

# Erica M. Ahlich

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## EDUCATION AND TRAINING

### **Predoctoral Residency, Clinical Psychology** 2021-2022

- Warren Alpert Medical School of Brown University
- Behavioral Medicine Track
- Research Placement: Weight Control and Diabetes Research Center
- Research Mentor: J. Graham Thomas, PhD
- APA Accredited

### **Doctor of Philosophy, Clinical Psychology** 2015-2022

- University of South Florida
- Dissertation: Emotional Eating in Response to Boredom: The Moderating Role of Interoceptive Ability
- Research Mentor: Diana Rancourt, PhD
- APA and PCSAS Accredited

### **Master of Arts, Psychology** 2015-2018

- University of South Florida
- Thesis: Predicting Weight Loss following Bariatric Surgery: The Impact of Stress, Depression, Social Support and Patient Gender
- Research Mentor: Diana Rancourt, PhD

### **Bachelor of Arts, Psychology** 2007-2011

- Albion College
  - Minor: Philosophy
  - Overall GPA: 4.0/4.0, *summa cum laude*
  - Class of 2011 Valedictorian; Phi Beta Kappa; Psi Chi Co-President
  - Research Mentor: Jacque Carlson, PhD
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## PROFESSIONAL APPOINTMENTS

### **Associate Director of Clinical Training**, University of South Alabama 2023-2025

### **Assistant Professor**, University of South Alabama 2022-Present

- College of Arts and Sciences
- Core Faculty: APA Accredited Clinical-Counseling PhD Program

### **Research Interventionist**, Moffitt Cancer Center 2020-2021

- Bright IDEAS Clinical Trial NCT04585269
- Research Supervisor: Kristine Donovan, PhD

### **Graduate Teaching Associate**, University of South Florida 2017- 2021

### **Graduate Teaching Assistant**, University of South Florida 2016- 2017

### **Editorial Assistant**, Emory University 2013-2015

- Journal of Abnormal Psychology
- Editor in Chief: Sherryl Goodman, PhD

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## GRANT FUNDING AND AWARDS

### Grant and Contracts

#### Funded & Active

1. Graduate Psychology Education (GPE) Program Zlomke (PI) 2025  
Health Resources Services Administration, \$449,672  
Title: South Alabama HOPES: Health-Oriented Psychology Education for Substance Use Recovery  
Goal: Address the critical shortage of mental health providers in Southwest Alabama, particularly in underserved areas.  
Role: Coordinator for Training and Supervision

#### Submitted (Not funded)

1. R01 Braden (PI) 2024  
NIDDK, \$191,807.00 Sub-Award  
Title: Treating Emotional Eating and Obesity with Emotion Regulation Training  
Goal: This study involves a randomized clinical trial to examine the efficacy of a novel intervention that incorporates skills from dialectical behavioral therapy into standard behavioral weight loss.  
Role: Co-Investigator

2. Gulf Research Program Syphers (PI) 2023  
National Academies of Sciences, Engineering, and Medicine, \$999,439  
Title: IMPACT-AL: Investigating Mental Health and Preparing Against Climate Threats in Alabama's Gulf Coast  
Goal: This study will aim to evaluate the mental and physical health impacts of climate change along Alabama's Gulf Coast, particularly among vulnerable groups, such as low-income communities, where climate change may deepen existing social inequalities.  
Role: Co-Investigator

3. Small Grant Program (R03) Keller (PI) 2023  
National Institute on Aging, \$140,975  
Title: Examination of relationships among everyday discrimination and modifiable risk factors linked to cognitive decline in midlife African American/Black adults with and without APOE4 carriage.  
Goal: The study will aim to address Alzheimer's disease risk in midlife, African American/Black adults via the determination of the role that discrimination plays in arterial stiffness and body composition, as well as the influence of APOE4 carriage.  
Role: Co-Investigator

#### Funded & Completed

1. Research and Scholarly Development Grant Ahlich (PI) 05/2023-08/2024  
University of South Alabama, \$25,000  
Title: Redefining 'Emotional Eating' and Characterizing Individual Heterogeneity: An Ecological Momentary Assessment Study with Person-Specific Modeling  
Goal: The aim of this pilot study was to better understand the poorly defined construct of "emotional eating". The project combines ecological momentary assessment with an idiographic statistical approach to examine "personal profiles" of emotional eating.  
Role: Principal Investigator

2. Predoctoral Seed Money Research Grant Ahlich (PI) 10/2021-06/2022  
Brown University, \$2215

Title: Redefining ‘Emotional Eating’ and Characterizing Individual Heterogeneity: N = 10 Proof of Concept Study with Ecological Momentary Assessment and Person-Specific Modeling

Role: Principal Investigator

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|---|-------------|------------------|
| 3. Graduate Research Grant<br>Psi Chi, \$1500<br>Title: Emotional Eating in Response to Boredom: The Moderating Role of Interoceptive Awareness<br>Role: Principal Investigator | Ahlich (PI) | 06/2019 –04/2023 |
| 4. International Travel Grant<br>University of South Florida  | Ahlich (PI) | 2017 & 2020      |
| 5. Student Government Conference Grant<br>University of South Florida   | Ahlich (PI) | 2016-2018        |
| 6. FURSCA Summer Research Grant<br>Albion College   | Ahlich (PI) | 2010             |

### **Fellowships**

*Clinical Psychology Graduate Student Fellowship- Clinical Award, 2018 (\$2500)*  
*Clinical Psychology Graduate Student Fellowship- Research Award, 2017 (\$2500)*  
*University Graduate Fellowship, University of South Florida, 2015 (\$10,666 & 80% tuition)*

### **Academic Honors and Awards**

*Arts & Sciences Outstanding Service Award, University of South Alabama, 2025*  
*Mortar Board Honor Society “Top Prof”, University of South Alabama, 2024*  
*Arts & Sciences Professional Development Award, University of South Alabama, 2024*  
*Clinical Alumni Award for Citizenship, University of South Florida 2022*  
*Richard LaBarba Memorial Scholarship Award, 2019*  
*Heston Award for Outstanding Psychology Senior, Albion College 2011*  
*Hogberg Award for Excellence in Research in Psychology, Albion College 2011*  
*Omicron Delta Kappa Outstanding Junior of the Year, Albion College, 2010*  
*Joan Mitchell Award, Albion College, 2010*  
*Phi Beta Kappa- Highest Scholastic Achievement Award, Albion College, 2009 & 2010*  
*Kirsten Metalonis Memorial Scholarship, Albion College, 2009 & 2010*  
*Bernard T. Lomas Project 250 Leadership and Service Award, Albion College, 2009 & 2010*  
*Morley Fraser Leadership Award, Albion College, 2009*  
*Mortar Board Sophomore of the Year, Albion College, 2009*  
*Michigan Intercollegiate Athletic Association Academic Honors, Albion College, 2008*

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## **PUBLICATIONS**

† Denotes a trainee or student

### **Original Publications in Peer Reviewed Journals (reverse chronological order)**

1. †Dixit, U., †Barnhart, W.R., †Henderson, R.R., **Ahlich, E. M.**, He, J., & Zickgraf, H.F. (In Press). Characterizing Emotional Eating by Valence, Over- vs Under-Eating, and Contextual Factors: A Latent Profile Analysis. *Appetite*.
2. **Ahlich E.\***, James, D.\*, Kechter, A., & Maxfield, M. (2025). Perspectives of older adults with memory decline participating in a prolonged nightly fasting (PNF) pilot study: A

qualitative exploration. *Journal of Clinical and Translational Science*, 9(1), e112.  
doi:10.1017/cts.2025.63. \*Contributed equally to the work.

3. †Hooper, M., †Dixit, U., **Ahlich**, E., & Zickgraf, H. (2025). Development and preliminary validation of the Comprehensive Emotional Eating Scale (CEES). *Appetite*, 209, 107969. doi: 10.1016/j.appet.2025.107969
4. †Dixit, U., †Love, A., †Henderson, R., **Ahlich**, E., He, J., Riggby, A., Zickgraf, H. A. (2025). Latent class analysis of negative emotional eating in bariatric surgery candidates. *Appetite*, 208, 107907. doi: 10.1016/j.appet.2025.107907
5. Smith, L., **Ahlich**, E., Lang, B., Bollepalli, S., Prioleau, T., Lansing, A., & Rancourt, D. (2025). Impact of glycemic variability on disordered eating in adolescent and young adults with type 1 diabetes: An ecological momentary assessment study. *Journal of Pediatric Psychology*, jsaf009. doi: 10.1093/jpepsy/jsaf009
6. James, D. L., Larkey, L. K., Maxfield, M., Han, S., Ofori, E., Mohr, A. E., Hawley, N., Alperin, K., **Ahlich**, E... & Sears, D. D. (2025). Prolonged nightly fasting in older adults with memory decline: A single-group pilot study exploring changes in cognitive function and cardiometabolic risk factors. *Journal of Clinical and Translational Science*, 9(1), 1-22. doi:10.1017/cts.2024.676
7. †Dixit, U. & **Ahlich**, E. (2024). Barriers and Facilitators of Help-Seeking for Eating, Weight, and Shape Concerns among College Students. *Journal of American College Health*, 1–11. doi: 10.1080/07448481.2024.2393092.
8. †Robeson, M., †Hayes, K., Rossetti, K., **Ahlich**, E., & Zlomke, K. (2024). What's in a day? Investigating the relationship between sleep quality and quality of life among caregivers of children with autism. *Journal of Developmental & Behavioral Pediatrics*, 45(4),e317-e324. doi: 10.1097/DBP.0000000000001278
9. †Hawley, N., Green, J., **Ahlich**, E., Hauff, C., Hermer, J., Skiba, M., James, D., & Nash, S. (2024). Patient perspectives of weight stigma and bias across the cancer continuum: A scoping review. *Cancer Medicine*, 13(3), e6882. doi: 10.1002/cam4.6882
10. †Robeson, M., †Hayes, K., Shekouh, K. R., **Ahlich**, E., & Zlomke, K. (2024). Examining daily impact of mood and quality of social support for caregivers of children on the autism spectrum. *Research in Autism Spectrum Disorders*, 110, 102293. doi:10.1016/j.rasd.2023.102293
11. James, D. L., Larkey, L. K., Evans, B., Sebren, A., Goldsmith, K., **Ahlich**, E., ... & Sears, D. D. (2023). Mechanisms of improved body composition among perimenopausal women practicing Meditative Movement: a proposed biobehavioral model. *Menopause*, 30(11), 1114-1123. doi:10.1097/GME.0000000000002262
12. **Ahlich**, E., Poovey, K., & Rancourt, D. (2023). Examination of the Water Load Task as a measure of gastric interoception and associations with disordered eating. *International Journal of Eating Disorders*, 56, 1432-1443. doi:10.1002/eat.23964
13. **Ahlich**, E., Goldstein, S. P., & Thomas, J. G. (2023). Characterizing emotional eating: Ecological momentary assessment with person-specific modeling. *Appetite*, 183, 106476. <https://doi.org/10.1016/j.appet.2023.106476>
14. **Ahlich**, E., & Rancourt, D. (2022). Boredom proneness, interoception, and emotional eating. *Appetite*, 178, 106167. doi: 10.1016/j.appet.2022.106167
15. Poovey, K., **Ahlich**, E., Attaway, S., & Rancourt, D. (2022). General versus hunger/satiety-specific interoceptive sensibility in predicting disordered eating. *Appetite*, 171, 105930. doi: 10.1016/j.appet.2022.105930
16. Rancourt, D., Choquette, E. M., **Ahlich**, E., Lang, B. M., Verzijl, C. L., Palermo, M., & Belzak, W. (2022). Invariance of the Eating Disorder Inventory-Drive for Thinness subscale across university and community samples. *Psychological Assessment*, 34(4), 341-352. doi:10.1037/pas0001095
17. Rancourt, D., **Ahlich**, E., Choquette, E., Simon, J., & Kelley, K. (2022). A comparison of Food and Alcohol Disturbance (FAD) in sorority and non-sorority women. *Journal of American College Health*. Advanced Online Publication. doi:10.1080/07448481.2020.1740233

18. Cheng, T. Y., Akhiyat, Y. M., Mehta, N., **Ahlich**, E., Verzijl, C. L., Chermak, R., ... & Rancourt, D. (2021). Eating Disorder Symptomatology Among Adolescents Presenting for Bariatric Surgery Candidacy: Examining Differences by Sex and Racial Minority Status. *Obesity Surgery*, 1-8.
19. Palermo, M., Choquette, E. M., **Ahlich**, E., & Rancourt, D. (2021). Food and alcohol disturbance by athlete status: The roles of drive for thinness, drive for muscularity, and sex. *Journal of American College Health*, 1-8. doi:10.1080/07448481.2020.1713791
20. **Ahlich**, E., Verzijl, C. L., Cuning, A., Wright, E., & Rancourt, D. (2021). Patient motivations and goals for bariatric surgery: a mixed methods study. *Surgery for Obesity and Related Diseases*, 17(9), 1591-1602. doi:10.1016/j.soard.2021.05.017
21. **Ahlich**, E., Verzijl, C. L., Simon, J. A., Schlauch, R. C., & Rancourt, D. (2020). Support for a two-dimensional model of food craving using self-report questionnaire and cue-reactivity methodologies. *International Journal of Eating Disorders*, 53(9), 1439-1449. doi: 10.1002/eat.23290
22. **Ahlich**, E., Herr, J., Thomas, K., Segarra, D., & Rancourt, D. (2019). A Test of the Stress-Buffering Hypothesis of Social Support among Bariatric Surgery Patients. *Surgery for Obesity and Related Diseases*, 16(1), 90-98. doi:10.1016/j.soard.2019.10.020
23. Lang, B., **Ahlich**, E., Verzijl, C., Thompson, J.K., Rancourt, D. (2019). The role of drive for thinness in the association between weight status misperception and disordered eating. *Eating Behaviors*, 35. doi:10.1016/j.eatbeh.2019.101319
24. Rancourt, D., **Ahlich**, E., Levine, J., Lee, M., & Schlauch, R. (2019) Applying a multidimensional model of craving to disordered eating behaviors: Development of the Food Approach and Avoidance Questionnaire. *Psychological Assessment*, 31(6), 751-764. doi: 10.1037/pas0000697.
25. Levine, J. A., Noyes, E. T., Gius, B. K., **Ahlich**, E., Rancourt, D., Houston, R. J., & Schlauch, R. C. (2018). Development and psychometric evaluation of a brief approach and avoidance of alcohol questionnaire. *Alcoholism: Clinical and Experimental Research*, 43(2), 353-366. doi: 10.1111/acer.13939.
26. Verzijl, C. L., **Ahlich**, E., Lang, B., & Rancourt, D. (2018). Body mass index as a moderator of the association between weight status misperception and disordered eating behaviors. *Eating Behaviors*, 30, 98-103. doi:10.1016/j.eatbeh.2018.06.008.
27. **Ahlich**, E., Lang, B., Choquette, E., & Rancourt, D. (2018). Body talk, athletic identity, and eating disorder symptoms in men. *Psychology of Men and Masculinity*, 20(3), 347-355. doi: 10.1037/men0000168.
28. Verzijl, C. L., **Ahlich**, E., Schlauch, R. C., & Rancourt, D. (2017). The role of craving in emotional and uncontrolled eating. *Appetite*, 123, 146-151. doi: 10.1016/j.appet.2017.12.014.

### **Book Chapters**

1. Prinstein, M., Rancourt, D., Adelman, C., **Ahlich**, E., Smith, J., & Guerry, J. D., (2019). Peer status and psychopathology. In K. H. Rubin, W. Bukowski, & B. Laursen (Eds.), *Handbook of peer interactions, relationships, and groups, Second Edition*. New York: Guilford.

### **Published Abstracts (reverse chronological order)**

1. Verzijl, C., **Ahlich**, E., Rancourt, D., Hagerman, J. R., & Weiss, A. (2019). 143. Medical and mental health predictors of pre-operative BMI in an adolescent sample seeking bariatric surgery. *Journal of Adolescent Health*, 64(2), S74.

### **Manuscripts in Progress**

1. Braden, A., **Ahlich**, E., Koball, A. (Under Revision). Emotional Eating in Obesity: A Review. Invited Paper for *Current Obesity Reports*.
2. **Ahlich**, E., Poovey, K., Cuning, A., Boyajian, L., & Rancourt, D. (Under Review). Boredom, Interoceptive Ability, and Emotional Eating: An Experimental Study. *Eating Behaviors*.

3. Zickgraf, H., & **Ahlich**, E. (Writing in Progress). A moderated mediation study investigating any-reason restraint, stress, and emotional reactivity in the relationship between food insecurity and disordered eating.
4. Cuning, A., **Ahlich**, E., & Rancourt, D. (Writing in Progress). Body image concerns and disordered eating: The moderating roles of positive affect, negative affect, and boredom.

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## PRESENTATIONS

† Denotes a trainee or student

### Oral Presentations

1. **Ahlich**, E., Goldstein, S.P., & Thomas, J.G. (2023, April). *Is Emotional Eating a Homogenous Construct? Ecological Momentary Assessment with Person-Specific Modeling*. Live Research Spotlight Presented at the 2023 Society for Behavioral Medicine Annual Meeting.
2. **Ahlich**, E., † Beekman, M., & Rancourt, D. (2019, November). The Impact of Idealized Media Images on Body Checking: An Examination Utilizing Behavioral Observation. In L. D. Sarfan (Chair), *Am I good enough? The role of self-evaluation in the context of body image and disordered eating*. Symposium presented at the Association for Behavioral and Cognitive Therapies, Atlanta, GA. Sponsored by Eating Disorder and Obesity Special Interest Group.
3. Verzijl, C.L., **Ahlich**, E., Lang, B., Choquette, E.M., & Rancourt, D. (2018, November). *Psychiatric symptom contributors to weight loss after bariatric surgery*. Symposium presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
4. **Ahlich**, E., & Carlson, J. (2009, March). *Shyness and feelings of inadequacy*. Symposium presented at the Michigan Undergraduate Psychology Research Conference, Hillsdale College MI.

### Posters

1. †Larsen, J., †Dixit, U., †Henderson, R., †Armstrong, M., & Ahlich, E. (2025, November). Weight bias internalization and binge eating: The indirect effect of body trust. Poster accepted for presentation]. The Obesity Society Annual Meeting at ObesityWeek®, Atlanta, GA.
2. †Henderson, R.R., †Lusich, R., †Dixit, U., †Huff, A., †Larsen, J.D., **Ahlich**, E. (2025, November). *The indirect effects of emotional craving in the relationship between positive urgency and binge eating*. Accepted for presentation at the 59<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.
3. †Henderson, R.R., †Dixit, U., †Larsen, J.D., **Ahlich**, E., (2025, May). *Links between negative affect and binge eating: The indirect effects of craving and impulsivity*. Poster presented at the International Conference on Eating Disorders, San Antonio, TX.
4. †Dixit, U., †Henderson, R., †Larsen, J., **Ahlich**, E., Rigby, A., & Zickgraf, H. (2025, March). *Examining the interaction of sleep disorders and depression on disordered eating in bariatric surgery candidates*. Poster presented at the 2025 Society for Behavioral Medicine Annual Meeting, San Francisco, CA.
5. †Henderson, R., †Dixit, U., †Larsen, J., Zickgraf, H., & **Ahlich**, E. (2025, March). *A Test of The Acquired Preparedness Model of Binge Eating*. Poster presented at the 2025 Society for Behavioral Medicine Annual Meeting, San Francisco, CA.
6. †Oyler, S., **Ahlich**, E., Foster, J. (2024, November). *Intergroup Contact, Beliefs About Gender, and Anti-Trans Prejudice*. Poster presented at the 2024 Society of Southeastern Social Psychologists Conference, Memphis, TN.
7. †Dixit, U., †Henderson, R.R., †Barnhart, W.R., **Ahlich**, E. M., & Zickgraf, H.F. (2024, November). *Greater distress intolerance, but not eating inflexibility, strengthened the association between perceived stress and loss of control eating*. Poster presented at the 58th annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
8. †Dixit, U., †Barnhart, W.R., †Henderson, R.R., **Ahlich**, E. M., He, J., & Zickgraf, H.F. (2024, November). *Classifying emotional eating by valence, amount eaten, and contextual factors: A latent*

- class analysis*. Poster presented at the 58th annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
9. †Dixit, U., †Barnhart, W.R., †Henderson, R.R., †Larsen, J.D., & **Ahlich**, E. M., (2024, November). *The effect of a worry induction on food consumption: An experimental investigation of perseverative cognition in emotional eating*. Poster presented at the 58th annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
  10. †Dixit, U. & **Ahlich**, E. (2024, March). *Disordered eating help-seeking in college students: A theory of planned behavior perspective*. Poster presented at the International Conference on Eating Disorders, New York, NY.
  11. †Dixit, U., †Love, A., & **Ahlich**, E. (2024, March). *The role of interoception, emotion regulation, and alexithymia in disordered eating*. Poster presented at the International Conference on Eating Disorders, New York, NY.
  12. †Dixit, U., †Love, A., †Oyler, S., & **Ahlich**, E. (2024, March). *Negative Affect Partially Explains the Relationship between Identifying as a Sexual Minority, and Increased Disordered Eating Symptoms*. Poster presented at the International Conference on Eating Disorders, New York, NY.
  13. Hawley, N.A., James, D.L., Nash, S., Green, J., **Ahlich**, E., & Hauff, C., Hermer, J., & Skiba, M.B. (2024). *Patient perspectives of weight stigma and bias across the cancer continuum: A scoping review*. Poster presented at the 2024 Society for Behavioral Medicine Annual Meeting, Philadelphia, PA.
  14. Cunning, A., **Ahlich**, E., & Rancourt, D. (2023, November). *Exploring the interaction between affect and body image on disordered eating behaviors*. Poster presented at the 2023 Association for Behavioral and Cognitive Therapies, Seattle, WA.
  15. †Dixit, U. & **Ahlich**, E. (2023, November). *Help-seeking for disordered eating: Barriers, facilitators, and psychological functioning*. Poster presented at the 2023 Association for Behavioral and Cognitive Therapies, Seattle, WA.
  16. †Dixit, U. & **Ahlich**, E. (2023, April). *Emotional eating as a function of weight status: Time of day, sleep quality, and food type*. Poster presented at the 2023 Society for Behavioral Medicine Annual Meeting, Phoenix, AZ.
  17. **Ahlich**, E. & Rancourt, D. (2022, November). *Boredom and Interoceptive Ability as Predictors of Emotional Eating*. Poster presented at The Obesity Society Annual Meeting, San Diego, CA.
  18. Verzijl, C., **Ahlich**, E., Staples, C., Cunning, A., Weiss, A., Chermak, R., & Rancourt, D. (2020, November). *Disordered eating behavior variability and weight bias of adolescents seeking bariatric surgery*. Poster presented at The Obesity Society Annual Meeting (Virtual).
  19. Verzijl, C., **Ahlich**, E., Nadeau, J., Farrell, N., Cook, J., & Rancourt, D. (2020, November). *Avoidance food craving: How does the dimension of craving relate to mealtime anxiety in an eating disorder treatment sample?* Poster presented at the Association for Behavioral and Cognitive Therapies (Virtual).
  20. **Ahlich**, E., Attaway, S., & Rancourt, D. (2020, November). *General versus hunger/satiety-specific interoceptive awareness in predicting disordered eating*. Poster accepted for presentation at the Association for Behavioral and Cognitive Therapies (Virtual).
  21. **Ahlich**, E., Verzijl, C.L., & Rancourt, D. (2020, June). *Boredom proneness and food craving: The moderating role of restrained eating*. Poster presented at the International Conference on Eating Disorders (Virtual).
  22. Verzijl, C., **Ahlich**, E., & Rancourt, D. (2020, June). *Positive affect and disordered eating intentions: The moderating role of sex*. Poster presented at the International Conference on Eating Disorders (Virtual).
  23. Lang, B., Choquette, E. M., **Ahlich**, E., Palermo, M., Staples, C., & Rancourt, D. (2020, June). *Factor structure and sex invariance of the Drive for Muscularity Scale*. Poster presented at the International Conference on Eating Disorders (Virtual).
  24. Cheng, T., Akhiyat, Y. Mehta, N., **Ahlich**, E. Verzijl, C., Chermak, R., ... & Weiss, A. L. (2020, March). *Eating disorder symptomatology differences across sex and ethnicity among adolescent*

- bariatric surgery candidates*. Poster presented at the Society for Adolescent Health and Medicine Annual Conference, San Diego, CA.
25. **Ahlich, E.,** Verzijl, C.L., Peterson, C., & Rancourt, D. (2019, November). *Gender, dieting history, and associations with year 1 weight loss among bariatric surgery patients*. Poster presented at The Obesity Society Annual Meeting, Las Vegas, NV.
  26. Verzijl, C. L., Choquette, E., **Ahlich, A.,** & Rancourt, D. (2019, November). *Approach and avoidance food craving: How do the dimensions of craving change over the course of eating disorder treatment?* Poster presented at the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
  27. Verzijl, C., **Ahlich, E.,** Rancourt, D., Hagerman, J. R., & Weiss, A. (2019, March). *Medical and mental health predictors of pre-operative BMI in an adolescent sample seeking bariatric surgery*. Poster presented at the Society for Adolescent Health and Medicine Annual Conference, Washington, D.C.
  28. **Ahlich, E.,** Choquette, E., Kelley, K., Simon, J., & Rancourt, D. (2019, March). *Comparison of Food and Alcohol Disturbance (“drunkorexia”) among sorority and non-sorority members*. Poster presented at the International Conference on Eating Disorders, New York, NY.
  29. **Ahlich, E.,** Verzijl, C.L., & Rancourt, D. (2018, November). *A test of the stress-buffering hypothesis of social support among bariatric surgery patients*. Poster presented at The Obesity Society Annual Meeting, Nashville, TN.
  30. Choquette, E.M., Lang, B., **Ahlich, E.,** Verzijl, C.L., Thompson, J.K., & Rancourt, D.M. (2018, April). *Psychometric evaluation of the Compensatory Eating and Behaviors in Response to Alcohol Consumption Scale (CEBRACS)*. Poster presented at the International Conference on Eating Disorders, Chicago, IL.
  31. Choquette, E.M., Verzijl, C.L., **Ahlich, E.,** Lang, B., Thompson, J.K., & Rodgers., R. F. (2018, April). *Could pressure from medical professionals to maintain a “healthy weight” increase eating disorder symptoms?* Poster presented at the International Conference on Eating Disorders, Chicago, IL.
  32. **Ahlich, E.,** Levine, J., Schlauch, R. C, & Rancourt, D. (2017, November). *A multidimensional model of craving: Development and psychometric evaluation of the Approach and Avoidance of Food Questionnaire*. Poster presented at the Association for Behavioral and Cognitive Therapies, San Diego, CA.
  33. Verzijl, C.L., **Ahlich, E.,** Lang, B., Schlauch, R., & Rancourt, D. (2017, November). *Inaccurate weight perception and the role of directionality: Does this protective factor seen in adolescents translate to young adults*. Poster presented at the Association for Behavioral and Cognitive Therapies, San Diego, CA.
  34. **Ahlich, E.,** Verzijl, C.L., Lang, B., & Rancourt, D. (2017, October). *Inaccurate weight perception and disordered eating behavior in adults of overweight or obese status*. Poster presented at The Obesity Society Annual Meeting, Washington, DC.
  35. Verzijl, C.L., Lang, B., **Ahlich, E.,** Schlauch, R., & Rancourt, D. (2017, May). *The role of craving in emotional and uncontrolled eating: A test and extension of cognitive processing model of alcohol craving*. Poster presented at the International Conference on Eating Disorders, Prague, Czech Republic.
  36. **Ahlich, E.,** Lang, B, & Rancourt, D. (2017, May). *Drives for muscularity and thinness: Associations with age and gender*. Poster presented at the International Conference on Eating Disorders, Prague, Czech Republic.
  37. Rancourt, D., Lee, M., **Ahlich, E.,** & Schlauch, R. C. (2016, November). *Applying a multidimensional model of craving to disordered eating behaviors*. Poster presented at the Association for Behavioral and Cognitive Therapies, New York NY.
  38. Lang, B., **Ahlich, E.,** Choquette, E., & Rancourt, D. (2016, May). *Possible mechanisms of the association between men's self-surveillance and body talk*. Poster presented at the International Conference on Eating Disorders, San Francisco CA.



39. **Ahlich, E.,** Lang, B., Choquette, E., & Rancourt, D. (2016, May). *Body talk, sport participation, and dating disorder symptoms in men*. Poster presented at the International Conference on Eating Disorders, San Francisco CA.
40. **Ahlich, E.,** Carlson, J., Christopher, A., & Keyes, B. (2011, May). *Emotional intelligence as a moderator of the relationship between shyness and feelings of inadequacy*. Poster presented at the Association for Psychological Science, Washington DC.

#### **Invited Presentations & Community Outreach**

1. **Ahlich, E.,** Choquette, E., Lang, B. (2024, February). *Post-Graduate Job Panel*. Presented at USF Clinical Psychology Department Colloquium (Virtual).
2. **Ahlich, E. & Rancourt, D.** (2022, March). *Boredom, Interoceptive Ability, and Emotional Eating*. Presented at the Carney Institute for Brain Science and the Department of Psychiatry and Human Behavior 24th Annual Mind Brain Research Day (Virtual).
3. **Ahlich, E.,** Verzijl, C., & Rancourt, D. (2019). *Food craving: Theoretical underpinnings, measurement, and relation to disordered eating among those with type 1 diabetes*. Presented at USF Clinical Psychology Department Colloquium.
4. **Ahlich, E.,** Hyland, K., Fatimah, H. (2018). *Mental health wellness for physicians: Mindfulness, sleep, and coping with adverse events*. Presented at Tampa General Hospital.
5. **Ahlich, E. & Verzijl, C.** (2018). *Case presentation: A family-oriented approach to dialectical behavior therapy with a suicidal adolescent*. Presented at USF Clinical Psychology Department Colloquium.

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#### **ADDITIONAL RESEARCH EXPERIENCE**

- Weight Control & Diabetes Research Center at Miriam Hospital & Brown University; Mentors: Graham Thomas, PhD & Carly Goldstein, PhD (2021-2022)
- Disordered Eating Prevention, Treatment, and Health Lab at University of South Florida; Mentor: Diana Rancourt, PhD (2015-2021)
- Children's and Mothers' Emotions at Emory University; Mentor: Sherryl Goodman, PhD (2013-2015)

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#### **TEACHING AND SUPERVISION**

**Assistant Professor** at the University of South Alabama 2022-Present

- Applied Health Psychology (Graduate Level)
- Applied Psychology & Diagnostic Interviewing (Graduate Level)
- Special Topics: Eating and Weight Concerns (Graduate Level)
- Practicum Didactic & Clinical Supervision (Graduate Level)
- Psychopathology (Undergraduate Level)

**Course Instructor** at the University of South Florida 2019-2021

- Introduction to Psychology, Flexible Hybrid
- Research Methods Online
- Research Methods

**Teaching Assistant** at the University of South Florida

- Community Practicum Mental Health & Community Internship 2016- 2021
- Evidenced Based Assessment (Graduate Level)
- Abnormal Psychology, Fall & Spring
- Introduction of Psychology, Online
- Child Abnormal Psychology
- Research Methods
- Introduction to Psychology

<b>Teaching Assistant</b> at Albion College	2010-2011
<ul style="list-style-type: none"> <li>Abnormal Psychology</li> <li>Research, Design, and Analysis</li> </ul>	
<b>Research Mentor</b> at University of South Alabama	
<ul style="list-style-type: none"> <li>Ivan Cambell, Doctoral Dissertation Committee</li> <li>Callie Mims, Doctoral Dissertation Committee</li> <li>Mariah Conrey, Undergraduate Thesis Committee</li> <li>Grace McDavid, Undergraduate Thesis Committee Chair</li> <li>Urvashi Dixit, Doctoral Dissertation Committee Chair</li> <li>Nanako Hawley, Doctoral Dissertation Committee</li> <li>Mackenzie Robeson, Doctoral Student First Year Project Committee</li> <li>Emma Tonsberg, Undergraduate Thesis Committee Chair</li> <li>Sam Oyler, Undergraduate Honors Thesis Committee Chair</li> <li>Anna Atchison, Undergraduate Honors Thesis Committee</li> <li>Ariyel Smith, Undergraduate Honors Thesis Committee</li> <li>Jasmeka Foster, Doctoral Student First Year Project Committee</li> </ul>	2025-2026 2024-2025 2024-2025 2024-2025 2023-2025 2023-2025 2023-2024 2023-2024 2023-2024 2022-2023 2022-2023 2022-2023
<b>Research Mentor</b> at University of South Florida	
<ul style="list-style-type: none"> <li>Michelle Beekman, Undergraduate Honors Thesis Chair</li> <li>Heather Ward, Undergraduate Honors Thesis Advisor</li> </ul>	2016-2017 2015-2016
<b>Clinical Supervision</b>	
<ul style="list-style-type: none"> <li>Supervising Psychologist, Psychological Clinic, U of South Alabama</li> <li>Peer Supervisor, Psychological Services Clinic, U of South Florida</li> </ul>	2023-Present 2017-2019

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## CLINICAL TRAINING AND LICENSURE

- Licensed Psychologist** State of Alabama, #2300 (2023-Present)
- Geriatric Psychology & Home-Based Care:** Providence VA Medical Center (2022)
- Behavioral Medicine:** Weight and Wellness Center, Cardiac and Pulmonary Rehab, Pediatric Cardiology, and Consultation-Liaison at the Miriam Hospital (2021-22); Primary Care Behavioral Health at Providence VA Medical Center (2021); Study Interventionist on Bright IDEAS Clinical Trial (2020-21); Study Interventionist on NOURISH-T+ Clinical Trial (2020-21); Practicum at USF Morsani Diabetes Center (2019); Practicum at Tampa General Hospital, Bariatrics (2018-19)
- Community Outpatient at USF Psychological Services Center:** Dialectical Behavior Therapy (2020-21), Veterans & Substance Abuse Management (2019-20), Health Behaviors (2018-19), Child & Family Therapy & Assessment (2017-18), Adult Therapy & Assessment (2016-17)
- Intensive Outpatient/Partial Hospitalization:** Rogers Behavioral Health (2017-18)

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## QUANTITATIVE TRAINING

**Software:** SPSS (proficient), MPlus (intermediate); R (intermediate); SAS (basic),

### Courses/Trainings Completed:

- NASA Open Science Skills Training 2024
- Group Iterative Multiple Model Estimation (GIMME), Kathleen Gates, 2024
- Analyzing Intensive Longitudinal Data, Jean-Philippe Laurenceau & Niall Bolger, 2024
- Introduction to SEM, Dan Bauer & Patrick Curran 2020
- Data Analysis using R, Moffitt Cancer Center & USF Dept of Mathematics and Statistics 2018
- Multilevel Modeling Course, USF 2018
- Structural Equation Modeling Course, USF 2018
- Advanced Measurement, USF 2016

- Multivariate Statistics, USF 2016
- Univariate Statistics, USF 2015

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## PROFESSIONAL SERVICE

**National Organization Membership:** Society for Behavioral Medicine, American Psychological Association Division 38, Association for Behavioral and Cognitive Therapy

**Editorial Boards:** Appetite (Editorial Board)

**Ad Hoc Reviewer:** Eating Behaviors, Health Psychology, Obesity Science & Practice, International Journal of Clinical and Health Psychology, Journal of Contextual Behavioral Science

### **Service and Leadership**

Society for Behavioral Medicine Program Committee <b>Member</b>	2023-2025
Alabama Psychological Association Faculty Champion at the University of South Alabama	2023-2024
Association for Behavioral and Cognitive Therapy Program Committee <b>Member</b>	2022-2023
University of South Alabama College of Arts and Sciences Undergraduate Scholarship Committee <b>Member</b>	2023-2024
University of South Alabama Department of Psychology Search Committee <b>Member</b>	2024-2025
Subject Pool Committee <b>Member</b>	2023-2025
Community Engagement Committee <b>Member</b>	2023-2025
Psi Chi <b>Faculty Advisor</b>	2022-2023
Communications/Newsletter Committee <b>Member</b>	2022-2023
University of South Alabama Clinical Area CCP Faculty-Student Relations Committee <b>Chair</b>	2024-2025
CCP Orientation & Retreat Committee <b>Member</b>	2024-2025
CCP Assessment & Program Evaluation Committee <b>Chair</b>	2023-2025
CCP Clinical Training & Practica Committee <b>Member</b>	2022-2024
CCP Psychological Clinic Advisory Committee <b>Member</b>	2022-2023
Brown University Clinical Psychology Intern DPHB Teaching/Research Awards Review Committee <b>Member</b>	2021-2022
DPHB Diversity Equity Inclusion and Belonging Committee <b>Member</b>	2021-2022
University of South Florida Graduate Student PCSAS <b>Student Representative</b>	2019-2021
Diversity Committee <b>Member</b>	2019-2021
Diversity Mentorship Program Development Committee <b>Member</b>	2020-2021
Diversity Mentorship Program <b>Mentor</b>	2020-2021
Racial Justice Taskforce <b>Member</b>	2020-2021
Clinical Psychological Association <b>President</b>	2019-2020
Donation Drive For Tampa Refugee Services Committee <b>Member</b>	2018-2020
Clinical Training Committee <b>Member</b>	2017-2018
Clinical Brown Bag Series <b>Coordinator</b>	2016-2017
Albion College Undergraduate Student Psi Chi Chapter <b>President</b>	2010-2011

Alpha Lambda Delta <b>Vice President</b>	2009-2010
Alpha Lambda Delta <b>Senior Advisor</b>	2010-2011
The Nwagni Project <b>President</b>	2008-2009
The Nwagni Project <b>Fundraising Chair</b>	2007-2008

**Volunteer:** Eating Disorder Awareness Walk 2025; USA Move In Day, 2022, 2023, 2025; Girls on the Run Coach, 2015 and Event Volunteer, 2016, 2017; Trees Atlanta, 2014; Kalamazoo in Bloom, 2012; River Walk Tree Planting, 2011; Habitat for Humanity, 2010-11; Community Snow Removal, 2008-10; Conservation Australia- 2010