



2019 Scholar on Campus Nominee: Amanda Almond, PhD

Within the disciplines of health and psychology, my scholarship advances the science of individual health behaviors and resiliency in the face of discrimination, taking into consideration the intersectional nature of people, their personal experiences and the social environments that render them under-represented. Individual, interpersonal and environmental cues that warrant health behavior engagement, both empirically and theoretically, support the generation of novel hypotheses capable of promoting overall health and education. My research practices and methods are feminist in nature, meaning that studies are designed to amplify the voices of women and people of color. Conceptual models and new measures consider gender, race, disability, organizational hierarchies, and age groups to promote inclusivity.

Publications have focused on the conceptualization and measurement of salient health-psychology concepts, specifically for marginalized groups (e.g., women emerging in psychology and Black men and women across the United States). Studied among Black Americans, subtle insults, invalidations, and/or environmental cues from health practitioners (i.e., microaggressions) have become measurable with the publication of my scale development paper in the journal *Ethnicity and Health* (2017), which continues to be cited in numerous medical journals (*Obstetrics and Gynecology*, *Global Health Promotion*, and *Journal for Patient Centered Research and Reviews*). Microaggression experiences among women is another, related, area of scholarship, for which a published book chapter (2017) enriched an understanding of the topic, while offering strategies for coping with its deleterious effects, aimed at an undergraduate audience, in the textbook *Lectures of the Psychology of Women*.

For women in psychology graduate school programs, as well as early career environments (i.e., through the first 10 years after a terminal Ph.D. is earned), my research has amplified their experiences, feelings and reactions to microaggressions within the constraints of academic and professional settings. With the aim of promoting and identifying processes of change at an intrapersonal, interpersonal and organizational level, this research utilized both quantitative and qualitative methods, in addition to being developed into a Workshop presented at the *Association for Women in Psychology* conference in Philadelphia, PA, 2018. Work on the topic of self-care behaviors for this group, specifically the research methods capable of increasing the rigor of its conceptualization in future studies, was published (2018) in *Professional Psychology: Research and Practice*. "Self-care of women enrolled in health service psychology programs: A concept mapping approach" has been applied to subsequent samples, with results that will be used to formulate a reliable measure of self-care. Future hypotheses about the effectiveness of self-care, its ability to be perceived as a resilient response, and conceptualization as a process of change continues to be investigated by myself and colleagues in addition to the undergraduate

students at City Tech who participate in my Psychology Research Lab through the Emerging Scholars and BRIDGES programs.

Ultimately, I believe that the populations I continue to study, in addition to the students I serve and mentor at City Tech, are among the most capable of initiating change; not only within my own disciplinary culture, but as citizens of the United States. My future research plans remain orientated toward sustainability, improving quality of life, and upholding national social justice initiatives.

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