

Paddy Loftus

Department of Psychological and Brain Sciences
George Washington University
2013 H Street NW
Washington, DC 20006
Email: paddyloftus@gwu.edu
Lab: www.fallongoodman.com

Education

- | | |
|--------------|---|
| 2022–Present | George Washington University , Washington, DC
Doctor of Philosophy, Clinical Psychology |
| 2021–2022 | University of South Florida , Tampa, FL
Doctor of Philosophy, Clinical Psychology (Transferred) |
| 2015–2019 | University of Pennsylvania , Philadelphia, PA
Bachelor of Arts, Honors Degree in Psychology
<i>Summa Cum Laude</i>
Cumulative GPA: 3.88 |

Supplemental Coursework

- | | |
|------|--|
| 2020 | University of Southern California
Course Audit: <i>Social Network Analysis, PM-542</i> |
|------|--|

Honors and Awards

- | | |
|--------------|--|
| 2022–Present | Columbian Distinguished Fellowship
George Washington University |
| 2022 | Stephen and Phillip Deibler Memorial Scholarship Award
University of South Florida |
| 2019 | Phi Beta Kappa
University of Pennsylvania |
| 2018 | Presidential Poster Award
American College of Gastroenterology Convention |
| 2017 | Morris Viteles Award for Excellence in Undergraduate Research in Psychology
University of Pennsylvania |

- 2017 **College of Arts and Sciences Travel Grant**
University of Pennsylvania
- 2017 **Psi Chi**
University of Pennsylvania
- 2015–2019 **Dean’s List**
College of Arts and Sciences, University of Pennsylvania

Research Grants

- 2021–2022 **Psychology Diversity Research Award, University of South Florida**
Structural features that underlie perceived anti-queer stigma: A conjoint analysis.
Principal Investigator (Sponsor: Fallon Goodman, Ph.D.)
Amount Awarded: \$500
- 2020 **Core Voucher Research Grant, Clinical and Translational Science Institute, University of Southern California**
Combined intranasal oxytocin and mindfulness training as a novel treatment for smoking cessation
Co-Investigator (Principal Investigator: David Black, Ph.D., M.P.H.; Co-I: Matthew Kirkpatrick, Ph.D.)
Amount Awarded: \$3,000
- 2018–2019 **The Millstein Family Undergraduate Research Grant, University of Pennsylvania**
Resilience and Coping in College
Principal Investigator (Sponsor: Melissa Hunt, Ph.D.)
Amount Awarded: \$400

Peer Reviewed Articles

- Bowdring, M., Loftus, P., Wang, S. D., Pang, R. D., & Kirkpatrick, M. G. (2023). Interactive associations between abstinence plans and romantic partner conflict and support with cigarette smoking. *Drug and Alcohol Dependence*.
<https://doi.org/10.1016/j.drugalcdep.2022.109756>
- Zickgraf, H. F., Loftus, P., Gibbons, B., Cohen, L. C., & Hunt, M. G. (2022). “If I could survive without eating, it would be a huge relief”: Development and initial validation of the Fear of Food Questionnaire. *Appetite*, 169, 105808.
<https://doi.org/10.1016/j.appet.2021.105808>
- Stade, E. C., Cohen, R. T., Loftus, P., & Ruscio, A. M. (2021). A Novel Measure of Real-Time Perseverative Thought. *Clinical Psychological Science*, 28(6), 487–495.
<https://doi.org/10.1177/21677026211038017>

Wang, S. D., **Loftus, P.**, Pang, R. D., Kirkpatrick, M. G. (2021). Impact of Self-Efficacy on Daily Intention to Not Smoke. *Addictive Behaviors*, 118, 106877. <https://doi.org/10.1016/j.addbeh.2021.106877>

Loftus, P., Wang, S. D., Pang, R. D., & Kirkpatrick, M. G. (2021). Interactions between daily abstinence plans and approach/avoidance motivation on cigarette smoking in pre-quit smokers. *Experimental and Clinical Psychopharmacology*. <https://doi.org/10.1037/pha0000473>

Hunt, M. G., **Loftus, P.**, Accardo, M., Keenan, M., Cohen, L., & Osterman, M. (2019). Self-Help Cognitive Behavioral Therapy Improves Health Related Quality of Life for Inflammatory Bowel Disease Patients. *Journal of Clinical Psychology in Medical Settings*, 27(3), 467-479. <https://doi.org/10.1007/s10880-019-09621-7>

Manuscripts in Preparation

Loftus, P., Goodman, F. R., Dyar, C., Davila, J., Feinstein, B. (in preparation) Daily experiences of identity uncertainty among bi+ adults.

Loftus, P., & Goodman, F. R. (in preparation). Homophily of anxiety and depressive disorders: a review of findings in romantic, social, and professional settings.

Loftus, P., Wang, S. D., Pang, R. D., & Kirkpatrick, M. G., (in preparation). To love and to withhold: Similarity in romantic relationship satisfaction facilitates dyadic smoking abstinence plans.

Loftus, P., Birg, J. A., Sala, M., & Goodman, F. R. (in preparation). Positive affect dynamics in social anxiety disorder. <https://osf.io/kjn83>

Birg, J. A., **Loftus, P.**, Goodman, F. R., Armeli, S. & Tennen, H. (in preparation). Time-trajectories of mental health and social support in college students.

Kirkpatrick, M. G., **Loftus, P.**, & Sheth, R. (in preparation). Differential effects of intranasal oxytocin on generosity during acute cigarette smoking abstinence.

Feinstein, B. A., **Loftus, P.**, Bettin, E., Goodman, F. R., Korpak, K., Dodge, B., & Mustanski, B. (in preparation) Adapting an online sexual health promotion program for bisexual, pansexual, and queer (bi+) male youth: Results of a pilot randomized controlled trial

Research in Progress

Loftus, P., & Goodman, F. R. (in progress). Structural features that underlie perceived anti-queer stigma: A conjoint analysis.

Conference Presentations

- Feinstein, B. A., **Loftus, P.**, Goodman, F. R., Bettin, E., & Mustanski, B. (2023, August). Feasibility, acceptability, and preliminary efficacy of an online sexual health promotion program for bi+ male youth: Results of a pilot randomized controlled trial. Symposium presented at the International Academy of Sex Research's Annual Meeting. Montréal, Canada.
- Loftus, P.**, Goodman, F. R., Dyar, C., Davila, J. & Feinstein, B. A. (2022, November). The role of identity uncertainty in the mental health of bi+ adults: An experience-sampling study. In Kellerman, J. K. (Chair). *Examining the Real-time Mental Health Impact of Minority Stress among Sexual and Gender Minority Individuals*. Symposium presented at the Association for Behavioral and Cognitive Therapies' Annual Meeting, New York, NY.

Conference Poster Presentations

- Loftus, P.**, & Goodman, F. R. (under review). *Structural features that underlie perceived anti-queer stigma: A conjoint analysis*. Poster submitted to the Association for Behavioral and Cognitive Therapies' Annual Meeting, Seattle, WA.
- Birg, J. A., **Loftus, P.**, Goodman, F. R., Armeli, S. & Tennen, H. (under review). Time-trajectories of mental health and social support in college students: A four-year longitudinal study. Poster submitted to the Association for Behavioral and Cognitive Therapies' Annual Meeting, Seattle, WA.
- Loftus, P.**, & Goodman, F. R. (2023, April). *Structural features that underlie perceived anti-queer stigma: A conjoint analysis*. Poster presented at the George Washington University's Columbian College of Arts & Sciences Research Showcase, Washington, D.C.
- Loftus, P.**, Goodman, F. R., Le, T. H., Berro, M., Dyar, C., Davila, J. & Feinstein, B. A. (2022, July). *Influences on daily identity uncertainty among bi+ individuals: The roles of relationship status, gender, and partner gender*. Poster presented at the International Academy of Sex Research's 48th Annual Meeting, Reykjavik, Iceland.
- Loftus, P.**, Birg, J. A., & Goodman, F. R. (2022, April). *Positive Affect Dynamics in Social Anxiety Disorder*. Poster presented at the University of South Florida's First Year Clinical Poster Session, Tampa, FL.
- Loftus, P.**, Krueger, E. A., Cho, J., Unger, J. B., Barrington-Trimis, J. L., & Braymiller, J. L. (2021, June). *Sex differences in mental health symptoms and associations with substance use during the transition to young adulthood*. Poster presented at The College on Problems of Drug Dependence's 2021 Virtual Conference.
- Sheth, R., **Loftus, P.**, & Kirkpatrick, M. G. (2021, June). *Differential effects of intranasal*

oxytocin on generosity during acute cigarette smoking abstinence. Poster presented at The College on Problems of Drug Dependence's Virtual Conference.

- Loftus, P.,** Wang, S. D., Pang, R. D., & Kirkpatrick, M. G. (2021, February). *Approach and Avoidance Sensitivity associated with Smoking Fluctuations in Pre-Quit Smokers.* Poster presented at The Society for Research on Nicotine & Tobacco's Virtual Conference.
- Wang, S. D., **Loftus, P.,** Pang, R. D., & Kirkpatrick, M. G. (2021, February). *Impact of Self Efficacy on Daily Intention not to Smoke.* Poster and talk presented at The Society for Research on Nicotine & Tobacco's Virtual Conference.
- Loftus, P.,** Raskin, H., Jafarzadeh, N., Christodoulou, G., Kirkpatrick, M. G., & Black, D. S. (2020, November). *Methods for revising a mindfulness trial to a remote platform during COVID-19.* Poster presented at the USC Institute for Integrative Health & Wellness' Virtual Conference.
- Black, D. S., Salami, N., **Loftus, P.,** Christodoulou, G., & Kirkpatrick, M. G. (2020, June). *Effects of mindful attention app-based training plus intranasal oxytocin on smoking restraint: Protocol and progress for a four-group laboratory experiment among smokers in withdrawal.* Poster accepted; conference cancelled. Tobacco-Related Disease Research Program's Joining Forces' Annual Meeting, Palm Desert, CA.
- Loftus, P.,** Germ, S., Gold, S., Lawyer, J., Valenti, S., & Hunt, M. G. (2020, March). *Resilience and Coping in College.* Poster accepted; conference cancelled. Anxiety and Depression Association of America's Annual Meeting, San Antonio, TX.
- Loftus, P.,** & Valenti, S. (2019, April). *Positive Coping: A Novel Treatment for Freshman Stress.* Poster and talk presented at the University of Pennsylvania Psychology Undergraduate Research Session, Philadelphia, PA.
- Stade, E. C., **Loftus, P.,** Cohen, R. T., & Ruscio, A. M. (2019, March). *A novel measure of real-time perseverative thought.* Poster presented at the Anxiety and Depression Association of America's Annual Meeting, Chicago, IL.
- Hunt, M. G., Zickgraf, H. F., Gibbons, B., & **Loftus, P.** (2018, April). *Development and validation of the Fear of Food Questionnaire (FFQ).* Poster presented at the Anxiety and Depression Association of America's Annual Meeting, Washington, DC.
- Hunt, M. G., **Loftus, P.,** Accardo, M., Keenan, M., Cohen, L., & Osterman, M. (2018, October). *Coping with Crohn's and Colitis: A Randomized Controlled Trial Comparing a CBT Self-Help Book to an Active Psychoeducational Control.* Poster presented at American College of Gastroenterology Convention's Annual Meeting, Philadelphia, PA.
- Loftus, P.,** & Cohen, L. (2017, April). *Coping with Crohn's and Colitis: A Randomized*

Controlled Trial Comparing a CBT Self-Help Book to an Active Psychoeducational Control. Poster and talk presented at the University of Pennsylvania Psychology Undergraduate Research Session, Philadelphia, PA.

Gibbons, B., **Loftus, P.**, & Cohen, L. (2017, April). *Validation of the Fear of Food Questionnaire.* Poster and talk presented at the University of Pennsylvania Psychology Undergraduate Research Session, Philadelphia, PA.

Hunt, M. G., **Loftus, P.**, Accardo, M., Keenan, M., Cohen, L., & Osterman, M. (2017, April). *Coping with Crohn's and Colitis: A Randomized Controlled Trial Comparing a CBT Self-Help Book to an Active Psychoeducational Control.* Poster presented at the Anxiety and Depression Association of America's Annual Meeting, San Francisco, CA.

Teaching

University of South Florida

2022 **Course Assistant**
 Psychology Tests and Measurements (CLP4433)
 Department of Clinical Psychology

2021 **Laboratory Instructor**
 Introduction to Psychology (PSYC2012)
 Department of Psychology

Guest Lectures

2022 *Personality Pathology.* Abnormal Psychology (PSYC2011), George Washington University, Washington, DC.

2022 *Anxiety Disorders.* Abnormal Psychology (CLP4143), University of South Florida, Tampa, FL.

2021 *Classical Conditioning.* Introduction to Psychology (PSYC2012), University of South Florida, Tampa, FL.

Advising and Mentorship

Mentored Research Assistants

George Washington University

2023 Bayush Getachew
 2023 Caroline Horn

University of South Florida

2022–2023 Maximilian Wright
2022 Michelle Hua
2022 Dakota Krebs

Professional Service

George Washington University

2022–2023 Member, Clinical Psychology Graduate Admissions Committee

University of South Florida

2021–2022 Project Lead, Student Diversity Committee, Psychology Department

Editorial Activities

Ad-Hoc Reviewer

Cognition and Emotion

Developmental Psychology

International Journal of Cognitive Therapy

Journal for Clinical Child and Adolescent Psychology

Journal of Affective Disorders

Journal of Anxiety Disorders

Journal of Happiness Studies

Journal of Personality and Social Psychology

Journal of Personality Assessment

Journal of Social and Clinical Psychology

Psychiatry Research

References

Fallon Goodman, Ph.D.

fgoodman@usf.edu

(813) 974-8496

Matthew Kirkpatrick, Ph.D.

mgkirkpa@usc.edu

(323) 442-8221

Melissa Hunt, Ph.D.

mhunt@psych.upenn.edu

(215) 898-6478