

**Haley A. (Carroll) Douglas, B.S.**

**Curriculum Vitae**

**Addresses:**

*Work Address:* School of Psychology, Family, and Community  
Seattle Pacific University  
3307 Third Ave West  
Seattle, WA 98119  
Phone: (206) 281-2000

*Home Address:* 801 East Harrison Street Apt 104  
Seattle, WA 98102  
Phone: (253) 970-0404

**E-mail Address:**

[carroh@spu.edu](mailto:carroh@spu.edu)

**Lab Web Page:**

<http://www.spu.edu/LustykLab>

**Current Titles:**

**Adjunct Faculty**

School of Psychology, Family, and Community  
Seattle Pacific University  
Seattle, WA  
Supervisor: M. Kathleen B. Lustyk, PhD

Responsibilities: Assist supervisor with teaching duties for the undergraduate level Psychobiology of Women and Physiological Psychology courses, and the graduate level Neural Basis of Behavior I & II courses. Create and give lectures, grade assignments and proctor exams. Additionally, perform research coordinator duties in the Lustyk Women's Health Lab by maintaining daily operations and assisting in all research projects.

**Research Study Assistant**

School of Psychology  
Addictive Behaviors Research Center  
University of Washington  
Seattle, WA

Supervisors: M. Kathleen B. Lustyk, PhD & Seema Clifasefi, PhD

Responsibilities: Complete data collection and dissemination investigating the gender differences in psychophysiological responses to stressors in substance users before and after treatment with Mindfulness Based Relapse prevention. Responsible for overseeing of all data collection, managing study implementation, and participating in dissemination of results.

**Academic Preparation:**

2006 – 2009 Seattle Pacific University, Seattle, WA.  
Bachelors of Science in Psychology  
Magnum Cum Lade  
GPA: 3.8  
Major GPA: 3.89

2005 – 2006 Pierce Community College, Puyallup, WA.  
Running Start  
GPA: 3.67

2003 – 2006 Puyallup High School, Puyallup, WA  
High School Diploma  
GPA: 3.9

**Honors and Awards:**

2009            **Philip Ashton Award, Seattle Pacific University**  
The Philip Ashton Award is presented each year to a psychology student in recognition of scholarship, potential for contribution to the field of Psychology, and University and community service. It is the top honor the Psychology department bestows. \$4,000 stipend awarded.

2009            **Student Research Assistance, Society for Menstrual Cycle Research**  
The Student Research Assistance is awarded to student researchers presenting at the Society for Menstrual Cycle Research Conference. Candidates submit a short writing sample displaying both their contribution to the research presented as well as financial need. \$200 Stipend awarded.

2009            **Graduation Magnum Cum Lade, Seattle Pacific University**

Magnum Cum Laude is awarded to graduating student with a GPA average of 3.75 to 3.89.

2006 – 2009 **President's Scholarship Award, Seattle Pacific University**  
The President's Scholarship Award is administered to students with a GPA point average above 3.75, and who scored above 1225 on the Standard Assessment Test. \$9,000/ year financial assistance is awarded.

2006 – 2009 **Philip W. Eaton Scholarship Award, Seattle Pacific University**  
The Philip W. Eaton Scholarship Award is given to students who have displayed significant leadership in school and/or the community. \$3,000/ year financial assistance is awarded

2006 – 2009 **Dean's List, Seattle Pacific University**

2005 – 2006 **Dean's List, Pierce Community College**

#### **Professional Association Memberships:**

American Psychological Association (APA)  
Society for Psychophysiology Research (SPR)  
Association for Psychological Science (APS)  
Society for Menstrual Cycle Research (SMCR)  
Western Psychological Association (WPA)  
Association for Behavioral and Cognitive Therapies (ABCT)  
American Psychosomatic Society (APS)

#### **Editorial Consultation**

2009 Emotion, Ad-hoc Manuscript Reviewer

#### **Clinical Experience:**

2009 **National Eating Disorder Awareness Call Center Hotline**  
Help line Volunteer  
National Eating Disorders Awareness, Seattle WA  
Volunteer Supervisor: William Walters

Responsibilities: Responded to Call Center Hotline emails and letters. Interacted with individuals suffering with eating disorders, family members of those with eating disorders, students studying eating disorders, and community members interested in learning more about eating disorders. Directed callers to the appropriate

professional resources, scholarly research articles, and support centers.

### **Academic and Professional Appointments (Reverse Chronological Order):**

2008 - **Research Assistant**  
Present Lustyk Women's Health Lab  
Seattle Pacific University  
Supervisor: M. Kathleen B. Lustyk, PhD

Project details: Many women self-report pain, discomfort, and reduced quality of life associated with their menstrual cycle. Mindfulness meditation has been used in clinical settings in order to help patients cope with chronic pain, anxiety, substance use disorders, and to reduce depressive symptoms. Given the similarities between premenstrual symptomatology and the symptoms treated by mindfulness, the Lustyk Women's Health Lab is investigating mindfulness meditation as an intervention for the symptoms associated with premenstrual symptomatology. Current projects include: 1) the interrelationships among the menstrual cycle and substance use disorders, 2) the effects of mindfulness on substance use and abuse in women 3) the interrelationships among mindfulness and premenstrual craving, 4) the association between body awareness, perceived premenstrual symptoms, and trait mindfulness, and 5) stress reactivity and recovery in women with substance use disorders. Previous research also addressed: 1) changes in Quality of Life over the menstrual cycle, and 2) symptom severity in women suffering from PMS and PMDD.

Responsibilities: Serve in the lab as a senior member. Design protocol for physiological equipment and subsequently train other research assistants. Maintain lab member access to lab and computer security, enter data and complete data analysis, assist in website oversight and updates, and present numerous posters and paper presentations at professional level conferences.

2008 – **Research Assistant**  
Present Human Learning and Cognition Lab  
Seattle Pacific University  
Supervisor: Baine B. Craft, PhD

Project details: Choice behavior is integral to everyday life. An individual's affinity to choose risky or risk averse options is

influenced by a multitude of variables. Metacognitive abilities and deprivation levels are two precise aspects of regulation researched in the Learning and Cognition labs to influence choice behaviors. Projects include 1) energy budgets and behavioral contrast, 2) confirmatory factor analysis of a short form Metacognitive Awareness Inventory, 3) choice behavior in human deprivation studies, and 4) risky and risk averse tendencies within human participants.

Responsibilities: Run participants through experiments. Design experiments, complete and submit experiment proposals through the Institutional Review Board. Complete literature reviews, and lead lab discussion. Enter and analyze data, and present research results at various academic conferences.

2008 – 2009 **Paid Research Coordinator**

Human & Animal Learning and Cognition Lab  
Seattle Pacific University  
Seattle, Washington  
Supervisor: Baine B. Craft, PhD

Responsibilities: Assisted supervisor in research duties, and ran human and animal participants through experimental procedures. Contributed to the research experimental design, completed Institutional Review Board submissions, and designed questionnaires for participant completion. Completed data entry, analysis, and dissemination. Supervised and scheduled undergraduate researchers, kept weekly minutes for entire lab, and presented research results at various academic conferences.

2008-2009 **Teaching Assistant**

Graduate Neural Basis of Behavior II  
Undergraduate Physiological Psychology  
Supervisor: M. Kathleen B. Lustyk

Responsibilities: Gave full length lectures. Assisted the professor in classroom demonstrations, and graded weekly assignments. Proctored, graded, and performed item analysis for exams. Lead study group sessions, oversaw the dissection of sheep brains, and provided tutoring as needed for students in the course.

2008 – 2009 **Undergraduate Research Assistant**

Animal Learning and Cognition Lab  
Seattle Pacific University

Supervisor: Baine B. Craft, PhD

Project details: The Non-Human Animal Lab explores self control, impulsivity, and risky behavior in rats. Projects include 1) operant responding in rats associated with deprivation levels, 2) self control and impulsivity in rats when exposed to classically conditioned stimuli, and 3) methodological analysis of varying strategies for implementing fixed interval schedules.

Responsibilities: Performed animal husbandry, organized and cleaned lab, and maintained subjects' regular feeding schedules. Helped design experimental parameters, then ran subjects within experimental conditions. Assisted in some programming within the Animal Behavior Education Testing program. Presented research results at various academic conferences

2009

**Temporary Transcribing Position**

Education Department  
Seattle Pacific University, Seattle WA  
Supervisor: Karen Soine

Responsibilities: Transcribed interviews from video into Word Document format for Supervisor's dissertation. Elementary level teachers from the Kent, Washington area described their professional development and professional learning experience. Interviews ranged from ten to fifteen minutes in length.

**Juried Publications:**

Lustyk, M. K. B., **Douglas, H. A. C.**, Gerrish, W., Bowen, S., & Marlatt, G. A. (under review). Relationships among premenstrual symptom reports, menstrual attitudes, and trait mindfulness. *Journal of Clinical Psychology*.

Craft, B. B., **Douglas, H. A. C.**, & Lustyk, M. K. B. (in press). Exercise and quality of life: Assessing the moderating effect of exercise attributions.

**Scholarly Works in Progress:**

**Douglas, H. A. C.**, Lustyk, M. K. B., & Marlatt, G. A. Substance Use Disorders and co-occurring psychopathology in women. Manuscript in preparation.

Lustyk, M. B. K., **Douglas, H. A. C.**, Bentley, J., Gerrish, W. G. Cardiovascular responses to a laboratory stressor in women: Assessing the role of body awareness. Manuscript in preparation.

Lustyk, M. K. B., Heitkemper, M., Woods, N. & **Douglas, H. A. C.** Are cyclical changes in a woman's stress responses affected by premenstrual symptoms? Manuscript in preparation.

Craft, B. B., **Douglas, H. A. C.**, Mry, N., & Donovan, J. The effects of deprivation on self control in *rattus rattus*. Manuscript in preparation.

Craft, B. B., **Douglas, H. A. C.**, Myr, N. & Kruse, K. The effects of deprivation on self control in humans. Manuscript in preparation.

### **Scholarly Presentations/Symposia (Peer Reviewed):**

#### **Paper Presentations:**

**Douglas, H. A. C.**, Lustyk, M. K. B., Gerrish, W. G., Bowen, S. & Marlatt, G. A. (April, 2010). *Mindful Menses: An oxymoron, or are we onto something?* Paper Presentation to be presented at the Annual Convention of the Western Psychological Association, Mexico.

Lustyk, M. K. B., Gerrish, W. G., **Douglas, H. A. C.**, Bowen, S., & Marlatt, G. A. (November, 2009). Relationships Among Trait Mindfulness and Premenstrual Symptom Reports. G. Alan Marlatt (chair), Mindfulness Interventions: How and for whom? Accepted symposium presented at the Association for Cognitive and Behavioral Therapy Conference, New York, New York.

**Carroll, H. A.**, Donovan, J., Knight, P. & Craft, B. B. (May, 2009). *The effects of past experience on baseline responding in rats*. Paper presented at the Annual Conference at Seattle Pacific University from the School of Psychology, Family, and Community, Seattle, Washington.

Gerrish, W. G., **Carroll, H. A.**, & Lustyk, M. K. B. (May, 2009). *Mindful menses: An oxymoron, or are we on to something?* Paper presented at the Annual Conference at Seattle Pacific University from the School of Psychology, Family, and Community, Seattle, Washington.

#### **Poster Presentations:**

Patterson, J., **Douglas, H. A. C.**, & Lustyk, M. K. B. (April, 2010). *Can Somatic Awareness Buffer Cardiovascular Responses to Stress in Women?* Poster Presentation to be presented at the Annual Convention of the Western Psychological Association, Mexico.

Carpenter, H. A., Newberry, M., **Douglas, H. A. C.**, & Lustyk, M. K. B. (April, 2010). *Can Premenstrual Symptoms, Trait Anxiety, or Quality of Life Reports Explain Luteal Phase Increases in Stress Reactivity in Women?* Poster Presentation to be presented at the Annual Convention of the Western Psychological Association, Mexico.

**Douglas, H. A. C.**, & Lustyk, M. K. B. (April, 2010). Can Mindfulness Buffer the Relationship Between Poor Menstrual Attitudes and Premenstrual Symptom Severity? Poster Presentation to be presented at the Annual International Scientific Conference for Clinicians, Researchers, and Educators, Worcester, Massachusetts.

Gerrish, W. G., Lustyk, M. K. B., Bentley, J., **Douglas, H. A. C.**, & Locke, S. J. (April, 2010). *Mindfulness, Menses, and Body Awareness*. Poster Presentation to be presented at the Annual Meeting and Scientific Sessions for the Society of Behavioral Medicine, Seattle, Washington.

Lustyk, M. B. K., Gerrish, W. G., **Douglas, H. A. C.**, Bowen, S., & Marlatt, G. A. (March, 2010). *Mindfulness Qualities, Menstrual Attitudes, and Premenstrual Symptoms*. Poster presentation presented at the Annual Scientific Meeting of the American Psychosomatic Society, Portland, Oregon.

Locke, S. J., Carpenter, H. A., **Douglas, H. A. C.**, & Lustyk, M. K. B. (March, 2010). *Can Premenstrual Symptoms, Trait Anxiety, or Quality of Life Reports Explain Luteal Phase Increases in Stress Reactivity in Women?* Poster Presentation presented at the Annual Scientific Meeting of the American Psychosomatic Society, Portland, Oregon.

**Carroll, H. A.**, Carpenter, H. A., Locke, S. J., Gerrish, W. G., Lustyk, M. K. B., & Marlatt, G. A. (June, 2009). Relationships among trait mindfulness and premenstrual symptom reports. Poster session presented at the bi-annual meeting of the Society for Menstrual Cycle Research, Spokane, Washington.

**Carroll, H. A.**, Jung, C., Lowell, C., & Craft, B. B. (May, 2009). *The effects of caloric deprivation on risky behavior in human participants*. Poster presented at the Annual Conference at Seattle Pacific University from the School of Psychology, Family, and Community, Washington.

**Carroll, H. A.**, Langer, R. M., Craft, B. B., & Island, H. D. (May, 2009). *The effects of deprivation on self-control in humans*. Poster presented at the Annual Conference at Seattle Pacific University from the School of Psychology, Family, and Community, Washington.

- Donovan, J.A., **Carroll, H.A.**, Knight, P., & Craft, B.B. (May, 2009). *Two fixed interval schedules: Temporal contiguity and reinforcement timing*. Poster presented at the Annual Conference at Seattle Pacific University from the School of Psychology, Family, and Community, Washington.
- Carpenter, H. A., Locke, S., Portinga, J., **Carroll, H. A.**, & Lustyk, M. K. B. (June, 2009). *Relationships among trait mindfulness and premenstrual symptom reports*. Poster presented at the Annual Conference at Seattle Pacific University from the School of Psychology, Family, and Community, Washington.
- Locke, S. J., Portinga, J. M., Carpenter, H. A., **Carroll, H. A.**, & Lustyk, M. K. B. (May, 2009) *Menstrual cycle variations in Premenstrual Symptoms and Quality of life reports*. Poster presented at the Annual Conference at Seattle Pacific University from the School of Psychology, Family, and Community, Washington.
- Myr, N., Jung, C., **Carroll, H. A.**, & Craft, B. B. (May, 2009). *Shortened version of the Metacognitive Awareness Inventory*. Poster presented at the Annual Conference at Seattle Pacific University from the School of Psychology, Family, and Community, Washington.
- Knight P., Donovan, J., **Carroll, H. A.**, & Craft, B. B. (May, 2009). *The effects of past experience on baseline responding in rats*. Poster presented at the Annual University of Washington Symposium, Washington.
- Carroll, H. A.**, Carpenter, H. A., Locke, S. J., Portinga, J. M., & Lustyk, M. K. B. (April, 2009) *Menstrual cycle variations in Premenstrual Symptoms and Quality of life reports*. Poster presented at the Annual Convention of the Western Psychological Association, Oregon.
- Craft, B. B., Donovan, J., **Carroll, H. A.**, & Knight, P. (April, 2009). *The effects of past experience on baseline responding in rats*. Poster presented at the Annual Convention of the Western Psychological Association, Oregon.
- Craft, B. B., Island, H. D., Langer, R. M. & **Carroll, H. A.** (April, 2009). *The effects of deprivation on self-control in humans*. Poster presented at the Annual Convention of the Western Psychological Association, Oregon.
- Carroll, H. A.**, Donovan, J., Knight P., & Craft, B. B. (November, 2008). *The effects of past experience on baseline responding in rats*. Poster presented at the Annual Convention of the Murdock Association, Washington.

**Carroll, H. A.**, Donovan, J., Knight, P., & Purviance, E. (May, 2008). *The effects of deprivation in FI responding in rats: An evaluation of Behavioral Regulation Theory*. Poster presented at the Annual Conference at Seattle Pacific University from the School of Psychology, Family, and Community, Washington.

Herges, A., Richards, M., **Carroll, H. A.**, Kirk, K., & Craft, B.B. (May, 2008). *The effects of cue salience on operant responding in rats*. Poster presented at the Annual Conference at Seattle Pacific University from the School of Psychology, Family, and Community, Washington.

### **Grant/Funding Activities**

#### **Ongoing Research Support**

1/25/09-  
1/24/10      **CTSA, Small Pilot Project, Douglas (Research Scientist)**  
NIH Institute of Translational Health Science, Clinical and Translational Science Award (CTSA)  
*Cardiovascular Responses to a Laboratory Stressor in Substance Abusers Before and After Treatment with Mindfulness-Based Relapse Prevention.*

Purpose: The ongoing research project is testing cardiovascular reactivity and recovery in response to a cognitive challenge in addicts before and after completing an 8-week Mindfulness-Based therapy intervention designed by the primary investigator Dr. Lustyk and the co-investigators, Drs. Alan Marlatt and Sarah Bowen.

#### **Relevant Guest Lecture:**

2010      **Title: Mindfulness Meditation for Women with Substance Use Disorders and Co-occurring Psychopathology**  
1 hour  
Graduate Level Mindfulness Course, University of Washington  
Instructor: Dr. G. Alan Marlatt

2009      **Title: Women, Addiction, and Co-occurring Psychopathology**  
1 hour  
Psychobiology of Women, Seattle Pacific University  
Instructor: Dr. M. Kathleen B. Lustyk

#### **Volunteer Service Related Activities:**

- 2009      **Society for the Exploration of Psychotherapy Integration (SEPI) XXV**  
Conference Volunteer  
SEPI 2009 Conference, Seattle WA  
Conference Supervisor: Bob Kohlenburg, PhD  
Volunteer Supervisor: Lynn Peterson
- Responsibilities: Assisted in registration, administered Continuing Education credit, sat in on keynote lectures, and administered information packets and programs.
- 2010      **Washington Mental Health Counselors Association**  
Volunteer Workshop Teacher's Assistant  
Title: Relapse, Addiction, and Mindfulness: The neuroscientific implications and clinical applications of Mindfulness-Based Relapse Prevention  
Supervisors: M. Kathleen B.Lustyk, PhD, G. Alan Marlatt, PhD, & Sarah Bowen, PhD
- Responsibilities: Prepare presentation materials and handouts. Sit in on workshop; assist in distributing materials and demonstrations.

**Relevant Workshop Attendance:**

- 2010      **Mindfulness Based Stress Reduction**  
Carol Jackus, M.A.  
8 week program
- 2010      **Teaching 101 Workshop**  
Seattle Pacific University  
Annual Faculty Workshop  
5 hours
- 2009      **Heart Rate Variability: Origins, Methods, and Interpretation**  
Gary Berntson and Dave Lovanzo  
Society for Psychophysiological Research  
Annual Conference: Berlin, Germany  
8 hours
- 2009      **Multiple Regression Analyses from Start to Finish**  
Chris Aberson  
Western Psychological Association  
Annual Conference: Portland, Oregon  
2 hours

- 2009      **Analyzing Data that Include Repeated Measures**  
Barbara Tabachnick  
Western Psychological Association  
Annual Conference: Portland, Oregon  
2 hours
- 2009      **Seeing Your Data: Exploring and Visualizing Relationships**  
Stephen G. West and Leona S. Aiken  
Western Psychological Association  
Annual Conference: Portland, Oregon  
2 hours

### **Special Skills**

- Computer and Writing**      Proficient in the use of: APA writing style, the Statistical Package for the Social Sciences (SPSS/PASW), Word Office Programs, Formbook Pro, Contribute Online Editing, LabPro 7, Scope 7, Norm Imputation, and Animal Behavior Education Testing program. Experience in grant writing, co-author of several professional level papers (in press and preparation), and experience as an ad hoc reviewer.
- Participant Experience**      Experience working with human participants and Sprague-Dawley rat subjects. Familiar with participant recruitment, survey administration, psychological assessment screening, and participant contact.
- Physiological Equipment**      Skilled in the use of PowerLab physiological equipment to record, analyze, and interpret human biofeedback data including respiratory parameters, electromyogram, heart rate, heart rate variability, pulse rate, and electrocardiogram.
- Statistical Analysis**      Knowledgeable in advanced statistical analyses within SPSS/PASW and Excel.

### **References:**

M. Kathleen B. Lustyk, Ph.D. Professor and Primary Investigator Lustyk  
Women's Health Lab, Seattle Pacific University Dept. of Psychology, Suite 107,

Seattle, WA 98119, Voicemail: (206) 281-2893, Fax: (206) 281-2771, Email:  
[klustyk@spu.edu](mailto:klustyk@spu.edu), <http://www.spu.edu/lustyklab>

Baine B. Craft, Ph.D. Assistant Professor and Primary Investigator Learning and  
Cognition Labs, Seattle Pacific University Dept. of Psychology, Seattle WA  
98119, Voicemail: (206) 281-2893, Email: [craftb@spu.edu](mailto:craftb@spu.edu)

G. Alan Marlatt, Ph.D. Professor and Director Addictive Behaviors Research  
Center, University of Washington Dept. of Psychology, Box 351525, Seattle, WA  
98195-1525, Voicemail: (206) 685-1395, Fax: (206) 685-1310, Email:  
[marlatt@u.washington.edu](mailto:marlatt@u.washington.edu), <http://depts.washington.edu/abrc/>