

SHAYLA C. HOLUB

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School of Behavioral and Brain Sciences
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Education

Doctor of Philosophy in Psychology (Developmental concentration)

Bowling Green State University, Bowling Green, OH.

May, 2005

Dissertation: Young Children's Perceived Competence: Validation of a New Instrument and Ecological Influences on Overly Positive Self-Perceptions in Preschoolers

Advisor: Dara Musher-Eizenman, Ph. D.

Master of Arts in Psychology (Developmental concentration)

Bowling Green State University, Bowling Green, OH.

May, 2003

Thesis: Birth of a Sibling: Role Acquisition Within the Family System

Advisor: Dara Musher-Eizenman, Ph. D.

Bachelor of Science in Experimental Psychology

Millikin University, Decatur, IL. *Summa Cum Laude, James Millikin Scholar,*

Phi Kappa Phi

May, 2000

Honors Thesis: The Development of an Automatic Color-Naming Process and Priming of the Stroop Effect in Non-Color Words

Advisor: James St. James, Ph. D.

Academic Appointments

2012-Present Associate Professor, Psychological Sciences, The University of Texas at Dallas

2005-2012 Assistant Professor, Psychological Sciences, The University of Texas at Dallas

Honors and Awards

2010 Teaching Award, School of Behavioral and Brain Sciences, UT-Dallas
2009 Honoree, Galerstein Women's Center, UT-Dallas
2009 Nominee, Chancellor's Council Outstanding Teaching Award
2005 New Investigator Award, Cooper Institute Conference
2004 Bowling Green State University Dissertation Fellowship
2004 Shanklin Award Finalist for Excellence in Research, Bowling Green State University
1999 Scovill Award Winner for Scholarship, Leadership and Service, Millikin University

Grants Awarded

- 2009- 2010 **Hogg Foundation for Mental Health**
Psychosocial Outcomes Related to Childhood Obesity During the Preschool Years
Principal Investigator: Shayla C. Holub
Amount Awarded: \$14,998
- 2006-2007 **Timberlawn Psychiatric Research Foundation**
The Role of Parents' Restrictive Feeding Practices and General Parenting Style in
Children's Eating Attitudes and Behavior
Principal Investigator: Shayla C. Holub
Amount Awarded: \$27,357

Grants Submitted

- 2011-2013 **NIH (National Institute of Child and Human Development)**
Restriction in the Parent-Child Feeding Relationship: Does Parenting Style Matter?
Principal Investigator: Shayla C. Holub
Status: Submitted February 15, 2011, Scored, Unfunded
- 2011-2013 **NIH (National Institute of Diabetes and Digestive and Kidney Diseases)**
Parenting, Self-Regulation, and Risk of Obesity in Ethnic Minority Preschoolers
Principal Investigators: Margaret O'Brien Caughy Margaret Tresch Owen
Co-Investigators: Alexandra Evans, Shayla C. Holub
Status: Submitted June 15, 2011, Unfunded

Peer-Reviewed Journal Articles (* denotes current or former student)

Tan, C.*, & **Holub, S. C.** (2012). Maternal feeding practices associated with food neophobia.
Appetite, 59, 483-487.

Holub, S. C. & Dolan, E. A.* (2012). Mothers' beliefs about infant size: Associations with
attitudes and infant feeding practices. *Journal of Applied Developmental Psychology, 33*,
158-164.

Holub, S. C., Haney, A. H.*, & Roelse, H.* (2012). Deconstructing the concept of the healthy
eater self-schematic: Relations to dietary intake, weight and eating cognitions. *Eating
Behaviors, 13*, 106-111.

Patel, S. L.*, & **Holub, S. C.** (2012). Body size matters in provision of help: Factors related to
children's willingness to help overweight peers. *Obesity, 20*, 382-388.

Holub, S. C., Tan, C.*, & Patel, S. L.* (2011). Factors associated with mothers' obesity stigma
and young children's weight stereotypes. *Journal of Applied Developmental Psychology, 32*,
118-126.

- Tan, C.*, & **Holub, S. C.** (2011). Children's self-regulation in eating: Associations with inhibitory control and parents' feeding behavior. *Journal of Pediatric Psychology, 36*, 340-345.
- Holub, S. C.**, & Musher-Eizenman, D. R. (2010). Examining preschoolers' nutrition knowledge using a meal creation and food group classification task: Age and gender differences. *Early Child Development and Care, 180*, 787-798.
- Musher-Eizenman, D. R., de Lauzon-Guillain, B., **Holub, S. C.**, Leporc, E., & Charles, M. A. (2009). Child and parent characteristics related to parental feeding practices: A cross-cultural examination in the US and France. *Appetite, 52*, 89-95.
- de Lauzon-Guillain, B., Musher-Eizenman, D., Leporc, E., **Holub, S.** & Charles, M. A. (2009). Parental feeding practices in the United States and in France: Relationships with child's characteristics and parent's eating behavior. *Journal of the American Dietetic Association, 109*, 1064-1069.
- Holub, S. C.** (2008). Individual differences in the anti-fat attitudes of preschool-children: The importance of perceived body size. *Body Image, 5*, 317-321.
- Holub, S. C.**, Tisak, M. S., & Mullins, D. (2008). Gender differences in children's hero attributions: Personal choices and evaluations of typical male and female heroes. *Sex Roles, 58*, 567-578.
- Musher-Eizenman, D. R., & **Holub, S. C.** (2007). Comprehensive Feeding Practices Questionnaire: Validation of a new measure of parental feeding practices. *Journal of Pediatric Psychology, 32*, 960-972.
- Musher-Eizenman, D. R., **Holub, S. C.**, Hauser, J. C., & Young, K. M. (2007). The relationship between parents' anti-fat attitudes and restrictive feeding. *Obesity, 15*, 2095-2102.
- Tisak, M. S., **Holub, S. C.**, & Tisak, J. (2007). What nice things do boys and girls do?: Preschoolers' perspective of peers' behaviors at school and at home. *Early Education and Development, 18*, 183-199.
- McAuley, D., Reiss-Jones, M., **Holub, S. C.**, Johnston, H., & Miller, N. (2006). The time of our lives: Lifespan development of timing and event tracking. *Journal of Experimental Psychology: General, 135*, 348-367.
- Holub, S. C.**, Musher-Eizenman, D. R., Persson, A. V., Edwards-Leeper, L. A., Goldstein, S. E., & Miller, A. B. (2005). Do preschool children understand what it means to 'diet,' and do they do it? *International Journal of Eating Disorders, 38*, 91-93.
- Gordon, A. K., Musher-Eizenman, D. R., **Holub, S. C.**, & Dalrymple, J. (2004). What are children thankful for?: An archival analysis of children's gratitude before and after the attacks of September 11. *Journal of Applied Developmental Psychology, 25*, 541-553.

Musher-Eizenman, D. R., **Holub, S. C.**, Miller, A. B., Goldstein, S. E., & Edwards-Leeper, L. (2004). Body size stigmatism in preschool children: The role of control attributions. *Journal of Pediatric Psychology, 29*, 613-620.

Musher-Eizenman, D. R., **Holub, S. C.**, Edwards-Leeper, L., Persson, A. V., & Goldstein, S. E. (2003). The narrow range of acceptable body types for preschoolers and their mothers. *Journal of Applied Developmental Psychology, 24*, 259-272.

Musher-Eizenman, D. R., **Holub, S. C.**, & Arnett, M. (2003). Attitude and peer influences on adolescent substance use: The moderating effect of age, sex, and substance. *Journal of Drug Education, 33*, 1-23.

Book Chapters

Musher-Eizenman, D. R., & **Holub, S. C.** (2006). Children's eating in the absence of hunger: The role of restrictive feeding practices. In R. K. Flamenbaum (Ed.), *Childhood obesity and health research* (pp. 135-156). Hauppauge, NY: Nova.

Manuscripts Currently Under Peer-Review (* denotes current or former student)

Holub, S. C. (under review). Parental restrictive feeding practices and weight status in early childhood: Associations with psychosocial outcomes

Holub, S. C., Shafique, T.*, & Tan, C.* (under review). Children's prejudice against overweight peers: Do attributions matter?

Holub, S. C., Tan, C.* & Dolan, E. A.*, & Patel, S. L.* (under review). Sociocultural influences from the media and implicit and explicit weight prejudice.

Manuscripts In Preparation (* denotes current or former student)

Holub, S. C. & Dolan, E. A.* (in preparation). Further examination of the figure array methodology for assessing body-size attitudes.

Holub, S. C., Patel, S. L.*, & Hinkley, S.* (in preparation). Anti-fat attitudes are related to perceptions of obesity and overweight.

Farago, F. * & **Holub, S. C.** (in preparation). Attributions toward and the discipline of children who are overweight.

Holub, S. C. (in preparation). Parents' feeding practices and own eating behaviors in relation to observations of children eating in the absence of hunger.

Holub, S. C., Tan, C.*, Roesle, H.*, & Dolan, E. A.* (in preparation). Parenting style and parental modeling on children's food intake.

Holub, S. C., & Hinton, L*. (in preparation). Feeding practices in South Asian mothers.

Roelse, H*., Dolan, E. A*., Tan, C*., & **Holub, S. C.** (in preparation). Weight prejudice in a social context: The role of beliefs about the controllability of weight.

Conference Presentations (* denotes current or former student)

Holub, S. C., Tan, C*., Dolan, E. A*., Patel, S. L*., & Roelse, H.*(2011, April). *Parent and child characteristics associated with parental feeding practices*. In C. N. Markey (Chair). *Parents' role in children's obesity risk*. Symposium presented at the Society for Research on Child Development, Montreal, Canada.

Patel, S. L*., Tan, C*., Fajans, J*., & **Holub, S. C.** (2011, April). *Children's perceptions of snack food healthiness: Is it related to liking and consumption?* Poster presented at the National Conference in Pediatric Psychology, San Antonio, TX.

Tan, C*., Patel, S. L*., Roelse, H. B*., Wilson, A. N*., & **Holub, S. C.** (2011, April). *Parenting style and feeding practices in children's acceptance of new foods*. Poster presented at the National Conference in Pediatric Psychology, San Antonio, TX.

Dolan, E. A*., Hinkley, S. B*., **Holub, S. C.** (2011, April). *Mothers' beliefs about their infants' body shapes: Accuracy and associations with feeding*. Poster presented at the National Conference in Pediatric Psychology, San Antonio, TX.

Roelse, H*., Tan, C*., Hinkley, S*., Haney, A*., Richards, S*., & **Holub, S. C.** (2011, April). *The role of parenting styles in influencing the effectiveness of modeling behaviors*. Poster presented at the National Conference in Pediatric Psychology, San Antonio, TX.

Dolan, E. A*., Tan, C*., Farago, F*., Trauterman, S. L*., Schindler, C. K*., Moiger, S*., Reith, E* & **Holub, S. C.** (2010, April). *Mothers' beliefs about their infants' body shapes: Accuracy and associations with feeding*. Poster presented at the Southwestern Psychological Association, Addison, TX.

Patel, S. L*., Bacani, J. W*., Haney, A. M*., & **Holub, S. C.** (2010, April). Beliefs about obesity: Perceptions of size and obesity stigma. Poster presented at the Southwestern Psychological Association, Addison, TX.

Tan, C*., Farago, F*., & **Holub, S. C.** (2010, March). Media exposure, appearance orientation and negative attitudes about weight. Poster presented at the Society for Research on Adolescence, Philadelphia, PA.

Patel, S. L*., & **Holub, S. C.** (2010, March). Children's decisions about helping peers: Does body size matter? Poster received prize for graduate student research and was presented at Society for Research in Human Development, San Antonio, TX.

- Holub, S. C.,** Dolan, E. A.*, & Patel, S. L.* (2009, April). *Maternal sensitivity in the parent-child feeding relationship*. Poster presented at the Texas Obesity Research Center conference, Houston, TX.
- Holub, S. C.** (2009, April). *An observational study of maternal restriction and children's eating behavior*. In **S. C. Holub** (Chair). *The development of children's eating behaviors: Family matters*. Symposium presented at the Society for Research on Child Development, Denver, CO.
- Holub, S. C.,** Tan, C.*, & Dolan, E. A.* (2009, April). *No more! Children's refusals during a mealtime observation*. In J.M. Blissett (Chair). *Food restriction and refusal*. Symposium presented at the Society for Research on Child Development, Denver, CO.
- Tan, C.*, Dolan, E. A.*, & **Holub, S. C.** (2009, April). *Children's obesity stereotypes and intentions to play with overweight peers*. Poster presented at the Society for Research on Child Development, Denver, CO.
- Tan, C.*, **Holub, S. C.,** & Oliveira, D.* (2008, April). *Early emerging weight beliefs in children: The role of parental attitudes*. Poster presented at Conference on Human Development, Indianapolis, IN.
- Holub, S. C.** & Tan, C.* (2008, March). *The figure array methodology: New questions about accuracy of perceptions and attitudes about weight*. Poster presented at the Society for Research on Adolescence, Chicago, IL.
- Shafique, T.*, & **Holub, S. C.** (2008, February). *Anti-fat attitudes: Children's expectations about the behaviors of peers of differing body sizes*. Poster presented at the Society for Personality and Social Psychology, Albuquerque, NM.
- Holub, S. C.** (2007, April). *Observations of children eating in the absence of hunger: The importance of parents' feeding practices and eating behaviors*. In **S. C. Holub** (Chair). *Individual differences in children's eating behaviors and parents' feeding practices*. Symposium presented at the Society for Research on Child Development, Boston, MA.
- Holub, S. C.** (2007, April). *Preschoolers' perceptions of their own body size are related to their anti-fat attitudes*. Poster presented at the Society for Research on Child Development, Boston, MA.
- Klausi, J. F., & **Holub, S. C.,** & Aultman, C. (2007, April). *Mothers' and fathers' parenting sensitivity as predictors of children's weight outcomes*. Poster presented at the Society for Research on Child Development, Boston, MA.
- Holub, S. C.,** Tan, C.*, Roberts, K. M.*, Shafique, T.*, Kuperman, T.*, Patel, P.*, Oliveira, D.*, Niedwiecki, K.*, Hutto, S.*, & Bhatt, A.* (2007, April). *Examination of the figure array methodology for assessing body-size attitudes*. Poster presented at the Annual Meeting of the Southwestern Psychological Association, Fort Worth, TX.

- Holub, S. C.** (2006, May). *Parenting style influences the relationship between parents' feeding practices and child weight*. Poster presented at the Annual Association for Psychological Science Conference in New York.
- Holub, S. C.**, Bates, K.*, & Wolfe, K.* (2006, March). *Maternal anti-fat attitudes are related to preschoolers' body dissatisfaction*. Poster presented at the Biennial Conference of the Society for Research in Human Development, Fort Worth, TX.
- Holub, S. C.** (2005, October). *Is restrictive feeding related to child weight?: It depends on the context*. Poster presented at the Annual Cooper Institute Conference titled Childhood Obesity: Updates and Innovations, Dallas, TX.
- Musher-Eizenman, D. R., **Holub, S. C.**, & Miller, A. B. (2005, October). *Restrictive feeding practices: Mothers' motivations for limiting what their children eat*. Poster presented at the Annual Cooper Institute Conference titled Childhood Obesity: Updates and Innovations, Dallas, TX.
- Musher-Eizenman, D. R., & **Holub, S. C.** (2005, April). *Restrictive feeding practices, child eating outcomes, and parenting styles*. Paper presented at the Society for Research on Child Development. Atlanta, GA.
- Holub, S. C.** (2005, April). *Positive bias in young children's reports of perceived competence*. Poster presented at the Society for Research on Child Development. Atlanta, GA.
- Holub, S. C.**, Musher-Eizenman, D. R., & Costilow, D. (2005, April). *Young children's understanding of healthy and unhealthy food choices*. Poster presented at the Society for Research on Child Development. Atlanta, GA.
- Tisak, M. S., **Holub, S. C.**, Mullins, D., & Tisak, J. (2005, April). *What constitutes nice acts? Preschoolers' perspectives of boys' and girls' behaviors at school and home*. Poster presented at the Society for Research on Child Development. Atlanta, GA.
- Holub, S. C.**, Hauser, J. C., Young, K. M., & Musher-Eizenman, D. R. (2004, November). *Fear of fat as a predictor of dieting and feeding practices*. Poster presented at the Annual BGSU Research Conference: Engaging Minds Across Disciplines. Bowling Green, OH.
- Costilow, D., Miller, A. B., **Holub, S. C.**, & Musher-Eizenman, D. R. (2004, November). *Reasons for parental restriction of child food intake*. Poster presented at the Annual BGSU Research Conference: Engaging Minds Across Disciplines. Bowling Green, OH.
- Holub, S. C.** & Musher-Eizenman, D. R. (2004, March). *Older adolescent sibling relationship quality: Structural variables, family process variables and normative beliefs*. Poster presented at the Biennial Meeting of the Society for Research on Adolescence. Baltimore, MD.

- McCauley, D., Reiss-Jones, M., **Holub, S. C.**, Miller, N., & Moynihan, H. (2003, June). *Effects of age and tempo in the timing control of rhythmic performance*. Paper presented at the Annual Meeting of the Society for Music Perception and Cognition. Las Vegas, NA.
- Holub, S. C.** (2003, April). *Children's self-perceptions during the transition to siblinghood*. Poster presented at the Biennial Meeting of the Society for Research on Child Development. Tampa, FL.
- Mullins, D. N., **Holub, S. C.**, & Tisak, M. S. (2003, April). *Gender differences in children's conceptions of heroes*. Poster presented at the Biennial Meeting of the Society for Research on Child Development. Tampa, FL.
- Musher-Eizenman, D. R., Persson, A. V., **Holub, S. C.**, Goldstein, S. E., Edwards-Leeper, L. A., Collins, A., & Miller, A. B. (2003, April). *Preschool children's dieting behaviors and understanding of the word "diet"*. Poster presented at the Biennial Meeting of the Society for Research on Child Development. Tampa, FL.
- McCauley, D., Reiss-Jones, M., **Holub, S. C.**, Miller, N., & Moynihan, H. (2003, March). *Effects of age and tempo in the timing control of rhythmic performance: A lifespan study*. Paper presented at the Annual Meeting of the New England Sequencing and Timing Conference. New Haven, CT.
- Dalrymple, J., **Holub, S.**, Gordon, A. K., & Musher-Eizenman, D. (2003, February). *What are children thankful for? An archival analysis of gratitude before and after the terrorist attacks*. Poster presented at the Annual Conference of the Society for Personality and Social Psychology. Los Angeles, CA.
- McCauley, D., **Holub, S. C.**, Miller, N., Miller, J.P. (2002, November). *Developmental changes in the timing and control of rhythmic movements: A lifespan perspective*. Poster presented at the Annual BGSU Research Conference: In Celebration of Research in All Disciplines. Bowling Green, OH.
- Holub, S. C.**, & Musher-Eizenman, D. R. (2002, April). *Birth order and substance use*. Poster presented to the Society for Research on Adolescents. New Orleans, LA.
- Goldstein, S. E., Tisak, M. S., Boxer, P., Persson, A. V., & **Holub, S.** (2001, August). *Preschoolers' normative and prescriptive beliefs about relational and overt aggression*. Poster presented at the Annual Meeting of the American Psychological Association. San Francisco, CA.
- St. James, J., & **Holub, S.** (2001, May). *Negative priming in a study of automaticity of stereotyping*. Paper presented at the Midwestern Psychological Association Annual Meeting. Chicago, IL.

Teaching

Courses Taught:

Spring 2006, 2007, 2008, 2009, 2010 HDCD 6320: The Developing Child: Toddler and Preschool Years, UT Dallas, Graduate Course

Spring & Fall 2006, 2007, 2008, 2009, 2010, 2011 PSY 2301: Introduction to Psychology, UT Dallas, Undergraduate Course

Fall 2006, 2007, 2008, 2009, 2010, 2011 CLDP 3394/3194: Research and Evaluation Methods with Lab, UT Dallas, Undergraduate Course

Fall 2005 PSY 3393: Experimental Projects, UT Dallas, Undergraduate Course

Fall 2003 PSY: Child Development, Bowling Green State University, Undergraduate Course

Doctoral Advisement:

Cin Cin Tan, Degree awarded May 2012

Leilani Hinton, Degree awarded from UT-Southwestern May 2011

Elaine Dolan, Began advisement August 2007

Sanobar Patel, Began advisement January 2009

Holly Roelse, Began advisement August 2010

Sarah Hinkley, Began advisement August 2010

Masters Advisement:

Tashnuva Shafique, Degree awarded August 2007

Flora Farago, Degree awarded May 2010

Rabih Dahdouh, Degree awarded May 2010

Graduate Student Committees:

Psychological Sciences- Melissa Amos (Qualifying Thesis), Dawn Brinkley (Qualifying Thesis), Chong Man Chow (Disseration, graduated Summer, 2011), Fadwa Elashi (Qualifying Thesis), Meredith Grant (Disseration, graduated Summer, 2011), Asheley Landrum (Qualifying Thesis, Dissertation)

Human Development and Early Childhood Disorders- Yoon Seon Han (Master's thesis)

Honors Student Advisement (Supervisor/First Reader):

Alexandra Wilson (current), Ann Marie Haney, Sarah Trauterman, Conrad Capili

Honors Student Advisement (Second Reader):

Chris Peterson, Fadwa Elashi, Katherine Maggard, Nicole Stillo, Connie Aultman

Professional and University Citizenship

Reviewing

American Journal of Media Psychology

Appetite

Body Image

Early Education and Development

European Review of Applied Psychology

International Journal of Obesity

International Journal of Pediatric Obesity

Journal of Health Psychology

Journal of Nutrition Education and Behavior

Journal of Youth and Adolescence

Maternal and Child Nutrition

Obesity

Society for Research on Child Development Biennial Meeting Conference Submissions; 2009-
Panel 18: "Parenting"; 2011- Panel 4: "Childhood: Social Processes"

Membership in Professional Organizations

Society for Research in Child Development

Society for Research on Adolescence

Society of Pediatric Psychology

Society for Research in Human Development

Sigma Xi

Phi Kappa Phi

Association for Psychological Science

University Activities and Committees

2009- Present	Member, The University of Texas at Dallas Wellness Committee
2008- 2010	Senator, The University of Texas at Dallas Academic Senate
2007- 2009	Reviewer, The University of Texas at Dallas Institutional Review Board Committee
2007, 2008, 2010	Lecturer, University of Texas at Dallas Scholars' Day
2002-2004	Senator, Bowling Green State University Graduate Student Senate

School of Behavioral and Brain Sciences Activities and Committees

2011- Present	Member, Undergraduate Advisor Search Committee
2011- Present	Chair, Scholarship Committee, School of Behavioral and Brain Sciences
2010- Present	Member, Psychological Sciences Undergraduate Travel Award Committee
2006- Present	Member, Human Development and Early Childhood Disorders Admissions Committee
2006- Present	Member, Website Review Committee, School of Behavioral and Brain Sciences
2006- 2010	Member, Scholarship Committee, School of Behavioral and Brain Sciences
2008- 2009	Co-Chair, The School of Behavioral and Brain Science Colloquium Series
2007	Member, The School of Behavioral and Brain Sciences Undergraduate Recruitment Task Force

Professionally-Relevant Community Service

2006- Present Member, Dallas Area Coalition for Childhood Obesity
2007, 2011 Volunteer, Get Kidz Fit, Dallas Area Coalition for Childhood Obesity
2006 Member, Program Committee for the Shaping America's Youth Dallas Town Hall Meeting on Childhood Obesity

Community Outreach Through Invited Talks and Publications

Holub, S. C. (2010, November 16th). *Developing healthy eating practices and weight attitudes in children*. Talk presented at St. Patricks' Lecture Series, Dallas, Texas.

Holub S.C. (2009, February 26th). *Developing healthy eating habits in infants, toddlers, and school-aged kids*. Talk presented at Metroplex Moms Lecture Series, Addison, TX.

Holub S.C. (2009, February 25th). *Childhood obesity: How parents can help children develop healthy eating practices*. Talk presented at the First Annual Center for Children and Families Spring Lecture Series, Richardson, TX.

Musher-Eizenman, D. R., & **Holub, S. C.** (2005). What young children think of overweight individuals. *Pediatrics for Parents*, 21, 5.