

## Curriculum Vitae August 2008

Sarah Fischer

### Mailing Address

Address: Sarah Fischer, Ph. D.  
Assistant Professor  
Psychology Building  
The University of Georgia  
Athens, GA, 30602-3013

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### Education

University of Kentucky, Lexington, Kentucky, 40506-0044

Major: Psychology

Minor: Sociology

Degrees: B. A., Magna Cum Laude 1999

M. S., Clinical Psychology 2002

Ph. D. Clinical Psychology 2007

Internship: University of Chicago Medical Center 2005-2006

Postdoctoral Training: Eating Disorders Program 2006-2007  
University of Chicago Medical Center

### Honors

Otis Singletary Fellowship 1999

Quality Achievement Award 1999-2002

Research Challenge Trust Fund Fellowship 2002, 2003

Research Society on Alcoholism

Student Merit Travel Award 2002

Pre-doctoral Research Award 2003

Harris Dissertation Award 2003

AED/NIMH Junior Investigator

Travel Fellowship 2007

Supervision Award 2008

Outstanding Contribution to the  
Clinical Psychology Program 2008

Phi Beta Kappa

### Professional Affiliations

Research Society on Alcoholism (RSA)

Academy for Eating Disorders (AED)  
Association for the Advancement of Behavioral and Cognitive Therapy (ABCT)

### **Grants**

**Role:** Principle Investigator.

National Institute on Alcohol Abuse and Alcoholism, # 5 F31 AA014469-02,  
“The Role of Trait Urgency and Expectancies in Problem Drinking and Binge  
Eating”, 2003-2005.

NRSA pre-doctoral award to Sarah Fischer.  
\$60,176 direct costs,

**Role:** Principal Investigator

University of Georgia Research Foundation Grant,  
“Trait Urgency as a Longitudinal Predictor of Substance Abuse and Eating Disorder  
Symptoms in College Women”, awarded 2007; funded 2008-2009  
\$6,000

**Role:** Consultant

National Institute on Alcohol Abuse and Alcoholism (1 RO1 AA016166). 2008-2013.  
Developmental Transitions and Risk for Alcohol Use.  
\$1,909,471 direct costs. Gregory Smith, Principle Investigator.

### **Grants Submitted**

National Institute of Health, Clinical Research Loan Repayment Program Grant

### **Grant Supported Positions**

- 2006            **Role:** Study Therapist, *Effectiveness of Family-Based Versus Individual  
Psychotherapy in Treating Adolescents with Anorexia Nervosa*, R01, NIMH  
(NCT00149786).  
PIs: Daniel le Grange, Ph.D. (The University of Chicago), James D. Lock,  
M.D., Ph.D. (Stanford University)
- 2006            **Role:** Project Coordinator *Ecological Momentary Assessment of Anorexia  
Nervosa*, 2RO1 MH059674-04  
PIs Steve Wonderlich, Ph. D. (Neuropsychiatric Institute, Fargo, ND),  
Scott Crow, M. D. (University of Minnesota), Daniel le Grange, PH. D.  
(The University of Chicago)

### **Publications**

**Fischer, S., Smith, G. T., & Anderson, K. G. (2003).** Clarifying the role of impulsivity  
in bulimia nervosa. *The International Journal of Eating Disorders*, 33, 406-411.

- Fischer, S.,** Smith, G. T., Anderson, K. G., & Flory, K. H. (2003). Expectancy influences the operation of personality on behavior. *Psychology of Addictive Behaviors, 17*(2), 108-114.
- Anderson, K. G., Smith, G. T., & **Fischer, S.** (2003). Women and acquired preparedness: Personality and learning implications for alcohol use. *Journal of Studies on Alcohol, 64* (3), 384-392.
- Smith, G.T., **Fischer, S.,** & Fister, S. M. (2003). Incremental validity principles of test construction. *Psychological Assessment, 15*(4), 467-477.
- Fischer, S.,** & Smith, G. T. (2004). Deliberation affects risk taking beyond sensation seeking. *Personality and Individual Differences, 36*(3), 527-537.  
Reprinted in *Clinician's Research Digest, 22* (June 2004).
- Fischer, S.,** Anderson, K. G., & Smith, G. T. (2004). Coping with distress by eating or drinking: The role of trait urgency and expectancies. *Psychology of Addictive Behaviors, 18,* 269-274.
- Smith, G. T., Cyders, M., **Fischer, S.,** & Simmons, J. (2004). Integrating dispositional and psychosocial learning risk factors for bulimia nervosa. *Revista de Psicologia Conductual: Revista Internacional de Psicologia Clinica y de la Salud.* (Journal of Behavioral Psychology: International Journal of Clinical and Health Psychology), *12,* 463-489.
- Anderson, K. G., Smith, G. T., McCarthy, D. M., **Fischer, S. M.,** Fister, S., Grodin, D., Boerner, L. M., & Hill, K. K. (2005). Elementary school drinking: The role of temperament and learning. *Psychology of Addictive Behaviors, 19,* 21-27.
- Baer, R., **Fischer, S.,** & Huss, D. (2005). An Application of Mindfulness Based Cognitive Therapy to Binge Eating: A Case Study. *Cognitive and Behavioral Practice, 12,* 351-358.
- Fischer, S.,** Smith, G. T., Spillane, N., & Cyders, M. A. (2005) Urgency: Individual differences in reaction to mood and implications for addiction. In Clark, A.. (Ed.) *The Psychology of Moods, pp 85-107.* New York: Novascience Press.
- Baer, R., **Fischer, S.,** & Huss, D. (2005). Mindfulness and acceptance in the treatment of disordered eating. *Journal of Rational Emotive and Cognitive Behavior Therapy, 23,* 281-300.
- Fischer, S.,** Smith, G. T., & Cyders, M. A. (2006). Integrating personality and environmental risk factors for bulimia nervosa. In P. I. Swain (Ed.), *Anorexia Nervosa and Bulimia Nervosa: New Research.* New York: Nova Science Publishers, pp. 159-183.

- Bocchieri-Ricciardi, L., Chen, E. Y., Munoz, D., **Fischer, S.**, Dymek-Valentine, M., Alverdy, J. C., & le Grange, D. (2006). Pre-surgery binge eating status: Effect on eating behavior and weight outcome after gastric bypass. *Obesity Surgery, 16*, 1198-1204.
- Spillane, N. S., Smith, G. T., & **Fischer, S.** (2006). Advancing behavioral ecological theories of problem drinking by considering reservation dwelling American Indians. In Yoshido, R. (Ed.), *Trends in Alcohol Abuse and Alcoholism Research*. New York: Nova Science Publishers.
- Annus, A., Smith, G. T., **Fischer, S.**, Williams, S. M., & Hendricks, M. (2007). Associations among family and peer food-related experiences, learning about eating and dieting, and the development of eating disorders. *International Journal of Eating Disorders, 40*, 179-186.
- Cyders, M. A., Smith, G. T., Spillane, N. S., **Fischer, S.**, Annus, A. M., & Peterson, C. (2007). Integration of impulsivity and positive mood to predict risky behavior: Development and validation of a measure of positive urgency. *Psychological Assessment, 19*, 107-118.
- Smith, G. T., **Fischer, S.**, Cyders, M. A., Annus, A. M., Spillane, N. S., & McCarthy, D. M. (2007). On the validity and utility of discriminating among impulsivity-like traits. *Assessment, 14*, (2), 155-170.
- Fischer, S.**, Chen, E. Y., Katterman, S., Roehrig, M., Bocchieri-Ricciardi, L., Munoz, D., Alverdy, J. C., Dymek-Valentine, M., & le Grange, D. (2007). Emotional Eating in a Morbidly Obese Bariatric Surgery Seeking Population. *Obesity Surgery, 17* (6) 782-788.
- Chen, E. Y., Bocchieri-Ricciardi, L., Munoz, D., **Fischer, S.**, Katterman, S., Roehrig, M., Dymek-Valentine, M., le Grange, D., & Alverdy, J. C. (2007). Depressed mood in class III obesity predicted by weight related stigma. *Obesity Surgery, 17*, 673-675.
- Fischer, S.**, Smith, G. T., Annus, A. M., & Hendricks, M. (2007). The Relationship of Neuroticism and Urgency to Negative Consequences of Alcohol Use in Women with Bulimic Symptoms. *Personality and Individual Differences, 43*, 1199-1209.
- Munoz, D., Lal, M., Chen, E., Mansour, M., **Fischer, S.**, Roehrig, M., Sanchez-Johnsen, L., Dymek-Valentine, M., Alverdy, J., & le Grange, D. (2007). Why Patients Seek Bariatric Surgery: A Qualitative and Quantitative Analysis. *Obesity Surgery, 17*, 1487-1491.
- Munoz, D., Chen, E., **Fischer, S.**, Roehrig, M., Sanchez-Johnson, L., Alverdy, J., Dymek, M., & le Grange, D. (2007). Considerations for the Use of the Beck

- Depression Inventory in Weight-Loss Surgery Seeking Patients . *Obesity Surgery*, 17, 1097-1011.
- Fischer, S., & Le Grange, D.** (2007). Co-morbidity and high risk behaviors in treatment seeking adolescents with bulimia nervosa. *International Journal of Eating Disorders*, 40, 751-753.
- Fischer, S. & Smith, G. T.** (2008). Binge Eating, Problem Drinking, and Pathological Gambling: Linked by common pathways to impulsive behavior. *Personality and Individual Differences*, 44, 789-800.
- Fischer, S., Smith, G. T., & Cyders, M. A.** (in press). Another look at impulsivity: A meta analytic review of trait impulsivity and its association with bulimic symptoms. *Clinical Psychology Review*.
- Fischer, S., & Hartzell, E.** (in press) Childhood Emotional Abuse and Binge Eating. In Columbus, F. (Ed.). *Binge Eating*, New York: Novascience Press.
- Fischer, S., Celio-Doyle, A., & le Grange, D.** (in press). Application of Cognitive Behavioral Therapy for Eating Disorders in Adolescence. In McKay, D., & Storch, E. (Eds). *Cognitive Behavior Therapy for Refractory Cases in Children and Adolescents*. Springer Publishing.

#### **Manuscripts submitted for publication**

- Marino, J., Ertlet, T., Wonderlich, S., Crosby, R., Lancaster, K., Mitchell, J., Doyle, P., **Fischer, S.**, le Grange, D., Peterson, C. & Crow, S. *Caffeine, Artificial Sweetener, and Fluid Intake in Anorexia Nervosa*

#### **Presentations at Scientific Meetings**

- Fischer, S., Smith, G. T., & Anderson, K. G.** (2001, June). *Personality Influences the Operation of Expectancies*. Poster presented at the annual meeting of the Research Society on Alcoholism, Montreal, Canada.
- Boerner, L., Anderson, K. G., **Fischer, S.**, & Smith, G. T. (2001, August). *Trait Inhibition and Learning: Testing the Acquired Preparedness Model*. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.
- Fischer, S., Anderson, K. G., Fister, S., & Smith, G. T.** (2001, August). *Clarifying the Role of Impulsivity in Bulimia Nervosa*. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.

- Fischer, S.** & Smith, G. T. (2002, June). *Deliberation Affects Risk Taking Beyond Sensation Seeking*. Poster presented at the annual meeting of the Research Society on Alcoholism, San Francisco, CA.
- Fischer, S.**, Anderson, K. G., Smith, G. T. & Helton, E. (2002, November). *Coping with Distress by Eating or Drinking: The Role of Trait Urgency and Expectancies*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
- Fischer, S.**, & Smith, G. T. (2003, June). *The role of urgency in alcohol use and addictive behaviors*. Poster presented at the annual meeting of the Research Society on Alcoholism, Fort Lauderdale, FL.
- Huss, D., **Fischer, S.**, & Baer, R. (2003, November) *Mindfulness based cognitive therapy applied to binge eating: A case study*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.
- Fischer, S.**, Baer, R., Huss, D., Fister, S., & Spillane, N. (2004, May) *Mindfulness based cognitive therapy for binge eating: An uncontrolled pilot study*. Poster presented at the annual meeting of the Academy for Eating Disorders, Orlando, FL.
- Fischer, S.**, Smith, G. T., & Cyders, M. (2004, June). *Sensation seeking versus urgency as risk factors for drinking and gambling*. Poster presented at the annual meeting of the Research Society on Alcoholism, Vancouver, BC.
- Fischer, S.**, Smith, G. T., & Cyders, M. (2004, November). *Impulsivity: Construct validity of four types and implications for comorbidity of gambling, drinking, and binge eating*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- Cyders, M. A., Smith, G. T., Spillane, N. S., **Fischer, S.**, & Annus, A. M. (2005, June). *Development and validation of a measure of positive urgency and its relation to drinking behaviors*. Poster presented at the annual meeting of the Research Society on Alcoholism, Santa Barbara, CA.
- Fischer, S.**, Smith, G. T., Cyders, M. A., Spillane, N. S., Annus, A. M., & Hendricks, M. (2005, June). *Integrating dispositional and learning risk factors for addictive behaviors*. Poster presented at the annual meeting of the Research Society on Alcoholism, Santa Barbara, CA.
- Fischer, S.**, Smith, G. T., Hendricks, M., & Annus, A. M. (June, 2006) *The Role of Trait Urgency and Expectancies in Problem Drinking and Binge Eating*. Paper presented at the annual meeting of the Academy for Eating Disorders, Barcelona, Spain.
- Bocchieri-Ricciardi, L., Chen, E. Y., Munoz, D., **Fischer, S.**, Dymek-Valentine, M.,

- Alverdy, J. C., & le Grange, D. (June, 2006) *A prospective investigation of presurgical binge eating status on eating behavior and weight outcome in gastric bypass patients*. Paper presented at the annual meeting of the Academy for Eating Disorders, Barcelona, Spain.
- Smith, G. T., **Fischer, S.**, Cyders, M. A., Annus, A. M., & Spillane, N. S. (2007, July). *Toward a comprehensive model of multiple dispositions to rash action*. Paper presented at the annual meeting of the Research Society on Alcoholism, Chicago, IL.
- Fischer, S.** Smith, G. T., & Cyders, M. (May 2007). *Another look at impulsivity: A meta-analytic review of impulsivity constructs and their relation to bulimic symptoms*. Poster presented at the annual meeting of the Academy for Eating Disorders, Baltimore, MD.
- Fischer, S.**, Miller, J. D., Smith, G. T. (May 2008). *Structural Models of Impulsivity and their role in the co—occurrence of bulimic symptoms and substance abuse*. Poster presented at the annual meeting of the Academy for Eating Disorders, Seattle, WA.
- Munoz, D., Lal, M., Chen, E. Y., Mansour, M., Sanchez-Johnson, L., **Fischer, S.**, Roherig, M., & le Grange, D. (May 2008). *Reasons for seeking weight loss surgery*. Poster presented at the annual meeting of the Academy for Eating Disorders, Baltimore, MD.
- Fischer, S.**, & McCarthy, D. M. (June 2008). *The relationship of impulsivity, anger, and borderline personality disorder on alcohol use and deliberate self harm over time*. Poster presented at the annual meeting of the Research Society on Alcoholism, Washington, D. C.

## **Editorial Experience**

### Ad hoc reviewer

Addictions  
 Behavior Therapy  
 Cognitive Therapy and Research  
 Journal of Studies on Alcohol  
 Journal of Abnormal Psychology  
 Journal of Abnormal Child Psychology  
 Journal of Clinical Psychology  
 Journal of Consulting and Clinical Psychology  
 Journal of Traumatic Stress  
 Personality and Individual Differences  
 Psychological Assessment  
 Spanish Journal of Psychology

## Clinical Experience

*Therapist*, Comprehensive Care Center,  
Harrodsburg, Kentucky 2000  
Part time summer position in R. I. S. E. program for children.  
Duties: Planning and conducting group behavior therapy for children  
ages 5-7 with ADHD and learning disabilities in a community mental  
health setting.

Practicum Placement, Eastern State Hospital,  
Lexington, Kentucky  
Full time position 2000-2001  
Duties: Personality and intellectual assessment and milieu therapy with  
individuals with chronic mental illness.

Practicum Placement, NICU Graduate Clinic,  
University of Kentucky Medical Center,  
Lexington, Kentucky  
Part time position 2001-2002  
Duties: Assessment of cognitive development of premature infants and  
toddlers; providing feedback to parents about their child's cognitive  
development.

*Therapist*, University of Kentucky Counseling and Testing Center,  
Lexington, Kentucky 2002-2003, Fall 2004  
Part time position  
Duties: Individual and interpersonal process group therapy with college  
students.

*Therapist*, Harris Psychological Services Center  
Lexington, Kentucky  
Part time position 2000- 2005  
Duties: Individual therapy with a focus on manualized empirically validated  
treatments. Group therapy experiences include Dialectical Behavior  
Therapy, Mindfulness Based Cognitive Therapy, and Social skills training  
for children with ADHD and autism. Additional duties include crisis  
response and management with an on-call pager system.

*Intern*, University of Chicago Medical Center,  
Chicago, Illinois 2005- 2006  
Full time position  
Duties: Assessment of eating disorders, individual therapy for eating  
disorders, psychiatric evaluations for readiness for weight loss surgery,  
general outpatient psychotherapy, group and individual DBT, smoking  
cessation therapy.

University of Chicago Medical Center,  
Chicago, Illinois

2006-2007

Duties: Individual therapy for adults with Binge Eating Disorder and Bulimia Nervosa; Individual and group DBT; Therapist for RCT of family vs. individual treatment for adolescents with Anorexia Nervosa.

### **Teaching Experience**

*Teaching Assistant* University of Kentucky

Undergraduate Level: Statistics; Methodology; Introduction to Psychology

Graduate Level: Intelligence Assessment; Personality Assessment;

Introduction to Clinical Interviewing

*Seminar Instructor* University of Chicago Medical Center

Mindfulness in Dialectical Behavior Therapy (DBT) and Mindfulness-Based

Cognitive Therapy (MBCT) – co –taught with Eunice Chen, Ph. D.

*Course Instructor* - Illinois School of Professional Psychology – Argosy

University, Chicago

Graduate Level: Research Methods

*Courses Taught Regularly* University of Georgia

Undergraduate Level: Psychopathology; Abnormal Psychology

Graduate Level: Practicum; Dialectical Behavior Therapy; Behavior Therapy