

Kayce Hopper

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Education

- 08/2021-present** Ph.D. Program in Clinical Psychology
University of Mississippi, Oxford, MS
Advisor: Sarah A. Bilsky, Ph.D.
- 08/2014 – 05/2018** Bachelor of Science, Psychology
College of Charleston, Charleston, SC
GPA: 3.85 (*Magna cum laude*)
Bachelor's Essay/Senior Thesis:
*Negative Incentive Shifts in Food Reward Produce Ethanol
Consumption in Rats*
Advisor: Chad Galuska, Ph.D.

Fellowships, Honors, and Awards

- Fall 2021 Academic Excellence Fellowship at the University of Mississippi
Fall 2019 Outstanding Student Poster Award Association of Behavioral & Cognitive
Therapies (ABCT) Addictive Behaviors Special Interest Group
Spring 2018 The College of Charleston Chapter of The Honors Society of Phi Kappa Phi
Outstanding Research Paper Award: College Wide Search
Spring 2018 CEPO/Psi Chi Oral Presentation Award; 1 of the 5 abstracts chosen out of 300 to
present
Fall 2015- Spring 2016 College of Charleston President's List
Fall 2014- Spring 2015 College of Charleston Dean's List

Funded Research

- Ethanol Consumption in Rats Engendered by Negative Incentive Shifts in Food Reward.*
February 2018, Charles Latimer Jr. Psychology Student Travel Award internal grant
awarded by the Psychology Department of the College of Charleston.
- Ethanol Consumption in Rats Engendered by Negative Incentive Shifts in Food Reward*
February 2018 RPG (Research Presentation Grant) internal grant from the Undergraduate
Research and Creative Activities of the College of Charleston.
- Negative Incentive Shifts in Food Reward Engender Ethanol Consumption in Rats*
Summer 2017 SURF (Summer Undergraduate Research with Faculty with Dr. Chad
Galuska) internal grant from the Undergraduate Research and Creative Activities of the
College of Charleston. (\$6,500)

Grant Activity

- Principal Investigator [**Hopper, K.M.** (P.I.), Bilsky, S.A. (Sponsor)]. (2022; Three-year
National Science Foundation Graduate Research Fellowship). *The effects of sleep
difficulties on distress tolerance within adolescents: An experimental approach and new
distress tolerance measure.* \$138,000. Application submitted, not funded.

Publications

Armstrong, G.M., **Hopper, K.M.**, Friedman, H.P., & Bilsky, S.A. (2024). Adolescent Sleep Quality and Alcohol Use: An Initial Examination of the Serial Indirect Effects of Anxiety Symptoms and Coping Motives for Alcohol Use. *Substance Use and Misuse*, 59(9), 1383–1393. <https://doi.org/10.1080/10826084.2024.2352107>

Bilsky, S.A., Lubert, M.J., **Hopper, K.M.** (2022). Parenting Stress, Disengagement Strategies for Managing Parenting Stress, and Hazardous Alcohol Use among Mothers of Adolescents. *Substance Use and Misuse*. 57(10), 1608-1617, doi: 10.1080/10826084.2022.2102190

Buckner, J.D., Zvolensky, M.J., Mayorga, N.A., Abarno, C.A., **Hopper, K.**, & Garey, L. (2020, April). Cannabis use among dual electronic and combustible cigarette smokers: Relations with pain and hazardous drinking. *Substance Use and Misuse*, 55(10),1677-1682, doi: 10.1080/10826084.2020.1756852

Sawyer, L.E., Galuska, C.M., Cutright, E.J., **Hopper, K.M.** (2019, November). Effects of negative incentive shifts in food reward on rats' consumption of concurrent ethanol solutions. *Journal of Experimental Analysis of Behavior*. doi: 10.1002/jeab.559

Oral Presentations

Hopper, K.M., Zvolensky, M.J., Garey, L., Mayorga, A., & Buckner, J.D. (2019, November). *Dual Electronic and Combustible Smokers Use of Cannabis in Relation to Pain and Hazardous Drinking*. 3-minute thesis presentation at the Addictive Behaviors Special Interest Group meeting during the 53rd Annual Convention of the Association of Behavioral and Cognitive Therapies Addictive Behaviors, Atlanta, GA.

Hopper, K. M., Cutright, E. J., Sawyer, L. E., & Galuska, C. M. (2018, April). *Negative incentive shifts in food reward produce oral ethanol self-administration in rats*. Student Awards and Research Day Oral Presentations. Joint presentation with Ellie J. Cutright conducted at College of Charleston's Psychology Department's Student Awards and Research Day, Charleston, SC.

Hopper, K. M., Sawyer, L. E., Cutright, E. J., & Galuska, C. M. (2018, March). *Ethanol consumption in rats produced by negative incentive shifts in food reward*. In L. Jones & J. Mason (Co-Chairs), CEPO / Psi Chi Undergraduate Oral Presentations. Presented at the annual meeting of the Southeastern Psychological Association, Charleston, SC.

Poster Presentations

Hopper, K.M., Armstrong, G., Lubert, M.J., Sachner, L., Sherrod, A., & Bilsky, S.A. (2023, November). *The Association between Cigarette Use, Panic Attacks, and Insomnia Symptoms among Adolescents*. Poster session to be presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Philadelphia, PA.

Lubert, M. J., **Hopper, K. M.**, Sachner, L., Sherrod, A., & Bilsky, S. A. (2024). *Relations Between Affective Responses to Parenting Stress and Symptoms of Anxiety and Depression*.

Poster session to be presented at the 58th annual meeting of the Association for Behavioral and Cognitive Therapies Annual Convention, Philadelphia, PA.

Sachner, L., Sherrod, A., Lubert, M. J., **Hopper, K. M.**, Armstrong, G. M., & Bilsky, S. A. (2024, November). *To Seek or Not To Seek: Appearance Feedback on Social Media*. Poster session to be presented at the 58th annual meeting of the Association for Behavioral and Cognitive Therapies Annual Convention, Philadelphia, PA.

Hopper, K.M., Armstrong, G., Friedman, H.P., Sachner, L., Lubert, M.J., & Bilsky, S.A. (2023, November). *The Relationship between Sleep Quality, Anxiety, and Alcohol Use among Adolescents*. Poster session presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Seattle, WA.

Lubert, M.J., Friedman H.P., **Hopper, K.M.**, Sherrod, A., Sachner, L., & Bilsky, S.A. (2023, November). *The Indirect Effect of Emotion Regulation on the Association Between Distress Tolerance and Anxiety Symptoms*. Poster session presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Seattle, WA.

Sachner, L., Sherrod, A., **Hopper, K.M.**, Lubert, M.J., Bilsky, S.A. (2023, November). *Exploring the Relationship between Maternal Anxiety Sensitivity and Emotion Regulation Strategies During Conflict with Adolescents*. Poster session presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Seattle, WA.

Hopper, K.M., Mandrell, B.N., Caples, M.L., Hancock, D., Merchant, T.E., Wise, M., & Crabtree, V. (2023, June). *Evolution of Sleep Symptoms over Time Among Youth with Craniopharyngioma*. Poster presented at the 37th Annual Meeting of the Associated Professional Sleep Societies, LLC (APSS), Indianapolis, Indiana.

Hopper, K.M., Armstrong, G., Lubert, M.J., & Bilsky, S.A. (2022, November). *The Impact of Dual Use of Cigarettes and Alcohol on Perceived Parental Stress in Mothers*. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, New York, NY.

Lubert, M.J., Friedman, H.P., **Hopper, K.M.**, & Bilsky, S.A. (2022, November). *The Indirect Effect of Parenting Stress on the Association Between Distress Tolerance and Anxiety/Depressive Symptoms*. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention during the Parenting and Families Special Interest Group Exposition, New York, NY.

Hopper, K.M., Armstrong, G., Bedolla, N., & Bilsky, S.A. (2022, March). *The Indirect Effects of Parenting Stress and Anxiety on the Association between Anxiety Sensitivity and Alcohol Use Among Mothers of Adolescents*. Poster session presented at the Anxiety and Depression Association of America Denver Conference.

Hopper, K.M., Zvolensky, M.J., Garey, L., Mayorga, A., & Buckner, J.D. (2019, November). *Dual Electronic and Combustible Smokers Use of Cannabis in Relation to Pain and*

Hazardous Drinking. Poster session presented at the 53rd Annual Convention of the Association of Behavioral and Cognitive Therapies during the Addictive Behaviors Special Interest Group Exposition, Atlanta, GA.

Hopper, K. M., Sawyer, L. E., Cutright, E. J., & Galuska, C. M., (2018, May). *Ethanol consumption in rats engendered by negative incentive shifts in food reward*. Poster session presented at the 44th Annual Convention of the Association for Behavior Analysis International, San Diego, CA.

Cutright, E. J., **Hopper, K. M.**, Sawyer, L. E., & Galuska, C. M. (2018, February). *Negative incentive shifts in food reward engender oral ethanol self-administration in rats*. Poster session presented at Behavior, Biology, and Chemistry: Translational Research in Addiction. San Antonio, TX.

Hopper, K. M., Sawyer, L. E., & Galuska, C. M., (2017, August). *Negative incentive shifts in food reward engender ethanol consumption in rats*. Poster session presented at the College of Charleston's 2017 Celebration of Scholars: Exposition of Faculty and Student Research, Scholarship, and Creativity. Charleston, SC.

Research Experience

Practicum Internship, St. Jude Children's Research Hospital, July 2022-July 2023. Principal Investigator: Valerie Crabtree, Ph.D. 20 hours per week.

- Assist in manuscript composition
- Quality check actigraphy data
- Aid in the development of analyses of actigraphy data
- Aid in grant writing
- Aid in manuscript review

Graduate Student Researcher, Parent and Adolescent Anxiety (PANDAA) Lab, University of Mississippi in the Department of Psychology, August 2021–present. Faculty Advisor: Sarah Bilsky, Ph.D. Full time.

- Assisted in manuscript composition and currently assisting in resubmission
- Supervise and train undergraduate research assistants in conducting research in the PANDAA lab
- Develop and maintains recruitment database listing locations and business where study flyers may be posted
- Create and update PANDAA lab website to display current research projects and lab information

Research Assistant, Anxiety and Addictive Behaviors Research Laboratory and Clinic (AABC), Louisiana State University, Summer 2019-March 2020. Faculty Advisor: Julia Buckner, Ph.D. 9 Hours weekly.

- Aided in manuscript composition and submission, dissemination of manuscript via poster and oral presentation at a national conference
- Ran participants through a social anxiety induction task for graduate student's thesis experiment Survey programming involving personalized feedback interventions via

Qualtrics Inc.

- Aided in the reconstruction of AABC's website.

Bachelor's Essay/Senior Thesis Research, Galuska Rodent Operant Behavior Laboratory, College of Charleston, Department of Psychology, Fall 2017-Summer 2019. Faculty mentor: Chad Galuska, Ph.D. 15-20 hours weekly.

- Collaborated and conducted an extension of our summer research protocol investigating drinking (10% sucrose solution, 10% sucrose plus 10% ethanol, and 10% ethanol) engendered by transitions in food reward
- Write-up of thesis
- Trained undergraduates about our procedure
- Conducted experimental sessions using MedPC
- Conducted statistical measures using Excel, data analyses (descriptive and inferential testing in SPSS), and graphs using the graphing software Prism
- Dissemination including poster presentations and oral presentations at regional conferences
- Aided in preparation of manuscript for submission as well as resubmission to Journal of Experimental Analysis of Behavior

Summer Undergraduate Research with Faculty, Galuska Rodent Operant Behavior Laboratory, College of Charleston, Department of Psychology, May 2017-August 2017. Faculty Mentor: Chad Galuska, Ph.D. Full time.

- Collaborated and conducted an original project to study the effects of large to small transitions of food reinforcement on ethanol consumption in rats
- Performed data analyses (descriptive and inferential testing in SPSS)
- Prepared and presented poster

Research Assistant, Galuska Rodent Operant Behavior Laboratory, College of Charleston, Department of Psychology, Charleston, South Carolina. Spring 2016 (one semester). Principal Investigator: Chad Galuska, Ph.D. 10-15 hours weekly.

- Shaped responses of rats in operant chambers
- Conducted baseline experimental sessions
- Performed data analyses (descriptive and inferential testing in SPSS)

Research Assistant, Addiction Sciences Lab, Medical University of South Carolina, Charleston, South Carolina. Fall 2016. Faculty Advisor: Howard Becker, Ph.D. 10 hours weekly.

- Conducted experimental sessions using MedPC
- Prepared lab equipment for brain preservation following euthanasia
- Data entry and analysis (t-tests, ANOVA, correlation and regression) in SPSS

Clinical Experience

Wellness Counselor, University of Mississippi Law School, August 2024-May 2025. Supervisor: Todd Smitherman, Ph.D.

- Conduct intake interviews with law students of various ages and cultural backgrounds from the University of Mississippi
- Provide individualized evidence-based interventions, such as Cognitive Processing

- Therapy (CPT), Cognitive Behavioral Therapy (CBT), and Dialectical Behavior Therapy (DBT), to patients with varying psychological concerns
- Create and present weekly case conceptualizations that are based on information from the intake, but adapted throughout intervention sessions
 - Receive weekly individual supervision from a licensed clinical psychologist

Graduate Student Therapist, University Counseling Center, August 2023-May 2024.

Supervisor: April Hammons, LPC.

- Conduct intake interviews with college students of various ages and cultural backgrounds from the University of Mississippi
- Provide individualized evidence-based interventions, such as Cognitive Processing Therapy (CPT), Cognitive Behavioral Therapy (CBT), and Dialectical Behavior Therapy (DBT), to patients with varying psychological concerns
- Create and present weekly case conceptualizations that are based on information from the intake, but adapted throughout intervention sessions
- Receive weekly supervision from a team of licensed counselors as well as graduate students

Graduate Student Therapist, Psychological Services Center, July 2022-present. Supervisor:

Sarah Bilsky, Ph.D.

- Conduct intake interviews with individuals of various ages from the community
- Provide individualized evidence-based interventions, such as the Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH-ADTC), Cognitive Behavioral Therapy (CBT), and Dialectical Behavior Therapy (DBT), to patients with varying psychological concerns
- Create and present weekly case conceptualizations that are based on information from the intake, but adapted throughout intervention sessions
- Receive weekly supervision from a licensed clinical psychologist and a team of graduate students

Registered ABA Line Technician, Gulfsouth Autism Center, Fall 2019-March 2020.

Supervisor: Daniene Neal, Ph.D., BCBA, LBA, Clinical Director of Gulfsouth Autism Center. 20 hours weekly.

- Utilization of Applied Behavioral Analysis to aid in the cultivation of social, communicative, developmental, and educational skills of autistic children aged 2 to 6 years old
- Includes prompting techniques, error correction, reinforcement of correct behaviors, building a rapport with the child, and data collection via ACE program

Reviewing Experience

Sleep (February 2023)

Co-reviewer with Valerie Crabtree, Ph.D.

PLOS ONE (January 2023)

Co-reviewer with Valerie Crabtree, Ph.D.

Sleep (August 2022)

Co-reviewer with Valerie Crabtree, Ph.D.

Journal of Psychosomatic Research (August 2022)

Co-reviewer with Valerie Crabtree, Ph.D.

Journal of Clinical Child and Adolescent Psychopathology (September 2022)

Co-reviewer with Valerie Crabtree, Ph.D.

Teaching Experience

Fall 2024

Graduate Teaching Assistant
Psychopathology, Undergraduate Course
Instructor: Katherine Lucas, M.A.

Summer 2024

Graduate Teaching Assistant
Social Psychology, Undergraduate Course
Instructor: Joseph Wellman, Ph.D.
Department of Psychology, University of Mississippi

Fall 2023-Spring 2023

Graduate Teaching Assistant
Developmental Psychology, Undergraduate Course
Instructor: Donald Skinner, Ph.D.

Fall 2021-Spring 2022

Department of Psychology, University of Mississippi
Graduate Teaching Assistant
Introduction to Psychology, Undergraduate Course
Instructor: Melinda Redding, Ph.D.
Department of Psychology, University of Mississippi

Administrative Experience

Fall 2023-Spring 2024

Assistant to Director of Undergraduate Studies
Department of Psychology, University of Mississippi

Training and Certifications

- Titanium software
- EPIC software research coordinator training
- MILI software
- APA Telepsychology Best Practices 101 four-part training course
- HIPAA
- Mandatory Reporter
- ABA training
- CITI training for social and behavioral research including conduct of research, mice and rats in research settings, working with IACUC, reducing pain and distress in laboratory rats and mice, biomedical researchers, and research methods class

Workshops Attended

1. Fulwiler, J. (2023, April). *Autism Diagnostic Observation Schedule—2 (ADOS-2) Workshop*. Workshop conducted at the University of Mississippi at Oxford, MS.

2. McCracken, H.T. (2023, March). *Administration and scoring of the Wide Range Assessment of Memory and Learning—Third Edition (WRAML-3)*. Workshop conducted at the University of Mississippi at Oxford, MS.
3. McCracken, H.T. (October, 2022). *Administration and scoring of the Delis-Kaplan Executive Functioning Systems (DKEFS)*. Workshop conducted at the University of Mississippi at Oxford, MS.
4. Young, J. (August 2022-December 2022). *Evidence-based services seminar*. Seminar conducted at the University of Mississippi at Oxford, MS.

Professional and Honor Societies

- Fall 2022-current Phi Kappa Phi University of Mississippi Chapter Member
- Fall 2019- current Association for Behavioral and Cognitive Therapies (student affiliate)
- Fall 2019-current Association for Behavioral and Cognitive Therapies Addiction Behaviors Special Interest Group (AB-SIG) (student affiliate)
- Spring 2018-current Association for Behavior Analysis International (student affiliate)
- Spring 2018-current American Psychological Association (student affiliate)
- 2017-present Phi Kappa Phi
- 2016-present Psi Chi
- 2015- 2021 Golden Key International Honor Society, Member
- 2015-2018 The National Society of Collegiate Scholars Member
2014 AP Scholar with Honors

Relevant Skills

- Software Experience: statistical software SPSS, Excel, MiniTab, R studio, MedPC, Prism graphical software, ACE ABA software, Qualtrics Inc., and OU campus.