

ILANA HALIWA
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ACADEMIC POSITIONS

August 2022 – Present Assistant Professor
Department of Psychology
Salve Regina University

EDUCATION

Ph.D. Psychology, May 2022
West Virginia University
Primary Advisor(s): Mariya Cherkasova, Ph.D. & JoNell Strough, Ph.D.
Behavioral Neuroscience Preliminary Examination (Passed): August 2019
Doctoral Dissertation: *A Mechanistic Exploration of the Effects of Mindfulness on Pain: The Role of Physiology and Pain-Related Cognition.*

M.S. Psychology, May 2020
West Virginia University
Primary Advisor: Melissa Blank, Ph.D.
Master's Thesis: *The Role Flavor in the Abuse Liability of Electronic Cigarettes among Tobacco Naïve Young Adults.*

M.P.H. May 2016
Nova Southeastern University
Primary Advisor: Cyril Blavo, D.O., M.P.H., FACOP
Master's Thesis:
Trends in Opioid Use in the City of Houston.
Project Advisor: Marc Fleming, Ph.D.

B.A. Psychology, May 2012
University of North Carolina at Chapel Hill
Cum Laude

GRANTS AND AWARDS

2024	National Center for Complementary and Integrative Health R21 [Resubmission] \$421,875 Co PI: <i>Dual System Model of Mindfulness for Chronic Pain Management</i>
2023 - 2024	Mental Research Institute, Menlo Park CA \$25,000 PI: <i>The effects of a brief interconnectedness meditation on perceived social support, emotional reactivity, and mental health.</i>
2023	American Psychological Association Convention People's Choice Poster \$250 <i>Teacher Outcomes with a School-Based Mindfulness Intervention during COVID-19</i>
2022	West Virginia University Open Access Author Fund \$1,000

2021	West Virginia University Open Access Author Fund \$1,000
2020	West Virginia University's James Stevenson Scholarship \$2,500
2018	West Virginia University's Carl Del Signore Scholarship \$500

PEER REVIEWED PUBLICATIONS

- Haliwa, I.,** Benefield, T., Aran, O., Hennessy, E. M., Hankin, B., Davis, E. P., & Doom, J. (2025). Prenatal Maternal Mindfulness as a Predictor of Infant Emerging Effortful Control and Negative Affect. *Mindfulness*.
- Calkins, C., Abuin, C., Morris, C., Cihon, J., & **Haliwa, I.** (Submitted Nov 2024). A Survey of RBT Supervision Experience. *Behavior Analysis in Practice*.
- Switzer, E.*, Catalano, M.*, Abuin, S.*, **Haliwa, I.,** & Jones, S. H. (Revised and resubmitted Nov 2024). Variable Schedules Protect Against Effects of Integrity Errors during Noncontingent Reinforcement. *Journal of Applied Behavior Analysis*.
- Jarrett, T., **Haliwa, I.,** Ludrosky, J., Mason, A., Pfost, G., ... & Dino, G. (2023) Teacher Outcomes with a School-Based Mindfulness Intervention during COVID-19. *OBM Integrative and Complementary Medicine Special Issue: Stress, Burnout, and Trauma in Schools*. [in press]
- Wilson, J. M., **Haliwa, I.,** Lee, J., Shook, N. J. (2023). The Role of Mindfulness in the Fear Avoidance Model of Pain. *PLOS ONE*.
- Smith, K., **Haliwa, I.,** Chappell, A., Wilson, J.M, Strough, J. (2023). Psychological health benefits of focusing on the 'here and now' versus a limited future during the COVID-19 pandemic. *Journal of American College Health*.
- Haliwa, I.,** Layman, H., Coffman, J., Snodgrass, A., Santer, P., ... & Jarrett, T. (2022). Perceptions and Expectations of School-Based Professionals Surrounding School-Based Mindfulness Training in Appalachia during the COVID-19 Pandemic: A Qualitative Study. *Frontiers in Public Health*.
- Haliwa, I.,** Ford, C. G., Wilson, J.W., & Shook, N. J. (2021) A mixed-method assessment of a 10-day mobile mindfulness intervention. *Frontiers in Psychology: Psychology in Clinical Settings*.
- Ford, C. G., Kiken, L. G., **Haliwa I.,** & Shook, N. J. (2021). Negatively biased cognition as a mechanism of mindfulness: A review of the literature. *Current Psychology*.
- Haliwa, I.,** Wilson, J., Lee, J., & Shook, N. J. (2021). Predictors of change in mental health during the COVID-19 pandemic. *Journal of Affective Disorders*.
- Ford, C.G., **Haliwa, I.,** Shook, N. J. (2021). Mind your gaze: Examining the relation between mindfulness and visual attention to valenced images. *Behavioral Brain Research*, 401, 113063.
- Haliwa, I.,** Spalding, R., Smith, K., Chappell, A., & Strough, J. (2021). Risk and Protective Factors for College Students' Psychological Health During the COVID-19 Pandemic. *Journal of American College Health*.
- Haliwa, I.,** Wilson, J. M., Spears, S. K., Strough, J., & Shook, N. J. (2021). Exploring facets of the mindful personality. *Personality and Individual Differences*, 171, 110469
- Bolívar, H. A., Elliott, R. J, Middleton, M., Yoon, J. H., Okoli, C. T. C., **Haliwa, I.,** ..., & Gaalema, D. E.

- (2021). Social Smoking Environment and Associations with Cardiac Rehabilitation Attendance. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 41, 46 – 51.
- Felicione, N. J., Ozga, J. E., Ferguson, S. G., Dino, G., Kuhn, S., **Haliwa, I.**, & Blank, M.D. (2021). Cigarette smokers' concurrent use of smokeless tobacco: Dual use patterns and nicotine exposure. *Tobacco Control*, 30, 24 – 29.
- Ozga-Hess, J., Warren, C., **Haliwa, I.**, Felicione, N. F., Ferguson, S., Dino, G., & Blank, M. (2021). Measurement of Cigarette Smoking: Comparisons of global self-report, returned cigarette filters, and ecological momentary assessment. *Experimental and Clinical Psychopharmacology*. [in press]
- Haliwa, I.**, Lee, J., Wilson, J., & Shook, N. (2020) Mindfulness and engagement in COVID-19 Preventive Behavior. *Preventive Medicine Reports*, 20, 101246.
- McCluskey, D. L., **Haliwa, I.**, Wilson, J. M., Shook, N. J., & Keeley, J. W. (2020). Experiential avoidance mediates the relation between mindfulness and anxiety. *Current Psychology*.
- Fenstermacher, E., Ebert, A. R., Shook, N. J., Lee, J., Wilson, J. M., & **Haliwa, I.** (2020). Dementia-related anxiety and general illness anxiety differ based on familial exposure to persons with dementia. *Innovation in Aging*, 4, 283 – 284.
- Yoon, J.H., San Miguel, G.G., Vincent, J.N., Suchting, R., **Haliwa, I.**, Weaver, M.C., ... Lane, S.D. (2019). Assessing attentional bias and inhibitory control in cannabis use disorder using an eye-tracking paradigm with personalized stimuli. *Experimental and Clinical Psychopharmacology*, 27, 578 – 587.
- Pericot-Valverde, I., Elliot, R.J., Priest, J.S., Barret, T., Yoon, J.H., Miller, C.C., Chizimuzo, T.C., **Haliwa, I.**, ... Gaalema, D.E. (2019). Patterns of tobacco use among smokers prior to hospitalization for an acute cardiac event: Use of combusted and non-combusted products. *Preventive Medicine*, 128, 105757
- Yoon, J. H., Weaver M. T., De La Garza, R., Suchting, R., Nerumalla, C., Omar Y., Brown, G.S., **Haliwa, I.** Newton, T. F. (2018). Comparison of three measurement models of discounting among individuals with methamphetamine use disorder. *The American Journal on Addictions*, 27, 425-432.
- Yoon, J.H., De La Garza, R., Newton, T.F., Suchting, R., Weaver M.T., Brown, G.S., Omar Y., **Haliwa, I.** (2017). A comparison of Mazur's k and area under the curve for describing steep discounters. *The Psychological Record*, 67, 355 – 363

SELECT PRESENTATIONS AND POSTERS

- Esposito, B.*, Howard, S.*, Sangermano, D.*, Avilala, S.*, Meghan, H.*, Sicnolfi, A.*, Fox, L.*, **Haliwa, I.** (August 2024). *Does a Brief Mindfulness Training Improve Self-Reported Emotion Regulation?* Poster accepted for presentation at the 2024 American Psychological Association Annual Meeting.
- Sangermano, D.*, Esposito, B.*, Avilala, S.*, Howard, S.*, Meghan, H.*, Sicnolfi, A.*, Fox, L.*, **Haliwa, I.** (August 2024). *The Effects of Breath-Focused and Loving-Kindness Mindfulness Practices on College Student Affect*. Poster accepted for presentation at the 2024 American Psychological Association Annual Meeting.

Howard, S.*, Avilala, S.*, Sangermano, D.*, Esposito, B.*, Meghan, H.*, Sicnolfi, A.*, Fox, L.*, **Haliwa, I.** (August 2024). *Does A Brief Mindfulness Induction Decrease Emotional Attentional Blink*. Poster accepted for presentation at the 2024 American Psychological Association Annual Meeting.

Avilala, S.*, Sangermano, D.*, Esposito, B.*, Howard, S.*, Meghan, H.*, Sicnolfi, A.*, Fox, L.*, **Haliwa, I.** (August 2024). *Is a 10-Minute Mindfulness Induction Enough to Induce State Mindfulness*. Poster accepted for presentation at the 2024 American Psychological Association Annual Meeting.

Iacobucci, I.*, Sangermano, D.*, Esposito, B.*, Howard, S.*, Avilala, S.*, Meghan, H.*, Sicnolfi, A.*, Fox, L.*, **Haliwa, I.** (August 2024). *Effectiveness of a Brief Loving-Kindness Meditation on Feelings of Interconnectedness Among College Students*. Poster accepted for presentation at the 2024 American Psychological Association Annual Meeting.

Haliwa, I., Lee, J., Shook, N. (August 2023). *Socio-demographic Variability in Randomized Controlled Trials of MBSR for Depression and Anxiety*. Poster presented at the 2023 American Psychological Association Annual Meeting.

Haliwa, I., Jarrett, T., Ludrosky, J., Dino, G. (August 2023). *Teacher Outcomes of a School-Based Mindfulness Intervention during COVID-19*. Poster presented at the 2023 American Psychological Association Annual Meeting.

Haliwa, I. (February 2023). *Mechanisms and Applications of Mindfulness in Pain Management*. Invited talk presented at Northern Michigan University Department of Psychology Colloquium Series.

Haliwa, I., Wilson, J. M., Lee, J. & Shook, N. J. (May 2021). *Changes in Mental Health during the COVID-19 Pandemic*. Flash talk presented at the Association for Psychological Science Annual Convention 2021.

Haliwa, I., Wilson, J. M., Lee, J., & Shook, N. J. (June 2021). *Understanding the link between mindfulness and pain: The role of health behaviors*. Poster presented at the International Association for the Study of Pain World Congress on Pain.

Haliwa, I., & Shook, N. J. (June 2020). *Mindfulness and experiential avoidance: A multi-methodological analysis*. Poster presented at the Mind and Life Institute Summer Research Institute.

TEACHING

Salve Regina University	Assistant Professor
<i>Spring 2024</i>	Psychology 326: Research Methods and Statistics II
<i>Fall 2023</i>	Psychology 325: Research Methods and Statistics I
<i>Spring 2023</i>	Psychology 310: Cognitive Psychology
	Psychology 336: Psychology of Mindfulness
<i>Fall 2022</i>	Psychology 100: Introduction to Psychology
	Psychology 399: Special Topics (the Psychology of Mindfulness)
West Virginia University	Graduate Teaching Assistant
<i>Spring 2019</i>	Psychology 203: Research Methods I
<i>Fall 2018</i>	Psychology 204: Research Methods II
<i>Fall 2017 – Spring 2018</i>	Psychology 301: Biological Foundations of Behavior

SERVICE

Scholarship Sharing Committee, Newport, RI

September 2023 - present

Social Committee, Newport, RI

August 2023 - present

Neuroscience Minor Curriculum Contributor, Newport, RI

January 2023 - present

Ad Hoc Manuscript Reviewer

Completed manuscript reviews for *Personality and Individual Differences*, *International Journal of Environmental Research and Public Health*, *Mindfulness*, *The Journal of Pain*, *Current Psychology*, *European Journal of Personality Psychology*

National Prevention Research Center Network Anti-Racism Workgroup

December 2020 - present

WVU Psychology Department Diversity Committee, Morgantown, WV

June 2020 – May 2021

Behavioral Neuroscience Training Committee, Morgantown, WV

August 2018 – May 2020

Wellness Committee, Morgantown, WV

November 2017 -May 2019

MEMBERSHIP IN PROFESSIONAL ASSOCIATIONS

American Psychological Association

American Psychosomatic Society

Association for Psychological Science