

JULIA C. WEST

CLINICAL PSYCHOLOGY PREDOCTORAL FELLOW

EDUCATIONAL TRAINING

UNIVERSITY OF VERMONT

Clinical Psychology, M.A.

Dec 2020

Clinical Psychology PhD Candidate

May 2025

Research Advisor: Andrea Villanti, PhD, MPH

AMERICAN UNIVERSITY

B.A. Psychology, Minor in Film and Media

May 2016

RESEARCH GRANT PARTICIPATION

TOBACCO CENTERS OF REGULATORY SCIENCE RAPID RESPONSE PROJECT AWARD RECIPIENT

Vermont Center on Behavior and Health, University of Vermont | Jul. 2020 to Jul. 2021

- Project: Development of Tobacco Use Prevention Messages to Target Youth and Young Adult Beliefs about Poly tobacco Use
- Role: Principal Investigator of Pilot Project
- Primary Grant Principal Investigators: Stephen T. Higgins, PhD
- Amount of Award: \$34,049
- Funding Source: Center for Tobacco Products (CTP), National Institutes of Health (NIH), National Institute on Drug Abuse (NIDA), and the US Food and Drug Administration (FDA)

TOBACCO CENTERS OF REGULATORY SCIENCE RAPID RESPONSE PROJECT CO-INVESTIGATOR

Vermont Center on Behavior and Health, University of Vermont | Jul. 2020 to Jul. 2021

- Project: Electronic nicotine delivery systems' influence on combustible cigarette smoking and demand: A randomized controlled trial
- Role: Co-investigator of Pilot Project
- Principle Investigator of Pilot Project: Elias M. Klemperer, PhD
- Primary Grant Principal Investigators: Stephen T. Higgins, PhD
- Amount of Award: \$107,844
- Funding Source: Center for Tobacco Products (CTP), National Institutes of Health (NIH), National Institute on Drug Abuse (NIDA), and the US Food and Drug Administration (FDA)

RESEARCH EXPERIENCE

FDA/NIH FUNDED TCORS PRE-DOCTORAL FELLOW - UNIVERSITY OF VERMONT

Vermont Center on Behavior and Health | Aug. 2019 to present

- Project: Tobacco Centers for Regulatory Science - Rapid Response
- Principal Investigators: Stephen T. Higgins, PhD; Stacey Sigmon, PhD; Sarah Heil, PhD; Diann Gaalema, PhD; Andrea Villanti, PhD, MPH; Alison Kurti, PhD (University of Vermont, Vermont Center on Behavior and Health)
- Role: Pre-doctoral Fellow
- Project: Policy and Communication Evaluation Pilot Study
- Principal Investigator: Andrea Villanti, PhD, MPH (funding: University of Vermont, Vermont Department of Health)
- Role: Pre-doctoral Fellow
- Project: Smoking Cessation Interventions for Socio-Economically Disadvantaged U.S. Young Adults
- Principal Investigator: Andrea Villanti, PhD, MPH (COBRE NIH P20GM103644)
- Role: Pre-doctoral Fellow

RESPONSIBILITIES

- Mentored and trained new staff and undergraduate research assistants
- Aided with IRB submissions, grant budgeting, and administrative tasks
- First authored, co-authored, and edited several articles for submission to scientific journals
- Presented abstracts at scientific conferences
- Conducted both quantitative and qualitative analyses independently

INTRODUCTION:

I am a third year Clinical Psychology PhD candidate. My research interests focus on youth and young adult substance use, specifically polytobacco and polysubstance use. I am particularly interested in informing addiction-related policies and mass media communication campaigns through population-level research.

CERTIFICATES & AWARDS:

- Tobacco Treatment Specialist Training (*June 2018*)
- Washington Mentorship Program Attendee (*Fall 2012*)

VOLUNTEER:

- **HOBY Vermont** - Corporate Board Director of Public Relations (*May 2017 - July 2020*)
- **HOBY Vermont** - Corporate Board Member at Large (*July 2020 - Present*)

SKILLS & ABILITIES:

- STATA
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RESEARCH EXPERIENCE CONTINUED

FDA/NIH FUNDED TCORS PRE-DOCTORAL FELLOW - UNIVERSITY OF VERMONT

Vermont Center on Behavior and Health | Nov. 2017 to Aug. 2019

- Project: Policy and Communication Evaluation Pilot Study
- Principal Investigator: Andrea Villanti, PhD, MPH (University of Vermont, Vermont Department of Health)
- Role: Research Project Assistant

- Project: Smoking Cessation Interventions for Socio-Economically Disadvantaged U.S. Young Adults
- Principal Investigator: Andrea Villanti, PhD, MPH (COBRE NIH P20GM103644)
- Role: Research Project Assistant

- Project: Perceptions of Nicotine
- Principal Investigator: Andrea Villanti, PhD, MPH (FDA R03CA212694)
- Role: Research Project Assistant

RESPONSIBILITIES

- Designed and managed a Tobacco Regulatory Science Rapid Response Project which consisted of systematic review of 11,000+ focused on mass media substance use prevention efforts for U.S. young adults and an online messaging trial in Amazon Mechanical Turk
- Led and co-authored several articles for submission to scientific journals
- Aided with IRB submissions, grant budgeting, and administrative tasks (i.e. lab supplies, consultant payment)
- Conducted several analyses (e.g., latent class analysis, logistic regression, modified poisson regression) in STATA using large datasets including 2016 National Health Interview Survey data
- Coded several surveys in Qualtrics using various skip patterns and embedded data

CLINICAL EXPERIENCE

PREDOCTORAL CLINICIAN

UNIVERSITY OF VERMONT

Vermont Psychological Services; Leitenberg Center for Evidence-Based Practice | May. 2020 to Present

- **Child and Adolescent Psychopathology Team**
Provided evidence-based comprehensive assessments, individual psychotherapy, behavioral parent training, and family therapy for children and adolescents with anxiety, mood, adjustment, obsessive compulsive, trauma-related, and disruptive behavior disorders.
- Supervisors: Teresa L. Scott, PhD

PREDOCTORAL CLINICIAN

UNIVERSITY OF VERMONT

Vermont Psychological Services; Leitenberg Center for Evidence-Based Practice | May. 2020 to Present

- **Psychological Evaluation Service**
Provide evidence-based comprehensive assessments (cognitive, achievement, and neuropsychological testing) for individuals seeking services.
- Supervisors: Kathleen Kennedy, PhD

PREDOCTORAL CLINICIAN

UNIVERSITY OF VERMONT

Vermont Psychological Services; Leitenberg Center for Evidence-Based Practice | Aug. 2021 to Present

- **Connecting Cultures**
Conduct culturally sensitive psychological assessments and treatment based in Acceptance and Commitment Therapy and Cognitive Behavioral Therapy with refugees, New Americans, and asylum seekers located in the New England area
Attend weekly training on the historical, political, and socioeconomic issues relevant to Connecting Cultures patients
- Supervisors: Karen Fondacaro, PhD; Krista Reincke, PsyD

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CLINICAL EXPERIENCE CONTINUED

PREDOCTORAL CLINICIAN

UNIVERSITY OF VERMONT

Vermont Psychological Services; Leitenberg Center for Evidence-Based Practice | Aug. 2021 to Present

- **Autism Evaluation and Treatment Service**
Provide evidence-based Autism Spectrum Disorder evaluations for children and adults. Assist on a team to develop and adapt therapy protocols for clients with Autism Spectrum Disorder.
- Supervisors: Miriam Stoll, PhD

CO-FOUNDER AND PREDOCTORAL GROUP CLINICIAN

UNIVERSITY OF VERMONT

Vermont Psychological Services; Leitenberg Center for Evidence-Based Practice | Nov. 2020 to Present

- **Adult AD/HD Cognitive Behavioral Therapy Group**
Organized group to provide cognitive behavior therapy for a group of adults students with AD/HD
- Supervisors: Amy Paysnick, PhD

TEACHING EXPERIENCE

COURSE INSTRUCTOR

University of Vermont, Robert Larner College of Medicine, Department of Psychiatry | 2019–2020

Course: Independent Research

Level: Undergraduate

TEACHING ASSISTANT

University of Vermont, Department of Psychological Science | Fall 2021

Course: Adult Psychological Assessment

Level: Graduate

Instructor: Kathleen Kennedy, PhD

GUEST LECTURER

University of Vermont, Department of Psychological Science | Fall 2021

Course: Adult Psychological Assessment

Topic: Assessing Substance Use and Related Disorders

Level: Graduate

Instructor: Kathleen Kennedy, PhD

PEER REVIEWED PUBLICATIONS

1. **West JC**, Villanti AC, Graham AL, Mays D, Mermelstein RJ, Higgins ST. Tobacco Use and Cessation Behaviors in Young Adults: 2016 National Health Interview Survey. *Am J Public Health*, 2018.
2. Villanti AC, Naud S, **West JC**, Pearson JL, Wackowski OA, Niaura RS, Hair E, Rath JM. Prevalence and Correlates of Nicotine Perceptions in U.S. Young Adults, 2016. *Addict Behav*, 2019.
3. Villanti AC, **West JC**, Mays D, Donny EC, Cappella N, Strasser AA. Impact of brief nicotine messaging on nicotine-related beliefs in a U.S. sample. *Am J Prev Med*, 2019.
4. Villanti AC, Naud S, **West JC**, Pearson JL, Wackowski OA, Hair E, Rath JM, Niaura RS. Latent classes of nicotine beliefs correlate with perceived susceptibility and severity of nicotine and tobacco products in U.S. young adults. *Nic Tob Res*, 2019.
5. Klemperer EM, **West JC**, Peasley-Miklus C, Villanti AC. Change in tobacco and electronic cigarette use and motivation to quit in response to COVID-19. *Nic Tob Res*, 2020.
6. Villanti AC, **West JC**, Klemperer E, Graham AL, Mays D, Mermelstein RJ, Higgins ST. Smoking cessation interventions for US young adults: Updated systematic review. *Am J Prev Med*, 2020.

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I am a third year Clinical Psychology PhD candidate. My research interests focus on youth and young adult substance use, specifically polytobacco and polysubstance use. I am particularly interested in informing addiction-related policies and mass media communication campaigns through population-level research.

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PEER REVIEWED PUBLICATIONS CONTINUED

7. Nighbor TD, Klemperer EM, Reed EN, Simone S, **West JC**, Hughes JR. Both reducing cigarettes per day and transitioning to very low nicotine content cigarettes decreases demand for usual-brand cigarettes. *Exp Clin Psychopharm*, 2020.
8. Villanti AC, Vallencourt CP, **West JC**, Peasley-Miklus C, LePine SE, McCluskey C, Klemperer EM, Priest JS, Logan A, Patton B, Erickson N, Hicks J, Horton K, Livingston S, Roemhildt M, Singer E, Trutor M, Williams R. Recruiting and retaining youth and young adults in online longitudinal research: lessons from a randomized trial of participant compensation in the PACE Vermont study. *Journal of Medical Internet Research*, 2020.
9. **West JC**, Peasley-Miklus C, Graham AL, Mays D, Mermelstein RJ, Higgins ST. Impact of alcohol and drug use on smoking and cessation in socioeconomically disadvantaged young adults. *Addict Behav*, 2020.
10. Villanti AC, Naud S, **West JC**, Pearson J, Wackowski O, Hair E, Niaura R, Rath J. Prospective associations between nicotine beliefs and tobacco-related susceptibility, curiosity, and use in U.S. young adults. *Prev Med*, 2020.
11. Villanti A, LePine SE, **West JC**, Boley Cruz T, Stevens EM, Tetreault HJ, Unger JB, Wackowski OA, Mays D. Identifying message content to reduce vaping: Results from online message testing trials in U.S. young adults. *Addict Behav*, 2020.
12. Klemperer EM, Hughes JR, Callas PW, **West JC**, Villanti AC. Tobacco use among US adult “never smokers” in Wave 4 (2016-2018) of the Population Assessment of Tobacco and Health Study. *Am J Pub Health*, 2020.
13. Stevens EM, Keller-Hamilton B, Mays D, Unger JB, Wackowski OA, **West JC**, Villanti AC. Optimizing images for an e-cigarette messaging campaign: Liking and perceived effectiveness. *International Journal of Environmental Research and Public Health*. *In press*.
14. **West JC**, Peasley-Miklus C, Klemperer EM, Roemhildt ML, Trites J, Trutor M, Villanti A. Knowledge of state marijuana policy as a measure of exposure: Implications for future policy evaluation. *Addict Behav Rep*, 2020. *In press*.
15. Villanti AC, LePine SE, Peasley-Miklus C, **West JC**, Roemhildt ML, Williams R, Copeland W. COVID-related distress, mental health, and substance use in adolescents and young adults. *Child Adolescent Ment Health*, 2021. *Under Review*.
16. Villanti AC, Priest JS, Harder VS, Peasley-Miklus C, **West JC**, Roemhildt ML, Osbahr L, Williams R. Effect of a state-level vaping prevention campaign on vaping-related beliefs and behaviors in adolescents and young adults. *Nic Tob Res*, 2021. *Under Review*
17. Schulz J, Hall JP, **West JC**, Villanti AC. Disparities in Tobacco Use by Disability and Type: Findings from the 2019 National Health Interview Survey. *Am J Prev Med*, 2022. *Under Review*

IN PREPARATION

1. LePine SE, Klemperer EM, **West JC**, Peasley-Miklus C, McCluskey C, Jones A, Roemhildt ML, Trutor M, Williams R, Villanti AC. (*in preparation*) How do youth and young adults define addiction? Analysis of qualitative survey data from the PACE Vermont study, 2020.
2. Peasley-Miklus C, **West JC**, Villanti A. (*in preparation*) Improving cessation in socioeconomically-disadvantaged young adult smokers: Recommendations from focus groups.
3. Peasley-Miklus C, **West JC**, Villanti A. (*in preparation*) “The only reason why I feel like I smoke is because of stress”: Targeting cessation content for socioeconomically-disadvantaged young adult smokers.

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PEER REVIEWED PUBLICATIONS CONTINUED

IN PREPARATION

4. **West JC**, Peasley-Miklus C, Klemperer EM, LePine SE, Burt K, Chen H, Ahern T, Villanti AC. (*in preparation*) Prevalence and perceived addictiveness of marijuana, tobacco and alcohol use in Vermont youth and young adults.
5. Klemperer EM, Streck JM, Su A, West JC, Lindson N, Hughes JR, Carpenter MJ, Naud S. (*in preparation*) A systematic review and meta-analysis of interventions to induce attempts to quit tobacco among adults not ready to quit.
6. **West JC**, Moran MB, Egeland B, LePine SE, Trutor M, Roemhildt ML, Williams R, Villanti AC. (*in preparation*) What is the best way to measure peer crowd identification for tobacco prevention campaigns? Comparing open-ended, single best, and sliding scale methods.
7. Villanti AC, Peasley-Miklus C, Klemperer EM, LePine SE, **West JC**, Cha S, Mays D, Mermelstein R, Higgins ST, Graham AL. (*in preparation*) Randomized controlled trial of a tailored web and text message intervention for smoking cessation in socioeconomically-disadvantaged young adult cigarette smokers.
8. LePine SE, Klemperer EM, Peasley-Miklus C, **West JC**, Villanti AC. (*in preparation*) Evaluating a smoking cessation text message intervention for socioeconomically-disadvantaged young adults: What is helpful and what can be improved?
9. **West JC**, Pomichter E, LePine SE, Ganz O, Klemperer EM, Mays D, Mermelstein RJ, Villanti AC. (*in preparation*) Harnessing mass media substance use prevention campaigns to inform polytobacco use prevention in U.S. adolescents and young adults: a systematic review.

POSTER PRESENTATIONS

PRESENTED/ACCEPTED (* - indicates presenting author)

1. **West JC***, Villanti AC, Klemperer EM, Graham AL, Mays D, Mermelstein R, & Higgins ST (2019). Poster presentation at the 2018 SRNT 24th Annual Meeting, Baltimore, MD.
2. Villanti A*, Naud S, **West JC**, Pearson J, Wackowski O, Niaura R, Hair E, & Rath J (2018). Correlations between perceived susceptibility and severity of nicotine and tobacco products in U.S. young adults. Paper presentation at the NIH Tobacco Regulatory Science Meeting, Bethesda, MD.
3. Villanti A*, Naud S, **West JC**, Pearson J, Wackowski O, Niaura R, Hair E, & Rath J (2018). Correlations between nicotine beliefs and perceived susceptibility and severity of nicotine and tobacco products in U.S. young adults. Poster presentation at the 18th Annual Conference of SRNT Europe, Munich, Germany.
4. **West JC***, Villanti AC, Klemperer EM, Graham AL, Mays D, Mermelstein R, & Higgins ST (2019). Smoking Cessation Interventions for U.S. Young Adults: New evidence from a systematic review. Poster presentation at the 2019 SRNT 25th Annual Meeting, San Francisco, CA.
5. Villanti AC*, **West JC**, Mays D, Donny EC, Cappella JN, & Strasser AA (2019). Impact of Brief Nicotine Messaging on Nicotine Related Beliefs in an U.S. Online Sample. Poster presentation at the 2019 SRNT 25th Annual Meeting, San Francisco, CA.
6. Kurti AN*, Bunn JY, Nighbor T, Cohen A, Bolivar H, Tang KJ, Dallery J, **West JC**, Higgins ST (2019). Leveraging Technology to Address the Problem of Cigarette Smoking among Women of Reproductive Age. Poster presentation at the 2019 SRNT 25th Annual Meeting, San Francisco, CA.
7. Villanti A*, **West JC**, Peasley-Miklus C (2019). Improving cessation in socioeconomically-disadvantaged young adult smokers: Recommendations from focus groups. Poster presentation at the 19th Annual Conference of SRNT Europe, Oslo, Norway.

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POSTER PRESENTATIONS CONTINUED

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8. Villanti A*, **West JC**, Mays D, Donny EC, Cappella JN, Strasser AA (2019) Similar impact of brief nicotine messaging on nicotine related beliefs in young vs. older adults. Oral presentation at the 19th Annual Conference of SRNT Europe, Oslo, Norway.
9. West JC*, Peasley-Miklus C, Villanti A (2020). Impact of alcohol and drug use on smoking and cessation in socioeconomically disadvantaged young adults. Poster presentation at the 2020 SRNT 26th Annual Meeting, New Orleans, LA.
10. Peasley-Miklus C*, **West JC**, Villanti A (2020). "The only reason why I feel like I smoke is because of stress": Targeting cessation content for socioeconomically-disadvantaged young adult smokers. Poster presentation at the 2020 SRNT 26th Annual Meeting, New Orleans, LA.
11. Klemperer EM*, **West JC**, Vallencourt C, Villanti A. (2020) Prevalence and reasons for reducing or quitting vaping in young adults: Findings from the PACE Vermont Study. Poster presentation at the 2020 SRNT 26th Annual Meeting, New Orleans, LA.
12. Villanti AC*, Naud S, **West JC**, Pearson J, Wackowski O, Hair E, Niaura R, Rath J. (2020) Prospective associations between nicotine beliefs and tobacco-related susceptibility, curiosity, and use in U.S. young adults. Poster presentation at the 2020 SRNT 26th Annual Meeting, New Orleans, LA.
13. Nighbor TD*, Klemperer EM, Reed EN, Simone S, **West JC**, Hughes JR (2020). Both Reducing Cigarettes per Day and Transitioning to Very Low Nicotine Content Cigarettes Decreases Demand for Usual-Brand Cigarettes. Poster presentation at the College on Problems of Drug Dependence 82nd Annual Meeting, Hollywood, FL.
14. **West JC***, Peasley-Miklus C, Klemperer EM, Roemhildt M, Trites J, Trutor M, Villanti A (2020). Knowledge of State Marijuana Policy as a Measure of Exposure to Changes in Legal Status. Poster presentation at the Vermont Center on Behavior and Health 8th Annual Conference, Burlington, VT.
15. LePine SE*, **West JC**, Peasley-miklus C, McCluskey C, Williams R, Villanti AC (2020). Defining Addiction in Youth and Young Adults: Analysis of Qualitative Survey Data from the PACE Vermont Study. Poster presentation at the Vermont Center on Behavior and Health 8th Annual Conference, Burlington, VT.
16. Klemperer EM*, Hughes JR, Callas PW, **West JC**, Villanti AC (2020). Characterizing US Adult Electronic Cigarette Users Who Are Never Combustible Tobacco Smokers in Wave 4 (2016-2018) of the Population Assessment of Tobacco and Health Study. Poster presentation at the Vermont Center on Behavior and Health 8th Annual Conference, Burlington, VT.
17. **West JC***, Burt K, Klemperer EM, Chen HL, Villanti AC (2021). Perceived addictiveness of marijuana, tobacco and alcohol use in Vermont youth and young adults: associations between addiction perceptions, sociodemographics, and substance use. Poster presentation at the College on Problems of Drug Dependence 84th Annual Meeting, virtual.
18. **West JC***, Pomichter E, LePine SE, Ganz O, Klemperer EM, Mays D, Mermelstein RJ, Villanti AC. Harnessing mass media substance use prevention campaigns to inform polytobacco use prevention in U.S. adolescents and young adults: a systematic review. Poster presentation at the Vermont Center on Behavior and Health 9th Annual Conference, Burlington, VT.
19. Reategui J*, **West JC**, Peasley-Miklus C, LePine SE, Williams R, Villanti AC. Does dose of vaping prevention messaging impact vaping-related beliefs and behaviors in young adults? Poster presentation at the Vermont Center on Behavior and Health 9th Annual Conference, Burlington, VT

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POSTER PRESENTATIONS CONTINUED

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20. Schulz JA*, **West JC**, Villanti AC. Tobacco product use among U.S. adults with disabilities: findings from the 2019 national health interview survey. Poster presentation at the Vermont Center on Behavior and Health 9th Annual Conference, Burlington, VT.
21. LePine SE*, Klemperer EM, Peasley-Miklus C, **West JC**, Villanti AC. Evaluating a smoking cessation text message intervention for socioeconomically-disadvantaged young adults: What is helpful and what can be improved? Poster presentation at the Vermont Center on Behavior and Health 9th Annual Conference, Burlington, VT.
22. **West JC***, Pomichter E, LePine SE, Ganz O, Klemperer EM, Mays D, Mermelstein RJ, Villanti AC (2021). Harnessing mass media substance use prevention campaigns to inform polytobacco use prevention in U.S. adolescents and young adults: a systematic review. Poster presentation at the NIH Tobacco Regulatory Science Annual Meeting.
23. **West JC***, Moran MB, Egeland B, LePine SE, Trutor M, Roemhildt ML, Williams R, Villanti AC (2022). What is the best way to measure peer crowd identification for tobacco prevention campaigns? Comparing open-ended, single best, and sliding scale methods. Poster presentation at the 2022 SRNT 28th Annual Meeting, Baltimore, MD.
24. Peasley-Miklus C*, Klemperer EM, LePine SE, **West JC**, Villanti AC (2022). Perceived ability to handle stress and depressive mood without smoking predicts abstinence in socioeconomically-disadvantaged young adult smokers. Poster presentation at the 2022 SRNT 28th Annual Meeting, Baltimore, MD.
25. **West JC***, Pomichter E, LePine SE, Ganz O, Klemperer EM, Mays D, Mermelstein RJ, Villanti AC (2021). Potential Effects of Study Design on Mass Media Tobacco Prevention Campaigns Evaluations: A systematic review. Poster presentation at the 2022 SRNT 28th Annual Meeting, Baltimore, MD.

LEADERSHIP AND SERVICE

CLINICAL GRADUATE STUDENT REPRESENTATIVE

University of Vermont, Department of Psychological Science | Spring 2021-Present

- Elected position with responsibilities including representing clinical psychology graduate students at faculty meetings twice per month, coordinating program events (e.g., applicant interview day, orientation), and acting as a liaison between students and faculty

STUDENT CO-FOUNDER – SOCIAL JUSTICE AND EQUITY COMMITTEE

University of Vermont, Department of Psychological Science | Spring 2021

- Partnered with a group of faculty members and fellow students to build a student-led committee to address the needs of underrepresented students in the program and reduce barriers in the admissions process for student with underrepresented identities

AD HOC REVIEWER

Substance Use and Misuse

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