Shruti S. Kinkel-Ram, M.A.

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EDUCATION

Miami University

Doctor of Philosophy in Clinical Psychology Advisors: Dr. April Smith, PhD., Dr. Jeffrey Hunger, PhD.

Anticipated Aug. 2025 Oxford, OH

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Miami University

Master of Arts in Clinical Psychology Committee Chair: Dr. April Smith, PhD. March 2021 Oxford, OH

Thesis: "Examining Weekly Relationships Between Obsessive-Compulsive and Eating Disorder Symptoms"

Centre College

Bachelor of Science in Psychology; Minor in Behavioral Neuroscience

May 2017

Advisor: Dr. Jan Wertz, PhD.

Danville, KY

Senior Thesis: "The Effect of Expressive Writing and Positive Psychology on

Female Body Image and Well-Being"

GRANTS, AWARDS, AND RECOGNITIONS

Academy of Eating Disorders RSH Fellowship (\$1500)	Jan. 2021
Miami University Graduate School Travel Funding (\$450)	Multiple
Miami University Graduate Assistantship (\$19,800 annually)	Aug. 2019 – Present
Centre College Psychology Prize (\$250)	May 2017
Centre College Parents' Fund Summer Internship Funding (\$1000)	May 2016 – Aug. 2016
Centre College Founders Scholarship (\$16,000 annually)	Aug. 2013 – May 2017

MANUSCRIPTS PUBLICATIONS IN PRINT (n=10)

- 10. **Kinkel-Ram, S. S.,** Grunewald, W., Bodell, L., & Smith, A.R. (in press). Unsound sleep, wound-up mind: A longitudinal examination of sleep disturbances, agitation and suicidal ideation in an eating disorder sample. *Psychological Medicine*.
- 9. **Kinkel-Ram, S. S.,** Perkins, N., Ribeiro, J., Franklin, J., & Smith, A. R. (2021). Relations between implicit attitudes toward eating disorder stimuli and disordered eating urges among at-risk college women. *Eating Behaviors*. doi: 10.1016/j.eatbeh.2021.101499
- 8. **Kinkel-Ram, S. S.,** Kunstman, J., Hunger, J. & Smith, A. R. (2021) Examining the relation between discrimination and suicide among Black Americans: The role of social pain minimization and decreased bodily trust. *Stigma and Health*. doi: 10.1037/sah0000303
- 7. Vanzhula, I.A., **Kinkel-Ram, S. S.,** & Levinson, C. A. (2021). Perfectionism and difficulty controlling thoughts bridges eating disorder and obsessive-compulsive disorder: A network analysis. *Journal of Affective Disorders*. doi: 10.1016/j.jad.2021.01.083

- 6. Sala, M., **Shankar Ram, S.**, Vanzhula, I. A., & Levinson, C. A. (2020). Mindfulness and eating disorder psychopathology: A meta-analysis. *International Journal of Eating Disorders*. doi: 10.1002/eat.23247
- 5. Levinson, C. A., Christian, C., **Shankar Ram, S.,** Michelson, L., Vanzhula, I. A., Brosof, L. C., & Williams, B. (2020). Eating disorder symptoms and core eating disorder fears decrease during online imaginal exposure therapy for eating disorders. *Journal of Affective Disorders*. doi: 10.1016/j.jad.2020.07.075
- 4. Levinson, C. A., Brosof, L. C., **Shankar Ram, S.,** Pruitt, A., Russell, S., Lenze, E. J. (2019). Obsessions are strongly related to eating disorder symptoms in anorexia nervosa and atypical anorexia nervosa. *Eating Behaviors*, *34*. doi: 10.1016/j.eatbeh.2019.05.001
- 3. Levinson, C. A., Christian, C., **Shankar Ram, S.**, Brosof, L.C., & Williams, B. (2019). Sensor technology implementation for research, treatment, and assessment of eating disorders. *International Journal of Eating Disorders*. doi: 10.1002/eat.23120
- 2. Smith, A. R., Forrest, L. N., Perkins, N. M., **Kinkel-Ram, S. S.,** Bernstein, M. J., Witte, T. K. (2021) Reconnecting to internal sensation and experiences: Development of an online intervention to improve interoception and results from a pilot feasibility study. *Behaviour Therapy*. doi: 10.1016/j.beth.2021.02.001
- 1. Christian, C., Brosof, L. C., Vanzhula, I. A., Williams, B. M., **Shankar Ram, S.**, & Levinson, C. A. (2019). Implementation of a dissonance-based, eating disorder prevention program in Southern, all-female high schools. *Body Image*, *30*, 26-34. doi: 10.1016/j.bodyim.2019.05.003

MANUSCRIPTS UNDER REVIEW

- 3. **Kinkel-Ram, S. S.,** Ortiz, S. N., Magee, J. & Smith, A.R. (under review). Examining weekly relationships between eating disorder and obsessive-compulsive symptoms.
- 2. **Kinkel-Ram, S. S.,** Williams, B. M., Ortiz, S. N., Forrest, L. N., Magee, J., Levinson, C. A., & Smith, A.R. (invited revision). Testing intrusive thoughts as illness pathways between eating disorders and obsessive-compulsive disorder symptoms: A network analysis.
- 1. Ortiz, S. N., Forrest, L. N., **Kinkel-Ram, S. S.,** Jacobucci, R. C. & Smith, A. R. (invited revision). Empirically determining severity specifiers for Other Specified Feeding and Eating Disorders.

MANUSCRIPTS IN PREPARATION

- **Kinkel-Ram, S. S.,** Staples, C., Rancourt, D., & Smith, A.R. (in preparation). The effect of food images on Instagram on body image and disordered eating.
- Smith, A. R., **Kinkel-Ram, S. S.,** Forrest, L. N., & Chamberlin, J. (in preparation). Longitudinal and personalized networks of suicide: A proof of concept study for personalized treatment interventions.
- Levinson, J., **Kinkel-Ram, S. S.,** & Hunger, J. M. (in preparation). A systematic review of weight stigma and disordered eating.
- Grunewald, W., **Kinkel-Ram, S. S.,** & Smith, A. R. (in preparation). The association between contamination disgust and eating concerns changes among levels of fear of fat.
- Grunewald, W., **Kinkel-Ram, S. S.,** & Smith, A. R. (in preparation). Conformity to masculine norms, masculine discrepancy stress, and the development of muscle dysmorphia symptoms

- 24. Smith, A. R., **Kinkel-Ram, S. S.,** Nearman, C. R., W., Cusack, C., & Levinson, C. A., (Oct. 2021). Reconnecting To Internal Sensations and Experiences (Rise): An Online Intervention to Improve Interoception and Reduce Eating Disorder Pathology. Paper submitted to the annual meeting of the Eating Disorder Research Symposium, Boston, MA.
- 23. **Kinkel-Ram, S. S.,** Grunewald, W., Ortiz, S., Magee, J. & Smith, A. R. (Nov. 2021). Examining Weekly Relationships Between Eating Disorder and Obsessive-Compulsive Symptoms. Poster to be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.
- 22. **Kinkel-Ram, S. S.,** Grunewald, W., Bodell, L., & Smith, A.R. (June 2021). A Longitudinal Examination of Sleep Disturbances, Agitation and Suicidal Ideation in an Inpatient Eating Disorder Sample. Paper to be presented virtually at the annual meeting of the International Conference on Eating Disorders.
- 21. **Kinkel-Ram, S. S.,** Williams, B. W., Ortiz, S. N., Forrest, L. N., Magee, J., Levinson, C. A., & Smith, A.R. (Apr. 2021). Testing intrusive thoughts as illness pathways between eating disorders and obsessive-compulsive disorder symptoms: A network analysis. Paper presented virtually at the annual meeting of Midwestern Psychological Association Conference.
- 20. **Kinkel-Ram, S. S.,** Kunstman, J., Hunger, J., & Smith, A.R. (April 2021). Examining the relation between discrimination and suicide among Black Americans: The role of social pain minimization and decreased bodily trust. Paper presented virtually at the annual meeting of the American Association of Suicidology, Orlando, FL.
- 19. **Kinkel-Ram, S. S.,** Ortiz, S. N., Magee, J., & Smith, A. R. (Nov. 2020). Assessing the Temporal, Bidirectional Relationship Between Eating Disorder and Obsessive-Compulsive Disorder Symptoms. Poster presented virtually at the annual Obesity and Eating Disorders Special Interest Group (OED-SIG) Exposition of the Association for Behavioral and Cognitive Therapies.
- 18. **Shankar Ram, S.**, Perkins, N., & Smith, A. R. (Nov. 2020). Implicit Attitudes toward Eating Disorder Stimuli and Disordered Eating Symptoms. Poster presented virtually at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- 17. **Kinkel-Ram, S. S.,** Williams, B. W., Ortiz, S. N., Forrest, L. N., Magee, J., Levinson, C.A., & Smith, A.R. (Oct. 2020). A Network Analysis of Eating Disorder Related Intrusive Thoughts, Eating Disorder and Obsessive-Compulsive Disorder Symptoms. Poster presented virtually at the annual meeting of the Eating Disorder Research Symposium, Boston, MA.
- 16. **Shankar Ram, S.**, Forrest, L. N., Perkins, N., Lavender, J., & Smith, A. R. (Nov. 2019). Using Network Analysis to Identify Central Eating Disorder Symptoms among Men. In *Am I Good Enough? The Role of Self-Evaluation in the Context of Body Image and Disordered Eating*. Symposium conducted at the annual meeting of the Association of Behavior and Cognitive Therapies, Atlanta, GA.
- 15. **Shankar Ram, S.**, Vanzhula, I. A., & Levinson, C. A. (Nov. 2019). Bridge symptoms between obsessive-compulsive disorder and eating disorders in individuals with eating disorders. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- 14. **Shankar Ram, S.**, Christian, C., & Levinson, C. A. (Nov. 2018). Shared vulnerabilities and associations between fear of negative evaluation, social anxiety, eating disorder symptoms and obsessive-compulsive symptoms. Poster presented at the annual Obesity and Eating Disorders Special Interest Group (OED-SIG) Exposition of the Association for Behavioral and Cognitive Therapies, Washington, DC.

- 13. **Shankar Ram, S.**, Breitenbach, E. & Wertz, J. (Apr. 2017). Write it out: The effect of expressive writing and positive psychology on female body image and well-being. Poster presented at Centre College RICE Symposium, Danville, KY.
- 12. Smith, A. R., **Kinkel-Ram, S.**, Forrest, L. N., Chamberlin, J., & (Nov. 2021). A Network Analysis Investigation of Eating Disorder Symptoms in a Sample of Military Members. In *Disordered Eating in Non-Traditionally Studied Populations*. Symposium submitted to the annual meeting of the Association of Behavior and Cognitive Therapies, New Orleans, LA.
- 11. Grunewald, W., **Kinkel-Ram, S. S.,** & Smith, A. R. (Nov. 2021). Conformity to Masculine Norms, Masculine Discrepancy Stress, and the Development of Muscle Dysmorphia Symptoms. Poster to be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.
- 10. Grunewald, W., **Kinkel-Ram, S. S.,** & Smith, A. R. (June 2021). Conformity to Masculine Norms, Masculine Discrepancy Stress, and the Development of Muscle Dysmorphia Symptoms. Poster to be presented virtually at the annual meeting of the International Conference on Eating Disorders.
- 9. Perkins, N. M., **Shankar Ram, S.,** & Smith, A. R. (Nov. 2020). Examining disordered eating and nonsuicidal self-injury through the lens of objectification theory: The role of interoceptive awareness and emotional reactivity. Poster presented virtually at the Association for Behavioral and Cognitive Therapies annual convention, Philadelphia, PA.
- 8. Sala, M., **Shankar Ram, S.**, Vanzhula, I.A., & Levinson, C.A. (Mar. 2019). Mindfulness and eating disorder psychopathology: A meta-analysis. Paper presented at the Academy of Eating Disorders, International Conference on Eating Disorders, New York, NY.
- 7. Smith, A. R., Forrest, L., **Kinkel-Ram, S.,** & Chamberlin, J. (Nov. 2021). Testing Longitudinal Relations between Anger Variability and Eating Disorder Symptoms in a Military Sample. In *Interoception and Eating Disorders*. Symposium submitted to the Association for Behavioral and Cognitive Therapies annual convention, New Orleans, LA.
- 6. Levinson, C.A., Christian, C., **Shankar Ram, S.,** Michelson, L., Vanzhula, I.A., Brosof, L. C., & Williams, B. (Sept. 2019). Eating Disorder Symptoms and Core Eating Disorder Fears Decrease During Online Imaginal Exposure Therapy for Eating Disorders. Paper presented at the Eating Disorder Research Symposium, Chicago, IL.
- 5. Brosof, L. C., Vanzhula, I.A., **Shankar Ram, S.,** Christian, C., Michelson, L., & Levinson, C.A. (Nov. 2018). Interacting risk factors: Higher emotional impulsivity and lower maladaptive perfectionism is associated with higher bulimic symptoms. In L.C. Brosof: Transdiagnostic processes in eating disorders: How shared mechanisms can inform treatment. Paper presented at the Association for Behavioral and Cognitive Therapies, Washington, D.C.
- 4. Reid, M., Green, S., **Shankar Ram, S.**, Breitenbach, E. & Wertz, J. (Apr. 2018). Effect of expressive writing and positive psychology on body image. Poster presented at Midwestern Psychological Association, Chicago, IL.
- 3. *Moughan, E., *McCracken, K., *Zeifang, C., *Naples, E., **Kinkel-Ram, S.,** & Smith, A. (Apr. 2021). Association Between Maturity Fears, Trait Anxiety and Eating Disorder Symptoms. Poster to be presented virtually at the Midwestern Psychological Association, Chicago, IL.
- 2. *Naples, E., *Zeifang, C., *McCracken, K., *Moughan, E., **Kinkel-Ram, S.**, & Smith, A. (Apr. 2021). Association Between Body Image, Self-Esteem, Perfectionism, and Disordered Eating. Poster to be presented virtually at the Midwestern Psychological Association, Chicago, IL.

 Vanzhula I.A., Christian, C., Brosof, L. C., Shankar Ram, S., Michelson, L., & Levinson, C. A. (Nov. 2018). Rumination and lack of mindful awareness prospectively predict eating disorder symptoms. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

EDITORIAL EXPERIENCE

Ad hoc reviewer for: Eating Behaviors, Eating Disorders: The Journal of Treatment & Prevention, International Journal of Eating Disorders, Journal of Abnormal Psychology, Suicide and Life-Threatening Behavior

INVITED TALKS AND PRESENTATIONS

Shankar Ram, S. (2019, October). Eating Disorders and Neurological Correlates. Invited talk at Centre College.

Shankar Ram, S. (2018, August). Eating Disorder Awareness, Common Misconceptions and Resources for Treatment. Invited talk at Kentucky Country Day School.

RESEARCH EXPERIENCE

Research on Eating Disorders and Suicidality (REDS) Lab

Positions(s): Graduate Student & Lab Manager July 2019 – Present

Supervisor: Dr. April Smith, PhD. Miami University – Oxford, OH

Primary Responsibilities: Assist with management and coordination of two large NIMH grant-funded studies on suicidality and disordered eating. Enroll participants and analyze survey data. Assist with manuscript reviews. Mentor and train research assistants. Propose, develop and coordinate independent research projects. Assist in development of new research studies. Analyze and compile data. Coordinate institutional review board proposals, submissions, and renewals.

Eating Anxiety Treatment (EAT) Laboratory and Clinic

Positions(s): Study Coordinator & Lab Manager Sept. 2017 – June 2019

Supervisor: Dr. Cheri Levinson, PhD. University of Louisville – Louisville, KY

Primary Responsibilities: Assisted with the management and running of thirteen different research studies. Screened and enrolled participants using valid psychometric measures. Compiled materials for grant proposals and conducted literature reviews. Supervised and trained undergraduate research assistants. Analyzed and compiled data. Responsible for participant communication, recruitment, follow-up and compensation. Supervised the creation of a digital library of all psychometrically valid, self-report measures used in the lab. Disseminated the ecological momentary assessment (EMA) surveys.

Expressive Writing and Body Image Lab

Positions(s): Study Coordinator Aug. 2016 – May 2017

Supervisor: Dr. Jan Wertz, PhD. Centre College – Danville, KY

Primary Responsibilities: Assisted in developing the method for studies. Wrote and developed study protocol and manual. Conducted study and oversaw participants as they completed the expressive writing exercises. Administered psychological assessments relevant to the study. Disseminated the ecological momentary assessment (EMA) surveys.

CLINICAL EXPERIENCE

Miami University Psychology Clinic

Clinical Psychology Trainee Aug. 2019 – May 2020

Supervisor: Dr. Lauren Evans Toben, PhD. Oxford, OH

Primary Responsibilities: Provides outpatient individual psychotherapy in a clinic serving the general community. Uses cognitive—behavioral, dialectical—behavioral, and interpersonal psychotherapy interventions with adults with a range of DSM-5 disorders, including alcohol use disorder, generalized anxiety disorder, and major depressive disorder. Attends weekly individual and group supervision meetings. Provides weekly on-call services. Conducts risk assessments and comprehensive psychological testing.

Talawanda High School

Adolescent DBT Skill-Building Group Aug. 2019 – May 2020

Supervisor: Dr. Jennifer Green, PhD. Oxford, OH

Primary Responsibilities: Co-led a weekly outpatient Dialectical—Behavioral Therapy Skills group for 15-20 high-school aged adolescents. Led skills group meetings on mindfulness, emotion regulation skills, and strengths. Attended weekly supervision with group leader and co-facilitators.

Louisville Center for Eating Disorders & Louisville OCD Clinic

Eating Disorder Intake & Research Coordinator Oct. 2017 – June 2019

Supervisor: Dr. Cheri Levinson, PhD. Louisville, KY

Primary Responsibilities: Assisted clinicians with assessments, group therapies, exposure therapy, and miscellaneous tasks. Communicated with, educated and provided support for potential new eating disorder clients. Maintained electronic medical records. Communicated with patients and ensured that their information is kept organized and confidential. Sent out and analyzed self-report measures to eating disorder intensive outpatient and outpatient clients to track their treatment progress.

Eating Anxiety Treatment (EAT) Laboratory and Clinic

Lab Manager & Study Coordinator Sept. 2017 – June 2019

Supervisor: Dr. Cheri Levinson, PhD. Louisville, KY

Primary Responsibilities: Conducted structured clinical interviews and assessments in food exposure therapy, imaginal exposure and daily habits studies. Screened participants using the Structured Clinical Interview for DSM-IV, the Eating Disorder Diagnostic Inventory, the Suicide, Mania/Hypomania, and Psychosis modules of the Mini International Neuropsychiatric Interview, and the Eating Fears Questionnaire. Oversaw and coordinated food exposure therapy and imaginal exposure therapy for participants.

Humana Behavioral Health

Clinical Guidance Specialist May 2016 – Aug. 2016

Supervisor: Kim Koebel, MBA Louisville, KY

Primary Responsibilities: Conducted research for projects HBH was developing; researched clinical studies of related mental health conditions, healthcare costs, rate of morbidity and negative health events. Assisted research initiatives by identifying and reviewing creative mental-health projects that would be beneficial for HBH to partner with for future projects. Reviewed clinical studies involving these projects to ascertain if they were clinically valid.

Enrich Counseling Center

Counseling Intern June – Aug. 2014 and 2015

Supervisor: Sunita Bhatnagar, LLPC Louisville, KY

Primary Responsibilities: Shadowed licensed professional counsellor, Sunita Bhatnagar, and acted as a scribe, taking notes during therapy sessions. Helped to maintain daily functioning at the clinic as well as client management, billing, and other miscellaneous tasks. Aided in administering assessments to clients, such as the Wechsler Adult Intelligence Scale.

TEACHING/MENTORSHIP EXPERIENCE

University of Louisville

Research Assistant Supervisor, Eating Anxiety Therapy Lab and Clinic Sept. 2017 – June 2019

Supervisor: Dr. Cheri Levinson, PhD. Louisville, KY

Primary Responsibilities: Directly oversaw undergraduate research assistants, provided training on how to conduct and write APA style literature reviews and papers, provided training on statistical analyses, mentored undergraduates and assisted with running research studies as needed.

Centre College

Teaching Assistant: Experimental Design Psychology (PSY 210) Feb. 2017 – May 2017

Supervisor: Dr. Jennifer Goetz, PhD. Danville, KY

Primary Responsibilities: Oversaw lab activities, graded assignments, helped students prepare for exams, held review sessions, held office hours, proctored tests and examinations, assisted students in developing their own studies.

Teaching Assistant: Introduction Psychology (PSY 110) Aug. 2016 – Dec. 2016

Supervisor: Dr. Benjamin Arnold, PhD. Danville, KY

Primary Responsibilities: Assisted undergraduate students with lab work and dissections, guest lectured, attended class and oversaw students, help review sessions and office hours, graded tests and assignments.

COMMUNITY OUTREACH/SERVICE EXPERIENCE

Committee and Task Force Liaison, Academy for Eating Disorders

Feb. 2021-Present
Responsible for communicating with the various Special Interest Groups on a monthly basis to see if
there is any information that the groups would like to disseminate over social media such as special
events or initiatives. Also disseminates research findings and programs on social media for AED.

Out of Darkness Walk Oct. 2019, Oxford, OH

Attended mental health awareness event bringing awareness to suicide. Disseminated resources regarding research studies targeting suicide.

NEDA Walk, Planning Committee

Sept. 2018, Louisville, KY

Was a member of the planning committee and took charge of marketing and social media outreach. Disseminated event details and eating disorder resources. Attended event and assisted in coordination and planning.

Mental Health Awareness Day, Kentucky Country Day School

Gave a talk at a local high school on eating disorder awareness. Talked about signs and symptoms of eating disorders, common misconceptions, and gave resources for treatment.

NAMI Walk, Planning Committee

Aug. 2018, Louisville, KY

Attended mental health awareness event and assisted in coordination. Provided education on eating disorders and obsessive-compulsive disorder to event attendees. Disseminated mental health clinical services to event attendees.

Take Back the Night, Centre College Counseling Services

Mar. 2017, Danville, KY

Provided psychological support and resources at a rally bringing awareness to sexual assault, and promoting safe communities and respectful relationships.

PROFESSIONAL AFFILIATIONS

Academy for Eating Disorders

American Psychological Association

Association of Behavioral and Cognitive Therapies Member

ABCT Special Interest Group Memberships: Obesity and Eating Disorder SIG, Suicide SIG, Sexual and Gender Minority SIG, Clinical Psychological Science SIG and Military Psychology SIG

Midwestern Psychological Association Mar. 2017 – Present Psi Chi Honor Society Dec. 2015 – Present

TRAINING, CERTIFICATIONS & PROFICIENCIES

- **Network Analysis** attended Psychological Dynamics Summer School specialty training on contemporaneous, longitudinal, idiographic, and group-level networks using R and R studio programs
- Statistical Analysis Proficient in working with R, R Studio, Qualtrics and SPSS with working knowledge of MPlus
- **Multimethod Data** Measurement Trained at collecting psychophysiological data using systems such as MindWare, Empatica E4 bands, and Biopac systems, specifically heart rate variability, cardiac impedance, respiration, electrocardiogram (ECG), and electrodermal activity (EDA)
- **Body Project** trained as a facilitator for eating disorder prevention program with focus on body acceptance and self-esteem in colleges and high schools
- Intergroup Dialogue Training trained to facilitate and engage in semi-structured face-to-face meetings across social identity groups, discussion of relevant reading material, and exploration of group experiences in social and institutional contexts, presented by Miami University
- Question Persuade and Refer (QPR) Training suicide prevention gatekeeper program, presented by the Centre College Counseling Services
- Collaborative Institutional Training Initiative (CITI) IRB Training certified for human subject training through Miami University and University of Louisville's IRB review processes
- National Institute of Mental Health (NIMH) IRB Training certified for human subject training through Centre College's IRB review process
- **LGBTQ+ Training** trained on SafeZone project for LGBTQ+ populations, presented by University of Louisville
- **Biosafety Training** trained on basic wet lab safety policies, presented by Centre College Biochemistry department
- **Marketing** Experience with designing and formatting visual infographics, posters, and marketing materials for research studies and for the purpose of scientific literacy