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Education

Ph.D. in Social Psychology 2012 - 2016
Minor in Quantitative Methods
University of Houston
Adviser: Dr. Clayton Neighbors
Dissertation: *Incorporating expressive writing into a personalized normative feedback intervention to reduce alcohol use among college students*

M.A. in Experimental Psychology 2010 - 2013
College of William and Mary
Advisers: Dr. Cheryl Dickter, Dr. Catherine Forestell
Thesis: *College students' implicit attentional and affective responses to alcohol cues*

B.A. in Psychology 2006 - 2010
Minor in Sociology
Summa cum laude; University and Departmental Honors
Eastern Illinois University
Advisers: Dr. Morton Heller, Dr. Steven Scher
Honors Thesis: *Types of prayer: A joint factor analysis*

Academic Positions Held

Assistant Professor, Rowan Emotions, Alcohol, and College Health Lab 2018 – Present
Department of Psychology, Rowan University, Glassboro, NJ

Postdoctoral Research Fellow, Social Influences and Health Behaviors Lab 2016 – Present
Department of Psychology, University of Houston, Houston, TX

Research Grant Experience

Post-Doctoral Research Fellow June 2016 – August 2018
Guilt and expressive writing for reducing alcohol use in college students
Funded by the National Institute on Alcohol Abuse and Alcoholism
1R01AA023495-01
PI: Clayton Neighbors, Ph.D., University of Houston

Graduate Research Assistant Fall 2015 – May 2016
Guilt and expressive writing for reducing alcohol use in college students
Funded by the National Institute on Alcohol Abuse and Alcoholism
1R01AA023495-01

PI: Clayton Neighbors, Ph.D., University of Houston

Graduate Research Assistant

Spring 2013 – May 2016

Social Norms and Alcohol Prevention (SNAP) grant

Funded by the National Institute on Alcohol Abuse and Alcoholism

R01AA014576-07-12

PI: Clayton Neighbors, Ph.D., University of Houston

Research Interests

- Developing empirically-supported strategies incorporating personalized normative feedback, motivational interviewing, and expressive writing to facilitate behavior change
- Examining mechanisms of action for behavior change such as the self-conscious emotions of guilt and shame, cognitive processing, and perceptions and norms to gain insight into how such behavior change strategies work and which components are most effective
- Exploring individual difference factors such as culture, drinking motives, and defensiveness as moderators of behavior change to better understand for whom such strategies are best suited

Peer-Reviewed Publications

1. Krieger, H., **Young, C. M.**, Anthenien, A., & Neighbors, C. (in press). The epidemiology of binge drinking among college-age individuals in the United States. *Alcohol Research: Current Reviews*.
2. **Young, C. M.**, Pedersen, E. R., Pearson, A. D., & Neighbors, C. (2018). Drinking to cope moderates the efficacy of changing Veteran drinking norms as a strategy for reducing drinking and alcohol-related problems among U.S. Veterans. *Psychology of Addictive Behaviors*, 32, 213-223. doi: 10.1037/adb0000347
3. DiBello, A. M., Miller, M. B., **Young, C. M.**, Neighbors, C., & Lindgren, K. P. (2018). Explicit drinking identity and alcohol problems: The mediating role of drinking to cope. *Addictive Behaviors*, 76, 88-94.
4. Terlecki, M. A., Richter, A. A., Neighbors, C., **Young, C. M.**, & Buckner, J. D. (2017). Alcohol-induced risky sexual behavior among socially anxious drinkers. *Addiction Research & Theory*, 25, 409-415.
5. Najjar, L. Z., **Young, C. M.**, Leasure, J. L., Henderson, C. E., & Neighbors, C. (2017). Religious perceptions of alcohol consumption and drinking behaviors among religious and non-religious groups. *Mental Health, Religion, & Culture*, 9, 1028-1041. doi:10.1080/13674676.2017.1312321
6. Rinker, D.V., **Young, C. M.**, Krieger, H., Lembo, J., & Neighbors, C. (2017). Evaluations and perceptions of others' evaluations (POE) of negative alcohol-related consequences predict negative alcohol-related consequences among college drinkers. *Journal of Studies on Alcohol and Drugs*, 78, 249-257.

doi:10.15288/jsad.2017.78.249

7. Bryan, J. L., **Young, C. M.**, Lucas, S., & Quist, M. C. (2016). Should I say thank you? Gratitude encourages cognitive reappraisal and buffers the negative impact of ambivalence over emotional expression on depression. *Personality and Individual Differences, 120*, 253-258. doi:10.1016/j.paid.2016.12.013
8. Steers, M.-L. N., Quist, M. C., Bryan, J. L., Foster, D. W., **Young, C. M.**, & Neighbors, C. (2016). I want you to like me: Extraversion, need for approval, and time on Facebook as predictors of anxiety. *Translational Issues in Psychological Science, 2*(3), 283-293. doi:10.1037/tps0000082
9. Foster, D. W., **Young, C. M.**, Bryan, J. L., & Quist, M. C. (2016). Compounding risk: An examination of associations between spirituality/religiosity, drinking motives, and alcohol-related ambivalence among heavy drinking young adults. *Addictive Behaviors, 63*, 1-11. doi:10.1016/j.addbeh.2016.06.026
10. **Young, C. M.**, Neighbors, C., DiBello, A. M., Sharp, C., Zvolensky, M. J., & Lewis, M. A. (2016). Coping motives moderate efficacy of personalized normative feedback among heavy drinking U.S. college students. *Journal of Studies on Alcohol and Drugs, 77*, 495-99. doi:10.15288/jsad.2016.77.495
11. **Young, C. M.**, Neighbors, C., DiBello, A. M., Tomkins, M., & Traylor, Z. K. (2016). Shame and guilt proneness as mediators of the association between general causality orientations and depressive symptoms. *Journal of Social and Clinical Psychology, 35*, 357-370. doi:10.1521/jscp.2016.35.5.357
12. Neighbors, C., Lewis, M. A., LaBrie, J., DiBello, **Young, C. M.**, A. M., Rinker, D. V., Litt, D., Rodriguez, L., Knee, C. R., Hamor, E., Jerabeck, J. M., & Larimer, M. E. (2016). A multisite randomized trial of normative feedback for heavy drinking: Social comparison versus social comparison plus correction of normative misperceptions. *Journal of Consulting and Clinical Psychology, 84*(3), 238-247. doi:10.1037/ccp0000067
13. **Young, C. M.**, DiBello, A. M., Steers, M-L. N., Quist, M. C., Foster, D. W., Bryan, J. L., & Neighbors, C. (2016). I like people who drink like me: Perceived appeal as a function of drinking status. *Addictive Behaviors, 53*, 125-131. PMID: PMC4679654 doi:10.1016/j.addbeh.2015.10.003
14. Rodriguez, L. M., **Young, C. M.**, Tomkins, M., DiBello, A. M., Krieger, H. K., & Neighbors, C. (2016). Friends in low places: The impact of companions and locations on 21st birthday drinking. *Addictive Behaviors, 52*, 52-57. doi:10.1016/j.addbeh.2015.08.009
15. Bryan, J. L., Quist, M. C., **Young, C. M.**, Steers, M-L., N., & Lu, Q. (2016). General needs satisfaction as a mediator of the relationship between ambivalence over emotional expression and perceived social support. *Journal of Social Psychology, 156*(1), 115-121. doi:10.1080/00224545.2015.1041448
16. Bryan, J. L., Lucas, S., Quist, M. C., Steers, M-L., N., Foster, D. W., **Young, C. M.**, & Lu,

- Q. (2016). God, can I tell you something? The effect of religious coping on the relationship between ambivalence over emotional expression, anxiety, and depressive symptoms. *Psychology of Religion and Spirituality*, 8(1), 46-53. doi:10.1037/rel0000023
17. Rodriguez, L. M., **Young, C. M.**, Neighbors, C., Tou, R., & Lu, Q. (2015). Cultural differences and shame in an expressive writing alcohol intervention. *Journal of Ethnicity in Substance Abuse*, 1-16. doi:10.1080/15332640.2015.1024812
18. DiBello, A. M., Gonzalez, R., **Young, C. M.**, Rodriguez, L. M., & Neighbors, C. (2015). Blood is thicker than booze: Examining the role of familism and gender in alcohol use and related consequences among Hispanic college students. *Journal of Ethnicity in Substance Abuse*, 1-15. doi:10.1080/15332640.2015.1044684
19. Leasure, J. L., Neighbors, C., Henderson, C., & **Young, C. M.** (2015). Exercise and alcohol consumption: What we know, what we need to know, and why it's important. *Frontiers in Psychiatry: Addictive Disorders and Behavioral Dyscontrol*, 6(156), 1-13. doi:10.3389/fpsy.2015.00156
20. **Young, C. M.**, DiBello, A. M., Traylor, Z. K., Zvolensky, M. J., & Neighbors, C. (2015). A longitudinal examination of the associations between shyness, drinking motives, alcohol use, and alcohol-related problems. *Alcoholism: Clinical and Experimental Research*, 39, 1749-1755. doi:10.1111/acer.12799
21. Rodriguez, L. M., **Young, C. M.**, Neighbors, C., Campbell, M. T., & Lu, Q. (2015). Evaluating shame and guilt in an expressive writing alcohol intervention. *Alcohol*, 49, 491-498. doi:10.1016/j.alcohol.2015.05.001
22. Foster, D. W., **Young, C. M.**, Bryan, J. L., Steers, M-L. N., Yeung, N., & Prokhorov, A. V. (2014). Interactions among drinking identity, gender, and decisional balance in predicting alcohol use and problems among college students. *Drug & Alcohol Dependence*, 143, 198-205. doi:10.1016/j.drugalcdep.2014.07.024
23. Neighbors, C., Rodriguez, L. M., Rinker, D.V., DiBello, A.M., **Young, C. M.**, & Chen, C. (2014). Drinking games and contextual factors of 21st birthday drinking. *The American Journal of Drug and Alcohol Abuse*, 40, 380-387. doi:10.3109/00952990.2014.918623
24. Foster, D. W., **Young, C. M.**, Steers, M-L., Quist, M. C., Bryan, J. L., & Neighbors, C. (2014). Tears in your beer: Gender differences in coping drinking motives, depressive symptoms, and drinking. *International Journal of Mental Health and Addiction*, 12, 730-746. doi:10.1007/s11469-014-9504-3
25. Bryan, J. L., Quist, M. C., **Young, C. M.**, Steers, M-L. N., Foster, D. W., & Lu, Q. (2014). Canine comfort: Pet affinity buffers the negative impact of ambivalence over emotional expression on perceived social support. *Personality and Individual Differences*, 68, 23- 27. doi:10.1016/j.paid.2014.04.003
26. Foster, D. W., **Young, C. M.**, & Barnighausen, T. W. (2014). Self-control as a moderator of

the relationship between drinking identity and alcohol use. *Substance Use and Misuse*, 49, 1340-1348. doi:10.3109/10826084.2014.901387

27. Dickter, C. L., Forestell, C. A., Hammett, P. J., & **Young, C. M.** (2014). Relationship between alcohol dependence, escape drinking, and early neural attention to alcohol-related cues. *Psychopharmacology*, 231, 2031-2040. doi:10.1007/s00213-013-3348-6
28. Foster, D. W., Neighbors, C., & **Young, C. M.** (2014). Drink refusal self-efficacy and implicit drinking identity: An evaluation of moderators of the relationship between self-awareness and drinking behavior. *Addictive Behaviors*, 39, 196-204. doi:10.1016/j.addbeh.2013.09.024
29. **Young, C. M.**, Rodriguez, L. M., & Neighbors, C. (2013). Expressive writing as a brief intervention for reducing drinking intentions. *Addictive Behaviors*, 38, 2913-2917. PMID: PMC3864107. doi:10.1016/j.addbeh.2013.08.025
30. Foster, D. W., Quist, M. C., **Young, C. M.**, Bryan, J. L., Nguyen, M-L., & Neighbors, C. (2013). Benefit finding as a moderator of the relationship between spirituality/religiosity and drinking. *Addictive Behaviors*, 38, 2647-2652. doi:10.1016/j.addbeh.2013.06.019
31. Forestell, C. A., Dickter, C. L., & **Young, C. M.** (2012). Take me away: The relationship between escape drinking and attentional bias for alcohol-related cues. *Alcohol*, 46, 543-549. doi:10.1016/j.alcohol.2012.05.001
32. Forestell, C. A., Dickter, C. L., Wright, J. D., & **Young, C. M.** (2012). Clearing the smoke: Parental influences on non-smokers' attentional biases to smoking-related cues. *Psychology of Addictive Behaviors*, 26, 638-643. doi:10.1037/a0025096

Other Publications

33. Foster, D. W., Bryan, J. L., Nguyen, M-L., Quist, M. C., & **Young, C. M.** (2013). Dial q for quit: Can your phone help you stop smoking? RuiZi Magazine, June 2013.
34. Rodriguez, L. M., DiBello, A. M., **Young, C. M.** & Neighbors, C. (2013). Alcohol and romance: A love/hate relationship. *The Addiction Newsletter*.

Book Chapters

1. **Young, C. M.**, Hove, M. C., Fuller, S., & Neighbors, C. (in press). Self-help approaches. In B. A. Johnson (Ed.), *Addiction Medicine: Science and Practice, Second Edition*.
2. Neighbors, C., **Young, C. M.**, Krieger, H., & Tackett, J. L. (2016). Social influence, pressure, and norms: Vulnerability for substance use in adolescents. In C. Kopetz and C. Lejuez (Eds.), *Addictions: A Social Psychological Perspective* (pp.170

198). New York, NY: Routledge.

Manuscripts under Review and Revision

1. **Young, C. M.** & Neighbors, C. (under review). Incorporating expressive writing into a personalized normative feedback intervention to reduce alcohol use among college students. Manuscript submitted for publication in *Alcoholism: Clinical and Experimental Research*.
2. Neighbors, C., DiBello, A. M., **Young, C. M.**, Steers, M.-L. N., Rinker, D. V., Rodriguez, L. M., Blanton, H., & Lewis, M. A. (under review). Personalized normative feedback for heavy drinking: An application of Deviance Regulation Theory. Manuscript submitted for publication in *Behavior Research and Therapy*.
3. Buckner, J. D., Neighbors, C., Dienst, K. W., & **Young, C. M.** (under review). Online personalized normative feedback intervention to reduce event-specific drinking. Manuscript submitted for publication in *Experimental and Clinical Psychopharmacology*.

Manuscripts in Preparation

1. **Young, C. M.** (in preparation). Personalized normative feedback plus expressive writing: A potential improvement on an existing empirically-supported alcohol intervention. Manuscript will be submitted to *Addiction Research and Theory*.
2. Bryan, J. L., **Young, C. M.**, Steers, M-L., N., & Quist, M. C. (in preparation). Associations between AEE, negative reinforcement drinking motives, alcohol use, and alcohol related problems among first-year college students. Manuscript will be submitted to *Psychology of Addictive Behaviors*.
3. Neighbors, C., Rinker, D. V., **Young, C. M.**, DiBello, A. M., Swanson, A., Krieger, H., Tomkins, M., Cronce, J., Anthenien, A., Steers, M-L., Knee, C. R., & Lewis, M. A. (in preparation). A randomized controlled trial of injunctive norms feedback with and without motivational interviewing. Manuscript will be submitted to *Journal of Clinical and Counseling Psychology*.
4. Henderson, C. E., Najjar, L. Z., Young, C. M., Gasser, M. L., Leasure, J. L., Neighbors, C., & Lindgren, K. P. (in preparation). Change in physical activity predicts current and future alcohol consumption in young adults. Manuscript will be submitted to *Health Psychology*.

Conference Presentations

Conference and Invited Talks

1. **Young, C. M.** & Neighbors, C. (2017). Writing as a novel addition to a personalized feedback intervention. Paper presented at the first Annual Gulf Coast Consortium Alcohol and Addiction Research Symposium, Houston, TX.
2. **Young, C. M.** & Neighbors, C. (2017). Writing wrongs: The impact of a writing component on a personalized normative feedback intervention for college students. In M. Lewis and A. Fairlie (Co-Chairs), *Innovative Interventions to Reduce Alcohol-Related Risk among Diverse Populations: Emergency Department Patients, Veterans, and Young Adults*. Paper presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
3. Pedersen, E. R., Marshall, G. N., Parast, L., Schell, T. L., **Young, C. M.**, & Neighbors, C. (2017). Mediators and moderators of drinking outcomes in a personalized normative feedback intervention study targeting alcohol use and consequences among young adult veterans. In M. Lewis and A. Fairlie (Co-Chairs), *Innovative Interventions for Diverse Young Adult Populations*. Paper presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
4. Richter, A. A., Neighbors, C., **Young, C. M.**, & Buckner, J. D. (2016). The impact of social anxiety on a web-based, event-specific personalized normative feedback intervention. In F. R. Goodman (Chair), *The toxic combination of social anxiety and alcohol use: New findings on motives and context*. Paper presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
5. **Young, C. M.**, Neighbors, C., Rodriguez, L. M., Campbell, M. T., & Lu, Q. (2015). Expressive writing as a brief alcohol intervention. In J. Merrill (Chair) *Diverse Interventions for College Student Drinking: Examining For Whom and How They Work*. Paper presented at the Annual Meeting of the Research Society on Alcoholism, San Antonio, TX.
6. Neighbors, C., **Young, C. M.**, DiBello, A. M., Rinker, D. V., Rodriguez, L. M., Knee, C. R., & Lewis, M. A. (2015). Injunctive norms, deviance regulation, and social norms interventions. In E. Pedersen (Chair) *Novel Applications of Social Norms Interventions to Target Alcohol Misuse among Young Adults*. Paper presented at the Annual Meeting of the Research Society on Alcoholism, San Antonio, TX.
7. Steers, M.-L. N., **Young, C. M.**, Quist, M. C., Bryan, J. L., Eikenburg, L. B., Acitelli, L. K., & Foster, D.W. (2015). To “like” or not to “like”: How levels of closeness to Facebook friends influence perceptions of posts. In M.-L. N. Steers (Co-Chair), L. K. Acitelli (Co-Chair). *Extensions of Humankind: Ways in Which Modern Media Redefine Perceptions, Emotional Processes, and Cognitions*. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Long Beach, CA.
8. Ecker, A. E., Richter, A. A., Neighbors, C., **Young, C. M.**, & Buckner, J. D. (2015). Event-specific personalized normative feedback intervention: The impact of social anxiety. Paper presented at the Annual Meeting of the Association for Behavioral

and Cognitive Therapies Conference, Chicago, IL.

9. Rodriguez, L. M., **Young, C. M.**, Neighbors, C., Tou, R., & Lu, Q. (2015). Cultural differences in an expressive writing alcohol intervention: The role of shame. Paper presented at the Annual Meeting of the Society of Behavioral Medicine, San Antonio, TX.
10. Rodriguez, L. M., **Young, C. M.**, Neighbors, C., Tou, R., & Lu, Q. (2015). Cultural differences in an expressive writing alcohol intervention: The role of shame. Paper presented at the Annual Meeting of the Association for Psychosomatic Society, Savannah, GA.
11. Neighbors, C., Lewis, M. A., LaBrie, J., DiBello, A. M., **Young, C. M.**, Rodriguez, L. M., Rinker, D. V., Knee, C. R., Litt, D., Hamor, E., Jerabeck, J. M., & Larimer, M. E. (2013). Social comparison as an alternative mechanism of PNF efficacy. In Christianne Esposito-Smythers (Chair) *Socially- based brief interventions for adolescents and emerging adults: Outcomes and mechanisms of change*. Paper presented at the Annual Meeting of the Research Society on Alcoholism, Bellevue, WA.
12. Neighbors, C., **Young, C. M.**, & Rodriguez, L. M. (2012). Expressive writing as a potential intervention among college student drinkers. Paper presented at the Annual Meeting of the Research Society on Alcoholism, Orlando, FL.
13. **Young, C. M.**, Dickter, C. L., & Forestell, C. A. (2011). Implicit affective responses to alcohol cues. Paper presented at the Psychology Department Colloquium at the College of William and Mary, Williamsburg, VA.
14. **Young, C. M.**, Dickter, C. L., & Forestell, C. A. (2011). Cue reactivity to alcohol-related stimuli. Paper presented at the Psychology Department Colloquium at the College of William and Mary, Williamsburg, VA.
15. **Young, C. M.** & Hussey, M. A. (2010). Types of prayer: A joint factor analysis. Paper presented at the Mid-America Undergraduate Psychology Research Conference at the University of Southern Indiana, Evansville, IN.

Poster Presentations and Published Abstracts

16. **Young, C. M.**, Lembo, J. M., Angosta, J., Lu, Q., Rodriguez, L. M., & Neighbors, C. (2018). Guilt and shame proneness as moderators of prospective associations between drinking motives and alcohol-related problems. Poster accepted for presentation at the Annual Meeting of the Society for Personality and Social Psychology, Portland, OR.
17. **Young, C. M.**, Lembo, J. M., Angosta, J., Rodriguez, L. M., Lu, Q., & Neighbors, C. (2018). The good, the bad, and the hangover: An analysis of the content and context of heavy drinking events in a brief, expressive writing alcohol intervention. Poster accepted for presentation at the Annual Conference of the Association for Behavioral and Cognitive Therapies, Washington, DC.

18. Angosta, J., **Young, C. M.**, Lembo, J. M., & Neighbors, C. (2018). The effects of facial flushing on problem drinking among different Asian ethnic subgroups. Poster accepted for presentation at the Annual Conference of the Association for Behavioral and Cognitive Therapies, Washington, DC.
19. **Young, C. M.**, Neighbors, C., Lewis, M. A., & LaBrie, J. W. (2017). Social identity does not moderate the efficacy of personalized normative feedback interventions for reducing drinking among college students: Evidence from three randomized controlled trials. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Atlanta, GA.
20. Quist, M. C., **Young, C. M.**, & Tomkins, M. M. (2017). I can do what I want: The effects of self-determination and self-efficacy on health and well-being. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Atlanta, GA.
21. Najjar, L. Z., Leasure, J. L., Henderson, C. E., **Young, C. M.**, & Neighbors, C. (2017). Religious perceptions of alcohol consumption and drinking behaviours among religious and non-religious individuals. Paper accepted for presentation at the Annual Meeting of the European Health Psychology Society, Padova, Italy.
22. Henderson, C. E., Leasure, J. L., **Young, C. M.**, Najjar, L. Z., & Neighbors, C. (2017). Executive functioning moderates the longitudinal associations between exercise and alcohol use. Poster presented at the Annual Conference of the Association for Behavioral and Cognitive Therapies. San Diego, CA.
23. Walukevich, K. A., Neighbors, C., **Young, C. M.**, Crist, N. P., & Buckner, J. D. (2017). Event-specific personalized normative feedback intervention for a high-risk drinking holiday. Poster presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
24. **Young, C. M.** & Neighbors, C. (2016). Evaluation of a writing component as part of a personalized normative feedback intervention among college students. Poster presented at the Annual Meeting of the Research Society on Alcoholism, Denver, CO.
25. Rinker, D. V., **Young, C. M.** & Neighbors, C. (2016). A randomized controlled trial of injunctive norms feedback with and without motivational interviewing. Poster presented at the Annual Meeting of the Research Society on Alcoholism, Denver, CO.
26. Najjar, L. Z., Leasure, J. L., Henderson, C. E., **Young, C. M.**, & Neighbors, C. (2016). Religious perceptions of alcohol consumption and drinking behaviors among religious and non-religious individuals. Poster presented at the Annual Meeting of the Association for Psychological Science, Boston, MA.
27. **Young, C. M.**, Pedersen, E. R., & Neighbors, C. (2016). Drinking to cope moderates the efficacy of changing veteran drinking norms as a strategy for reducing drinking among U.S. veterans. Poster presented at the Annual Meeting of the Society for

Personality and Social Psychology, San Antonio, TX.

28. Lembo, J. M., **Young, C. M.**, & Neighbors, C. (2016). Dissatisfied drinkers: The role of satisfaction with life on future drinking intentions. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.
29. Najjar, L. Z., **Young, C. M.**, Hoyt, A., Henderson, C. E., Neighbors, C., & Leasure, J. L. (2016). Is there an implicit association between physical activity and alcohol consumption? Poster presented at the Annual Meeting of the International Behavioral Neuroscience Society, Budapest, Hungary.
30. **Young, C. M.** & Neighbors, C. (2016). Personalized normative feedback and expressive writing: A comparison of brief interventions to reduce drinking intentions among college students. Poster presented at the Annual Meeting of the Research Society on Alcoholism, New Orleans, LA.
31. DiBello, A.M., Miller, M.B., **Young, C.M.**, & Neighbors, C. (2016). Drinking identity, drinking to cope, and alcohol-related problems. Poster presented at the Annual Meeting of the Research Society on Alcoholism, New Orleans, LA.
32. **Young, C. M.**, Neighbors, C., DiBello, A. M., Sharp, C., Zvolensky, M. J., & Lewis, M. A. (2016). Coping motives moderate the efficacy of personalized normative feedback among heavy drinking college students. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
33. **Young, C. M.**, Rodriguez, L. M., & Neighbors, C. (2015). Dyadic associations among drinking, self-concealment, gender, and alcohol-related problems in couples. Poster presented at the Annual Meeting of the Addictive Behaviors Special Interest Group at the Association for Behavioral and Cognitive Therapies Conference, Chicago, IL.
34. Foster, D. W., Pai, A. A., **Young, C. M.**, & Ravid, M. G. (2015). Influences of drinking motives and depressive symptoms on hookah use frequency among multi-substance users. Poster presented at the Annual Meeting of the Research Society on Alcoholism, San Antonio, TX.
35. DiBello, A. M., Rodriguez, L. M., **Young, C. M.**, Preddy, T. M., & Neighbors, C. (2015). I need a drink: An examination of need satisfaction, romantic jealousy, drinking to cope, and alcohol-related problems. Poster presented at the Annual Meeting of the Research Society on Alcoholism, San Antonio, TX.
36. Gonzales, R., DiBello, A. M., **Young, C. M.**, & Neighbors, C., (2014). Blood is thicker than booze: Examining the role of familism, ethnicity, and gender in problem drinking. Poster presented at the Council of University Directors of Clinical Psychology Diversifying Clinical Psychology Conference, Albuquerque, NM.
37. **Young, C. M.**, DiBello, A. M., Traylor, Z. K., Zvolensky, M. J., & Neighbors, C. (2014). Bad medicine: Shyness, coping motives, and drinking do not mix well. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Long Beach, CA.

38. Quist, M. C., **Young, C. M.**, Steers, M.-L. N, Bryan, J. L., Knee, C.R., & Foster, D. W. (2014). You gotta have faith, but not the kind you think: Types of religiosity and their associations with guilt, anxiety, and depression. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Long Beach, CA.
39. Quist, M. C., Bryan, J. L., **Young, C. M.**, Steers, M-L. N., & Knee, C. R. (2014). Are you there, God? The effect of religious coping on the relationship between anxiety over emotional expression, anxiety, and depression. Poster presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
40. Steers, M-L. N., **Young, C. M.**, Quist, M. C., Eikenburg, L. B. & Neighbors, C. (2014). All you need are “likes”: How self-esteem moderates the relationship between the need to belong and time spent on Facebook. Poster presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
41. **Young, C. M.**, DiBello, A. M., Traylor, Z. K., Quist, M. C., Steers, M.-L. N., Bryan, J. L., Foster, D. W., & Neighbors, C. (2014). You look like I could use a drink: Perceived attractiveness and likeability of faces as a function of drinking status. Poster presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
42. Nguyen, M.-L., Bryan, J. L., Quist, M.C., Caraway, L., LeRoy, A. S., & **Young, C. M.** (2014). Out of control emotions: Ambivalence over emotional expression as a moderator of the link between perceived control and depressive symptoms. Poster presented at the Annual Meeting of the Society of Behavioral Medicine, Philadelphia, PA.
43. **Young, C. M.**, Bryan, J. L., Nguyen, M.-L., Quist, M. C., Foster, D. W., & Neighbors, C. (2014) Pet pals: The influence of pet affinity and conscientiousness on perceived social support. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.
44. Bryan, J. L., Nguyen, M.-L., Quist, M. C., **Young, C. M.**, Foster, D. W., Rodriquez, R. R., & Lu, Q. (2014). Puppy love: Pet affinity as a mediator of the relationship between openness to new experience and social support. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.
45. Grochett, C., Nguyen, M.-L., Quist, M. C., Bryan, J. L. Foster, D.W., **Young, C. M.**, & Acitelli, L. K. (2014). Helpless to speak: The moderating effect of ambivalence over emotional expression on the relationship between helplessness and depressive symptoms. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.
46. Quist, M. C., Bryan, J. L., Nguyen, M.-L., Foster, D. W., **Young, C. M.**, & Knee, C.R. (2014). Who needs you? I've got my dog: Pet affinity and relatedness predict positive self-statements. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.

47. Foster, D. W., Nguyen, M.-L., Quist, M. C., Bryan, J. L. & **Young, C. M.** (2014). Friendship contingent self-esteem as a moderator of the effect of fear of negative evaluation on Facebook time. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.
48. Nguyen, M. L., Bryan, J. L., Quist, M. C., Caraway, L., Leroy, A. S., & **Young, C. M.** (2014). Out of control emotions: Ambivalence over emotional expression as a moderator of the link between perceived control and depressive symptoms. In *Annals of Behavioral Medicine* (vol. 47, pp. S273-s273). 233 Spring St, New York, NY 10013 USA: Springer.
49. **Young, C. M.**, Foster, D. W., Nguyen, M.-L., Quist, M., Bryan, J. L., & Neighbors, C. (2013). Top s(h)elf identity: Self-control as a moderator of the relationship between drinking identity and alcohol use. Poster presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
50. **Young, C. M.**, Thomas, R. S., & Neighbors, C. (2013). Religious self-regulation and drinking to cope. Poster presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
51. Pai, A., Foster D. W., **Young, C. M.**, & Neighbors, C. (2013). Weighing the pros and cons: A decisional balance intervention for college drinkers. Poster presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
52. Foster D. W., Pai, A., **Young, C. M.**, & Neighbors, C. (2013). Decisional balance: A randomized controlled trial evaluating decisional balance as a moderator of alcohol intervention efficacy. Poster presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
53. Quist, M.C., Nguyen, M.-L., **Young, C. M.**, Bryan, J., Foster, D. W., & Knee, C.R. (2013). I am drinking: The influence of vertical individualism and drinking identity on alcohol consumption. Poster presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
54. Bryan, J. L., Nguyen, M.-L., Quist, M., **Young, C. M.**, Foster, D. W., & Lu, Q. (2013). Canine comfort: Pet affinity buffers the negative impact of ambivalence over emotional expression on perceived social support. Poster presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
55. Nguyen, M.-L., Quist, M., Foster, D. W., Bryan, J. L., **Young, C. M.**, & Acitelli, L. K. (2013). Divulge or indulge? Emotional expression as a buffer against alcohol abuse. Poster presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
56. **Young, C. M.**, Foster, D. W., Quist, M., Nguyen, M.-L., Bryan, J., Samuel, J., & Neighbors, C. (2013). Social drinking refusal self-efficacy moderates the effect of intent to drink on drinking abstinence. Poster presented at the Annual Meeting of the American Psychological Association, Honolulu, HI.

57. Foster, D. W., **Young, C. M.**, Quist, M., Bryan, J., Nguyen, M.-L., Pai, A., & Neighbors, C. (2013). Benefit finding as a moderator of the relationship between spirituality/religiosity and drinking. Poster presented at the Annual Meeting of the American Psychological Association, Honolulu, HI.
58. Nguyen, M.-L., **Young, C. M.**, Foster, D. W., Quist, M., Bryan, J., & Acitelli, L. K. (2013). Tears in our beers: Gender differences in depressive symptoms, coping drinking motives, and alcohol. Poster presented at the Annual Meeting of the American Psychological Association, Honolulu, HI.
59. Quist, M., Foster, D. W., **Young, C. M.**, Nguyen, M.-L., Bryan, J. L., & Knee, C. R. (2013). Readiness to change moderates the effect of social desirability on drinking among pre-contemplators. Poster presented at the Annual Meeting of the American Psychological Association, Honolulu, HI.
60. Bryan, J., Nguyen, M.-L., Foster, D. W., **Young, C. M.**, Quist, M., Richardson, N., & Lu, Q. (2013). Expressive Writing; A randomized controlled trial among Stargardt's disease patients. Poster presented at the Annual Meeting of the American Psychological Association, Honolulu, HI.
61. Young, C. M., Foster, D. W., Nguyen, M.-L., Bryan, J., Quist, M., & Neighbors, C. (2013). Family ties and keeping dry: Readiness to change as a moderator of the effect of family history on drinking. *Alcoholism: Clinical and Experimental Research*, 37(s2), 207. doi: 10.1111/acer.12162. Poster presented at the 2013 Annual Scientific Meeting of the Research Society on Alcoholism, Orlando, FL.
62. Foster, D. W., Young, C. M., Bryan, J. L., Nguyen, M.-L., Quist, M., & Neighbors, C. (2013). You are what you drink? Drinking identity, decisional balance, and alcohol related problems. *Alcoholism: Clinical and Experimental Research*, 37(s2), 215. doi: 10.1111/acer.12451. Poster presented at the 2013 Annual Scientific Meeting of the Research Society on Alcoholism, Orlando, FL.
63. DiBello, A.M., Øverup, C., Rodriguez, L., **Young, C. M.**, & Neighbors, C. (2013). Jealousy and alcohol use: It's not about how much you drink, it's about why and what happens. *Alcoholism: Clinical and Experimental Research*, 37(s2), 91. doi: 10.1111/acer.12162. Poster presented at the 2013 Annual Scientific Meeting of the Research Society on Alcoholism, Orlando, FL.
64. **Young, C. M.**, Dickter, C. L., & Forestell, C. A. (2012). Take me away: Escape drinking and attentional bias to alcohol cues in college students. Poster presented at the Graduate Research Symposium, the College of William and Mary, Williamsburg, VA.
65. Heller, M. A., Schnarr, R., Litwiller, B., **Young, C. M.**, Smith, A. & Walk, A. (2009). The St. Louis arch horizontal-vertical illusion. Poster presented at the Annual Meeting of the Psychonomic Society, Boston, MA.

Mentoring and Teaching

Teaching**Rowan University****Assistant Professor**

- Social Psychology (undergraduate)
Section 40250 (n=30); Fall 2018
Section 40254 (n=35); Fall 2018

Cypress-Fairbanks Independent School District**Instructor**

- Intermediate level English as a Second Language
Fall 2017 (n=12)

University of Houston**Course Instructor**

- Introduction to Social Psychology
Section 20588 (n=45); Spring 2016
Section 20589 (n=45); Spring 2016
Section 26311 (n=80); Fall 2016
Section 18541 (n=80); Spring 2017
Section 21084 (n=80); Fall 2017
- Research Methods in Psychology Lab
Section 23129 (n=35); Fall 2015
Section 23131 (n=35); Fall 2015

Guest Lecturer

- Introduction to Psychology; Learning and Memory; Spring 2017
- Graduate Seminar: Foundations of Health Psychology; Writing and Health; Fall 2016
- Graduate Seminar: Social Psychology and Health Behavior; Shame and Guilt; Fall 2016
- Cultural Psychology; Applied Cross-Cultural Psychology; Summer 2015
- Introduction to Social Psychology; Social Influence; Spring 2015
- Introduction to Social Psychology; Social Influence; Fall 2014
- Personality Psychology; Personality and Health; Summer 2014

Teaching Assistant

- Introduction to Social Psychology; Fall 2012
- Multicultural Psychology; Fall 2012

The College of William and Mary**Teaching Assistant**

- Cognition and Thinking; Fall 2011, Spring 2012
- Research Methods; Fall 2010, Spring 2011, Summer 2011

Student Advising/Research Mentoring**University of Houston**

Ph.D. Students (Committee Member):

Laian Najjar (Developmental, Cognitive, and Behavioral Neuroscience, PhD, 201X)

Honors Undergraduate Students (Committee Member):

Andrew Pearson (Psychology, BA, 2017)
 Undergraduate Research Assistants:
 Matthew Smith (06/17-12/17)
 Collin Smith (01/17-12/17)
 Andrew Pearson (12/15-05/18)
 Alexandra Roark (08/14-05/15)
 Mira Mirza (08/14-05/15)
 Joe Ammar (08/13-06/14)
 Zenhessi Guerra (01/14-05/14)
 Zachary Traylor (01/13-08/15)
 Amanda Trader (01/13-06/13)
 Jennifer Samuel (09/12-06/13)

Grants, Fellowships, Honors, and Awards

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| Postdoctoral Travel Award, University of Houston | 2017 |
| ABCT Addictive Behaviors Student of the Month, April | 2016 |
| SPSP Graduate Student Travel Award Winner | 2014 |
| Departmental Conference Travel Award, University of Houston (X8) | 2013-2016 |
| APA Convention Division 50 Travel Award | 2013 |
| Presidential Fellowship, University of Houston | 2012-2014 |
| Arts and Sciences Graduate Research Grant, College of William and Mary (X2) | 2011 |
| Fred L. Jaffe Research Award | 2009 |
| Phi Alpha Eta initiate | 2008 |
| Provost's List | 2008 |
| Named to EIU Rising Stars top 100 sophomores | 2008 |
| Continuing Student Scholarship | 2007-2009 |
| Herbert Laskey Association of Honors Students Scholarship | 2007 |
| Top 5 candidate for the EIU President's Award | 2007 |
| Phi Eta Sigma initiate | 2007 |
| Dean's List | 2006-2010 |

Ad-Hoc Reviewing

Addiction
Addictive Behaviors
Addiction Research and Theory
Alcoholism: Clinical and Experimental Research
American Journal of Drug and Alcohol Abuse
American Journal on Addictions
BMJ Open
Death Studies
Drugs: Education, Prevention, and Policy
Journal of Adolescence
Journal of Consulting and Clinical Psychology
Journal of Ethnicity in Substance Abuse

Journal of Interpersonal Violence
Journal of Studies on Alcohol and Drugs
Nicotine & Tobacco Research
Nordic Studies on Alcohol and Drugs
PLOS One
Psychology of Addictive Behaviors

Clinical Research Experience

Intervention provider, University of Houston (10/14-08/15)

-Received training in motivational interviewing and served as an intervention provider for a motivational enhancement intervention on an NIAAA funded trial evaluating injunctive norms based personalized feedback to reduce college student drinking.

PI: Clayton Neighbors, R01AA014576-07A2

Clinical Supervisor: Jessica M. Cronce, Ph.D., University of Oregon, OR

Professional Service

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| Psi Chi University of Houston Chapter Invited speaker | 2017 |
| Science and Engineering Fair of Houston Place Award Judge | 2016 - 2018 |
| Society for Social and Personality Psychology (SPSP) Student Poster Award reviewer | 2016 - 2017 |
| Graduate Advocacy Group Secretary and Founding Member | 2015 – 2016 |
| Journal of Interpersonal Relations, Intergroup Relations, and Identity Reviewer and guest editor | 2009 - 2011 |

Quantitative, Methodological, and Grant Writing Experience

Advanced Statistics, Lee Kirkpatrick, Ph.D.
 Multivariate Analysis, Lee Kirkpatrick, Ph.D.
 Introduction to Psychological Statistics, Siva Tian, Ph.D.
 Introductory Statistics and Experimental Design, David Francis, Ph.D.
 Grant Writing, Clayton Neighbors, Ph.D.
 Social Psychology Methodology, C. Raymond Knee, Ph.D.
 Multivariate Methods, David Francis, Ph.D.
 Structural Equation Modeling, Margit Wiesner, Ph.D.
 Dyadic Data Analysis, Lindsey Rodriguez, Ph.D.

Applied Methods in Social Psychology, Clayton Neighbors, Ph.D.

Proficiencies and Training

Statistical packages: Statistical Analysis Software (SAS); Statistical Package for the Social Sciences (SPSS); HLM; Mplus; AMOS

Survey tools: DatStat; Inquisit; Linguistic Inquiry and Word Count (LIWC); Qualtrics; Media Lab; ePrime; Matlab

Question Persuade Refer (QPR) Suicide Prevention Training at the University of Houston Counseling and Psychological Services

Title IX Sexual Misconduct Reporter Training at the University of Houston Office of Equal Opportunity Services

Mental Health First Aid Training at the University of Houston Wellness Center 06/2018 – 06/2021

Professional Memberships

Association for Behavioral and Cognitive Therapies (ABCT)

American Psychological Association (APA)

Association for Psychological Science (APS)

Gulf Coast Consortia Alcohol and Addiction Research Cluster (GCC-AAR)

Psi Chi

Research Society on Alcoholism (RSA)

Society for Personality and Social Psychology (SPSP)

Last updated: 8/30/18