

# JULIA C. WEST

## CLINICAL PSYCHOLOGY PREDOCTORAL FELLOW

### EDUCATIONAL TRAINING

#### UNIVERSITY OF VERMONT

*Clinical Psychology PhD Candidate*

*Advisor: Andrea Villanti, PhD, MPH*

Aug. 2019 to May 2025

#### AMERICAN UNIVERSITY

*BA Psychology Minor in Film and Media*

Aug. 2012 to May 2016

### RESEARCH EXPERIENCE

#### 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

#### PROJECT MANAGER & RESERACH ASSISTANT - 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

- Aided with IRB submissions, grant budgeting, and administrative tasks (i.e. lab supplies, consultant payment)
- Co-authored and edited articles for submission to scientific journals
- Reviewed 3,922 articles for systematic review focused on smoking cessation interventions for U.S. young adults (54 full-text reviewed)
- Compiled appendixes and risk of bias for newly included studies in the systematic review
- Managed participant contact, recruitment, and payment for focus group sessions
- Conducted logistic regression analysis in STATA using 2016 National Health Interview Survey data to compare nicotine and tobacco use across age groups
- Created several surveys in qualtrics using various skip patterns

### INTRODUCTION:

I am a first year Clinical Psychology PhD candidate. My research interests are youth and young adult substance use, primarily nicotine and tobacco use. I am particularly interested in informing addiction-related policies through population-level research.

### CERTIFICATES & AWARDS:

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

### VOLUNTEER:

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

### SKILLS & ABILITIES:

- STATA
- SPSS
- mTurk
- Qualtrics
- EPPI Reviewer
- EndNote
- Squarespace
- Microsoft Office
- Adobe CC

### CONTACT:

Cell: (724) 953-3306  
julia.west@uvm.edu  
Burlington, VT

# JULIA C. WEST

CLINICAL PSYCHOLOGY PREDOCTORAL FELLOW

## INTRODUCTION:

I am a first year Clinical Psychology PhD candidate. My research interests are youth and young adult substance use, primarily nicotine and tobacco use. I am particularly interested in informing addiction-related policies through population-level research.

## CERTIFICATES & AWARDS:

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

## VOLUNTEER:

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

## SKILLS & ABILITIES:

- STATA
- SPSS
- mTurk
- Qualtrics
- EPPI Reviewer
- EndNote
- Squarespace
- Microsoft Office
- Adobe CC

## CONTACT:

Cell: (724) 953-3306  
julia.west@uvm.edu  
Burlington, VT

## TEACHING EXPERIENCE

### COURSE CO-INSTRUCTOR

*PSYS 198 Independent Research — University of Vermont | Fall 2019, Spring 2020*

## 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, 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.
4. Villanti AC, **West, JC**, Mays, D, Donny, EC, Cappella, JN, Strasser, AA. Impact of brief nicotine messaging on nicotine-related beliefs in a U.S. sample. *Am J Prev med*, 2019.
5. 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. *Under review*.

## IN PREPARATION

1. **West JC**, Peasley-Miklus C, Mermelstein R, Villanti AC. (*in preparation*) Impact of alcohol and drug use on smoking and cessation in socioeconomically disadvantaged young adults.
2. **West JC**, Peasley-Miklus C, Klemperer EM, Roemhildt M, Trites J, Trutor M, Villanti A. (*in preparation*) Correlation between knowledge of state marijuana policy, marijuana harm perceptions, and use in young adults.
3. Klemperer EM, **West JC**, Vallencourt C, Villanti A. (*in preparation*) Prevalence and reasons for reducing or quitting vaping in young adults: Findings from the PACE Vermont Study.
4. Nighbor TD, Klemperer EM, Reed EN, Simone S, **West JC**, Hughes JR. (*in preparation*) Both reducing cigarettes per day and transitioning to very low nicotine content cigarettes decreases demand for usual-brand cigarettes.
5. Villanti AC, Naud S, **West JC**, Pearson J, Wackowski O, Hair E, Niaura R, Rath J. (*in preparation*) Prospective associations between nicotine beliefs and tobacco-related susceptibility, curiosity, and use in U.S. young adults
6. Peasley-Miklus C, **West JC**, Villanti A. (*in preparation*) Improving cessation in socioeconomically-disadvantaged young adult smokers: Recommendations from focus groups.
7. 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.

# JULIA C. WEST

CLINICAL PSYCHOLOGY PREDOCTORAL FELLOW

## INTRODUCTION:

I am a first year Clinical Psychology PhD candidate. My research interests are youth and young adult substance use, primarily nicotine and tobacco use. I am particularly interested in informing addiction-related policies through population-level research.

## CERTIFICATES & AWARDS:

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

## VOLUNTEER:

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

## SKILLS & ABILITIES:

- STATA
- SPSS
- mTurk
- Qualtrics
- EPPI Reviewer
- EndNote
- Squarespace
- Microsoft Office
- Adobe CC

## CONTACT:

Cell: (724) 953-3306  
julia.west@uvm.edu  
Burlington, VT

## PRESENTATIONS

### PRESENTED/ACCEPTED (\* - indicates presenting author)

1. **West JC\***, Villanti AC, Klemperer EM, Graham AL, Mays D, Mermelstein R, & Higgins ST (2019). Poster presented 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 presented 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 presented at the 18th Annual Conference of SRNT Europe, Munich, Germany.
4. Villanti AC, **West JC\***, 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 presented 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 presented 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 presented 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 presented at the 19th Annual Conference of SRNT Europe, Oslo, Norway.
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. Villanti A\*, **West JC**, Peasley-Miklus C (2020). Impact of alcohol and drug use on smoking and cessation in socioeconomically disadvantaged young adults. Poster presented at the 2019 SRNT 26th Annual Meeting, New Orleans, LA.

### UNDER REVIEW

1. 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. Abstract submitted to the 2019 SRNT 26th Annual Meeting, New Orleans, LA.
2. 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. Abstract submitted to the 2019 SRNT 26th Annual Meeting, New Orleans, LA.
3. 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. Abstract submitted to the 2019 SRNT 26th Annual Meeting, New Orleans, LA.
4. **West JC\***, Peasley-Miklus C, Klemperer EM, Roemhildt M, Trites J, Trutor M, Villanti A (2020). Correlation between knowledge of state marijuana policy, marijuana harm perceptions, and use in young adults. Abstract submitted to the College on Problems of Drug Dependence 82nd Annual Meeting, Hollywood, FL.
5. 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. Abstract submitted to the College on Problems of Drug Dependence 82nd Annual Meeting, Hollywood, FL.