

L. Alison Phillips, Ph.D.

CURRICULUM VITAE

Department of Psychology
Iowa State University
W112 Lagomarcino Hall
Ames, IA 50011

Phone : 515-294-3393
Fax : 515-294-6424
E-mail : alisonp@iastate.edu
ORCID ID: 0000-0003-1126-1559

EMPLOYMENT

Assistant Professor of Psychology

Iowa State University
2014 – Present

Health Science Specialist

Department of Veterans Affairs NJ Health Care System, WRIISC
2015 – Present

Assistant Professor of Applied Social Psychology

The George Washington University
2012 – 2014

Post-Doctoral Research Associate

Mount Sinai Medical Center
January 2012 – September 2012

EDUCATION

PhD in Psychology

Rutgers, the State University of New Jersey, New Brunswick, NJ
Advisors: Howard Leventhal (Primary), Gretchen Chapman
Dissertation Title: *Using Habit Theory and Commonsense-Model Theory to Improve Medication Adherence Assessment*
October, 2011

MS in Psychology

Rutgers, the State University of New Jersey, New Brunswick, NJ
Advisors: Howard Leventhal (Primary), Gretchen Chapman
Thesis Title: *Construct Validation of the Doctor Expertise Scale in a Primary Care Setting*
October, 2008

BA in Psychology and Mathematics

Grinnell College, Grinnell, IA
June, 2003

ACTIVE GRANTS

EXTERNAL

Phillips, Co-Investigator (McAndrew, PI): *WRIISC as a Model of Care for Chronic Multisymptom Illness* (SDR 14-440), 2016 – 2020. Veterans Affairs Health Services Research & Development Merit Award (R01 equivalent). \$1,100,000 (total budget to ISU: \$72,340).

Phillips, PI: *Above + Beyond Cancer: Evaluating the Existing and Potential Benefits of an Exercise-Focused, Holistic Cancer Survivorship Program*, 2019. Iowa Cancer Consortium Booster Grant. \$5,000.

INTERNAL

Phillips, PI: *Above + Beyond Cancer: Evaluating the Existing and Potential Benefits of an Exercise-Focused, Holistic Cancer Survivorship Program*, 2018 – 2019. LAS Seed Grant for Social Sciences. \$7,670.

Phillips, Co-Investigator (Welk, PI): *U-TURN, Translational Research Network*, 2017 – 2020. This is an internal center grant funded by the Iowa State University Provost for funding pilot studies geared towards developing interventions to help local communities with targeted health needs. \$120,000 total for Phillips and colleagues on “Team 2: Behavior Change Interventions”.

EXPIRED GRANTS

EXTERNAL

Phillips, PI: PhRMA Foundation Young Investigator Starter Grant for Adherence Improvement, 2014 – 2015. \$50,000.

INTERNAL

Phillips, PI (Cutrona, Co-I): *Integrating Social Psychological Theories to Promote Increased Physical Activity among African American Women and their Partners*, 2016 – 2017. LAS Seed Grant for Social Sciences. \$9,000 (total budget \$12,654).

Phillips, PI: Columbian College Facilitating Fund, The George Washington University, 2013 – 2014. \$23,411.

PEER-REVIEWED JOURNAL ARTICLES

(*denotes graduate students; **denotes undergraduate students)

41. McAndrew, L. M., *Slotkin, S., *Kimber, J., *Maestro, K., **Phillips, L. A.**, *Martin, J. A., Crede, M., & Eukland, A. (Accepted). Cultural incongruity predicts adjustment to college for student veterans. *Journal of Counseling Psychology*.
40. *More, K. R., & **Phillips, L. A.** (Accepted). The influence of body dissatisfaction on cardiovascular and strength-based physical activity by gender: A Self-Determination Theory approach. *Psychology & Health*.
39. **Phillips, L. A.**, & McAndrew, L. M. (Accepted). Empirical evaluation of veterans' perceived non-concordance with providers regarding medically unexplained symptoms. *Special issue (major contribution) to The Counseling Psychologist*.
38. McAndrew, L. M., Friedlander, M. L., Litke, D., **Phillips, L. A.**, Kimber, J., & Helmer, D. A. (Accepted). Medically unexplained physical symptoms: What they are and why counseling psychologists should care about them. *Special issue (major contribution) to The Counseling Psychologist*.
37. **Phillips, L. A.**, **Johnson, Ma., & *More, K. R. (In Press). Experimental test of a planning intervention for forming a “higher order” health-habit. *Psychology and Health*. doi:10.1080/08870446.2019.1604956

36. **Phillips, L. A.** (In Press). Challenging assumptions about habit: A response to Hagger (2019). *Psychology of Sport & Exercise*. doi:10.1016/j.psychsport.2019.03.005
JIF: 2.878 (1yr), 3.297 (5yr)
35. **Phillips, L. A.**, & Duwe, E.A.G. (In Press). Prescribing providers estimate patients' adherence to hypertension and type-2 diabetes medications from patients' medication-taking routines: An observational study. *Journal of General Internal Medicine*. JIF: 3.49 (1yr), 4.04 (5yr)
34. McAndrew, L. M., Lu, S., **Phillips, L. A.**, Maestro, K., & Quigley, K. S. (In Press). Mutual Maintenance of PTSD and physical symptoms for Veterans returning from deployment. *European Journal of Psychotraumatology*. doi:10.1080/20008198.2019.1608717 JIF: 4.209 (1yr)
33. *More, K. R., **Phillips, L. A.**, & Eisenberg Colman, M. H. (2019). Evaluating the potential roles of body dissatisfaction in exercise avoidance. *Body Image*, 28, 110-114. JIF: 3.595 (1yr), 3.534 (5yr)
32. Ellingson, L. D., Lansing, J. E., Southard, K. J., Peyer, K. L., Bai, Y., Perez, M., **Phillips, L. A.**, & Welk, G. J. (2019). Promoting effective use of activity trackers for increasing physical activity: Insights from habit theory. *JMIR mHealth uHealth*. JIF: 4.54
31. Orbell, S., & **Phillips, L. A.** (2019). Automatic processes and self-regulation of illness. *Health Psychology Review*. doi:10.1080/17437199.2018.1503559
JIF: 8.60 (1yr), 8.40 (5yr)
30. McAndrew, L.M., Crede, M., Maestro, K., Slotkin, S., Kimber, J., & **Phillips, L.A.** (2019). Using the common-sense model to understand health outcomes for medically unexplained symptoms: A meta-analysis. *Health Psychology Review*. doi:10.1080/17437199.2018.1521730 JIF: 8.60 (1yr), 8.40 (5yr)
29. McAndrew, L. M., Friedlander, M. L., **Phillips, L. A.**, Santos, S., & Helmer, D. (2018). Concordance of illness perceptions: The key to improving care of medically unexplained symptoms. *Journal of Psychosomatic Research*. doi:10.1016/j.jpsychores.2018.05.015 JIF: 2.95 (1yr), 3.61 (5yr)
28. **Phillips, L. A.**, & *Johnson, M. (2018). Interdependent Effects of Autonomous and Controlled Regulation on Exercise Behavior. *Personality and Social Psychology Bulletin*, 44(1), 49-62. doi:10.1177/0146167217733068
JIF: 2.56 (1yr), 3.79 (5yr)
27. *Dillon, P., **Phillips, L. A.**, Gallagher, P., Smith, S. M., Stewart, D., & Cousins, G., (2018). Assessing the multidimensional relationship between medication beliefs and adherence using polynomial regression in older adults with hypertension. *Annals of Behavioral Medicine*, 52(2), 146-156. doi:10.1093/abm/kax016
JIF: 4.2 (1yr), 4.88 (5yr)
26. **Phillips, L. A.**, McAndrew, L. M., **Laman-Maharg, B., & Bloeser, K. (2017). Evaluating challenges for improving medically unexplained symptoms in US Military Veterans via provider communication. *Patient Education and Counseling*, 100(8), 1580-1587. doi:10.1016/j.pec.2017.03.011
JIF: 2.23 (1yr), 2.89 (5yr)

25. **Phillips, L. A.**, Leventhal, H., & Burns, E. A. (2017). Choose (and use) your tools wisely: "Validated" measures and advanced analyses can provide invalid evidence for/against a theory. *Journal of Behavioral Medicine*, *40*(2), 373-376. doi:10.1007/s10865-016-9807-x JIF: 2.5 (1yr), 4.3 (5yr)
24. McAndrew, L. M., **Phillips, L. A.**, Helmer, D. A., Maestro, K., Engel, C. C., Greenberg, L., Anastasides, N., & Quigley, K. (2017). High healthcare utilization near the onset of medically unexplained physical symptoms. *Journal of Psychosomatic Research*, *98*, 98-105. doi:10.1016/j.jpsychores.2017.05.001 JIF: 3.3 (1yr), 3.61 (5yr)
23. *Eisenberg, M., **Phillips, L. A.**, *Fowler, L., & Moore, P. (2017). The impact of E-diaries and accelerometers on young adults' perceived and objectively measured physical activity. *Psychology of Sport & Exercise*, *30*, 55-63. doi:10.1016/j.psychsport.2017.01.008 JIF: 2.61 (1yr), 2.81 (5yr)
22. *Hisler, G., **Phillips, L. A.**, & Krizan, Z. (2017). Diurnal preference predicts unique variance in physical activity after accounting for Extended Theory of Planned Behavior variables. *Annals of Behavioral Medicine*, *51*(3), 391-401. doi:10.1007/s12160-016-9862-0 JIF: 4.2 (1yr), 4.88 (5yr)
21. Credé, M., & **Phillips, L. A.** (2017). Revisiting the Power Pose Effect: How robust are the results reported by Carney, Cuddy and Yap (2010) to data analytic decisions? *Social Psychological and Personality Science*, *8*(5), 493-499. doi:10.1177/1948550617714584 JIF: 2.33 (1yr)
20. **Phillips, L. A.**, Chamberland, P-E., Hekler, E. B., **Abrams, J. A., & *Eisenberg, M. H. (2016). Intrinsic rewards predict exercise via behavioral intentions for initiators but via habit strength for maintainers. *Sport, Exercise, and Performance Psychology*, *5*(4), 352-364. <http://dx.doi.org/10.1037/spy0000071> JIF: 1.76 (1yr)
19. Leventhal, H., **Phillips, L. A.**, & Burns, E. A. (2016). The Common-Sense Model of Self-Regulation (CSM): A dynamic framework for understanding illness self-management. *Journal of Behavioral Medicine*, *39*(6), 935-46. doi:10.1007/s10865-016-9782-2 JIF: 2.5 (1yr), 4.3 (5yr)
18. **Phillips, L. A.**, Cohen, J., Burns, E. A., Abrams, J., & Renninger, S. (2016). Self-management of chronic illness: The role of 'habit' vs reflective factors in exercise and medication adherence. *Journal of Behavioral Medicine*, *39*(6), 1076-1091. doi:10.1007/s10865-016-9732-z JIF: 2.5 (1yr), 4.3 (5yr)
17. Gardner, B., **Phillips, L. A.**, & Judah, G. (2016). Habitual instigation and habitual execution: Definition, measurement, and effects on behavior frequency. *British Journal of Health Psychology*, *21*(3), 613-630. doi:10.1111/bjhp.12189 JIF: 2.78 (1yr), 2.91 (5yr)
16. Leventhal, H., **Phillips, L. A.**, Burns, E. A. (2016). Modelling management of chronic illness in everyday life: A Common-sense approach. *Psychological Topics*, *25*.
15. **Phillips, L. A.**, & Gardner, B. (2016). Habitual exercise instigation (versus execution) predicts healthy adults' exercise frequency. *Health Psychology*, *35*(1), 69-77. doi:10.1037/hea0000249 JIF: 3.61 (1yr), 4.44 (5yr)
14. McAndrew, L. M., Helmer, D., **Phillips, L. A.**, Chandler, H., Ray, K., & Quigley, K. S. (2016). Iraq and Afghanistan Veterans report symptoms consistent with Chronic

Multisymptom Illness one year after deployment. *Journal of Rehabilitation Research and Development*, 53(1), 59-70. doi:10.1682/JRRD.2014.10.0255
JIF: 1.04 (1yr), 1.86 (5yr)

13. **Phillips, L. A.**, Diefenbach, M., **Abrams, J. A., & Horowitz, C. R. (2015). Stroke and TIA survivors' cognitive beliefs and affective responses regarding treatment and future stroke risk differentially predict medication adherence and categorized stroke risk. *Psychology & Health*, 30(2), 218-232.
doi:10.1080/08870446.2014.964237 JIF: 1.98 (1yr), 2.37 (5yr)
12. **Phillips, L. A.**, Diefenbach, M., Kronish, I. M., Negron, R. M., & Horowitz, C. R. (2014). The Necessity-Concerns-Framework: A multi-dimensional theory benefits from multi-dimensional analysis. *Annals of Behavioral Medicine*, 48(1), 7-16.
doi:10.1007/s12160-013-9579-2 JIF: 4.2 (1yr), 4.88 (5yr)
 - **Note.** See invited commentary on article, doi:10.1007/s12160-014-9604-0.
11. **Phillips, L. A.**, Tuhim, S., Kronish, I., & Horowitz, C. R. (2014). Stroke survivors' endorsement of a 'stress belief model' of stroke prevention predicts control of risk factors for recurrent stroke. *Psychology, Health & Medicine*, 19(5), 519-524.
doi:10.1080/13548506.2013.855801 JIF: 1.52 (1yr)
10. **Phillips, L. A.**, Leventhal, H., & Leventhal, E. A. (2013). Assessing theoretical predictors of long-term medication adherence: Patients' treatment-related beliefs, experiential feedback, and habit development. *Psychology & Health*, 28(10), 1135-1151. doi:10.1080/08870446.2013.793798 JIF: 1.98 (1yr), 2.37 (5yr)
 - **Note.** This article received the journal editors' "Choice Pick" designation, for free access to the public.
9. Kronish, I. M., Diefenbach, M., Edmondson, D., **Phillips, L. A.**, Fei, K., and Horowitz, C. R. (2013). Key barriers to medication adherence in survivors of strokes and transient ischemic attacks. *Journal of General Internal Medicine*, 28(5), 675-82. doi : 10.1007/s11606-012-2308-x JIF: 3.49 (1yr), 4.04 (5yr)
8. **Phillips, L. A.** (2013). Congruence research in behavioral medicine: Methodological review and demonstration of an alternative methodology. *Journal of Behavioral Medicine*, 36(1), 61-74. doi:10.1007/s10865-012-9401-9
JIF: 2.5 (1yr), 4.3 (5yr)
7. **Phillips, L. A.**, Leventhal, H., & Leventhal, E. A. (2012). Physicians' communication of the Common-Sense Self-Regulation Model results in greater reported adherence than physicians' use of interpersonal-skills. *British Journal of Health Psychology*, 17(2), 244-257. doi:10.1111/j.2044-8287.2011.02035.x
JIF: 2.78 (1yr), 2.91 (5yr)
6. **Phillips, L. A.**, & Chapman, G. B. (2012). Enjoyment and Success: Reciprocal Factors in Behavior Change. *Journal of Applied Social Psychology*, 42(4), 990-1009.
doi:10.1111/j.1559-1816.2011.00849.x JIF: 1.01 (1yr), 1.31 (5yr)
5. **Phillips, L. A.**, & Chapman, G. B. (2011). Consistent behavior development: Is a personal-rule or a deliberation-based strategy more effective? *Journal of General Psychology*, 138(4), 243-259. doi:10.1080/00221309.2011.592872
JIF: 1.04 (1yr), 1.31 (5yr)

4. **Phillips, L. A.**, Leventhal, E. A., & Leventhal, H. (2011). Factors associated with the accuracy of physicians' predictions of patient adherence. *Patient Education and Counseling*, 85(3), 461-467. doi:10.1016/j.pec.2011.03.012 JIF: 2.23 (1yr), 2.89 (5yr)
3. Credé, M., & **Phillips, L. A.** (2011). A meta-analytic review of the Motivated Strategies for Learning Questionnaire. *Learning and Individual Differences*, 21(4), 337-346. doi:10.1016/j.lindif.2011.03.002 JIF: 1.63 (1yr), 2.22 (5yr)
2. Coups, E. J., & **Phillips, L. A.** (2011). A more systematic review of correlates of indoor Tanning. *JEADV*, 25(5), 610-616. doi:10.1111/j.1468-3083.2011.03996.x JIF: 3.03 (1yr), 2.91 (5yr)
 - **Note.** Cited in The Surgeon General's Call to Action to Prevent Skin Cancer: <http://www.surgeongeneral.gov/library/calls/prevent-skin-cancer/exec-summary.html>.
1. Leventhal, H., Weinman, J., Leventhal, E., & **Phillips, L. A.** (2008). Health psychology: The search for pathways between behavior and health. *Annual Review of Psychology*, 59, 477-505. doi:10.1146/annurev.psych.59.103006.093643 JIF: 19.09 (1yr), 24.03 (5yr)

HANDBOOK AND BOOK CHAPTERS

2. Leventhal, H., Leventhal, E. A., Cameron, L., Bodnar-Deren, S., Breland, J., Hash-Converse, J., & **Phillips, L. A.** (2011). Modeling health and illness behavior: The approach of the Common Sense Model (CSM). In A. Baum & T. Revenson (Eds). *The Handbook of Health Psychology, 2nd Edition*. New York: Psychology Press.
 - **Note:** Ordering of last four authors is alphabetical.
1. Coups, E. J., & **Phillips, L. A.** (2011). Prevalence and correlates of indoor tanning. In C. J. Heckman & S. L. Manne (Eds.), *Shedding Light on Artificial Tanning*. New York: Springer.

INVITED TALKS

Move beyond the New Year. January, 2019. Presentation at the Ames Fitness Center, Ames, IA.

Improving your New Year's resolution success, January, 2019. Presentation for the *Cancer Education Series*, as part of the *Above + Beyond Cancer Program*, Mercy Health and Fitness Center, Des Moines, IA

Evaluating veterans' illness perceptions to improve care of medically unexplained symptoms, May, 2018. Invited presentation to the War Related Illness & Injury Study Center, New Jersey Veterans' Administration, East Orange, NJ

Harnessing habit for prevention and management of chronic illness. October, 2017. Invited keynote address for cardio-pulmonary rehabilitation specialists, Mary Greeley Medical Center, Ames, IA.

The science of health-related habits: How do we put it to good use? September, 2017. Invited presentation at the *Cancer Education Series*, Mercy Health and Fitness Center, Des Moines, IA.

How universal should techniques for health behavior change be? Consideration of individual differences and behavior-specific factors. Presentation at the *Science of Habits - Behavior Change Interventions for Health Habits*, a small conference of experts in my field of research, funded by the Templeton Foundation and hosted by USC. Catalina Island, CA, August 24-27, 2017.

From health-related beliefs to health-related habits: Designing interventions to improve patient self-management of illness, November, 2016. Invited presentation and grant collaboration meeting at the University of Iowa.

Health-related “habits”: Why are they so important for self-management of illness/injury, and how can we promote them? October, 2016. Invited presentation for practitioners at Mary Greeley Medical Center, Ames, IA.

Harnessing habit for self-management of chronic illness. September, 2016. Invited presentation for the Ames Area Chapter of Certified Medical Assistants, American Association of Medical Assistants.

Panelist in the *Human Health Panel* at the Iowa State University Foundation Board of Governors annual meeting, Iowa State University, October, 2016.

Health-related “habits”: Why are they so important, and how can we promote them? August, 2016. Invited seminar presentation to the Department of Food Science and Nutrition at the University of Minnesota.

Harnessing habit for self-management of chronic illness. July, 2016. Invited presentation to the “Prime Time Alive” lecture program at Mary Greeley Medical Center in Ames, Iowa. Prime Time Alive is a program for people 50 and better that focuses on living well and aging well.

Health-related habits...scientifically speaking. December, 2015. LAS Dean’s Distinguished Lecture, Iowa State University, Ames, Iowa

Note. Podcast available:

<https://panopto.its.iastate.edu/Panopto/Podcast/Stream/7df00b11-0bef-e111-5ea2-97d8c97ebb85.mp4>

How can we use adherence research to improve clinical practice? February, 2014. Invited presentation to the Endocrinology Conference, Medical Faculty Associates, The George Washington University.

CONFERENCE PRESENTATIONS AND PROCEEDINGS

(*denotes graduate students; **denotes undergraduate students)

62. **Phillips, L. A.** (Symposium presenter). *The benefits and limitations of using objective behavioral monitors to evaluate behavioral habit strength.* Symposium title: *Novel methods of conceptualizing and assessing health habits with longitudinal data.* (March, 2019). Annual meeting for the Society of Behavioral Medicine (SBM), Washington, DC.
61. **Phillips, L. A.** (Discussant; Speakers: Jaclyn Maher, Paschal Sheeran, David Conroy, Theresa Marteau). *Non-Conscious Processes Regulating Physical Activity and Eating Behaviors.* (March, 2019). Symposium at the annual meeting for the Society of Behavioral Medicine (SBM), Washington, DC.

60. *Bunda, K., & **Phillips, L. A.** (March, 2019). *Does habit moderate the effect of social support on treatment adherence?* Poster presentation at the annual meeting for the Society of Behavioral Medicine (SBM), Washington, DC.
59. **Phillips, L. A.**, & *More, K. R. (March, 2019). *Is it Possible to Promote Formation of "Higher-Order", Health-Related Habits?* Poster presentation at the annual meeting for the Society of Behavioral Medicine (SBM), Washington, DC.
59. More, C., More, K. R., & **Phillips, L. A.** (March, 2019). *Lessons Unlearned: Past Experience does not Moderate the Impact of Beliefs on Adherence.* Poster presentation at the annual meeting for the Society of Behavioral Medicine (SBM), Washington, DC.
58. Sullivan, N., McAndrew, L. M., Quigley, K., Pigeon, W., Litke, D., Graff, F., **Phillips, L. A.**, & Helmer, D. A. (March, 2019). *Illness beliefs, behaviors, and disability: Testing a mediational model of Gulf War Illness.* Poster presentation at the annual meeting for the Society of Behavioral Medicine (SBM), Washington, DC.
57. *Bunda, K., & **Phillips, L. A.** (February, 2019). *Does gender moderate the effect of social support on treatment adherence?* Poster presentation at the annual meeting for the Society for Personality and Social Psychology (SPSP), Portland, OR.
56. *More, K. R., & **Phillips, L. A.** (February, 2019). *Self-Affirmation as an Exercise Intervention Recruitment Technique for Inactive Women.* Poster presentation at the annual meeting for the Society for Personality and Social Psychology, Portland, OR.
55. Duwe, E., & **Phillips, L. A.** (November, 2018). *Prescribing providers estimate medication adherence from brief routine description.* Poster presentation at the annual meeting for the North American Primary Care Research Group (NAPCRG), Chicago, IL.
54. **Phillips, L. A.** (June, 2018). *Strategies for helping patients form treatment-related habits may depend on the behavior (e.g., medication vs. exercise) and the individual (e.g., diurnal preference).* Symposium presentation at the International Congress for Applied Psychology (iCAP), Montreal, Quebec, Canada.
53. **Phillips, L. A.**, Ellingson, L. D. (June, 2018). *Harnessing healthy habits to promote sustained behavior change.* Tutorial Lecture at the annual meeting for the American College of Sports Medicine (ACSM), Minneapolis, MN.
52. *Bunda, K., **Phillips, L. A.** (April, 2018). *Beliefs in the utility of physical activity and medications for general health vs diabetes-specific outcomes differentially important for predicting behavioral adherence.* Poster presentation at the annual meeting for the Society for Behavioral Medicine (SBM), New Orleans, LA.
51. *More, K. R., **Phillips, L. A.** (April, 2018). *Source-orientation in introjected regulation for leisure-time exercise.* Poster presentation at the annual meeting for the Society for Behavioral Medicine (SBM), New Orleans, LA.
50. Sullivan, N., McAndrew, L.M., Quigley, K., Pigeon, W., Litke, D., Graff, F., **Phillips, L. A.**, Helmer, D. A. (April, 2018). *Behavioral responses to Gulf War Illness: Implications for reducing disability among our veterans.* Society for Behavioral Medicine (SBM), New Orleans, LA.
49. McAndrew, L.M., *Markowitz, S., Helmer, D.A., Litke, D., **Phillips, L. A.**, Chiusano, C., & Quigley, K.S. (August, 2017). *Physical symptoms with greater functional limitations*

predict more frequent healthcare utilization. American Psychological Association annual meeting, Washington, D.C.

- **Note.** This poster received a Society for Health Psychology's Outstanding Poster Award

48. *Lansing, J., **Phillips, L. A.**, Ellingson, L. D., & Welk, G. J. (May, 2017). *Increased habit strength and self-efficacy promote PA with wearable fitness monitors.* Presentation by first author at the American College of Sports Medicine annual conference in Denver, CO.
47. Crede, M., & **Phillips, L. A.** (April, 2017). *Mapping the garden of forking paths: The robustness of research findings across plausible analyses.* Poster presentation by first author at the annual conference for the Society for Industrial and Organizational Psychology, Orlando, FL.
46. **Johnson, Ma., **Phillips, L. A.** (April, 2017). *Higher-level health habits: MyPlate Guidelines.* Poster presentation by first author at the Midwestern Psychological Association conference in Chicago, IL.
45. *Eisenberg, M., **Phillips, L. A.** (March, 2017). *Using Self-Determination Theory to examine prospectively the relation of body satisfaction with Fitbit-assessed exercise.* Oral presentation by first author at the Society for Behavioral Medicine annual conference, San Diego, CA.
 - **Note.** This presentation was selected as a finalist for the Student Abstract Award by the Society for Behavioral Medicine, Theories and Techniques of Behavior Change Intervention Special Interest Group (TTBCI SIG)
44. **Phillips, L. A.**, & *Johnson, Me. (Jan, 2017). *Interdependent influence of autonomous and controlled regulation on exercise behavior.* Poster presentation at the annual conference of the Society for Personality and Social Psychology (SPSP), San Antonio, TX.
43. *More, K., **Phillips, L. A.**, Snyder, M., & Engwall, A. (Jan, 2017). *Introjected approach versus avoidance regulation of exercise.* Poster presentation at the annual conference of the Society for Personality and Social Psychology (SPSP), San Antonio, TX.
42. *More, K., **Phillips, L. A.**, & Eisenberg, M. (May, 2016). *Mediators of the relationship between body image and exercise avoidance.* Association for Psychological Science (APS), Chicago, IL. Poster presentation.
41. *Lansing, J., Ellingson, L. D., & **Phillips, L. A.** (March, 2016). *Developing habits with wearable fitness monitors promotes physical activity.* SBM, Washington, DC.
40. **Phillips, L. A.**, Cohen, J., & Burns, E. (March, 2016). *Successful self-management of chronic illness : The role of "habit" vs reflective factors in exercise and medication adherence.* SBM, Washington, D.C. Oral presentation.
39. *Hisler, G., & **Phillips, L. A.** (May, 2015). APS, New York, NY. *Parsing the effects of chronotype and conscientiousness on exercise frequency and exercise habit.* APS convention, New York, NY.

38. **Phillips, L. A.**, & McAndrew, L. (April, 2015). *The challenge and potential for improving medically unexplained symptoms via provider communication*. Oral presentation, Society for Behavioral Medicine annual conference, San Antonio, TX.
37. **Phillips, L. A.** (April, 2015). *Utilizing polynomial regression to optimize theory and to design interventions to promote congruence*. Symposium presentation, Society for Behavioral Medicine annual conference, San Antonio, TX.
36. **Phillips, L. A.**, Eisenberg, M., Fowler, L., & Moore, P. (April, 2015). *Do eHealth methods for measuring exercise lead to changes in behavior? Results from an experiment using Fitbits and daily diaries*. Poster presentation, Society for Behavioral Medicine annual conference, San Antonio, TX.
35. Eisenberg, M.H., Quinn, M., Thompson, K. A., Abrams, J., Fowler, L., Moore, P. J., & **Phillips, L. A.** (April, 2015). *Using Google Docs to measure daily physical activity among college students*, Poster presentation, Society for Behavioral Medicine annual conference, San Antonio, TX.
34. Eisenberg, M. H., Thompson, K. A., Quinn, M., Abrams, J., Renninger, S., Moore, P.J., & **Phillips, L. A.** (April, 2015). *Body satisfaction predicts more exercise longitudinally for exercise maintainers*, Poster presentation, Society for Behavioral Medicine annual conference, San Antonio, TX.
33. **Phillips, L. A.**, **Abrams, J., & McAndrew, L. (June, 2014). *Military veterans' perceptions of disagreement with their provider regarding their medically unexplained symptoms are associated with lower satisfaction and intentions to adhere to treatment and poorer health-outcome expectations*. Annual conference of the International Society for Pharmacoeconomics and Outcomes Research, Montreal, Canada
32. *Renninger, S., & **Phillips, L. A.** (May, 2014). *Impact of autonomous regulation on relationship between psychological well-being and exercise frequency*. Accepted as a poster presentation at the annual conference of the Association for Psychological Science (APS), San Francisco, CA
31. **Laman-Maharg, B., & **Phillips, L. A.** (May, 2014). *The relationship between morningness, conscientiousness, and physical activity*. Accepted as a poster presentation at the annual conference of the Association for Psychological Science (APS), San Francisco, CA
30. **Phillips, L. A.**, **Laman-Maharg, B., & McAndrew, L. (April, 2014). *Evaluating veterans' illness cognitions to improve care of medically unexplained symptoms*. Oral presentation at the annual conference of the Society for Behavioral Medicine, Philadelphia, PA
29. **Phillips, L. A.**, **Abrams, J., Diefenbach, M., Kronish, I. M., & Horowitz, C. R. (April, 2014). *The Necessity-Concerns-Framework: A three-dimensional theory benefits from three-dimensional analysis*. Society for Behavioral Medicine, Philadelphia, PA
28. *Eisenberg, M., **Phillips, L. A.**, **Synn, H., & Moore, P. (April, 2014). *The positive association between body satisfaction and exercise and the mediating role of internal and external motivation*. Society for Behavioral Medicine, Philadelphia, PA

27. *Eisenberg, M., **Phillips, L. A.**, **Synn, H., & Moore, P. (April, 2014). *Advantages and pitfalls of using smartphone applications for monitoring physical activity in research*. Society for Behavioral Medicine, Philadelphia, PA
26. *Kennedy, C. E., *Eisenberg, M., **Phillips, L. A.**, **Tariq, S., & Moore, P. (May, 2013). *Tinkering with food choices: Can people use a tool to interpret menu calorie information?* Association for Psychological Science (APS), Washington, DC
25. *Eisenberg, M., **Phillips, L. A.**, **Matter, M., **Synn, H., & Moore, P. (May, 2013). *Knowledge is power: Exploring perceptions of the relationship between sleep and weight gain*. Association for Psychological Science (APS), Washington, DC
24. **Abrams, J., & **Phillips, L. A.** (2013, April). *Enjoyment moderates the relationship between self-regulation and exercise*. GW Psychology Department Annual Poster Day, Washington, DC
23. **Getzenberg, R., & **Phillips, L. A.** (2013, April). *The influence of extroversion on exercise habit strength may depend on whether individuals exercise alone or with others*. GW Psychology Department Annual Poster Day, Washington, DC
22. **Phillips, L. A.**, Leventhal, H., & Leventhal, E. (2013, March). *Adherence to long-term medication: Using habit theory to augment research and practice*. Poster presentation at the annual conference of the Society for Behavioral Medicine (SBM), San Francisco, CA
21. *Breland, J., **Phillips, L. A.**, & Leventhal, H. (2013, March). *Racial differences in illness representations*. Poster presentation at SBM, San Francisco, CA
20. McAndrew, L., **Phillips, L. A.**, Helmer, D., & Kline, A. (2013, March). *Life goals of veterans seeking treatment at the Veterans Affairs*. Poster presentation at the annual conference of the SBM, San Francisco, CA
19. **Phillips, L. A.**, Leventhal, H., & Leventhal, E. (2012, July). *Using habit theory and Commonsense-Model Theory to improve medication adherence assessment*. Accepted as an Oral presentation at the International Congress of Psychology, 2012, Cape Town, South Africa
18. **Phillips, L. A.**, Negrón, R., Turin, S., & Horowitz, C. (2012, June). *Endorsement of a “stress-model” of blood pressure control predicts poorer control in a population of stroke and TIA survivors*. Poster presentation for the annual conference of Academy Health, Orlando, FL
17. **Phillips, L. A.**, Kronish, I., Negrón, R., & Horowitz, C. (2012, June). *The relationship between patients’ medication-related concerns and their self-reported adherence depends on how necessary the patients believe the medication is for their health*. Poster presentation for the annual conference of Academy Health, Orlando, FL
16. **Phillips, L. A.**, Kronish, I. M., Negrón, R. M., & Horowitz, C. (2012, May). *Stroke-prevention beliefs predict blood pressure control in stroke and TIA survivors*. Poster presentation for the annual conference of the Society of General Internal Medicine (SGIM), Orlando, FL

15. **Phillips, L. A.** (2011, April). *Congruence research: Methodological advancement can speed its impact on the public's health.* Oral presentation for the annual conference of the Society of Behavioral Medicine (SBM), Washington, DC.
14. **Phillips, L. A.**, & Leventhal, H. (2009, November). *Shared physician and patient commonsense models: Required for successful interventions.* Symposium presentation for the annual conference of the Gerontological Society of America (GSA), Atlanta, GA.
13. **Phillips, L. A.**, & Leventhal, H. (2009, April). *Validation of a Common Sense Model-Medical Provider Scale for use in a primary care setting.* Symposium presentation for the annual conference of the Society for Behavioral Medicine (SBM), Montreal, Canada.
12. **Phillips, L. A.** (2009, March). *What keeps a habit habitual?* Oral presentation given at the annual conference of Psi Chi Honor Society in New Paltz, NY.
11. **Phillips, L. A.**, & Chapman, G. B. (2009, February). *Developmental processes of Habits.* Poster presentation at the annual conference of the Society for Personality and Social Psychology (SPSP), Tampa, FL.
10. **Phillips, L. A.**, Ider, E., & Leventhal, H. (2008, May). *Changes in global Self-Ratings of Health due to doctor visit.* Poster presentation at the annual conference of the Association for Psychological Science (APS), Chicago, IL.
9. **Phillips, L. A.**, & Chapman, G. B. (2007, May). *Consistency of flu-shot vaccination is predicted by having a personal rule about the flu-shot and not by acting out of "habit."* Poster presentation at the annual conference of the Association for Psychological Science (APS), Washington D.C.
8. Kronish, I. M., Diefenbach, M., **Phillips, L. A.**, & Horowitz, C. (2012, May). *Identifying key barriers to medication adherence in survivors of strokes and TIAs.* Poster presentation for the annual conference of the Society of General Internal Medicine (SGIM), Orlando, FL
7. Credé, M., & **Phillips, L. A.** (2011, April). *A meta-analytic review of the motivated strategies for learning questionnaire.* Poster presentation for the annual conference of the Society for Industrial and Organizational Psychology (SIOP), Chicago, IL
6. Idler, E., Daugherty, J., **Phillips, L. A.**, Leventhal, H., & Leventhal, E. (2011, November). *Understanding physician-patient differences in global ratings of health.* **Oral** presentation for the annual conference of the Gerontological Society of America (GSA)
5. *Berkowitz, A., **Phillips, L. A.**, & Leventhal, H. (2010, November). *The relationship of medication to lifestyle treatment adherence factors in hypertensive patients.* Gerontological Society of America, New Orleans, LA
4. Breland, J., **Phillips, L. A.**, & Leventhal, H. (2010, November). *Principles of Cognitive Behavior Therapy in the primary care setting: The Importance of provider behavior and patient perceptions.* Association for Behavioral and Cognitive Therapies (ABCT), San Francisco, CA
3. Musumeci-Szabo, T., **Phillips, L. A.**, Wisnivesky, J.P., Halm, E.A., Leventhal, H. (2009, November). *Those who can, do not teach: Recognizing and capitalizing on teachable*

moments in medical encounters. Symposium presentation for the annual conference of the Gerontological Society of America (GSA), Atlanta, GA

2. Musumeci-Szabo, T., **Phillips, L. A.**, Halm, E., Leventhal, H. (2009, April). *The longitudinal predictive utility of a new classification system of patient models of asthma for functional limitations*. Society for Behavioral Medicine (SBM), Montreal, Canada
1. Dunbar, L., **Phillips, L. A.**, Mora, P., & Leventhal, H. (2007, May). *Moderators of somatic symptoms in response to life stress*. Association for Psychological Science (APS), Washington D.C

AWARDS and SCHOLARSHIPS

National and International

Association for Psychological Science (APS) Rising Star Award. “The Rising Star designation recognizes outstanding psychological scientists in the earliest stages of their research career post-PhD whose innovative work has already advanced the field and signals great potential for their continued contributions.” (2015)

Early Career Mentor Award, Student Special Interest Group, Society for Behavioral Medicine (2015)

Invited Participant in the “Life-long health behavior-change technologies” seminar at Schloss Dagstuhl, Leibniz-Zentrum für Informatik. A week-long seminar developed and competitively chosen by experts in the field of “mHealth.” (2015)

The Schloss Dagstuhl - NSF Support Grant for Junior Researchers. Provided support for the participation of outstanding junior researchers from US institutions in the scientific program. (2015)

NIH mHealth Summer Training Institute (2013)

Society for Behavioral Medicine (SBM) Distinguished Student Award for Excellence in Research (2012)

Selected Participant, International Summer School in Affective Sciences, Swiss Center for Affective Sciences, in Chandolin, Switzerland (2009)

Nominated Fellow, Summer Institute on Informed Patient Choice, Boston, MA, “Complexity in Decision Support / Patients’ Decision Aids,” The Center for Informed Choice at the Dartmouth Institute for Health Policy & Clinical Practice (2009)

Institutional

Excellence in Teaching a Large Enrollment Class, Iowa State University, Department of Psychology (2018)

Early Career Achievement in Research Award, Iowa State University, Department of Psychology (2017)

Outstanding Junior Faculty Success in Extramural Funding Award, Iowa State University, Department of Psychology (2016)

Policy Research Scholar, George Washington Institute for Public Policy—\$10,000 (2013)

PROFESSIONAL SERVICE and AFFILIATIONS

Editorial Board Positions

Journal of Behavioral Medicine (2016 - Present)

Guest Academic Editor, *PLOS One* (2017)

Professional Conference Activity

Program Committee Chair, Society for Behavioral Medicine (2019 - 2020)

Program Committee Co-Chair, Society for Behavioral Medicine (2018 - 2019)

Theories and Techniques of Behavior Change Interventions, Special Interest Group, Junior Co-Chair, Society for Behavioral Medicine (2018 - 2020)

Reviewer for Abstract Submissions, Adherence Track, Society for Behavioral Medicine (2014 - Present)

Grant Reviews

NIH Grant Reviewer, Behavioral Medicine Interventions and Outcomes (BMIO), San Francisco, CA (2017)

NIH Grant Reviewer, National Institute of Dental and Craniofacial Research, phone-in review, Washington D.C. (2017)

Ad-Hoc Reviews

American Journal of Preventive Medicine

Annals of Behavioral Medicine

Appetite

Behavioral Medicine

BMC Musculoskeletal Disorders

British Journal of Health Psychology

Chronic Illness

European Journal of Endocrinology

European Journal of Health Psychology

European Respiratory Journal

Health Promotion International

Health Psychology

Health Psychology and Behavioral Medicine

Health Psychology Review

Journal of Clinical Psychology in Medical Settings (JOCS)

Journal of Medical Internet Research

Neurology

Personality and Social Psychology Bulletin

PLOS One

Psychology and Health

Psychology, Health, & Medicine

Public Health

Research in Social and Administrative Pharmacy

Research Quarterly for Exercise and Sport

The Counseling Psychologist

The Journal of Health Psychology
Translational Behavioral Medicine

Memberships

Society for Behavioral Medicine (2007 – Present)
Association for Psychological Science (2007 - Present)

TEACHING EXPERIENCE

Undergraduate Instruction

Introductory Psychology (Rutgers University, The George Washington University, Iowa State University)

Health Psychology (Rutgers University, State University of New York at Albany, The George Washington University, Iowa State University)

Research Methods (The George Washington University)

Sensation and Perception Laboratory (Rutgers University)

STUDENT MENTORING

Graduate Students (MS and PhD)

Iowa State University:

Major Professor: Kimberly More, Kathryn Bunda
Member, Program of Study Committee: Melissa Johnson, Garrett Hisler, Michael Tynan, Kaitlyn Florer, Annie Lewis, Katy Southard, Kelly Kane, Jeffrey Rokkum, Amanda Skinner, Ryan Pecinovsky

The George Washington University:

Major Professor: Steffi Renninger
Committee Member: Miriam Eisenberg, Caitlin Kennedy

Undergraduate Students (Honors Theses, Research Assistants)

Iowa State University: Sahana Sai-Narain, Sydney Ginkens, Jerrun Johnson, Cheyanne Laux, Madeline Johnson, Hannah Smith, Madyson McGarville, Alli Engwall, Madisen Smith, Kristen Syvertsen, Sydney Larson, Jaeleah Arlington, Morgan Snyder, Zachary Dahl

- **Note:** Madeline Johnson received the Stewart Research Award (\$750) from the University Honors Program and the Cecil Stewart Family to conduct her honors thesis project in my lab, and she was awarded the ISU Alvhh Lauer Award, an award designed to recognize an exemplary senior intending graduate study in applied psychology
- **Note:** Allison Engwall received the ISU Alvhh Lauer Award, an award designed to recognize an exemplary senior intending graduate study in applied psychology; further, she was inducted into Psi Chi.

The George Washington University: Benjamin Laman-Maharg, Meghan Albal, Katie Thompson, Margot Quinn, Mara Gabe, Tess Mulrean, Jessica Abrams

MEDIA COVERAGE (a subset of media outlets regarding my research)

Radio Iowa. Interview with Matt Kelley, Jan. 2019, on *Making Resolutions Stick.*

Des Moines Register (2019). by **Alison Phillips** and Laura Ellingson (Opinion/Guest Contribution): <https://www.desmoinesregister.com/story/opinion/columnists/iowa-view/2019/01/10/how-stop-breaking-your-new-year-resolutions-and-meet-health-goals-diet-exercise-behavior-habits/2526594002/>

LA Times. by Chris Woolston (2017): <http://www.latimes.com/science/la-healthy-living-how-to-drop-bad-habits-and-build-better-1487199976-htmlstory.html>

National Public Radio, *Academic Minute*:
<https://academicminute.org/2016/11/alison-phillips-iowa-state-university-exercise-routines-and-intrinsic-rewards/>

Psychology Today: <https://www.psychologytoday.com/blog/the-athletes-way/201609/one-two-punch-cue-and-reward-makes-exercise-habit>

Science Daily: <https://www.sciencedaily.com/releases/2016/09/160913101129.htm>

Health and Medicine: <http://www.futurity.org/exercise-intrinsic-reward-1246702-2/>
The Matt Townsend Show, 30-minute interview on exercise-related habit:
<http://www.byuradio.org/episode/3f0318bb-2f77-4b82-972d-0abed7b245ba?playhead=4490&autoplay=true>

Time: <http://time.com/3950220/exercise-healthy-habits/>

Boston Globe: <https://www.bostonglobe.com/lifestyle/health-wellness/2015/07/30/the-trick-making-exercise-daily-habit/fnHuh3t8WYTDIysWmn6i2N/story.html>

Solve Your Fitness Slump, by Sara Conn, *Men's Health News*.
<http://news.menshealth.com/solve-your-fitness-slump/2011/12/05/>