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The *Psychology Update* is a newsletter written for Alumni and Friends of the UAB Department of Psychology.

UAB Most Cited for Rehab Research

by Bob Shepard

The University of Alabama at Birmingham (UAB) is ranked No. 1 for the impact of its articles in rehabilitation sciences from 2005-09, according to Thomson Reuters.

During that time period, UAB scientists published 92 papers in the field of rehabilitation science, and those papers were cited in other publications 8.58 times per paper. Emory University was second, followed by Washington University, Thomas Jefferson University and the University of Southern California.

"This speaks highly of the quality of UAB research in rehabilitation science," said Laretta Gerrity, D.V.M., senior associate vice president for research at UAB.

"It is an indication of the high regard in which scientists from across the nation and the world hold the faculty at UAB for the thoroughness, complexity and importance of their work."

UAB DEPARTMENTS MOST INVOLVED IN REHABILITATION

DEPARTMENT OF PHYSICAL MEDICINE AND REHABILITATION

DEPARTMENT OF PHYSICAL THERAPY

DEPARTMENT OF PSYCHOLOGY

DEPARTMENT OF OCCUPATIONAL THERAPY





MARY BOGGIANO, PH.D.
ASSOCIATE PROFESSOR

RAJESH KANA, PH.D.
ASSISTANT PROFESSOR

SYLVA MRUG, PH.D.
ASSOCIATE PROFESSOR

DAVID SCHWEBEL, PH.D.
PROFESSOR
ASSOCIATE DEAN FOR
RESEARCH IN THE
SCIENCES

EDWARD TAUB, PH.D.
UNIVERSITY PROFESSOR
DIRECTOR, TAUB CLINIC

PUBLICATIONS

Boggiano and Team Link Food Concocting to Binge Eating

Dr. Mary Boggiano and her team comprised of Bulent Turan Ph.D., Kimberly D. Oswald M.A. from UAB Psychology, Christine Maldonado, Ph.D. from the Department of Psychology at Boise State University, and Ellen S. Shumen of Acoria WellCentered Eating Disorder Treatment Programs in Cincinnati, OH, are gaining much recognition for their findings in a paper entitled "Secretive Food Concocting in Binge Eating: Test of a Famine Hypothesis." Dr. Boggiano, principal investigator of the study, hopes the findings will help bring this oppressive behavior public to better understand and help the 8 million people in the U.S. suffering from binge eating disorders. In the *UAB News* article, "UAB Study Identifies New Characteristic of Binge Eating," she talks about how food concocting, the making of strange food mixtures, is common among binge eaters. The food concocting study surveyed 507 students from UAB and the University of Texas at El Paso enrolled in Psychology 101 classes, along with 45 clients seeking outpatient treatment for



eating disorders in Cincinnati, Ohio. This study was featured in many media outlets including *Men's Health Magazine*, Yahoo Health Blog, and MedicalDaily.com.



concoctions reported by survey participants

sweet

- Flour with eggs, oil, sugar, cinnamon and milk (eaten raw)
- Brown sugar, Peanut butter, chocolate chips sprinkled into Cool Whip and mixed with pudding or Jello

mixed sweet/salty

- Mashed potatoes w/Oreo cookies
- Oreos with peanut butter, pickles and chocolate

salty

- Chips with lemon, pork rinds, Italian dressing and salt

non-sweet/non-salty

- Cheese with eggs, marinara sauce, pasta and cut-up Slim Jims
- Frozen vegetables mixed with mayo (eaten frozen)

Mrug and Reynolds Receive Much Attention for Study

Dr. Sylva Mrug along with doctoral student Nina Reynolds, are receiving national attention for their study which followed 128 adolescents who suffer from either Type One diabetes or cystic fibrosis. The study evaluated the results of the teens health based on coping strategies, specifically spirituality. Mrug and Reynolds found participants who leaned on God for decision making and strength, showed better results than those who thought God was punishing them. According to Reynolds, the effects were reflected through the patients' attitudes, the positive spiritual relationship predicted better emotional adjustment and fewer behavior problems. The story by *Al.com*, "UAB Study Says Faith a Factor for Youth Coping with Chronic Disease" was run after it was published online in the *Journal of Adolescent Health*.



Dr. Kana Featured in PLoS ONE

Dr. Rajesh Kana and his graduate student Donna Murdaugh published their new fMRI paper in the November 2012 issue of *PLoS ONE* alongside experts from The University of South Carolina in an article entitled, "Differential Deactivation during Mentalizing and Classification of Autism Based on Default Mode Network Connectivity." Dr. Kana said, "An interesting aspect of this paper is that it reveals results where we classify our group of participants into autism and control groups based on their brain connectivity data." To read the article, visit www.plosone.org.



Taub's Paper Featured in High Impact Journal

Dr. Taub, along with Gitendra Uswatte, Ph.D. and a team of researchers, Chelsey Sterling, M.A., Drew Davis, M.D., Tyler Rickards, M.A., Lynne V Gauthier, Ph.D., and Angi Griffin, M.A., were recently published in *Pediatrics*, a high impact journal, for their paper, "Structural Neuroplastic Change Following Constraint-Induced Movement Therapy in Children with Cerebral Palsy." According to Dr. Taub, "The paper reports that Pediatric CI therapy (PCIMT) produces an increase in the amount of grey matter, determined by voxel-based morphometry (VBM) analysis of MRIs before and after treatment. This is an objective biomarker of PCIMT efficacy and gives our clinical data increased credibility." Dr. Taub says, "There are over 50 papers in which what the authors call PCIMT is administered to children, but the treatment effects are smaller, much smaller than ours." He predicts the data in the current paper may give the field pause and start an increased use of our full protocol.

Schwebel's Work Continues to Interest Popular Media

David Schwebel, Ph.D., and Katherine Byington, Ph.D., recently teamed up for a study using 92 participants from introductory psychology classes who all access the internet from their cellular phones at least five times a week on average. The students participated in a single lab session using a virtual street environment to measure the level of the student's distraction. The participants were distracted for half of the crossings given tasks using their smartphones such as "Find the forecasted high temperature for Chicago tomorrow," and "What is the no.1 song on iTunes?" The study revealed that the students looked away from the street for an average of 36 seconds of every minute they waited to cross while distracted, but looked away for less than one second with no distractions. Since 2000, Schwebel has been conducting research regarding pedestrian safety in the UAB Youth Safety Lab. USA Today writer Kim Painter covered this study in a Special for *USA Today* article, "Texting, music put distracted pedestrians at risk." This study was also featured in *UAB News*, and *AL.com*.



Dr. Despina Stavrinos Sits Down with ABC 33/40 to Talk About the Dangers of Texting While Driving



Assistant Professor, Despina Stavrinos, Ph.D., sat down with ABC 33/40 reporter Candace Sweat to discuss the ways texting has become a large part of everyday American life, including texting while driving. Dr. Stavrinos has been involved in several studies to prove how dangerous texting and driving can be. In the article, "The Rules on Texting are Changing," Dr. Stavrinos is asked by the reporter about the possible dangers of "designated texting," where the driver dictates a text to a passenger in the car. Dr. Stavrinos replied, "Where I'm still a little bit concerned is that designated texting is still a cognitive distraction that's at play. You're still having to think through the message and say it to the person sitting next to you." Even though designated texting carries its own set of risks, Dr. Stavrinos believes that it is a safer choice than texting while driving. She also explained some of the dangers of texting while walking. Dr. Stavrinos cited the measures that the state of Delaware are taking in an effort to make pedestrians pay attention which include placing large stickers on the sidewalk that read, "Look up. Drivers aren't always looking out for you." As an April Fool's joke, Philadelphia designated "e-lanes" for texting and walking. "The Rules on Texting are Changing," was posted on ABC3340.com on March 5.



From ABC 33/40 photo shoot for the article, "The Rules on Texting are Changing," by Candace Sweat

ACTIVE EXTERNAL GRANT AWARDS

Principal Investigator
KARLENE BALL, Ph.D.

\$633,880

FRED BIASINI, Ph.D.

\$2,335,117

BUREL GOODIN, Ph.D.

\$20,000

RAJESH KANA, Ph.D.

\$25,000

SYLVIE MRUG, Ph.D.

\$14,174

**SYLVA MRUG, Ph.D.
 & DAVID KNIGHT, Ph.D.**

\$611,725

**LESLEY ROSS, Ph.D.
 & DESPINA STAVRINOS, Ph.D.**

\$232,014

DAVID SCHWEBEL, Ph.D.

\$100,256

MICHAEL SLOANE, Ph.D.

\$57,900

EDWARD TAUB, Ph.D.

\$47,360

Sponsor	Newly Awarded	Budget Period
National Institute on Aging/NIH/DHHS <i>Center for Translational Research on Aging and Mobility</i>	\$334,141	09/01/12 . 08/31/13
National Institute on Aging/NIH/DHHS <i>Predicting Long-Term Mobility Outcomes for Older Adults</i>	\$289,739	02/01/13 . 1/31/14
Administration for Children and Families/DHHS <i>UAB Early Head Start</i>	\$991,859	09/01/12 . 08/31/13
Administration for Children and Families/DHHS <i>UCEDD-Alabama Center for Developmental Disabilities Education, Research and Service</i>	\$554,000	07/01/12 . 06/30/13
Alabama Department of Human Resources <i>UAB SEBD Pilot Project</i>	\$103,50	10/01/12 . 09/30/13
Alabama Department of Rehabilitation Services <i>MCH Block Grant</i>	\$5,000	10/01/12 . 09/30/13
Health Resources and Services Administration/DHHS <i>Maternal and Child Health Leadership Education in Neurodevelopmental Disorders</i>	\$680,758	07/01/12 . 06/30/13
American Pain Society <i>The Effects of Intranasal Oxytocin on Pain Sensitivity, Endogenous Pain Processing and Mood: A Randomized, Placebo-Controlled, Crossover Study</i>	\$20,000	01/01/13 . 12/31/13
Lindamood-Bell <i>The Impact of Language Remediation on Brain Functioning Autism</i>	\$25,000	01/01/13 . 5/31/13
NIH/DHHS/ Emory University <i>A Trans-Disciplinary Prevention Center Focused on Rural African American Families</i>	\$14,174	07/01/12 . 06/30/13
National Institutes of Mental Health/NIH/DHHS <i>Neurobiological Mechanisms of Lower Internalizing Disorders in Black Americans</i>	\$611,725	07/01/12 . 06/30/13
Department of Transportation/ University of Florida <i>A Naturalistic Driving Study Across the Lifespan</i>	\$116,007	7/01/12 . 12/31/13
The Alabama Department of Transportation <i>A Naturalistic Driving Study Across the Lifespan</i>	\$116,007	07/01/12 . 12/31/13
American Psychological Foundation <i>Understanding Pediatric Dog-Bite Injuries in Rural China (Schwebel-Mentor, Jiabin Shen)</i>	\$5,000	5/01/12 . 04/30/13
Carr & Carr Attorneys at Law <i>Understanding Young Children's Preferences for Bottles</i>	\$77,582	10/03/12 . 10/02/13
Centers for Disease Control and Prevention/DHHS Marshfield Clinic Research Foundation <i>Evaluation of Cognitive Readiness for Tractor Operating Using Advanced Simulation</i>	\$17,674	09/01/12 . 8/31/13
Beckman (Arnold and Mable) Foundation <i>2012 Beckman Scholars Program</i>	\$57,900	05/15/12 . 05/14/13
American Heart Association <i>Neuroplasticity Induced by Constraint-Induced Movement Therapy in Children with Cerebral Palsy of a Vascular Organ (Taub-Mentor, Tyler Rickards)</i>	\$22,180	07/01/12 . 06/30/13
American Heart Association <i>Neuroplasticity Induced by Constraint-Induced Aphasia Therapy II in Adults with Chronic Post-Stroke Aphasia (Taub-Mentor, Michelle Haddad)</i>	\$25,180	07/01/12 . 06/30/13



INTERNAL GRANT AWARDS

MARIA HOPKINS, Ph.D.

\$6,970

2013-13 Faculty Development Grant Program

UAB Faculty Senate

08/01/12 . 08/31/13

Online Versus Face-to-Face Courses:

an Examination of Differences in Learning Outcomes and Student Satisfaction

DESPINA STAVRINOS, Ph.D.

\$10,000

2013-13 UAB Faculty Development Grant Program

UAB Faculty Senate

08/01/12 . 08/31/13

Naturalistic Driving Studies Across the Lifespan: teens and Older Drivers

& LESLEY ROSS, Ph.D.

BULENT TURAN, Ph.D.

\$10,000

2013-13 UAB Faculty Development Grant Program

UAB Faculty Senate

08/01/12 . 08/31/13

The Role of Stigma in HIV/AIDS: An Experience Sampling Study

RAJESH KANA Ph.D.

\$30,000

Interdisciplinary Innovation Award

College of Arts and Sciences

10/01/12 . 09/31/13

A Magnetic Resonance Spectroscopy Investigation of Brain Metabolites and its

Relations to Neural Connectivity in Autism Spectrum Disorders



faculty MENTIONS

Dr. Alan Randich,

(Professor) is one of this year's winners of the GRADUATE DEAN'S EXCELLENCE IN MENTORSHIP AWARD, a very prestigious award for faculty members. Dr. Randich was nominated by the Behavioral Neuroscience Graduate Students after graduate student Muriah Wheelock came up with the idea.

Dr. Eric Gampher,

(Assistant Professor) and academic advisor for the College of Arts and Sciences has been named Faculty recipient of the UAB OUTSTANDING ADVISING AWARD. The 2013 Outstanding Advisor Awards Selection Committee was composed of UAB faculty, previous award winners and administrators.

Dr. Robert Sorge,

(Assistant Professor) in Psychology, was awarded the 2012 YOUNG INVESTIGATOR AWARD given by the Special Interest Group on Sex, Gender and Pain in the *International Association for the Study of Pain*. It is in recognition of the best paper published by a young investigator since the last World Congress. The paper uncovered an unknown sex difference in spinal pain processing in mice.

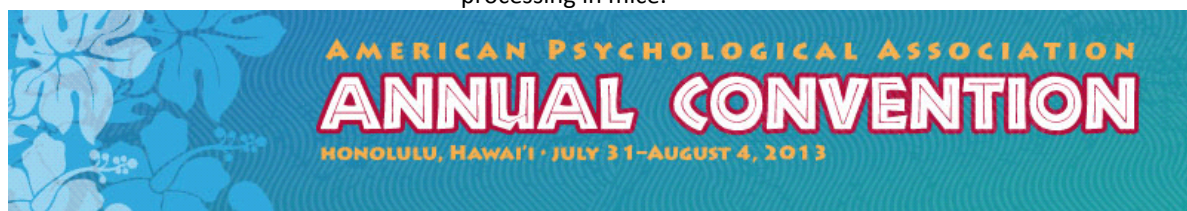
Dr. Burel Goodin,

(Assistant Professor) in the department and clinical health psychologist who specializes in pain-related behavioral medicine, is ONE OF ONLY FOUR researchers from across the United States to be awarded a FUTURE LEADERS IN PAIN RESEARCH GRANT by the AMERICAN PAIN SOCIETY. Goodin will use the \$20,000 award to continue his research on the effects of Intranasal Oxytocin on pain sensitivity.

ALUMNI NEWS

ANDREA BRINLEY

KIMBROUGH, a UAB Psychology alumna, was presented the UAB College of Arts and Sciences **DISTINGUISHED YOUNG ALUMNI AWARD** at the annual Scholarship Luncheon held January 25. Kimbrough graduated from the University in 2001.



Graduate Student Meredith Henry 1 of 5 to present at 2013 APA Convention

Lifespan Developmental graduate student, Meredith Henry, has been invited to participate in the Division 7 APA Symposium. Each year, APA Division 7 holds a "Young Researchers in Developmental Psychology Symposium" at the APA convention. The symposium showcases innovative and important research conducted by students. Only five of all students who submit proposals to Division 7 are invited to participate. Henry's proposal is titled, "Puberty Moderates Effects of the Parent-Child Relationship on Adolescent Delinquency."

FOR MORE INFORMATION ON REGISTERING FOR THE CONVENTION
PLEASE VISIT WWW.APA.ORG/CONVENTION

Student Spotlights

Undergraduate

AWARDS

Passey Prize for the Outstanding Student in Psychology

PATRICK J. WEAVER

UAB Psychology Department Achievement Award

DEIDRA B. SHEWBART & SWAPNA R. KAKANI

Department of Psychology's Nominee for the College of Arts and Sciences Dean's Award

DEIDRA B. SHEWBART

Raam Venkatesh Awarded Prestigious Alpha Lambda Delta Honor

Psychology major, Raam Venkatesh, was recently awarded **1 OF 14 \$3,000 WARNER MOORE SCHOLARSHIP** awards from the National office of **ALPHA LAMBDA DELTA**. Raam is also a member of the Early Medical School Acceptance Program. "Raam has presented at many regional and national honors conferences throughout his undergraduate career on topics ranging from the ethics of cognitive performance-enhancement drugs, chiropractic procedures, Alabama's immigration law, to the effects of Supreme Court decisions on students," according to Dr. Mike Sloane. Raam is currently spending his final semester studying abroad in Rome, Italy.

OUTSTANDING graduate

GREGG STEELE OUTSTANDING GRADUATE STUDENTS

BEHAVIORAL NEUROSCIENCE | **KIMBERLY WOOD** mentor: DR. DAVID KNIGHT

DEVELOPMENTAL PSYCHOLOGY | **ANJANA MADAN** mentor: DR. SYLVIE MRUG

MEDICAL PSYCHOLOGY | **HEATHER WADSWORTH** mentor: DR. RAJESH KANA

OVERALL OUTSTANDING GRADUATE STUDENT IN PSYCHOLOGY

| **KIMBERLY WOOD**

THE DEPARTMENT'S NOMINEE FOR THE DEAN'S GRADUATE RESEARCH AWARD*

| **KIMBERLY WOOD**

*THIS AWARD WAS WON LAST YEAR BY **KELLY ROSS WOLFE**

STUDENTS of the YEAR

Grad Student Cady Block Featured in APA Article

Medical/Clinical Graduate Student, Cady Block, M.S., got quite a surprise when she opened her mailbox to find herself as the cover girl for the story, "Where do the Hours Go," in the March edition of APA's gradPSYCH. The story gives a first-hand account from graduate students and procrastination experts sharing their time management tips.

Block was chosen for the article through the magazine's call-out for responses on the subject of time management. "I responded to a general APA/APAGS request for time management strategies to share with other grad students. They then said they were going to write an article for gradPSYCH magazine using advice from selected

students and said I was one of them," Block said. Block shared her expertise in the section of the article telling others to "Find what works best for you." She shared about her own successful routine she calls "chunking," where she does certain tasks on certain days rather than cramming several tasks in one day. Block also suggests that students use each other as a resource. Block believes that peers can be the key to your success if you choose the right ones of course. Block's cover story is not her only mention in the press lately. She was also a contributor to *The American Academy of Pain Medicine Textbook on Patient Management*.



Cady Fifth-y psycho

25th Annual Ost Research Competition

The **OST RESEARCH COMPETITION** was established to honor former Department Chair, John W.P. Ost, Ph.D., for his legacy and to promote undergraduate research among psychology majors. All UAB undergraduate students are eligible for the competition to be judged by faculty.

When: Wednesday, May 1
3:00 PM—5:00 PM

Where: Hill University Center
(HUC) Great Hall A & B

Make a Donation! The John Ost Fund
Department of Psychology
415 Campbell Hall
University of Alabama
at Birmingham
1720 2nd Ave South
Birmingham,
AL 35294-1170
**If hand delivering donations,
please place in the mailbox of
Anna Helova*

OST WINNERS

1989	Julie A. Caldwell Michael Evans Larry W. Hawk, Jr.*	2002	Pamela Wauford
1990	Eddie A. Jones	2003	Adam Woods
1991	Arista Beasley	2004	Pranathi Lingam
1992	Daphne R. Wood	2005	Annie Artiga
1993	Lauren Randazza	2006	Lisa George
1994	William J. Tyler	2007	Brittney D. Frazier
1995	Steven McCown	2008	S. Justin Thomas
1996	Mark Walton	2009	Sandhya L. Kumar
1997	David Cannon	2010	Sandhya L. Kumar Ayushe Sharma
1998	Terri Whitworth	2011	Vinetra King Kelsey Patterson
1999	Michael W. Wilson		Hayley Wells
2000	Brandi Smith	2012	Kavita Nadendla Zachariah M. Reagh
2001	Alexis S. Sprague		

**Dr. Larry Hawk, Jr. will be this year's guest speaker at
The Ost Research Competition.*



EXPLORE PSYCHOLOGY DAY

FRIDAY, MARCH 29, 2013

Friday, March 29, marked the first *Explore Psychology Day* for the department. High school seniors from around the state traveled to UAB to hear about the Department of Psychology while getting to meet with faculty and students from the department. This event is designed to recruit prospective UAB students directly to the psychology program. Dr. Maria Hopkins, Director of Undergraduate Studies, in concert with the UAB Admissions Office, coordinated this event with the help of other psychology faculty members and students. "The event was a huge success with over 50 prospective students and family members in attendance. Prospective students and their families enjoyed a beautiful day on campus while getting to catch a glimpse of what our department has to offer," said Dr. Maria Hopkins.

Students invited to *Explore Psychology Day* toured psychology labs in Campbell Hall, Holly Mears TRIP Lab, Civitan fMRI Lab, and classroom space all over campus. They also enjoyed lunch in the Commons Private Dining Room as well as a "next steps" presentation from Admissions. The prospective students and their parents were joined by the TrailBlazers throughout the day.





mission

To **discover knowledge** about behavior and its underlying biology and **teach** and **apply** behavioral science for the benefit of **all people**.



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KEVIN STORR

WE WANT TO HEAR FROM YOU!

PLEASE SEND US INFORMATION

ALUMNI AND FRIENDS

We would love to hear about your professional and personal achievements. For placement in our magazine, please send an email to Invard@uab.edu.

Thank you to those who contributed information for this edition of the *UAB Psychology Update*. Please share this update with colleagues and friends.

VISIT OUR WEB SITE AT WWW.PSY.UAB.EDU

