & Deason, R. (2019). The relationship between brain fog and poor medication adherence for individuals with hypothyroidism. Poster Presentation: *Texas State University International Graduate Student Research Conference*.
- \*Gomez, M., Tooley, K., & **Howard, K.** (2019). Social media behaviors of multilingual users. Poster Presentation: *Southwestern Psychological Association Research Conference*, Albuquerque, NM.
- \*Gibeaut, E., **Howard, K. J.**, & Haskard Zolnieriek, K. B. (2019). Conscientiousness and Neuroticism are Associated with Specific Barriers to Medication Adherence. Poster Presentation: *31st APS Annual Conference*, Washington, DC, United States.
- \*Farley, R., \*Giblin, M., \*Lopez, A., Jordan, K., & **Howard, K. J.** (2019). MMPI-2-RF Interpersonal Scales in Predicting Opioid Misuse. Poster Presentation: *31st APS Annual Conference*, Washington, DC, United States.

- \*Giblin, M., & **Howard, K. J.** (2019), "The Utility of the MMPI-2-RF Personality Psychopathology Five (PSY-5-RF) and Higher-Order Scales in Predicting the Likelihood of Opioid Misuse Within a Chronic Pain Population," Poster Presentation: *31st APS Annual Conference*, Washington, DC, United States.
- 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 Zolnierok, 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.** (2019). Invited Talk: Internships. Presented to the *Psychology Learning Community*.

**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.

## **Grants and Contracts**

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

Grigsby, T. (PI), Howard, J.T. (Co-I), **Howard, K.J.** (Co-I). (2021). Deaths of Despair: Using Machine Learning Methods to Identify the Determinants Associated with Direct and Indirect Substance Misuse-Related Mortality in the United States. National Institutes of Health: National Institute of Drug Abuse (NIDA). (\$750,000).

**Howard, K.** (PI), Grigsby, T. (Co-I), Howard, J. (Co-I), Perrotte, J. (Co-I). (2021). Pandemic-Related Causes and Consequences of Increased Alcohol Use and Misuse: A Biobehavioral study using Unsupervised Machine Learning within a Psychoneuroimmunology Framework. National Institutes of Health: National Institute of Alcohol Abuse and Alcoholism (NIAAA). (\$692,604).

Bezner, J. (PI), **Howard, K.** (Co-I), & Deason, R. (Co-I) (2021). Addressing Cardiovascular Risk Factor Management and Cognitive Decline in Adults through Telehealth Coaching by Physical Therapist Students. National Institutes of Health: National Institute of Aging (NIA). (\$451,394).

Ngu, A.(PI), Yan, Y (Co-I), **Howard, K.** (Co-I), Chang, J. (Co-I), & Milton, J. (Co-I) (2019). Personalized Fall Detection in High Risk Populations. National Science Foundation: Smart and Connected Health: Connecting Data, People, and Systems 18-541 (\$1,200,000).

Bezner, J. (PI), **Howard, K.** (Co-PI), Haskard-Zolnierrek, K. (Co-PI), Deason, R. (Co-PI), Burke, P. (Co-PI), Odum, M. (co-PI). (2019). Health Coaching and Chronic Disease Management in Aging Adults: Comparison of In-person and App-based Coaching. National Institutes of Health: Social Psychology, Personality and Interpersonal Processes (SPIP). (\$436,155).

Haskard Zolnierrek, 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. (\$436,030).

Haskard Zolnierrek, 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 (\$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 Competitive 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 Zolnierrek, 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, Competitive Internal Grants and Contracts**

Howard, K. (PI), Perrotte, J. (Co-I), Cordaro, M. (Co-I). (2021). Running on Empty: A Comprehensive Study to Identify Risk Factors and Organizational Outcomes of Occupational Burnout Among Faculty in Higher Education. Texas State University Research Enhancement Program (\$16,000).

Dailey, S. (PI), Cordaro, M. (Co-I), **Howard, K.** (Co-I), & Hastings, C. (Co-I). (January, 2021). Occupational Stress and Organizational Outcomes: A Comprehensive Study to Identify Risk Factors and Improve Outcomes Among Faculty in Higher Education. Multidisciplinary Internal Research Grant. (MIRG). (\$24,019.68).

Dailey, S. & **Howard, K.** (2020). When Work and Life Become One: Exploring Social Media Influencers' Work-Life Balance and Mental Well-Being. Texas State University Research Enhancement Program (\$16,000).

**Howard, K.**, & Mayberry A. (2019). Strolling and Trolling: A Comprehensive Evaluation of Online Trolling Behaviors. Texas State University Research Enhancement Program (\$16,000).

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 Zolnierok, 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**

2022 *Liberal Arts College Achievement Award for Excellence in Scholarship*  
Texas State University: Liberal Arts College

2018 *Health Scholar Showcase Translational Health Excellence Award*  
Texas State University (\$5,000)

2016 *Golden Apple Award for Scholarly Activity*  
Texas State University: Liberal Arts College

2015-2016 *Dean's Presidential Nominee for Excellence in Scholarly Activity*  
Texas State University: Liberal Arts College

2012-2013 *Liberal Arts College Achievement Award Excellence in Scholarly Activity*  
Texas State University: Liberal Arts College

2009 *Verne Cox Outstanding Research Award*; University of Texas at Arlington

2009-2010 *Recipient STEM Fellowship*; Department of Psychology, UTA

2008-2009 *Recipient STEM Fellowship*; Department of Psychology, UTA

2007-2008 *Recipient STEM Fellowship*; Department of Psychology, UTA

1996 *Excellence in Statistics Award*; Department of Sociology; UTA

### **Service**

#### **Institutional**

##### **University**

2022 Co-Chair, Data Science Minor Implementation Committee

2021-2022 Faculty Senate Rep, Occupational Health and Safety Committee

2020-2021 Member, Course Schedule Committee

2019-2020 Member, Course Schedule Committee

2018 Panel Chair, 10<sup>th</sup> Annual International Research Conference

2018 Volunteer, Bobcat Day (October 2018)

2018-2019 Member, Retirement and Benefits Committee

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**

2023	Member, Liberal Arts Study Abroad Council
2019	Volunteer, COLA Week – Career & Internship Mixer
2016-2017	Member, Liberal Arts Study Abroad Council
2015-2016	Member, Liberal Arts Study Aboard Council

### **Departmental**

2023-2024	Member, Search Committee (I/O, Human Factors position)
2023-2024	Chair, Faculty Review Committee
2023-2024	Member, Graduate Program Committee
2023-2024	Member, Internship Committee
2022-2023	Chair, Merit Policy Development Committee
2022-2023	Chair, Tenure and Promotion Committee
2022-2023	Member, Departmental Curriculum Committee
2021-2022	Co-Chair, Workload Policy Committee
2021-2022	Member, Promotion/Outreach Committee
2021-2022	Member, Tenure and Promotion Committee
2020-2021	Member, Promotion/Outreach Committee
2019-2020	Member, Tenure and Promotion Committee
2019-2020	Member, Workload Policy Committee
2019	Member, Search Committee (Open area position)
2019-2020	Member, Internship Committee
2018	Member, Search Committee (Department IT position)
2018	Member, Search Committee (Social Position)
2018-2019	Chair, Psychology Policy Review Committee
2018-2019	Member, Internship Committee
2017-2018	Chair, Faculty Review Committee
2017	Member, Search Committee (Admin II position)
2017-2018	Member, Internship Committee
2017-2018	Chair, Committee to Review Office Hours Requirements
2016	Member, Search Committee (Admin II position)
2016-2017	Coordinator, Psychology Dept SONA Human Subjects Pool
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	Member, Search Committee (Human Factors Position)
2012-2013	Member, Student Evaluation Committee
2012-2013	Member, Undergraduate Curriculum Committee
2012	Member, Candidate Search Committee (Quantitative position)
2011	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

2011-2020      *Journal of Applied Biobehavioral Research*

### Peer Manuscript Reviewer

*Medical Care*  
*Frontiers in Psychology – Organizational Psychology*  
*Quality of Life Research*  
*Journal of Technology in Behavioral Science*  
*Personality and Individual Differences*  
*Basic and Applied Social Psychology*  
*Psychological Reports*  
*Pain Management*  
*BMC Psychiatry*  
*Alcoholism Clinical & Experimental Research*  
*Clinical Nursing Research*  
*Neuropsychiatric Disease and Treatment*  
*Aera Open*  
*SAGE Open Medicine*  
*Risk Management and Healthcare Policy*  
*Cyberpsychology, Behavior, and Social Networking*  
*Telematics and Informatics*  
*International Journal of Human-Computer Interaction*  
*Educational Psychology*  
*Educational Researcher*  
*Education Evaluation and Policy Analysis*  
*Motivation and Emotion*  
*International Journal of Psychiatry in Medicine*  
*Phytotherapy Research*  
*The Knee*  
*Journal of General Internal Medicine*  
*Journal of Bone and Joint Surgery*  
*Pain Medicine*  
*Pain Practice*

*Journal of Occupational and Environmental Medicine*  
*Journal of Occupational Rehabilitation*  
*Journal of Health Psychology*  
*Journal of Applied Biobehavioral Research*  
*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**

2017	Participant, March for Science, Austin, Texas
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