

# SYDNEY HEISS

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## EDUCATION

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Program	School	Attended
Clinical Psychology Ph.D.*	University at Albany, SUNY; Albany, NY	2015 - present
BA in Psychology	Rutgers University; New Brunswick, NJ	2009 - 2011
	Elon University; Elon, NC	2007 - 2009

## PEER-REVIEWED PUBLICATIONS

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Vaschillo, E. G., Vaschillo, B., Buckman, J. F., Nguyen-Louie, T., **Heiss, S.**, Pandina, R., & Bates, M. E. (2015). The effects of sighing on the cardiovascular system. *Biological Psychology* 106, 86-95.

Vaschillo, E. G., Vaschillo, B., Buckman, J. F., **Heiss, S.**, Puhalla, A., & Bates, M. E. (in preparation). Early signs of cardiovascular dysregulation in young healthy binge drinkers.

Timko, C. A., **Heiss, S.**, Hormes, J. A. (in preparation). An investigation of the construct validity of three measures of restraint.

## BOOK CHAPTERS

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**Heiss, S.**, Hormes, J., & Timko, C. A. (under review). Vegetarianism and Eating Disorders. In *Vegetarian and plant-based diets in health and disease prevention*. Philadelphia, PA: Elsevier.

## PRESENTATIONS

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**Heiss, S.**, Hormes, J. M., Coffino, J., & Timko, C. A. (2016). Meat avoidance and dieting interact to impact risk for disordered eating. Poster presented at the Association for Behavioral and Cognitive Therapies, New York, NY.

Coffino, J. A., Restituyo, M., Niemiec, M., **Heiss, S.**, & Hormes, J. M. (2016). The relationship between affect and binge eating: Differentiating between the behavioral and cognitive aspects of a binge eating episode. Poster presented at the Association for Behavioral and Cognitive Therapies, New York, NY.

**Heiss, S.**, Coffino, J., & Hormes, J. (2016). You are what you don't eat: Differences between meat and non-meat avoiders. Poster presented at Eastern Psychological Association, New York, NY.

Coffino, J., **Heiss, S.**, Orloff, N., & Hormes, J. (2016). Evidence for acceptance-based interventions: Dietary restraint as a mediator between acceptance of food cravings and binge eating. Poster presented at Eastern Psychological Association, New York, NY.

- Bates, M.E., Barnas, P., Buckman, J. F., Banu, L. M., **Heiss, S.** (2015). Importance of using matched cues in studies of drug cue reactivity: An fMRI BOLD study. Poster presented at Association for Psychological Science, New York, NY.
- Banu, L. M., Buckman, J. F., Puhalla, A., Hanson, C., Hanson, S., Barnas, P., Ray, S., **Heiss, S.**, & Bates, M.E.. (2015). Marijuana cue reactivity in heavy marijuana users and controls: An fMRI study. Poster presented at Collaborative Perspectives on Addiction, Baltimore, MD.
- Peyser, D., Buckman, J. F., **Heiss, S.**, & Bates, M. E. (2014). Life satisfaction after substance abuse treatment may be linked to quality of social support. Poster presented at Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Buckman, J. F., Puhalla, A., Ray, S., Hanson, S., Hanson, C., Deo, P., Banu, L. M., Barnas, P., **Heiss, S.**, & Bates, M. E. (2014). Collecting high-quality ECG data within the fMRI environment: Physiologic and neural reactions to a high-load respiratory task. Poster presented at Society for Neuroscience, Washington DC.
- Vaschillo, E., Vaschillo, B., Buckman, J., **Heiss, S.**, & Bates, M. (2014). Sigh to restore respiratory variability: Proposed mechanism. Presented at International Society for the Advancement of Respiration Psychophysiology, New Brunswick, NJ.
- Vaschillo, E., Buckman, J. F., Peyser, D., **Heiss, S.**, Barnas, P., Banu, L. M., Puhalla, A., Vaschillo, B., Ray, S., Hanson, S., Hanson, C., Biswal, B. & Bates, M. E. (2014). Resonance breathing affects hemodynamic oscillations in the brain at 0.1 Hz. Poster presented at International Society for the Advancement of Respiration Psychophysiology, New Brunswick, NJ.
- Puhalla, A., Buckman, J. F., Ray, S., Hanson, S., Hanson, C., Peyser, D., Deo, P., Barnas, P., **Heiss, S.**, Banu, L., & Bates, M. E. (2014). Simultaneous high quality recording of ECG and fMRI data: Neural and physiologic reactions to a high load respiratory task. Poster presented at Rutgers Neuroscience Day, Piscataway, NJ.
- Heiss, S.**, Vaschillo, E., G., Vaschillo, B., Buckman, J. F., Puhalla, A., & Bates, M. E. (2014). Sigh as a trigger for the baroreflex. Poster presented at the Inaugural Annual Center of Alcohol Studies Poster Session, Piscataway, NJ.

## GRANTS

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### Unfunded Grant Applications

- National Science Foundation Graduate Research Fellowship Program (NSF GRFP) “*Physiological correlates of meat avoidance: A study of disgust, ambivalence, and self-regulatory strength.*” (\$46,000/year, 3 years)

## RESEARCH EXPERIENCE

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### Health Behaviors Laboratory

August 2015 – Present

Position: Graduate Research Assistant

Principal Investigator: Julia Hormes, Ph.D.

#### *Primary Responsibilities*

- Lab setup: primary aid in selecting and setting up physiology equipment
- Study development: submitting for IRB approval, creating protocols
- Lead experimenter: attaching ECG and EMG electrodes, respiration belt, and skin conductance sensors, for continuous physiological assessment
- Data Management: post-processing physiology data to generate statistics

#### *Ongoing Studies*

##### Eating Patterns and Preferences

Supervisor: Julia Hormes, Ph.D.

*Study investigating the way in which emotional and cognitive factors influence eating behaviors and attitudes, specifically focusing on factors involved in the decision to consume or refrain from animal products.*

##### Physiological Correlates of Meat Avoidance

Supervisor: Julia Hormes, Ph.D.

*Physiology study assessing differences in reactivity between meat avoiders and omnivores*

### Cardiac Neuroscience Laboratory

June 2013 – July 2015

Rutgers University Center of Alcohol Studies

Position: Research Assistant

Principal Investigator: Marsha Bates, Ph.D.

#### *Primary Research Studies*

##### Characterizing the Vascular Tone Baroreflex

Supervisors: Bronya Vaschillo, M.D. and Evgeny Vaschillo, Ph.D.

*Study assessing the effects of paced sighing on heart rate variability as influenced by patterns of alcohol consumption.*

##### Effects of Depression on Cardiac and Neural Reactivity

Supervisors: Marsha Bates, Ph.D. and Jennifer Buckman, Ph.D.

*fMRI study combining ECG and neuroimaging to assess the effectiveness of Mental and Physical Training in college students with depression.*

##### Neural Reactivity and Psychophysiological Arousal to Alcohol Cues

Supervisors: Marsha Bates, Ph.D. and Jennifer Buckman, Ph.D.

*Study comparing the cardiac response to alcohol picture cues between non-treatment seeking alcohol dependent individuals and low-risk drinkers*

##### Marijuana Cues, Arousal and the Central Autonomic Network

Supervisors: Marsha Bates, Ph.D. and Jennifer Buckman, Ph.D.

*fMRI study combining ECG and BOLD data to study the effects of marijuana abuse on cardiac, respiratory, and neural systems.*

## PROFESSIONAL DEVELOPMENT

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- 2016 – 2017 *University at Albany, SUNY, Graduate Student Association – Grants Chairperson*
- Ensures all professional development and research grants are reviewed, awarded, and disbursed
  - Manages a \$45,000 annual budget
- 2016 *Appetite – ad hoc reviewer*
- 2015 *Association for Behavioral and Cognitive Therapies – State-of-the-Art Adverse Event Monitoring for Behavioral Health Clinical Trials volunteer*
- 2015 *Association for Psychological Science Student Caucus – online reviewer of APS Student Research Award*

## TEACHING EXPERIENCE

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- 2015-Present **University at Albany, SUNY**  
*Position: Teaching Assistant*  
*Supervisor: Catherine Krug*  
*Responsibilities: Hold office hours, grade in-class assignments, tests, and essays, lead review sessions, attend class.*  
*Classes: Graduate Statistics, Undergraduate Statistics, Abnormal Psychology, Introduction to Human Sexuality*  
*Hours: 20/week*
- 2016 **University at Albany, SUNY**  
*Guest lecturer: Abnormal Psychology*  
 3/22 – Eating, Feeding and Elimination Disorders  
 3/24 – Substance and Non-Substance Related Disorders  
 5/31 – Anxiety, OCD, and Related Disorders
- 2015-2016 **The Princeton Review – Live Online Offices**  
*Position: Psychology/Sociology MCAT Instructor*  
*Supervisor: Brian Emerson*  
*Responsibilities: Certified to teach six online MCAT classes related to Psychology and Sociology.*  
*Hours: Varied*

## TECHNICAL SKILLS

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- WinCPRS (physiology data analysis software)
- AcqKnowledge (physiological acquisition software)
- Qualtrics, SurveyMonkey
- SAS, SPSS, R
- Microsoft Office (Word, Excel, PowerPoint)

## CLINICAL EXPERIENCE

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- 2013 – 2014      **Carrier Clinic** – Belle Mead, NJ  
*Position:* Mental Health Technician  
*Specific Responsibilities:* leading group therapy sessions, assisting patients with daily living activities, observing and reporting patients' conditions, behavior, and reaction to treatment.  
*Patient Populations:* Acute Care, Adult Psychiatric and Addictions, Older Adult, and Blake Recovery Center.
- 2013– 2014      **Papa Ganache Project** – Matawan, NJ  
*Position:* Behavioral Assistant/Mentor  
*Responsibilities:* Behavioral Assistant: formal intervention addressing specific behavioral and emotional challenges; Mentor: community based, with a concrete goal tailored specifically for the child and family.  
*Patient Population:* Youth aged 8 – 18 years old with anger issues, adjustment problems, and/or substance use disorders

## PROFESSIONAL AFFILIATIONS

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- 2015 – 2016      Eastern Psychological Association  
 2014 – 2016      Association for Behavioral and Cognitive Therapies  
 2014 – 2015      Society for the Psychological Study of Social Issues  
 2014 – 2015      APA Division 34

## CERTIFICATIONS

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- Screening, Brief Intervention, and Referral to Treatment (SBIRT) Certification of Training Completion; 1/19/2016
- Psychological First Aid Certified; 10/9/2015
- CITI Certification by Rutgers University IRB; 5/27/2015
- Certified Behavioral Assistant by the NJ Department of Children and Families; 1/31/2015

**VOLUNTEER ACTIVITIES**

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- 2011                      *Woodstock Farm Animal Sanctuary*, Woodstock, NY – animal caretaker, general farm work, social media aid
- 2010                      *Scarlet Listeners*, New Brunswick, NJ – student lead college crisis and suicide hotline; manned phones, updated caller lists
- 2008                      *Contact We Care*, Westfield, NJ – input and revised data on callers, updated local psychology professionals list, planned fundraising events

**WORK EXPERIENCE**

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- 2016                      **Berben and Wolff's** – Albany, NY  
*Position:* Chef
- 2012 – 2013            **Papa Ganache** – Matawan, NJ  
*Position:* Head Lunch Chef
- 2011 – 2012            **The Cinnamon Snail** – New York, NY  
*Position:* Food Truck Chef