

MARGARET SALA, PH.D.

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1165 Morris Park Ave, Bronx, NY
Ferkauf Graduate School of Psychology
Yeshiva University

ACADEMIC APPOINTMENTS

Assistant Professor, Ferkauf Graduate School of Psychology 2021 – Present
Yeshiva University, Bronx, NY

Adjunct Clinical Assistant Professor 2024 – Present
Albert Einstein College of Medicine, Bronx, NY

Postdoctoral Fellowship, Drexel WELL Center 2020 – 2021
Drexel University, Philadelphia, PA
Supervisor: Evan Forman, Ph.D.

EDUCATION & TRAINING

Clinical Health Psychology Intern, VA Connecticut Healthcare System 2019 – 2020

Ph.D., Clinical Psychology, Southern Methodist University 2020
Minor: Quantitative Methods
Mentor: Austin Baldwin, Ph.D.
Dissertation Title: *A Mindfulness-Based Physical Activity Intervention: A Pilot Randomized Controlled Trial*

M.A., Clinical Psychology, Southern Methodist University 2016
Mentor: Austin Baldwin, Ph.D.
Thesis Title: *Post-Exercise Affective Response: Examining Differences Between Regular and Infrequent Exercisers*

B.S., The University of North Carolina at Chapel Hill 2011
Majors: Business and Psychology
Mentors: Cynthia M. Bulik, Ph.D. & Mae Lynn Reyes-Rodríguez, Ph.D.
Honors Thesis: *Race, Ethnicity, and Eating Disorders*

EXTERNAL RESEARCH FUNDING

NIH NCCIH K23. Digital Mindfulness Meditation-Enhanced Cognitive Behavioral Therapy (CBT) for Binge Eating Disorder (PI). Awarded with Priority Score of 20. Total Amount: \$830,489. 2023

Hollander Research Award 2022
Total Amount: \$3,000

Society of Multivariate Experimental Psychology Travel Award Total Award: \$1,000	2020
National Science Foundation Graduate Research Fellowship Total Award: \$138,000	2016 – 2019
P.E.O. Scholar Award Total Award: \$15,000	2018 – 2019
American Psychological Association (APA) Dissertation Research Award Total Award: \$1,000	2018
Hogg Foundation Frances Fowler Wallace Dissertation Award Total Award: \$1,500	2018
Society for Health Psychology Graduate Student Research Award Total Award: \$1,500	2018
American Psychological Association Junior Scientist Fellowship Total Award: \$1,000	2015

HONORS AND AWARDS

Research Day Poster Session Dean's Award (\$250), SMU	2018
Willis Tate Outstanding Psychology Graduate Student Award (\$700), SMU	2016
Research Fellowship at the Center of Excellence for Eating Disorders, UNC	2014
National Eating Disorder Association Travel Award (\$400)	2013
Medlin Scholarship for Business and the Liberal Arts (\$1,000), UNC	2011
Helen Craig Wardlaw Scholarship (\$1,000), UNC	2010
Honors Research Grant (\$300), UNC	2010
Phi Beta Kappa, UNC	2010
Pogue Scholarship, UNC (full tuition and room and board)	2007 – 2011
Dean's List, UNC	2007 – 2011

PEER-REVIEWED PUBLICATIONS (*indicates mentee)

1. Brosof, L., **Sala, M.**, Rosenfield, D., Fernandez, K., & Levinson, C.A. (In press). Body dissatisfaction moderates the relationship between social anxiety and exercise frequency: An ecological momentary assessment study. *Anxiety, Stress, and Coping*.
2. Song, S.*, Roberts, K.E., Franz, P.J., Lange, J.*, Martin, A., & **Sala, M.** (In press). Eating disorder treatment experiences among racially/ethnically minoritized samples. *Eating Disorders: The Journal of Treatment and Prevention*.
3. **Sala, M.**, Rosenfield, D., & Baldwin, A.S. (2024). Unpacking differences in post-exercise evaluations between physically underactive and active individuals. *Journal of Behavioral Medicine*, 47(1), 111-122. doi: 10.1007/s10865-023-00442-6
4. **Sala, M.**, Coll, S.*, & Flamer, R.M.* (2024). Gender stereotypes in eating disorder recognition. *Eating and Weight Disorders*. Epub ahead of print. doi: 10.1007/s40519-024-01672-6
5. **Sala, M.**, Schanzer, S.*, & Morris, C.* (2024). Trait mindfulness and interoceptive awareness: A network analysis. *Journal of Nervous and Mental Disease*, 212(7), 384-391. doi: 10.1097/NMD.0000000000001779
6. Butler, R.M., Williams, B., Fitterman-Harris, H., **Sala, M.**, Roos, C.R., & Levinson, C.A. (2024). Group and ideographic longitudinal modeling of state mindfulness and eating disorder behaviors in anorexia nervosa spectrum disorders. *Mindfulness*, 15(7), 1-15. doi: 10.1007/s12671-024-02394-7
7. Roos, C.R., Kiluk, B., Carroll, K.M., Bricker, J.B., Jung Mun, C., **Sala, M.**, Kirouac, M., Stein, E., John, M., Palmer, R., Frisbie, J., Haeny, A., Barry, D., Fucito, L., Bowen, S., Witkiewitz, K., & Kober, H. (2024). Development and initial testing of mindful journey: A digital mindfulness-based intervention for promoting recovery from substance use disorder. *Annals of Medicine*, 56(1), 2315228. doi: 10.1080/07853890.2024.2315228
8. Sahlan, R.N.*, & **Sala, M.** (2024). Eating disorder psychopathology and insomnia in Iranian individuals: A network analysis. *International Journal of Cognitive Therapy*. Epub ahead of print. doi: 10.1007/s41811-024-00221-4
9. Kressel, M.*, Flamer, R.A.*, McGinn, L.K. & **Sala, M.** (2024). Weight stereotypes in eating disorder recognition. *Eating Disorders: The Journal of Treatment & Prevention*. Epub ahead of print. doi: 10.1080/10640266.2024.2380185
10. **Sala, M.**, Levinson, C.A., Kober, H., & Roos, C.R (2023). A pilot open trial of a digital mindfulness-based intervention for anorexia nervosa. *Behavior Therapy*, 54(4), 637-651. doi: 10.1016/j.beth.2023.01.003
11. **Sala, M.**, Keshishian, A.*, Song, S.*, Moskowitz, R.*, Bulik, C.M., Roos, C.R., & Levinson, C.A. (2023). Predictors of relapse and eating disorders: A meta-analysis. *Journal of Psychiatric Research*, 158, 281-299. doi: 10.1016/j.jpsychires.2023.01.002

12. **Sala, M.**, Kressel, M.*, Hagan, K., Breithaupt, L., & Levinson, C.A. (2023). The study of eating disorders from a network perspective: A scoping systematic review. *Clinical Psychology: Science and Practice*. Epub ahead of print. doi: 10.1037/cps0000173
13. **Sala, M.**, Aslan, M., Gueorguieva, R., Schupak, M.*, & Garrison, K.A. (2023). A network investigation of core mindfulness processes. *Mindfulness*, 14(4), 992-1004. doi: 10.1007/s12671-023-02109-4
14. Song, S.*, Stern, C.*, Deitsch, T.*, & **Sala, M.** (2023). Acculturation and eating disorders: A systematic review. *Eating and Weight Disorders*, 28(1), 39-59. doi: 10.1007/s40519-023-01563-2.
15. Aslan, M., **Sala, M.**, Gueorguieva, R., & Garrison, K.A. (2023). A network analysis of cigarette craving. *Drug and Alcohol Dependence*, 25(6), 1155-1163. doi: 10.1093/ntr/ntad021
16. **Sala, M.**, Taylor, A.*, Crochiere, R.J.*, Zhang, F., & Forman, E.M. (2023). Application of machine learning to discover interactions predictive of dietary lapses. *Applied Psychology – Health and Well-Being*, 15(3), 1166-1181. doi: 10.1111/aphw.12432
17. Moskowitz, R.*, Schecther, A.*, & **Sala, M.** (2023). Combined mindfulness- and acceptance-based therapy and cognitive behavioral therapy treatments for eating disorders: A narrative review. *Journal of Contemporary Psychotherapy*, 53(2), 125-131. doi: 10.1007/s10879-022-09556-5
18. Sahlan, R.* & **Sala, M.** (2023). Eating disorder psychopathology and resilience in Iranian college students: A network analysis. *Journal of Clinical Psychology*, 79(2), 497-513 doi: 10.1002/jclp.23428
19. **Sala, M.**, Evangelista, B.*, Lessard, L., & Pacanowski, C.R. (2022). Mindfulness and binge eating symptoms. *The International Journal of Health, Wellness, and Society*, 12(1), 69-77. doi: 10.18848/2156-8960/CGP/v12i01/69-77
20. **Sala, M.** (2022). The treatment of compulsive exercise in individuals with eating disorders and muscle dysmorphia: Where do we go from here? *Clinical Psychology: Science and Practice*, 29(2), 162-163. doi: 10.1037/cps0000063
21. **Sala, M.**, Vanzhula, I.*, Roos, C.R., & Levinson, C.A. (2022). Mindfulness and eating disorders: A network analysis. *Behavior Therapy*, 53(2), 224-239. doi: 10.1016/j.beth.2021.07.002
22. Sahlan, R.* & **Sala, M.** (2022). Eating disorders psychopathology and negative affect in Iranian college students: A network analysis. *Journal of Eating Disorders*, 10(1), 1-14. doi: 10.1186/s40337-022-00683-x

23. Crochiere, R.J.*, Abber, S.R.*, Taylor, L.*, **Sala, M.**, Schumacher, L.M., Goldstein, S.P., & Forman, E.M. (2022). Momentary predictors of dietary lapse from a mobile weight loss intervention. *Journal of Behavioral Medicine*, 45(2), 324-330. doi: 10.1007/s10865-021-00264-4
24. **Sala, M.**, Roos, C.R., Crochiere, R.J.*, Butryn, M.L., Juarascio, A.S., Manasse, S.M., & Forman, E.M. (2021). Real-time fluctuations in mindful awareness, willingness, and values clarity, and their associations with craving and dietary lapse among those seeking weight loss. *Journal of Contextual Behavioral Science*, 22, 87-92. doi: 10.1016/j.jcbs.2021.10.002
25. **Sala, M.**, Roos, C.R., Brewer, J.A., & Garrison, K.A. (2021). Awareness, affect, and craving during smoking cessation: An ecological momentary study. *Health Psychology*, 40(9), 578-586. doi:10.1037/hea0001105
26. **Sala, M.**, Geary, B.*, Baldwin, A.S. (2021). A mindfulness-based physical activity intervention: A randomized pilot study. *Psychosomatic Medicine*, 83(6), 615-623. doi: 10.1097/PSY.000000000000088
27. Roos, C.R., **Sala, M.**, Kober, H., Vanzhula, I., & Levinson, C.A. (2021). Mindfulness-based interventions for eating disorders: The potential to mobilize multiple associative-learning change mechanisms. *International Journal of Eating Disorders*, 54(9), 1601-1607. doi: 10.1002/eat.23564.
28. Berry, M.*, **Sala, M.**, Abber, S.*, & Forman, E.M. (2021). Incorporating automated digital interventions into coach-delivered weight loss treatment: A meta-analysis. *Health Psychology*, 40(8), 534-545. doi:10.1037/hea0001106.
29. **Sala, M.**, Linde, J.A., Crosby, R.D., & Pacanowski, C.R. (2021). State body dissatisfaction predicts positive and negative affect but not weight control behaviors: An ecological momentary assessment study. *Eating and Weight Disorders*, 26(6), 1957-1962. doi: 10.1007/s40519-020-01048-6
30. **Sala, M.**, Linde, J. A., Crosby, R. D., & Pacanowski, C.R. (2021). Affect and engagement in healthy and unhealthy weight control behaviors in college women: An ecological momentary assessment study. *Eating Behaviors*, 40, 101439. doi: 10.1016/j.eatbeh.2020.101439
31. Masheb, R.M., **Sala, M.**, Marsh, A.G., Snow, J.L., Kutz, A.M., & Ruser, C.B. (2021). Associations between adverse childhood experiences and weight, weight control behaviors, and quality of life in Veterans seeking weight management service. *Eating Behaviors*, 40, 101461. doi: 10.1016/j.eatbeh.2020.101461.
32. **Sala, M.**, Quinn, N., & Freeman, J.T. (2021). Factors associated with weight loss within a blended virtual and face-to-face MOVE!® program: A retrospective study. *Military Behavioral Health*, 9(3), 297-302. doi: 10.1080/21635781.2021.1888828

33. **Sala, M.**, & Levinson, C.A. (2020). The association between mindfulness facets and body checking in individuals with high and low eating disorder pathology. *Mindfulness*, *11*(4), 2199-2205. doi: 10.1007/s12671-020-01445-z
34. **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*, *53*(6), 834-851. doi: 10.1002/eat.23247
35. **Sala, M.**, Rochefort, C., Lui, P.P., & Baldwin, A.S. (2020). Trait mindfulness and health behaviors: A meta-analysis. *Health Psychology Review*, *14*(3), 345-393. doi: 10.1080/17437199.2019.1650290
36. Vanzhula, I., **Sala, M.**, Christian, C., Hunt, R.A., Keshishian, A.C., Wong, V.Z., Ernst, S., Spoor, S.P., & Levinson, C.A. (2020). Avoidance coping during mealtimes predicts higher eating disorder symptoms. *International Journal of Eating Disorders*, *53*(4), 625-630. doi: 10.1002/eat.23254
37. **Sala, M.**, Brosof, L.C., & Levinson, C.A. (2019). Repetitive negative thinking predicts eating disorder behaviors: A pilot ecological momentary assessment study in a treatment seeking eating disorder sample. *Behaviour Research and Therapy*, *112*, 12-27. doi: 10.1016/j.brat.2018.11.005
38. **Sala, M.**, Vanzhula, I., & Levinson, C.A. (2019). A longitudinal study on the association between facets of mindfulness and eating disorder symptoms in individuals diagnosed with eating disorders. *European Eating Disorder Review*, *27*(3), 295-305. doi: 10.1002/erv.2657
39. Levinson, C.A., **Sala, M.**, Murray, S., Ma, J., Rodebaugh, T. L., & Lenze, E.C. (2019). Diagnostic, clinical, and personality correlates of food anxiety during a food exposure in patients diagnosed with an eating disorder. *Eating and Weight Disorders*. Epub ahead of print. doi: 10.1007/s40519-019-00669-w
40. **Sala, M.**, Han, K., Acevedo, S.F., Krawczyk, D.C., & McAdams, C.J. (2018). Oxytocin receptor polymorphism decreases midline neural activations to social stimuli in anorexia nervosa. *Frontiers in Psychology*, *9*, 2183. doi: 10.3389/fpsyg.2018.02183
41. **Sala, M.**, Egbert, A.H., Lavender, J.M., & Goldschmidt, A.B. (2018). Affect, reward, and punishment in anorexia nervosa: A narrative overview. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, *23*(6), 731-737. doi: 10.1007/s40519-018-0588-9
42. Schaumberg, K., Reilly, E.E., Anderson, L.M., Gorrell, S., Wang, S.B., & **Sala, M.** (2018). Improving prediction of eating-related behavioral outcomes with zero-sensitive regression models. *Appetite*, *129*(1), 252-261. doi: 10.1016/j.appet.2018.06.030
43. Levinson, C.A., **Sala, M.**, Fewell, L.K., Brosof, L.C., Fournier, L., & Lenze, E.J. (2018). Meal and snack-time eating disorder cognitions predict eating disorder behaviors and vice versa in a treatment seeking sample: A mobile technology based ecological momentary

assessment study. *Behaviour Research and Therapy*, 105, 36-42. doi: 10.1016/j.brat.2018.03.008

44. **Sala, M.**, Brosof, L.C., Rosenfield, D., Fernandez, K.C., & Levinson, C.A. (2017). Stress is associated with exercise differently among individuals with higher and lower eating disorder symptoms: An ecological momentary assessment study. *International Journal of Eating Disorders*, 50(12), 1413-1420. doi: 10.1002/eat.22799
45. **Sala, M.** & Levinson, C.A. (2017). A longitudinal study on the association between facets of mindfulness and disinhibited eating. *Mindfulness*, 8(4), 893-902. doi: 10.1007/s12671-016-0663-0
46. **Sala, M.**, Haller, D.L, Laferrère, B., Homel, P., & McGinty, J. (2017). Predictors of attrition before and after bariatric surgery. *Obesity Surgery*, 27(2), 548-551. doi: 10.1007/s11695-016-2510-8
47. **Sala, M.**, Breithaupt, L., Bulik, C.M., Hamer, R.M., La Via, M., & Brownley, K.A. (2017). A double-blind, randomized pilot trial of chromium picolinate for overweight individuals with binge eating disorder: Effects on glucose regulation. *Journal of Dietary Supplements*, 14(2), 191-199. doi: 10.1080/19390211.2016.1207124
48. Baldwin, A.S., Denman, D.C., **Sala, M.**, Marks, E.G., Shay, L.A., Craddock Lee, S., Skinner, C.S., Wiebe, D.J., & Tiro, J.A. (2017). Translating self-persuasion into an HPV vaccine promotion intervention for parents in safety-net clinics. *Patient Education and Counseling*, 100(4), 736-741. doi: 10.1016/j.pec.2016.11.014
49. Hofmeir, S., Runfola, C.D., **Sala, M.**, Gagne, D.A., Brownley, K.A., & Bulik, C.M. (2017). Body image, aging, and identity in women over 50: The gender and body image (GABI) study. *Journal of Women and Aging*, 29(1), 3-14. doi: 10.1080/08952841.2015.1065140
50. Stano, S., Alam, F., Wu, L., Dutia, R., Ng, S.N., **Sala, M.**, McGinty, J. & Laferrère, B. (2017). Effect of meal size and texture on gastric pouch emptying and glucagon like peptide 1 after gastric bypass surgery. *Surgery for Obesity and Related Diseases*, 13(12), 1975-1983. doi: 10.1016/j.soard.2017.09.004
51. **Sala, M.**, Baldwin, A.S., & Williams, D.M. (2016). Affective and cognitive predictors of affective response to exercise: Examining unique and overlapping variance. *Psychology of Sports & Exercise*, 27, 1-8. doi: 10.1016/j.psychsport.2016.07.005
52. **Sala, M.**, & Levinson, C.A. (2016). The longitudinal relationship between worry and disordered eating: Is worry a precursor or consequence of disordered eating? *Eating Behaviors*, 23, 28-32. doi: 10.1016/j.eatbeh.2016.07.012
53. **Sala, M.**, Heard, A.M., & Black, E.A.* (2016). Emotion-focused treatments for anorexia nervosa: A systematic review of the literature. *Eating and Weight Disorders*, 21(2), 147-164. doi: 10.1007/s40519-016-0257-9

54. Chmielewski, M., **Sala, M.**, Tang, R., & Baldwin, A.S. (2016). Examining the construct validity of affective judgments of physical activity measures. *Psychological Assessment, 28* (9), 1128-1141. doi: 10.1037/pas0000322
55. Breithaupt, L., **Sala, M.**, Hamer, R.M., Bulik, C.M., La Via, M., & Brownley, K.A. (2016). Feasibility and acceptability of chromium supplementation for binge eating disorder. *Journal of Nutritional Medicine and Diet Care, 2*(10), 1-6. doi: 10.23937/2572-3278.1510010
56. Reyes-Rodríguez, M.L., García, M., Silva, Y., **Sala, M.**, Quranta, M., & Bulik, C.M. (2016). Storytelling: Development of *fotonovelas* to raise awareness of eating disorders in Latinos in the United States. *Revista Mexicana de Trastornos Alimentarios, 7*(1), 17-23. doi: 10.1016/j.rmta.2016.03.002
57. **Sala, M.** (2015). Post-meal affective states. *Eating and Weight Disorders, 20*(2), 277. doi: 10.1007/s40519-015-0178-z.
58. **Sala, M.**, Reyes-Rodríguez, M.L., Bulik, C.M., & Bardone-Cone, A.M. (2013). Race, ethnicity and eating disorder recognition by peers. *Eating Disorders: The Journal of Treatment and Prevention, 21*(5), 423-436. doi: 10.1080/10640266.2013.827540
59. Reyes-Rodríguez, M.L., **Sala, M.**, Von Holle, A., Unikel, C., Bulik, C.M., Cámara-Fuentes, L., & Suárez-Torres, A. (2011). A description of disordered eating behaviors in Latino males. *Journal of American College Health, 59*(4), 266-272. doi: 10.1080/07448481.2010.502205

MANUSCRIPTS IN PREPARATION AND UNDER REVIEW

1. **Sala, M.**, Roos, C.R., Kober, H., Bricker, J.B., Stern, C.S.*, Plutchik, J.*, John, M.*, Haeny, A.M., Feldman, J.M., Aslan, M., Hay, J.L., & Forman, E.M. (Under review). Combining digital cognitive-behavior therapy with mindfulness therapy for binge eating disorder: A single session pilot trial.
2. **Sala, M.**, Roos, C.R., Kober, H., Bricker, J.B., Stern, C.S.*, Martin, A.*, Carpati, A., Plutchik, J.*, John, M.*, Haeny, A.M., Feldman, J.M., Aslan, M., Hay, J.L., & Forman, E.M. (In preparation). Combining digital cognitive-behavior therapy with mindfulness therapy for binge eating disorder: Protocol for a randomized controlled trial.
3. Flamer, R.* & **Sala, M.** (In preparation). Stereotypes in eating disorder recognition: A systematic review.

BOOK CHAPTERS AND BOOK REVIEWS

1. Chwyl, C.*, **Sala, M.** & Forman, E.M. (2022). Obesity: 3rd Wave Case Conceptualization. In W. O'Donahue & A. Masuda (Eds.), *Behavior Therapy: First, Second, and Third Waves*. Springer Press.
2. Baldwin, A.S. & **Sala, M.** (2018). Perceived satisfaction with health behavior change. In

D.M. Williams, R.E. Rhodes, & M. Conner (Eds.), *Affective Determinants of Health Behavior*. Oxford University Press.

3. Baldwin, A.S., & **Sala, M.** (2017). Promotion of healthy behavior. In A. Wenzel (Ed.), *The SAGE Encyclopedia of Abnormal and Clinical Psychology*. Sage Publications.
4. Baldwin, A.S., & **Sala, M.** (2017). Healthy behavior. In A. Wenzel (Ed.), *The SAGE Encyclopedia of Abnormal and Clinical Psychology*. Sage Publications.
5. **Sala, M.** (2015). Review of the book *Eating Disorders, Addictions, and Substance Use Disorders: Research, Clinical, and Treatment Perspectives* by Timothy Brewerton and Amy Baker Dennis. *Eating Disorders: The Journal of Treatment and Prevention*, 23(3), 275-278.

CHAired SYMPOSIA AT NATIONAL CONFERENCES

1. **Sala, M.** (March, 2024). *Diagnosis and classification of eating disorders*. Symposium presentation at the International Conference for Eating Disorders, New York, NY.
2. **Sala, M.**, & Roos, C.R. (November, 2022). *Mindfulness- and acceptance-based treatments for eating disorders*. Symposium presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
3. **Sala, M.**, & Brosof, L.C. (November, 2017). *Exercise in individuals with disordered eating: How and for whom might it be beneficial?* Symposium presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

CONFERENCE ORAL PRESENTATIONS

1. Stern, C. M.*, & **Sala, M.** (May, 2025). *Longitudinal network analysis of self-compassion and eating disorder symptoms in a community sample*. Oral presentation at the International Conference on Eating Disorders, San Antonio, TX.
2. Sahlan, R.N.*, Bridges-Curry, Z., Kinkel-Ram, S.S., & **Sala, M.** (November, 2024). *Subtypes of self-compassion and their associations with eating disorder symptoms among Iranian Adolescents*. In Stern, C.* (chair), *Diversity in eating disorders treatment: Understanding divergent experiences and working towards equitable care*. Oral presentation at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
3. Martin, A.*, Song, S.*, & **Sala, M.** (November, 2024). *Treatment experiences of racially and ethnically diverse participants with eating disorders*. In Stern, C.* (chair), *Diversity in eating disorders treatment: Understanding divergent experiences and working towards equitable care*. Oral presentation at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
4. Stern, C.*, Kressel, M.*, & **Sala, M.** (November, 2024). *Weight stereotypes impact eating disorder recognition in the general population*. In Stern, C* (chair), *Diversity in eating disorders treatment: Understanding divergent experiences and working towards equitable*

- care*. Oral presentation at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
5. **Sala, M.**, Retter, R.*. & Coll, S.* (November, 2023). *Gender stereotypes in eating disorder recognition*. In Kinkel-Ram, S. (chair), *Weight bias and disordered eating among sexual and gender minority individuals*. Oral presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
 6. **Sala, M.**, Levinson, C.A., Kober, H., & Roos, C.R. (November, 2022). *A pilot open trial of a digital mindfulness-based intervention for anorexia nervosa* In Sala, M. & Roos, C.R. (chairs), *Mindfulness- and acceptance-based treatments for eating disorders*. Oral presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY.
 7. Roos, C.R., **Sala, M.**, Levinson, C.A., & Kober H. (November, 2022). *Interactive effects of momentary mindfulness and affect in the prediction of momentary eating disorder behaviors among individuals with anorexia nervosa*. In **Sala, M.** & Roos, C.R. (chairs), *Mindfulness- and acceptance-based treatments for eating disorders*. Oral presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
 8. **Sala, M.**, Roos, C.R., Crochiere, R.J.*, Butryn, M.L., Juarascio, A.S., Manasse, S.M., & Forman, E.M. (June, 2021). *Real-time fluctuations in mindful awareness, willingness, and values clarity, and their associations with craving and dietary lapse among those seeking weight loss*. In Dalrymple, K.L. (chair), *Understanding the role of contextual behavioral science in obesity and obesity treatments*. Oral presentation at the annual meeting of the Association for Contextual Behavioral Science.
 9. **Sala, M.**, Roos, C.R., Brewer, J.A., & Garrison, K.A. (April, 2021). *Awareness, affect, and craving during smoking cessation: An ecological momentary study*. Oral presentation at the annual meeting Society of Behavioral Medicine.
 10. **Sala, M.**, Geary, B.*, & Baldwin, A.S. (March, 2019). *An audio-recorded mindfulness exercise intervention: A pilot randomized controlled trial*. Oral presentation at the annual meeting Society of Behavioral Medicine, Washington, DC.
 11. **Sala, M.**, Shankar Ram, S.*, Vanzhula, I.A., & Levinson, C.A. (March, 2019). *Mindfulness and eating disorder psychopathology: A meta-analysis*. Paper presentation at the Academy of Eating Disorders, International Conference on Eating Disorders, New York, NY.
 12. Levinson, C.A., **Sala, M.**, Murray, S., Rodebaugh, T.L., & Lenze, E.J. (November, 2018). *Diagnostic, clinical, and personality correlates of food anxiety during a short course of mealtime exposure therapy in patients diagnosed with an eating disorder*. In Farrell, N.R., & Rancourt, D. (chairs), *Food anxiety during exposure therapy in patients with eating disorders*. Oral presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

13. **Sala, M.**, Vanzhula, I., Juarascio, A., Vazzano, K., & Levinson, C.A. (April, 2018). *Incorporating mindfulness into eating disorder research and treatment*. Workshop presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Chicago, IL.
14. Vanzhula, I., **Sala, M.**, & Levinson, C.A. (April, 2018). *Improving acting with awareness may be key to a successful mindfulness-based intervention for eating disorders*. Paper presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Chicago, IL.
15. **Sala, M.**, Rochefort, C., Lui, P., & Baldwin, A.S. (March, 2018). *Mindfulness and health behaviors: A meta-analysis*. Oral presentation at the Society for Personality and Social Psychology, Social and Personality Health Network Preconference, Atlanta, GA.
16. **Sala, M.**, Brosof, L.C., Rosenfield, D., Fernandez, K.C., & Levinson, C.A. (November, 2017). *Stress impacts exercise differently among individuals with high and low levels of eating disorder symptoms: An ecological momentary assessment study*. In **Sala, M.** & Brosof, L.C. (chairs), *Exercise in individuals with disordered eating: How and for whom might it be beneficial?* Paper presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
17. Brosof, L. C., **Sala, M.**, Fernandez, K.C., & Levinson, C.A. (November, 2017). *Body dissatisfaction moderates the relationship between social anxiety and exercise frequency: An ecological momentary assessment study*. In **Sala, M.** & Brosof, L.C. (chairs), *Exercise in individuals with disordered eating: How and for whom might it be beneficial?* Paper presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
18. Heard, A.M., **Sala, M.**, Breithaupt, L., Becker, K.R., & Lavender, J.M. (June, 2017). *Integrating basic behavioral, psychological, and neurobiological research into the study of eating disorders*. Workshop presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Prague, Czech Republic.
19. **Sala, M.**, Heard, A.M., Manasse, S.M., & Baldwin, A.S. (March, 2017). *Applying for graduate funding from the National Science Foundation and the National Institute of Health*. Panel discussion at the Society of Behavioral Medicine, San Diego, CA.
20. Baldwin, A.S., **Sala, M.**, Tang, R., & Chmielewski, M. (January, 2017). *Construct validity of affective judgments of physical activity measures: Current limitations and implications*. Oral presentation at the Society for Personality and Social Psychology Health Preconference, San Antonio, TX.
21. Ferrari, M., **Sala, M.**, Vazzano, K., & Spotts-De Lazzer, A. (May, 2016). *The art of making things happen: Understanding the advocacy landscape*. Workshop presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, San Francisco, CA.

22. Reyes-Rodríguez, M.L., **Sala, M.**, Von Holle, A., & Bulik, C.M. (June, 2010). *Latino males: A description of disordered eating behaviors*. Paper presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Salzburg, Austria.

CONFERENCE POSTERS

1. **Sala, M.**, Roos, C.R., Kober, H., Bricker, J.B., Stern, C.M.*, Plutchik, J.*, John, M.*, Haeny, A.M., Feldman, J.M., Aslan, M., Hay, J.L., & Forman, E.M. (September, 2024). *Combining digital cognitive-behavior therapy with mindfulness training in the treatment of eating disorders*. Poster presentation at the annual meeting of the Eating Disorder Research Society, Sitges, Spain.
2. Nicholson, R.N.*, Zweig, R., & **Sala, M.** (August, 2024). *Differences in life satisfaction after trauma, across the lifespan, and between generations*. Poster presentation at the annual American Psychological Association Convention in Seattle, WA.
3. Sahlan, R. N.*, & **Sala, M.** (March 2024). *Eating disorder psychopathology and insomnia in Iranian individuals: A network analysis*. Poster presentation at the annual meeting of the International Conference on Eating Disorders, New York City, NY.
4. **Sala, M.**, Kressel, M.*, Hagan, K., Breithaupt, L., & Levinson, C.A. (September, 2022). *The study of eating disorders from a network perspective: A systematic review*. Poster presentation at the annual meeting of the Eating Disorder Research Society, Philadelphia, PA.
5. **Sala, M.**, Keshishian, A.*, Song, S.*, Moskowitz, R.*, Bulik, C.M., Roos, C.R., & Levinson, C.A. (November, 2022). *Predictors of eating disorder relapse: A meta-analysis*. Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
6. **Sala, M.**, Levinson, C.A., Kober, H., & Roos, C.R. (May, 2022). *A pilot open trial of Mindful Courage: A digital mindfulness-based intervention for anorexia nervosa relapse prevention*. Poster presentation at Academy for Eating Disorders, International Conference on Eating Disorders.
7. **Sala, M.**, & Levinson, C.A. (September, 2021). *The association between trait mindfulness and body checking*. Poster presentation at the annual meeting of the Eating Disorder Research Society, Boston, MA.
8. **Sala, M.**, Linde, J.A., Crosby, R.D., & Pacanowski, C.R. (September, 2019). *Body satisfaction predicts positive and negative affect: An ecological momentary assessment study*. Poster presentation at the annual meeting of the Eating Disorder Research Society, Chicago, IL.

9. **Sala, M.**, Brosos, L. C., & Levinson, C.A. (March, 2019). *Rumination predicts eating disorder behaviors: An ecological momentary assessment study in a clinical eating disorder sample*. Poster presentation at the Academy of Eating Disorders, International Conference on Eating Disorders, New York, NY.
10. Vanzhula I.A., **Sala, M.**, Christian, C., & Levinson, C.A. (November, 2018). *Avoidance predicts lower anxiety in the short-term but increased eating disorder symptoms over time*. Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
11. Ma, J., **Sala, M.**, Rodebaugh, T., Lenze, E.C., & Levinson, C.A. (April, 2018). *Correlates of food anxiety during a meal in patients diagnosed with an eating disorder*. Poster presentation at the Academy of Eating Disorders, International Conference on Eating Disorders, Chicago, IL.
12. **Sala, M.** & Levinson, C.A. (April, 2018). *A longitudinal study on the association between facets of mindfulness and disinhibited eating*. Poster presentation at the International Conference on Eating Disorders, Chicago, IL.
13. **Sala, M.**, Rosenfield, D., & Baldwin, A.S. (March, 2017). *Post-exercise affective response: Examining differences between regular and infrequent exercisers*. Poster presentation at the Society of Behavioral Medicine, San Diego, CA.
14. **Sala, M.**, Rosenfield, D., & Baldwin, A.S. (January, 2017). *Affective response after exercising*. Poster presentation at the Society for Personality and Social Psychology Health Preconference, San Antonio, TX.
15. Holter, M., Stano, S., Rimawi, F., **Sala, M.**, Espinosa, C., McGinty, J., Belsley, S., Koshy, N., Dutia, R., & Laferrère, B. (June, 2016). *Greater increase in insulin clearance after gastric bypass compared to gastric banding in patients with type 2 diabetes*. Poster presentation at the American Diabetes Association, New Orleans, LA.
16. **Sala, M.**, & Levinson, C.A. (May, 2016). *The longitudinal relationship between worry and disordered eating: Is worry a precursor or consequence of disordered eating?* Poster presentation at the Academy of Eating Disorders, International Conference on Eating Disorders, San Francisco, CA.
17. **Sala, M.**, Chmielewski, M., Tang, R., & Baldwin, A.S. (April, 2016). *The convergent and discriminant validity of affective judgments of physical activity measures*. Poster presentation at the Society of Behavioral Medicine, Washington, DC.
18. **Sala, M.**, Brandon, A.R., Hynan, L.S., Baldwin, A.S., & Puziferri, N. (November, 2015). *The Bariatric Behavior Efficacy Measure (BB-EM) to inform post-bariatric surgery interventions*. Poster presentation at The Obesity Society, Los Angeles, CA.
19. Homel, P., Laferrère, B., **Sala, M.**, McGinty, J., & Haller, D.L. (August, 2015).

Psychological predictors of patient attrition in post bariatric surgery follow up. Poster presentation at the American Psychological Association Convention, Toronto, Canada.

20. **Sala, M.**, Kangas, J.L., & Baldwin, A.S. (April, 2015). *Associations with affective response during exercise: Comparing implicit and affective attitudes and behavioral intentions.* Poster presentation at the Society of Behavioral Medicine Annual Meeting, San Antonio, TX.
21. **Sala, M.**, Breithaupt, L., Hamer, R.M., Bulik, C.M., La Via, M., & Brownley, K.A. (April, 2015). *A double blind, randomized pilot trial of chromium picolinate for binge eating disorder: Effects on glucose regulation.* Poster presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Boston, MA.
22. Breithaupt, L., **Sala, M.**, Hamer, R.M., Bulik, C.M., La Via, M., & Brownley, K.A. (April, 2015). *Feasibility and acceptability of chromium for binge eating disorder.* Poster presentation at the Academy for Eating Disorders, International Conference on Eating Disorders, Boston, MA.
23. Boron-Brenner, D., Rimawi, F., **Sala, M.**, Espinosa, C., Dutia R., McGinty J., Moize, V., & Laferrère, B. (November, 2014). *Meal pattern affects hunger and glycemia after Roux-en-Y gastric bypass.* Poster presentation at The Obesity Society, Boston, MA.
24. Dutia, R., Rimawi, F., Boron-Brenner, D., **Sala, M.**, Espinosa, C., McGinty, J., & Laferrère, B. (November, 2014). *Roux-en-Y gastric bypass improves postprandial lipemia.* Poster presentation at The Obesity Society, Boston, MA.

INVITED SPEAKING ENGAGEMENTS

2024:

Discussant at Symposium to be presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA, “Diversity in eating disorders treatment: Understanding divergent experiences and working towards equitable care.”

2022:

Yale University, New Haven, CT, “Ecological momentary assessment in eating and weight disorder research”

Southern Methodist University, Dallas, TX, “Digital mindfulness-based interventions for eating disorders”

2021

Drexel University, Philadelphia, PA, “Mindful eating”

CLINICAL EXPERIENCE

Sala Psychology

2021 – Present

Founder, Licensed Clinical Psychologist

- Provide individual therapy for individuals with anxiety, depression,

eating disorders, obesity, PTSD, chronic pain, insomnia, and adjustment to medical conditions.

- Provide family-based treatment for eating disorders
- Provide couple therapy
- Supervise two clinicians

Drexel WELL Center

2020 – 2021

Postdoctoral Fellow

Supervisor: Evan Forman, Ph.D.

- Provided mindfulness-based therapy, acceptance-based therapy, and standard behavioral weight loss intervention groups for obese adults
- Conducted structured clinical interviews

VA Connecticut Healthcare System

2019 – 2020

Clinical Health Psychology Intern

- Provided individual therapy for individuals with eating disorders, obesity, chronic pain, insomnia, and adjustment to medical conditions in primary care
- Led MOVE weight-loss group
- Co-led a Dialectical Behavior Therapy (DBT) group
- Conducted assessments in the chronic pain multidisciplinary clinic
- Therapist for the inpatient consultation service
- Conducted pre-surgical evaluations for transplants and weight loss surgery

North Texas VA Medical Center

2018 – 2019

General Mental Health Practicum Student

- Provided individual Acceptance and Commitment Therapy (ACT)
- Co-led a DBT group

Baylor Scott & White Medical Center

2017 – 2018

Center for Medical Psychology Practicum Student

- Provided individual therapy for insomnia, adjustment to cancer, weight management, depression, and anxiety
- Conducted pre-surgical evaluations for bariatric patients
- Led a weekly group lifestyle intervention for weight loss, based on the Diabetes Prevention Program (DPP) protocol
- Co-led a weekly cognitive biobehavioral group intervention for cancer patients (Cancer to Health)

Texas Health Presbyterian Hospital

2016 – 2017

Eating Disorder Program Practicum Student

Supervisors: Donald Hafer, Ph.D. & Anna Brown, Ph.D.

- Served as an individual Enhanced Cognitive Behavior Therapy (CBT-E) therapist in an adult outpatient, partial hospitalization, residential, and inpatient eating disorder unit
- Led DBT, ACT, and mindfulness groups and co-led cognitive processing groups

SMU Psychology Clinic

2015 – 2019

Practicum Student

Supervisors: Lorelei Simpson Rowe, Ph.D., Buck Hampson, Ph.D., & Ray Levy, Ph.D.

- Administered intelligence, achievement, and psychological testing to adults and children, and provided treatment recommendations
- Provided individual therapy for a variety of issues spanning from insomnia, anxiety disorders, and depressive disorder
- Provided Integrative Behavioral Couple Therapy

The Anxiety and Depression Research Center at SMU

2015 – 2016

Study Therapist

Supervisors: Alicia Meuret, Ph.D. (primary), Michelle Craske, Ph.D., & Michael Treanor, Ph.D.

- Provided treatment for anxiety and depressive disorders as part of a clinical research study
- Administered Exposure and Response Prevention

SERVICE

Study Section Reviewer

National Institute of Mental Health, 2024

National Center for Complementary and Integrative Health, 2023

Abstract Reviewer: *Society of Behavioral Medicine*

Ad Hoc Reviewer: *PLoS One, Obesity Reviews, Journal of Substance Abuse Treatment, Journal of Behavioral Medicine, Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity, Journal of Addiction and Research Therapy, Cognitive Therapy and Research, International Journal of Behavioral Nutrition and Physical Activity, Clinical Psychology & Psychotherapy, Clinical Psychology: Science and Practice*

Internal Committee Membership:*Ferkauf Graduate School Program Self-Assessment and Outcomes Committee, 2021– Present**Ferkauf Graduate School Curriculum and Instruction Committee, 2023 – Present**Ferkauf Graduate School Psy.D. Faculty Search Committee, 2022 – 2023, 2024 – 2025**Ferkauf Graduate School Diversity Coalition Speakers/Workshop Committee, 2021– Present**Ferkauf Graduate School Clinical Psy.D. Admissions Committee, 2021– Present***External Committee Membership:***Academy of Eating Disorders Advocacy and Communications Committee, 2015 – 2018**Academy of Eating Disorders Social Media Committee, 2021 – 2022.***MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS**

Academy of Eating Disorders

American Psychological Association

Association of Behavioral and Cognitive Therapists

Eating Disorder Research Society (invited membership)

Society for Health Psychology (APA Division 38)

Society for Behavioral Medicine

TEACHING EXPERIENCE

Assistant Professor, Ferkauf Graduate School of Psychology	Spring 2021 – Present
<i>Behavior Therapy (Spring 2021-Fall 2023)</i>	
<i>Cognitive and Affective Basis of Behavior (Spring 2021-2023)</i>	
<i>Social Psychology (Fall 2022)</i>	
<i>Research Seminar (Spring 2021-Fall 2024)</i>	
Adjunct Assistant Professor, University of North Texas	Fall 2017 – Summer 2017
<i>Research Methods</i>	

STUDENT MENTORING

Graduate Student Mentoring

Casey Stern (primary mentor)
 Aspen Martin (primary mentor)
 Arianna Carpati (primary mentor)
 Laura Meyer (primary mentor)
 Sarah Song (primary mentor)
 Rebecca Berg (primary mentor)
 Grace Ragi (primary mentor)
 Danielle Kahn (primary mentor)
 Madeline Schupak (primary mentor)
 Ayelet Schechter (primary mentor)
 Rachel Retter (primary mentor)
 Allison Roland (secondary mentor)
 Kaitlin Levin (secondary mentor)
 Bruce Levin (secondary mentor)
 Emily Matis (secondary mentor)
 Sarah Horne (committee member)
 Keara Mageras (committee member)
 Lauren Yang (committee member)
 Caroline Capute (committee member)
 Ron Nicholson (committee member)
 Brett Boatwright (committee member)
 Hannah Jerusalemy (committee member)
 Anne Reeder (dissertation reader)

Undergraduate Student Mentoring

Leeba Goldenhersh
 Casey Stern
 Meredith Zoltan
 Jamie Jacobson
 Joshua Becker
 Julia Lange
 Claudia Morris
 Dante Ascarrunz

Yana Bichkova

ADDITIONAL RESEARCH TRAINING

Innovation Biodesign Program	2022 – 2025
Introduction to Structural Equation Modeling Instructors: Drs. Patrick Curran and Daniel Bauer	2020
Multilevel Linear Modeling Instructors: Drs. Patrick Curran and Daniel Bauer	2020
Network Analysis Instructor: Dr. Doug Steinley	2020
Multiphase Optimization Strategy Instructor: Dr. Linda Collins	2017
Meta-Analysis Techniques Instructors: Drs. Betsy Becker and Ariel Aloe	2015

ADDITIONAL CLINICAL TRAINING

Gottman Couple Therapy Instructors: Drs. John and Julie Gottman	2024
Cognitive Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder (ARFID) Instructors: Drs. Jenny Thomas, Kamryn Eddy, and Kendra Becker	2024
Intuitive Eating Instructors: Elyse Resch and Evelyn Tribole	2024
Trauma-Informed Mindfulness Instructors: Drs. Terri Messman and Noga Zerubavel	2022
Using ACT-CI to Promote Growth in Times of Crisis Instructors: Drs. Kirk Strosahl and Patricia Robinson	2022
Mindfulness-Based Relapse Prevention Instructors: Drs. Corey Roos and Mike Gawrysiak	2020
Dialectical Behavior Therapy, New Haven, CT Instructors: Drs. Seth Axelrod, Emily Cooney, and Suzanne Decker	2019
Motivational Interviewing, West Haven, CT Instructor: Dr. Steve Martino	2019

Mindfulness-Based Eating Awareness , Lenox, MA <i>Faculty Assistant</i> Instructors: Dr. Jean Kristeller and Andrea Lieberstein	2018
Cognitive Processing for PTSD , Dallas, TX Instructor: Dr. Amy Williams	2018
Motivational Interviewing , Plano, TX Instructor: Dr. Lloyd Berg	2018
Acceptance-Based Behavioral Therapy , San Diego, CA Instructor: Drs. Susan Orsillo and Lizabeth Roemer	2017
Acceptance and Commitment Therapy , Frisco, TX Instructor: Dr. Amy Murrell	2017
Treatment for Affective Disorders , UCLA Instructor: Drs. Michelle Craske and Michael Treanor	2015
Structural Clinical Interview for DSM-5 Disorder , SMU Instructor: Dr. Alicia Meuret	2015
Couples Therapy Workshop , SMU Instructor: Dr. Lorelei Simpson Rowe	2014

SELECTED SKILLS

Statistical Programs: R, SAS, SPSS, Mplus

Languages: Fluent in Spanish and Russian