

# Erica M. Ahlich

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## EDUCATION AND TRAINING

- Predoctoral Intern, Clinical Psychology** 2021-2022
- Warren Alpert Medical School of Brown University
  - Behavioral Medicine Track
  - APA Accredited
  - Research Placement: Weight Control and Diabetes Research Center
  - Research Mentor: J. Graham Thomas, PhD
- Doctor of Philosophy, Clinical Psychology** 2015-2022
- University of South Florida
  - *Doctoral Dissertation*: Emotional Eating in Response to Boredom: The Moderating Role of Interoceptive Ability
  - APA and PCSAS Accredited
  - Research Mentor: Diana Rancourt, PhD
- Master of Arts, Psychology** 2015-2018
- University of South Florida
  - *Thesis*: Predicting Weight Loss following Bariatric Surgery: The Impact of Stress, Depression, Social Support and Patient Gender
  - Research Mentor: Diana Rancourt, PhD
- Bachelor of Arts, Psychology** 2007-2011
- Albion College
  - Minor: Philosophy
  - Overall GPA: 4.0/4.0, *summa cum laude*
  - Class of 2011 Valedictorian; Phi Beta Kappa; Psi Chi Co-President
  - Research Mentor: Jacque Carlson, PhD

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## PROFESSIONAL APPOINTMENTS

- Assistant Professor**, University of South Alabama 2022-Present
- College of Arts and Sciences
  - Core Faculty in APA Accredited Combined Clinical-Counseling PhD Program
- Research Interventionist**, Moffitt Cancer Center 2020-2021
- Bright IDEAS Clinical Trial NCT04585269
  - Research Supervisor: Kristine Donovan, PhD
- Graduate Teaching Associate**, University of South Florida 2017- 2021
- Graduate Teaching Assistant**, University of South Florida 2016- 2017
- Editorial Assistant**, Emory University 2013-2015
- Journal of Abnormal Psychology
  - Editor in Chief: Sherryl Goodman, PhD

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## GRANT FUNDING AND HONORS

### Scholarships and Grant Funding

*Brown University Predoctoral Seed Money Research Grant*, 2021 (\$2215)  
*Psi Chi Graduate Dissertation Research Grant*, 2019 (\$1500)  
*Richard LaBarba Memorial Scholarship Award*, 2019 (\$100)  
*Clinical Psychology Graduate Student Fellowship- Clinical Award*, 2018 (\$2500)  
*Clinical Psychology Graduate Student Fellowship- Research Award*, 2017 (\$2500)  
*International Travel Grant*, University of South Florida, 2017 & 2020 (\$2000 each)  
*University Graduate Fellowship*, University of South Florida, 2015 (\$10,666 & 80% tuition)  
*Student Government Conference Grant*, University of South Florida, 2016, 2017, 2018 (\$500 each)  
*Foundation for Undergraduate Research, Scholarship, & Creative Activity Grant*, Albion College, 2010  
*Joan Mitchell Award*, Albion College, 2010 (\$250)  
*Bernard T. Lomas Project 250 Leadership and Service Award*, Albion College, 2009 & 2010 (\$1000)  
*Kirsten Metalonis Memorial Scholarship*, Albion College, 2009 & 2010 (\$225 each)  
*Morley Fraser Leadership Award*, Albion College, 2009 (\$5400)

### Academic Honors and Awards

*Clinical Alumni Award for Citizenship*, University of South Florida 2022  
*Heston Award for Outstanding Psychology Senior*, Albion College 2011  
*Hogberg Award for Excellence in Research in Psychology*, Albion College 2011  
*Omicron Delta Kappa Outstanding Junior of the Year*, Albion College, 2010  
*Phi Beta Kappa- Highest Scholastic Achievement Award*, Albion College, 2009 and 2010  
*Mortar Board Sophomore of the Year*, Albion College, 2008-09  
*Michigan Intercollegiate Athletic Association Academic Honors*, Albion College, 2008

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## PUBLICATIONS

† Denotes student mentee

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

1. **Ahlich**, E. & Rancourt, D. (In Press). Boredom, Interoceptive Ability, and Emotional Eating. *Appetite*.
2. Poovey, K., **Ahlich**, E., Attaway, S., & Rancourt, D. (2022). General Versus Hunger/Satiety-Specific Interoceptive Awareness in Predicting Disordered Eating. *Appetite*, 171, <https://doi.org/10.1016/j.appet.2022.105930>
3. Rancourt, D., Choquette, E. M., Palermo, M., Verzijl, C., Lang, B., & **Ahlich**, E. (2022). Testing invariance of the Eating Disorder Inventory-Drive For Thinness subscale across sex and sample type. *Psychological Assessment*, 34(4), 341-352.
4. Cheng, T. Y., Akhiyat, Y. M., Mehta, N., **Ahlich**, E., Verzijl, C. L., Chermak, R., ... & Rancourt, D. (2021). Eating Disorder Symptomatology Among Adolescents Presenting for Bariatric Surgery Candidacy: Examining Differences by Sex and Racial Minority Status. *Obesity Surgery*, 1-8.
5. **Ahlich**, E., Verzijl, C. L., Cunning, A., †Wright, E., & Rancourt, D. (2021). Patient Motivations and Goals for Bariatric Surgery: A Mixed Methods Study. *Surgery for Obesity and Related Diseases*, 9, 1591-1602.
6. **Ahlich**, E., Verzijl, C., Simon, J., Schlauch, R., Rancourt, D. (2020). Support for a Two-Dimensional Model of Food Craving Using Self-Report Questionnaire and Cue Reactivity Methodologies. *International Journal of Eating Disorders*, 53(9), 1439-1449. doi:10.1002/eat.23290
7. Rancourt, D., **Ahlich**, E., Choquette, E., Simon, J., & Kelley, K. (2020). A comparison of Food and Alcohol Disturbance (FAD) in sorority and non-sorority women. *Journal of American College Health*. Advanced Online Publication. doi:10.1080/07448481.2020.1740233

8. Palermo, M., Choquette, E. M., **Ahlich, E.**, & Rancourt, D. (2020). Food and alcohol disturbance by athlete status: The roles of drive for thinness, drive for muscularity, and sex. *Journal of American College Health*, 1-8. doi:10.1080/07448481.2020.1713791
9. **Ahlich, E.**, Herr, J., Thomas, K., Segarra, D., & Rancourt, D. (2019). A Test of the Stress-Buffering Hypothesis of Social Support among Bariatric Surgery Patients. *Surgery for Obesity and Related Diseases*, 16(1), 90-98. doi:10.1016/j.soard.2019.10.020
10. Lang, B., **Ahlich, E.**, Verzijl, C., Thompson, J.K., Rancourt, D. (2019). The role of drive for thinness in the association between weight status misperception and disordered eating. *Eating Behaviors*, 35. doi:10.1016/j.eatbeh.2019.101319
11. Rancourt, D., **Ahlich, E.**, Levine, J., Lee, M., & Schlauch, R. (2019) Applying a multidimensional model of craving to disordered eating behaviors: Development of the Food Approach and Avoidance Questionnaire. *Psychological Assessment*, 31(6), 751-764. doi: 10.1037/pas0000697.
12. Levine, J. A., Noyes, E. T., Gius, B. K., **Ahlich, E.**, Rancourt, D., Houston, R. J., & Schlauch, R. C. (2018). Development and psychometric evaluation of a brief approach and avoidance of alcohol questionnaire. *Alcoholism: Clinical and Experimental Research*, 43(2), 353-366. doi: 10.1111/acer.13939.
13. **Ahlich, E.**, Lang, B., Choquette, E., & Rancourt, D. (2018). Body talk, athletic identity, and eating disorder symptoms in men. *Psychology of Men and Masculinity*, 20(3), 347-355. doi: 10.1037/men0000168.
14. Verzijl, C. L., **Ahlich, E.**, Lang, B., & Rancourt, D. (2018). Body mass index as a moderator of the association between weight Status misperception and disordered eating behaviors. *Eating Behaviors*, 30, 98-103. doi:10.1016/j.eatbeh.2018.06.008.
15. Verzijl, C. L., **Ahlich, E.**, Schlauch, R. C., & Rancourt, D. (2017). The role of craving in emotional and uncontrolled eating. *Appetite*, 123, 146-151. doi: 10.1016/j.appet.2017.12.014.

### **Book Chapters**

1. Prinstein, M., Rancourt, D., Adelman, C., **Ahlich, E.**, Smith, J., & Guerry, J. D., (2018). Peer status and psychopathology. In K. H. Rubin, W. Bukowski, & B. Laursen (Eds.), *Handbook of peer interactions, relationships, and groups, Second Edition*. New York: Guilford.

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

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

### **Manuscripts in Progress**

1. **Ahlich, E.**, Wooten, M., Thomas, J.G. (Under Review). The relation of emotion regulation and impulsivity to weight loss and weight loss maintenance. *Obesity Science & Practice*.
2. **Ahlich, E.**, Poovey, K., & Rancourt, D. (Writing in Progress). Examination of the Water Load Task as a Measure of Gastric Interoception and Associations with Disordered Eating.

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## **PRESENTATIONS**

† Denotes student mentee

### **Symposia**

1. **Ahlich, E.**, † Beekman, M., & Rancourt, D. (2019, November). The Impact of Idealized Media Images on Body Checking: An Examination Utilizing Behavioral Observation. In L. D. Sarfan (Chair), *Am I good enough? The role of self-evaluation in the context of body image and disordered eating*. Symposium presented at the Association for Behavioral and Cognitive Therapies, Atlanta, GA. Sponsored by Eating Disorder and Obesity Special Interest Group.

2. Verzijl, C.L., **Ahlich**, E., Lang, B., Choquette, E.M., & Rancourt, D. (2018, November). *Psychiatric symptom contributors to weight loss after bariatric surgery*. Symposium presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
3. **Ahlich**, E., & Carlson, J. (2009, March). *Shyness and feelings of inadequacy*. Symposium presented at the Michigan Undergraduate Psychology Research Conference, Hillsdale College MI.

### **Posters**

1. **Ahlich**, E. & Rancourt, D. (2022, November). *Boredom and Interoceptive Ability as Predictors of Emotional Eating*. Poster accepted for presentation at The Obesity Society Annual Meeting.
2. Verzijl, C., **Ahlich**, E., Staples, C., Cuning, A., Weiss, A., Chermak, R., & Rancourt, D. (2020, November). *Disordered eating behavior variability and weight bias of adolescents seeking bariatric surgery*. Poster presented at The Obesity Society Annual Meeting.
3. Verzijl, C., **Ahlich**, E., Nadeau, J., Farrell, N., Cook, J., & Rancourt, D. (2020, November). *Avoidance food craving: How does the dimension of craving relate to mealtime anxiety in an eating disorder treatment sample?* Poster presented at the Association for Behavioral and Cognitive Therapies.
4. **Ahlich**, E., Attaway, S., & Rancourt, D. (2020, November). *General versus hunger/satiety-specific interoceptive awareness in predicting disordered eating*. Poster accepted for presentation at the Association for Behavioral and Cognitive Therapies.
5. **Ahlich**, E., Verzijl, C.L., & Rancourt, D. (2020, June). *Boredom proneness and food craving: The moderating role of restrained eating*. Poster presented at the International Conference on Eating Disorders (Virtual).
6. Verzijl, C., **Ahlich**, E., & Rancourt, D. (2020, June). *Positive affect and disordered eating intentions: The moderating role of sex*. Poster presented at the International Conference on Eating Disorders (Virtual).
7. Lang, B., Choquette, E. M., **Ahlich**, E., Palermo, M., Staples, C., & Rancourt, D. (2020, June). *Factor structure and sex invariance of the Drive for Muscularity Scale*. Poster presented at the International Conference on Eating Disorders (Virtual).
8. Cheng, T., Akhiyat, Y. Mehta, N., **Ahlich**, E. Verzijl, C., Chermak, R., ... & Weiss, A. L. (2020, March). *Eating disorder symptomatology differences across sex and ethnicity among adolescent bariatric surgery candidates*. Poster presented at the Society for Adolescent Health and Medicine Annual Conference, San Diego, CA.
9. **Ahlich**, E., Verzijl, C.L., Peterson, C., & Rancourt, D. (2019, November). *Gender, dieting history, and associations with year 1 weight loss among bariatric surgery patients*. Poster presented at The Obesity Society Annual Meeting, Las Vegas, NV.
10. Verzijl, C. L., Choquette, E., **Ahlich**, A., & Rancourt, D. (2019, November). *Approach and avoidance food craving: How do the dimensions of craving change over the course of eating disorder treatment?* Poster presented at the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
11. Verzijl, C., **Ahlich**, E., Rancourt, D., Hagerman, J. R., & Weiss, A. (2019, March). *Medical and mental health predictors of pre-operative BMI in an adolescent sample seeking bariatric surgery*. Poster presented at the Society for Adolescent Health and Medicine Annual Conference, Washington, D.C.
12. **Ahlich**, E., Choquette, E., Kelley, K., Simon, J., & Rancourt, D. (2019, March). *Comparison of Food and Alcohol Disturbance (“drunkorexia”) among sorority and non-sorority members*. Poster presented at the International Conference on Eating Disorders, New York, NY.
13. **Ahlich**, E., Verzijl, C.L., & Rancourt, D. (2018, November). *A test of the stress-buffering hypothesis of social support among bariatric surgery patients*. Poster presented at The Obesity Society Annual Meeting, Nashville, TN.
14. Choquette, E.M., Lang, B., **Ahlich**, E., Verzijl, C.L., Thompson, J.K., & Rancourt, D.M. (2018, April). *Psychometric evaluation of the Compensatory Eating and Behaviors in Response to Alcohol*

- Consumption Scale (CEBRACS)*. Poster presented at the International Conference on Eating Disorders, Chicago, IL.
15. Choquette, E.M., Verzijl, C.L., **Ahlich**, E., Lang, B., Thompson, J.K., & Rodgers., R. F. (2018, April). *Could pressure from medical professionals to maintain a “healthy weight” increase eating disorder symptoms?* Poster presented at the International Conference on Eating Disorders, Chicago, IL.
  16. **Ahlich**, E., Levine, J., Schlauch, R. C, & Rancourt, D. (2017, November). *A multidimensional model of craving: Development and psychometric evaluation of the Approach and Avoidance of Food Questionnaire*. Poster presented at the Association for Behavioral and Cognitive Therapies, San Diego, CA.
  17. Verzijl, C.L., **Ahlich**, E., Lang, B., Schlauch, R., & Rancourt, D. (2017, November). *Inaccurate weight perception and the role of directionality: Does this protective factor seen in adolescents translate to young adults*. Poster presented at the Association for Behavioral and Cognitive Therapies, San Diego, CA.
  18. **Ahlich**, E., Verzijl, C.L., Lang, B., & Rancourt, D. (2017, October). *Inaccurate weight perception and disordered eating behavior in adults of overweight or obese status*. Poster presented at The Obesity Society Annual Meeting, Washington, DC.
  19. Verzijl, C.L., Lang, B., **Ahlich**, E., Schlauch, R., & Rancourt, D. (2017, May). *The role of craving in emotional and uncontrolled eating: A test and extension of cognitive processing model of alcohol craving*. Poster presented at the International Conference on Eating Disorders, Prague, Czech Republic.
  20. **Ahlich**, E., Lang, B, & Rancourt, D. (2017, May). *Drives for muscularity and thinness: Associations with age and gender*. Poster presented at the International Conference on Eating Disorders, Prague, Czech Republic.
  21. Rancourt, D., Lee, M., **Ahlich**, E., & Schlauch, R. C. (2016, November). *Applying a multidimensional model of craving to disordered eating behaviors*. Poster presented at the Association for Behavioral and Cognitive Therapies, New York NY.
  22. Lang, B., **Ahlich**, E., Choquette, E., & Rancourt, D. (2016, May). *Possible mechanisms of the association between men's self-surveillance and body talk*. Poster presented at the International Conference on Eating Disorders, San Francisco CA.
  23. **Ahlich**, E., Lang, B., Choquette, E., & Rancourt, D. (2016, May). *Body talk, sport participation, and dating disorder symptoms in men*. Poster presented at the International Conference on Eating Disorders, San Francisco CA.
  24. **Ahlich**, E., Carlson, J., Christopher, A., & Keyes, B. (2011, May). *Emotional intelligence as a moderator of the relationship between shyness and feelings of inadequacy*. Poster presented at the Association for Psychological Science, Washington DC.

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

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

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#### **ADDITIONAL RESEARCH EXPERIENCE**

- **Predoctoral Intern at the Weight Control & Diabetes Research Center** at Miriam Hospital & Brown University; PIs: Graham Thomas, PhD & Carly Goldstein, PhD (2021-Present)
- **Disordered Eating Prevention, Treatment, and Health Lab** at USF; PI: Diana Rancourt, PhD (2015-21)
- **Glycemic Variability, Hunger/Satiety, & Disordered Eating in Adolescents & Young Adults with T1D**; PI: Laura Smith (2018- 19)
- **Children’s and Mothers’ Emotions** at Emory University; PI: Sherryl Goodman, PhD (2013-15)

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## TEACHING AND SUPERVISION

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

- Applied Psychology & Diagnostic Interviewing (Graduate Level)

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

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

*Teaching Assistant* at the University of South Florida

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

*Teaching Assistant* at Albion College 2010-2011

- Abnormal Psychology
- Research, Design, and Analysis

### *Research Mentor*

- Undergraduate Honors Thesis Primary Mentor to Michelle Beekman, U of South Florida, 2016
- Undergraduate Honors Thesis Secondary Mentor to Heather Ward, U of South Florida, 2015

### *Clinical Supervision*

- Peer Supervisor Health Behaviors & General Adult Group; Psychological Services Clinic, 2018
- Peer Supervisor Child and Family Therapy and Assessment; Psychological Services Clinic, 2017

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## PROFESSIONAL SERVICE

**National Organization Membership:** The Obesity Society, Society for Behavioral Medicine, Academy for Eating Disorders, Association for Cognitive and Behavioral Therapy, American Psychological Assi

### **Service and Leadership**

*DPHB Teaching/Research Awards Review Committee Member*, Brown University 2022

*PCSAS Student Representative*, U of South Florida 2019-2021

*Clinical Psychological Association*, U of South Florida, **President** 2019-2020; **Member** 2015-2021

*Diversity Committee Member*, U of South Florida 2019-2021

- *Climate Survey Committee, Member*, U of South Florida 2021
- *Diversity Mentorship Program Development Committee, Member*, U of South Florida 2020-2021
- *Diversity Mentorship Program Mentor*, U of South Florida 2020-2021
- *Racial Justice Taskforce Member*, 2020- 2021

*Donation Drive For Tampa Refugee Services Committee Member* 2018- 2020  
*Clinical Training Committee Member*, U of South Florida 2017-18  
*Clinical Brown Bag Series Coordinator*, U of South Florida 2016-2017  
*Psi Chi Chapter President*, Albion College 2010-2011  
*Alpha Lambda Delta Vice President*, 2009-2010; *Senior Advisor*, 2010-2011  
*The Nwagni Project President*, 2008-2009; *Fundraising Chair*, 2007-2008

### **Ad Hoc Journal Reviewer**

Journal of Research on Adolescence  
Health Psychology

**Volunteer:** USA Move In Day, 2022; Donation Drive For Tampa Refugee Services, 2018-2020; Girls on the Run Coach, 2015 and Event Volunteer, 2016, 2017; Trees Atlanta, 2014; Kalamazoo in Bloom, 2012; Community River Walk Tree Planting, 2011; Habitat for Humanity, 2010-11; Community Winter Snow Removal Group, 2008-10; Conservation Volunteer Australia- 2000; Albion Community Center Construction, 2008; Trunk or Treat Volunteer, 2008

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### **CLINICAL EXPERIENCE**

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

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### **QUANTITATIVE METHODS TRAINING**

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

### **Courses/Trainings Completed:**

- Introduction to SEM, Dan Bauer & Patrick Curran 2020
- Data Analysis using R, Moffitt Cancer Center & USF Dept of Mathematics and Statistics 2018
- Multilevel Modeling Course, USF 2018
- SEM Course, USF 2018
- Advanced Measurement, USF 2016
- Multivariate Statistics, USF 2016
- Univariate Statistics, USF 2015