

Sydney Damon

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EDUCATION

Michigan State University, East Lansing, MI August 2025- Present

PhD Student in Clinical Science

Approved thesis proposal— Interoceptive awareness, eating behaviors, and food insecurity

Committee— Dr. Blaire Burnette (Chair), Dr. Kelly Klump, Dr. Vivienne Hazzard

University of Pittsburgh, Pittsburgh, PA 2022

Bachelor of Science in Psychology, *magna cum laude*

Minors in Neuroscience and Chemistry

Westmoreland County Community College, Youngwood, PA 2019

General Associates of Science, *summa cum laude*

Completed as part of College in High School program

GRANTS AND AWARDS

Higher Education Administration Fellowship, Michigan State University — \$21,600 2026

Graduate Office Fellowship — \$2000 2026

PsyFutures Research Grant — \$500 2026

Early Start Summer Research Fellowship, Michigan State University College of Social Science
— \$3,000 2026

Early Start Summer Research Fellowship, Michigan State University College of Social Science
— \$3,000 2025

PUBLICATIONS

1. Lindsay, E. K., **Damon, S. T.**, Low, C. A., & Marsland, A. L. (2025). Remote mindfulness training for health following early life adversity: A randomized controlled feasibility trial. *Behavior Therapy*.
2. Jones, E. J., **Damon, S. T.**, Miller, P., Dupree, T., Coccari, M. L., Sekikawa, ... & Votruba-Drzal, E. (2025). Prospective links between childhood family income and subclinical atherosclerosis in a sample of young men. *Health Psychology*.
3. Jones, E. J., Miller, P., Natale, B. N., Dupree, T., **Damon, S.**, Marsland, A. L., ... & Votruba-Drzal, E. (2025). Childhood Family Income and Adult Cardiovascular Health: Indirect Effects Through Childhood Neighborhood Socioeconomic Advantages and Disadvantages in a Prospective Sample of Young Men. *Journal of the American Heart Association*, 14(8), e037871.

4. Donofry, S. D., **Damon, S. T.**, Jouppe, R. J., Davis, J. A., Conlon, R. P., Call, C. C., & Levine, M. D. Depressive Symptoms Mediate the Relationship between Dispositional Mindfulness and Dietary Quality on Weekends But Not Weekdays Among Pregnant Individuals with Pre-Pregnancy Bmi ≥ 25 . *Available at SSRN 5244654*.

MANUSCRIPTS UNDER REVIEW

1. Lindsay, E. K., Low, C. A., **Damon, S. T.**, & Marsland, A. L. Brief mindfulness training influences daily life stress among emerging adults exposed to childhood trauma: A randomized controlled feasibility trial. *Biopsychosocial Science and Medicine*, R&R
2. Burnette, C.B., **Damon, S. T.**, Simone, M. A commentary on Safeguarding Online Research in Eating Disorders Against Fraud: Increasing Risks and Practical Recommendations

MANUSCRIPTS IN PREPARATION

1. **Damon, S. T.**, Burnette, C. B. The influence of self-compassion, body kindness, and emotional wellness in the association between food security status and adaptive and maladaptive eating behaviors
2. **Damon, S. T.**, Burnette, C. B. Physical activity intensity and its association with adaptive and maladaptive eating behaviors
3. Thompson, M., **Damon, S. T.**, Burnette, C. B. A qualitative analysis of nutrition information shared on social media
4. **Damon, S. T.**, Marsland, A. L., Jouppe, R.J., Lindsay, E. K. Relationship between Childhood SES and Adult Binge Eating Attitudes and Behaviors: The Mediating Role of Impulsivity

PRESENTATIONS

1. **Sydney Damon, BS**; Tess Dupree, BS; Brianna Natale, MS; Emily Jones, PhD; Daniel Shaw, PhD; Elizabeth Votruba-Drzal, PhD; Anna Marsland, PhD (2024) Childhood income, Food Insecurity, and Cardiometabolic Risk in a High-Risk Sample of Young Adults. Symposium presented at the Annual Meeting of the American Psychosomatic society, Brighton, UK.
2. Emily Jones, PhD; Brianna Natale, MS; **Sydney Damon, BS**; Tess Dupree, BS; Daniel Shaw, PhD; Anna Marsland, PhD; Elizabeth Votruba-Drzal, PhD (2024). Childhood family income and adult cardiovascular health: Indirect effects through childhood neighborhood socioeconomic advantages and disadvantages in a prospective sample of young men. Symposium presented at the annual meeting of the American Psychosomatic Society in Brighton, UK.
3. Brianna Natale, MS; Emily Jones, PhD; Tess Dupree, BS; **Sydney Damon, BS**; Elizabeth Votruba-Drzal, PhD; Daniel Shaw, PhD; Anna Marsland, PhD (2024) Childhood Family Environment and Adult Cardiometabolic Health: Comparing Prospective and

Retrospective Assessments. Paper presented at the annual meeting of the American Psychosomatic Society, Brighton, UK.

POSTERS

1. **Sydney Damon, BS**; Blair Burnette, PhD. The moderating role of body kindness in the association between food security status and disordered and intuitive eating behaviors (2026). Poster presented at the Association for Behavioral and Cognitive Therapies: Baltimore, MD.
2. **Sydney Damon, BS**; Blair Burnette, PhD. Physical activity intensity and its association with adaptive and maladaptive eating behaviors (2026). Poster presented at the International Conference of Eating Disorders: The Hague.
3. Emily Lindsay, PhD; **Sydney Damon, BS**; Carissa Low, PhD, Anna Marsland, PhD (2025). Remote mindfulness training for health following early life adversity: a randomized controlled feasibility trial. Annual meeting of the Society for Biopsychosocial Science and Medicine: Seattle, WA.
4. Emily Lindsay, PhD; **Sydney Damon, BS**; Carissa Low, PhD, Anna Marsland, PhD. (2025). Brief mindfulness training influences daily life stress following early life adversity: a randomized controlled feasibility trial. The annual meeting of the Society for Biopsychosocial Science and Medicine: Seattle, WA.
5. Emily Lindsay, PhD; **Sydney Damon, BS**; Carissa Low, PhD, Anna Marsland, PhD. (2025). Brief mindfulness training influences daily life stress among emerging adults exposed to childhood trauma: a randomized controlled feasibility trial. Society for Personality and Social Psychology Health Preconference annual meeting of the Society for Biopsychosocial Science and Medicine: Virtual.
6. **Sydney Damon, BS**; Anna Marsland, PhD; Riley J. Jouppi, BS; Emily Lindsay, PhD (2024). Relationship between Childhood SES and Adult Binge Eating Attitudes and Behaviors: The Mediating Role of Impulsivity. Presented as a poster at the 2024 annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.
7. Mason Lower; **Sydney Damon, BS**; Pete J Gianaros, PhD; Regina L Leckie, PhD (2023). Circulating Nutrients and Brain Age in Midlife Adults. Poster presented at the University of Pittsburgh Undergraduate Research and Creative Expression Fair, Pittsburgh, PA.

MENTORED UNDERGRADUATE PRESENTATIONS AND POSTERS

(undergraduate students are starred)

1. **Claire Arkinstall***; **Sydney Damon, BS**; **Blair Burnette, PhD (2026)**. Analyzing TikToks under the hashtag “FitnessNutrition.” Poster presented at the Michigan State University University Undergraduate Research and Arts Forum (UURAF), East Lansing, MI.
2. **Kate Benoist***; **Sydney Damon, BS**; **Blair Burnette, PhD (2026)**. The relationship between food insecurity and body kindness: Does perceived ethnic discrimination

intensify the association? Poster presented at the Michigan State University University Undergraduate Research and Arts Forum (UURAF), East Lansing, MI.

3. **Lily Cassel*; Sydney Damon, BS; Blaire Burnette, PhD (2026).** Does exercise intensity buffer stress-related emotional eating? Evidence from an undergraduate sample. Poster presented at the Michigan State University Undergraduate Research and Arts Forum (UURAF), East Lansing, MI.
4. **Stacie Nickelson*; Sydney Damon, BS; Blaire Burnette, PhD (2026).** Marijuana use and disordered eating among U.S. undergraduates: The moderating role of perceived stress. Poster presented at the Michigan State University Undergraduate Research and Arts Forum (UURAF), East Lansing, MI.
5. **Christina Pettinger*; Sydney Damon, BS; Blaire Burnette, PhD (2026).** Body kindness among those diagnosed with type 2 diabetes, high blood pressure, and high cholesterol. Poster presented at the Michigan State University Undergraduate Research and Arts Forum (UURAF), East Lansing, MI.

RESEARCH EXPERIENCE

Graduate Research Assistant

2025-Present

Advancing Representation and Inclusion in the Study of Eating (ARISE) Lab

Arise Lab, Department of Psychology, Michigan State University

Principal Investigator: Blair Burnette

Lab Focus: Social, cultural, and environmental influences on body image and eating behaviors

Responsibilities:

- Supervising and mentoring undergraduate research assistants in developing and executing independent research projects, including hypothesis generation, data analysis, and dissemination (conference presentations and manuscript preparation)
- Supporting undergraduate researchers in implementing statistical analyses in R, including data preparation, model specification, and interpretation of results
- Coordinating and overseeing undergraduate research activities in collaboration with the ARISE lab manager, ensuring progress across multiple ongoing projects
- Using R to clean, manage, and analyze complex datasets, including implementing regression and moderation models to examine associations between psychosocial variables, eating behaviors, and body image concerns.
- Reviewing applications and interviewing prospective undergraduate research assistants to support selective recruitment and lab fit
- Developing and delivering a structured professional development series for undergraduate researchers
- Participating in weekly lab meetings and journal clubs focused on study development, data interpretation, and emerging literature
- Leading coding and analytic efforts for a large-scale TikTok content analysis of eating disorder-related content, including conducting and monitoring inter-rater

reliability analyses (e.g., Cohen's kappa), refining coding schemes, training research assistants, and resolving coding discrepancies

- Contributing to the development and implementation of three single-session interventions targeting body image, intuitive eating, and self-compassion, including refining content, optimizing user experience, and programming interactive features in Qualtrics using HTML
- Assisting in designing and implementing recruitment and data quality protocols, including developing screening procedures and strategies to enhance participant engagement and mitigate bot and low-quality responses
- Conducting systematic and scoping review activities, including resolving screening conflicts, reviewing full texts, and extracting data for projects focused on (1) pharmacological and surgical weight loss interventions in pediatric populations and (2) sociodemographic representation in U.S.-based eating disorder psychotherapy trials
- Working with a lab collaborator on a thematic analysis of dietary information sourced via social media

Study Coordinator

2022-2025

Remote Mindfulness (ReMind) Intervention Trial

Behavioral Immunology Lab, Department of Psychology, University of Pittsburgh

Principal Investigator(s): Emily Lindsay, PhD; Anna Marsland, PhD; Carissa Low, PhD

Lab Focus: Mindfulness, inflammation, and early life adversity

Funding Source: National Center for Complementary and Integrative Health (K01

AT011232)

Responsibilities:

- Compiling EMA and mobile tracking databases for feasibility analyses
- Running analyses on main feasibility aims
- Creating study management protocol and database for monitoring and encouraging adherence to interventions and remote assessments using REDCap survey software
- Testing and refining mindfulness and control intervention delivery platforms using Qualtrics
- Utilizing SurveySignal to develop schedule to remotely collect 150 EMA surveys for each participant
- Continual testing and refinement of study protocols and measurement
- Pre-screening over 1000 subjects for eligibility and documenting eligibility status
- Scheduling 286 participants for in-person eligibility assessment
- Conducting 216 study visits for 72 participants, including 3-hour baseline visits and 1-hour post-intervention and follow-up visits
- Coordinating participant tests and procedures; collecting data as required by the protocol which includes assessing eligibility, administering questionnaires, conducting walk-throughs for at-home study activities and EMA surveys,

collecting dried blood spot samples, assessing body composition, and assisting participants in setting up phones for at-home passive monitoring

- Assessing suicide risk using CSSR-S for participants flagged for suicidality
- Engaging in conversations with each participant regarding mindfulness or coping techniques, exploring the various opportunities, challenges, and complexities that arise over the course of the two-month study
- Problem solving and resolving issues related to participant intervention and EMA adherence, mobile sensor usage, study protocols, and other concerns that may impact participant engagement over the 2-month study duration
- Overseeing and contributing to development of data dictionary
- Coding syntax for questionnaire data collected in SPSS
- Coordinating and conducting training specific to running visits and weekly administrative tasks/data management for over 13 undergraduate and graduate research assistants
- Assisting in the development of training materials and tools for conducting the study
- Hosting weekly meetings with the study team to ensure deadlines are being met and there is open communication of information; includes hosting a discussion of research papers.
- Working with the PI to manage the day-to-day activities of the study and maintain study timelines
- Assisting in study feasibility assessments and protocol preparation and review
- Working with the PI to develop and implement recruitment strategies in accordance with IRB requirements and approvals.
- Assisting PI with scientific and compliance reporting requirements.

Study Coordinator

2022- 2025

Pathways to Health (PaTH) Study

Behavioral Immunology Lab and Pitt Parents & Children Lab, Department of Psychology, University of Pittsburgh

Principal Investigator(s): Anna Marsland, PhD; Elizabeth Votruba-Drzal, PhD; Daniel Shaw, PhD

Lab Focus: Childhood Antecedents of Adult Cardiometabolic Health

Funding Source: National Heart, Lung, and Blood Institute

Responsibilities:

- Writing code to clean, score, and merge Actigraphy data using R for over 1000 people
- Writing syntax for scoring questionnaire data and demographic characteristics
- Drawing 12 tubes of blood per participant as a trained phlebotomist
- Processing blood markers of inflammation and endothelial function for analysis via an automated immunoassay
- Recruitment of a longitudinal, high-risk sample of 310 participants

- Conducting 4-hour study visits on over 140 participants, which includes blood pressure assessment, heart rate variability assessments, actigraphy/Fitbit training, blood draws, questionnaires, and carotid artery ultrasound
- Conducting interviews of diet, drug/alcohol use, and medical history
- Utilizing Concur to book participant travel and lodging
- Overseeing remote data collection via Fitbit and Qualtrics surveys following visit
- Assisting in protocol development and training
- Assisting with symposium preparation and data analysis
- Contributing to development of data dictionary and relevant databases
- Contributing to weekly data analysis meetings and protocol meetings

Volunteer

2024-2025

Assessing and Measuring Prenatal Food Insecurity (AMPLIFY) Study

Perinatal Health and Behavior (PHAB) lab, Department of Psychiatry, University of Pittsburgh

Principal Investigator(s): Christine Call, PhD; Michelle Levine, PhD

Lab Focus: Perinatal Health and Disordered Eating Behaviors

Funding Source: National Institute of Health

Responsibilities:

- Recruiting and scheduling participants
- Entering and managing data for participants
- Conducting cognitive interviews on the experience of food insecurity in pregnancy for qualitative analyses and scale development
- Contributing to weekly study meetings
- Conducting analyses on previous interviews for preparation of manuscripts
- Cleaning, scoring, and merging Actigraphy data using R for over 700 people

Research Assistant

2021- 2022

Mitochondrial DNA and Psychological Stress (MaPS) Study

Behavioral Immunology Lab, Department of Psychology, University of Pittsburgh

Principal Investigator(s): Anna Marsland, PhD; Brett A. Kaufman, PhD

Lab Focus: Impact of acute psychological stress on mitochondria

Funding Source: National Institute of Health

Responsibilities:

- Recruited and scheduled participants
- Entered and managed data for all participants using REDCap software
- Ran over 80 participants through 4-hour baseline and follow-up visits, including administration of questionnaires, assessment of body composition via Tanita, blood pressure assessment, 2-hour EKG assessment with paced and unpaced respiration, assistance with blood draws, and administration of the Trier Social Stress Task
- Contributed to weekly study meetings for protocol and recruitment updates
- Contributed to weekly lab meetings for discussion of research papers

TEACHING EXPERIENCE

PSY 424 (W) Childhood and Family Psychopathology
Department of Psychology, Michigan State University
Course Instructor

2026

Responsibilities:

- Independently managed and delivered an upper-level, writing-intensive undergraduate course in an online asynchronous format.
- Managed course content, assignments, examinations, announcements, and grades through the D2L learning-management system.
- Communicated regularly with students via email, D2L, and office hours regarding course expectations, assignment requirements, grades, and questions about course concepts
- Evaluated written assignments and examinations using established grading criteria and provided timely, individualized feedback to support students' academic writing and understanding of course material.
- Implemented approved accessibility accommodations and worked to ensure that course materials and assessments were accessible within the asynchronous learning environment.

PROFESSIONAL AND VOLUNTEER EXPERIENCE

Higher Education Administration Fellowship

2026-Present

Graduate Assistant

Responsibilities:

- Completion of benchmarking analyses and research across peer universities and Big 10
- Attending and presenting at Michigan State University's Board of Trustee's meetings
- Reviewing and drafting executive summaries and redlines for updates of governing documents
- Updating and maintaining the governing documents on the Board of Trustee's website

MSU Community Outreach and Engagement Committee

2025-Present

Advocacy Subcommittee

Responsibilities:

- Attending bimonthly meetings
- Reviewing bills and policies that are being voted on in local elections
- Meeting with other community advocacy groups to delegate action items
- Spearheading letter-writing campaigns grounded in an empirical basis

National Eating Disorders Association – Non-profit Organization

2023-2025

Phone and Email Helpline Volunteer

Responsibilities:

- Responded to 2-3 emails each week from individuals seeking treatment for various eating disorders

- Compiled and sent lists of 5-7 local treatment options for each individual's email request for service
- Answered crisis and referral line calls for ~6 hours each week

Eating Disorders Awareness Week Collaborator

Responsibilities:

- Creating urgency around the need to recognize eating disorders as a public health concern and pushing the importance of early detection through screenings, funding research, and accessible treatment and resources.

General Volunteer

Responsibilities:

- Attending and helping to organize NEDA walk campaigns

American Foundation for Suicide Prevention – Bold Goal Committee

2024-2025

Volunteer

Responsibilities:

- Gathering information and providing assistance in support of the mission to reduce the rate of suicide in the U.S. by focusing on four critical areas: Firearms, Healthcare Systems, Emergency Departments, Corrections Systems.
- Attending committee meetings and preparing materials for dissemination of resources.

Pitt Connector Program

2023-2024

Connector

The Pitt Connector program was implemented with the objective of addressing workplace loneliness to contribute to a more connected and supportive work environment

Responsibilities:

- In my role, I have been trained to effectively combat workplace loneliness through a three-tiered approach to interpersonal communication:
 - Recognizing colleagues by engaging in daily interactions, such as smiling, greeting, offering compliments, and showing genuine interest in their hobbies.
 - Acknowledging coworkers' strengths and contributions by actively listening to their ideas, questions, and concerns, acknowledging their achievements, and supporting them during group challenges.
 - Fostering closer relationships by sitting next to colleagues during meetings and inviting them for coffee breaks, thus enhancing personal connections at work

PantherWELL Peer Health

2020- 2022

Peer Health Advocate

Responsibilities:

- Provided interactive programs on a number of health topics to support the Healthy U initiative and mission of Student Health Service at the University of Pittsburgh

- Provided information and program evaluation to other health educators
- Provided students with support and education on disordered eating, anxiety, depression, stress, sexual health, and sleep

Community Foundation of Westmoreland County

2017- 2019

Senior Philanthropy Intern

Responsibilities:

- Promoted philanthropic understanding, interaction with local nonprofits, and the assessment of community needs
- Oversaw 9 other junior interns
- Trained extensively in grant review
- Completed final evaluation of grant proposals from local nonprofit organizations and awarded \$70,000 in grant funding each year.

CERTIFICATIONS, SKILLS, AND TRAINING

Certifications:

Phlebotomy Certificate of Training	2024 – N/A
Adult Mental Health First Aid - Leonia Johnson & Scott Johnston	2022 – N/A
National Council for Mental Wellbeing	
CITI Conflicts of Interest	2021 – 2025
CITI responsible Conduct of Research	2020 – 2024
CITI Social and Behavioral Research Best Practices for Clinical Research	2024 – 2027
CITI Institutional/Signatory Official: Human Subject Research	2024 – 2027
Bloodborne Pathogens for Lab Workers	2024 – 2025

Computer and Software Skills:

Microsoft Office
 REDCap
 Qualtrics
 SurveySignal (EMA surveys)
 SPSS
 R
 Fitbit
 Pittbit
 AWARE Client V2
 HEIDIsql
 Zotero

PROFESSIONAL AFFILIATIONS

PSY Future Scholars
 Association for Behavioral and Cognitive Therapies, Member
 International Society of Psychoneuroendocrinology, Member
 Society of Behavioral Medicine, Member
 Psi Chi, Member, *Undergraduate Psychology Honor Society*