

## William Grunewald

Auburn University Research on Eating Disorders and Suicidality (REDS) Lab

101 Cary Hall,

Auburn University, AL, 36849

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### EDUCATION

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**PhD., Clinical Psychology**

August 2021-Present

Auburn University

Auburn, AL

**PhD., Clinical Psychology**

August 2020-July 2021

Miami University

Oxford, OH

**M.A., Research in Psychology**

August 2018-July 2020

San Diego State University

San Diego, CA

Master's Thesis: *"Body Image Dissatisfaction and Suicidality among Sexual Minority Men: The Role of Body Image Internalization"*

Graduated Summa Cum Laude

**B.S., Social Psychology**

September 2014-July 2018

UC San Diego

San Diego, CA

Graduated Magna Cum Laude

### GRANTS, AWARDS, AND RECOGNITION

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**Auburn University Graduate Assistantship August 2021-Present**

Awarded fellowship based on credentials, research interests, and grant work that provides protected research time during the first two years of graduate education. The fellowship totals \$21,600 per year.

**Miami University Graduate Assistantship August 2020-July 2021**

Awarded fellowship based on credentials, background and research interests that provides protected research time during the first two years of graduate education. The fellowship totals \$17,340 per year.

### PUBLISHED MANUSCRIPTS

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Blashill, A. J., **Grunewald, W.**, Fang, A., Davidson, E., & Wilhelm, S. (2020). Conformity to masculine norms and symptom severity among men diagnosed with muscle dysmorphia vs. body dysmorphic disorder. *PLoS ONE*, *15*, e0237651. <https://doi.org/10.1371/journal.pone.0237651>

**Grunewald, W.**, Convertino, A. D., Safren, S. A., Mimiaga, M. J., O'Cleirigh, C., Mayer, K. H., & Blashill, A. J. (2020). Appearance discrimination and binge eating among sexual minority men. *Appetite*, *156*, 104819. <https://doi.org/10.1016/j.appet.2020.104819>

Convertino, A. D., Brady, J. P., **Grunewald, W.**, & Blashill, A. J. (in press). Intimate Partner Violence and Muscularity-Building Behaviors in Latino Sexual Minority Men. *Eating Disorders: The Journal of Treatment & Prevention*. <https://doi.org/10.1080/10640266.2021.1891371>

Staples, C., **Grunewald, W.**, Smith, A. R., & Rancourt, D. (in press). Advances in Psychotherapy for eating disorders. *Advances in Psychiatry and Behavioral Health*.

**Grunewald, W.**, Calzo, J. P., Brown, T. A., Pennesi, J. L., Jun, H., Corliss, H. L., & Blashill, A. J. (in press). Appearance Ideal Internalization, Body Dissatisfaction, and Suicidality Among Sexual Minority Men. *Body Image*, *38*, 289-294. <https://doi.org/10.1016/j.bodyim.2021.05.002>

#### MANUSCRIPTS UNDER REVIEW

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Shankar Ram, S., **Grunewald, W.**, Bodell, L. P., & Smith, A. R. (2020). Examining longitudinal relations between sleep quality, agitation and suicidal ideation in an inpatient eating disorder sample.

Smith, A. R., Hunt, R. A., **Grunewald, W.**, Jeon, M. E., Stanley, I. H., Levinson, C. A., & Joiner, T. E. (2021). Identifying central and bridge pathways between symptoms of autism spectrum disorder and suicidality within an active-duty sample.

Ortiz, S. N., **Grunewald, W.**, Morgan, R. W., & Smith, A. R. (Under Review). Examining the Relationship between Dysmorphia Symptoms and Suicidality through the lens of the Interpersonal Theory of Suicide.

#### CURRENT RESEARCH PROJECTS/MANUSCRIPTS IN PREP

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**Grunewald, W.**, & Smith, A. R. (data collection in progress). Conformity to Masculine Norms, Masculine Discrepancy Stress, and the Development of Muscle Dysmorphia Symptoms.

**Grunewald, W.**, Rathbone, J., & Hunger, J. M. (Manuscript preparation). Longitudinal Associations Between Three Dimensions of Weight Stigma and Disordered Eating Cognitions Among a Sample of Low-income Latinx Adults.

**Grunewald, W.**, Kinkel-Ram, S. S., & Smith, April. (Manuscript preparation). Contamination Disgust and Eating Concerns: The Moderating Role of Anti-fat Fear.

Kinkel-Ram, S.S., **Grunewald, W.**, Ortiz, S., Magee, J. & Smith, A. R. (Manuscript preparation). Examining Weekly Relationships Between Eating Disorder and Obsessive-Compulsive Symptoms.

Perkins, N. **Grunewald, W.**, & Smith, A. R. (data collection in progress). The Fear of Suicide Scale: Development and Psychometric Validation.

#### PUBLISHED BOOK CHAPTERS

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**Grunewald, W.**, & Blashill, A. J. (in press). *Muscle Dysmorphia*. In J. Nagata, T. Brown, S. Murray, & J. Lavender (Eds.), *Clinical Advances in Male Eating Disorders*. New York, NY: Springer.

#### PROFESSIONAL PRESENTATIONS

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**Grunewald, W.**, Kinkel-Ram, S. S., & Smith, A. R. (Sep. 2021). *Differential Associations of Contamination Disgust and Eating Concerns Among Levels of Fear of Fat*. Poster presentation at the annual meeting of the Eating Disorders Research Society, Boston, MA.

**Grunewald, W.**, Kinkel-Ram, S. S., & Smith, A. R. (Nov. 2021). *Conformity to Masculine Norms, Masculine Discrepancy Stress, and the Development of Muscle Dysmorphia Symptoms*. Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.

Kinkel-Ram, S.S., **Grunewald, W.**, Ortiz, S., Magee, J. & Smith, A. R. (Nov. 2021). *Examining Weekly Relationships Between Eating Disorder and Obsessive-Compulsive Symptoms*. Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.

**Grunewald, W.**, & Smith, A.R. (June 2021). *Conformity to Masculine Norms, Masculine Discrepancy Stress, and the Development of Muscle Dysmorphia Symptoms*. Poster presentation at the annual meeting of the International Conference on Eating Disorders, Virtual Session.

Convertino, A. D., Brady, J. P., **Grunewald, W.**, & Blashill, A. J. (June 2021). *Intimate Partner Violence and Muscularity-Building Behavior in Latino Sexual Minority Men*. Poster presentation at the annual meeting of the International Conference on Eating Disorders, Virtual Session.

Kinkel-Ram, S. S., **Grunewald, W.**, Bodell, L. P., & Smith, A. R. (June 2021). *A Longitudinal Examination of Sleep Disturbances, Agitation and Suicidal Ideation in an Inpatient Eating Disorder Sample*. Poster presentation at the annual meeting of the International Conference on Eating Disorders, Virtual Session.

**Grunewald, W.**, Convertino, A. D., Safren, S. A., Mimiaga, M. J., O'Cleirigh, C., Mayer, K. H., & Blashill, A. J. (2020). *Appearance Discrimination and Probable Binge Eating Disorder Among Sexual Minority Men*. Virtual presentation at the Society of Behavioral Medicine's 41st Annual Meeting and Scientific Sessions, San Francisco, CA.

Blashill, A. J., **Grunewald, W.**, Fang, A., Davidson, E., & Wilhelm, S. (2019). *BDD vs MD: Demographic, Psychological and Psychiatric Comparisons*. Oral Presentation at Invited International Body Image Conference, Puerto Vallarta, MX.

**Grunewald, W.**, Blashill, A. J., Fang, A., Davidson, E., & Wilhelm, S. (2019). *Clinical Comparisons of Men Diagnosed with Body Dysmorphic Disorder vs. Muscle Dysmorphia*. Poster

Grunewald 6/2021

Presentation at the Association for Behavioral and Cognitive Therapies 53rd Annual Convention, Atlanta, GA.

Blashill, A. J., **Grunewald, W.**, Fang, A., Davidson, E., & Wilhelm, S. (2019) *Clinical comparisons of men diagnosed with body dysmorphic disorder vs. muscle dysmorphia*. Poster presentation at the San Diego State student research symposium.

#### TEACHING/MENTORSHIP EXPERIENCE

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#### **Guest Lecturer, Abnormal Psychology January 2021-May 2021**

*Miami University*

Invited guest lecturer for lecture on obsessive compulsive related disorders as part of undergraduate abnormal psychology course taught by Dr. April Smith.

#### **Abnormal Psychology Teaching Assistant January 2021-May 2021**

*Miami University*

Led exam review sessions covering DSM-5 diagnoses, etiology of mental disorders, psychopathology treatment methods, research methods, psychology history, etc. Graded multiple choice exams, term papers, and writing reflections.

#### **Graduate Student/Lab Manager, Research on Eating Disorders and Suicidality Lab August 2020-Present**

*Miami University*

Directly oversaw undergraduate research assistants, provided training on how to formulate research ideas, conduct literature reviews, provided training on statistical analyses, and mentored undergraduates throughout their independent research projects.

#### **Research Methods Lab Instructor August 2018-July 2020**

*San Diego State University*

Taught students how to write an APA style paper in small labs which included SPSS use, APA formatting, and research design. Grading was based on editing and critiquing final APA-style papers that students submitted.

#### **Research Methods Teaching Assistant March 2018-July 2018**

*University of California, San Diego*

Taught students introductory level research-methods concept as well as the requirements/style for each section of an APA style paper. Graded both APA papers and short-answer exams.

#### **Social Psychology Lab Teaching Assistant January 2018-March 2018**

*University of California, San Diego*

Taught students' concepts from social-psychology and helped them formulate research experiments for the semester. Topics included research design, research methods, and data-analysis (SPSS).

## RESEARCH EXPERIENCE

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### **Research on Eating Disorder and Suicidality Lab August 2020-Present**

*Graduate Student, Lab Manager, Supervisor:* Dr. April R. Smith

Assisted with Management of the following grants:

- Randomized control trial of an interoceptive awareness intervention to reduce eating pathology and suicidality symptoms  
*Principal Investigator:* Dr. April R. Smith
- Characterizing the dynamics of acute suicidal affective disturbance: A between-subjects and intra-individual network approach (Department of Defense, Award #R02111)  
*Principal Investigator:* Dr. April R. Smith
- Reconnecting: Improving interoception to reduce suicidal ideation in the military (Department of Defense, W81XWH-16-2-0003, Award #R02106)  
*Principal Investigator:* Dr. April R. Smith

Responsibilities

- Propose, develop and coordinate independent research projects, assist in development of new studies, collaborate with other lab members for research projects
- Coordinate institutional review board proposals (inclusive of Department of Defense renewals), submissions, and renewals
- Mentor and train Research Assistants, schedule/plan lab meetings
- Enroll participants, analyze survey data, manage recruitment of participants
- Conduct virtual assessments and follow-ups for all above grants

### **Body Image, Sexuality, and Health (BISH) Lab August 2018-July 2020**

*Graduate Research Assistant, Mentor:* Dr. Aaron J. Blashill

Research assistant for the following grants:

- Group-based eating disorder prevention program designed for sexual minority men (SMM) (NIH ID# R01MD012698)  
*Principal Investigator:* Dr. Aaron J. Blashill
- Development of a patient navigation intervention for PrEP use among young Latino men who have sex with men (MSM) (NIH ID# R34MH114699)  
*Principal Investigator:* Dr. Aaron J. Blashill & Dr. Kristen Wells
- Skin cancer prevention program among sexual minority men (ACS RSG-18-100-01-CPPB)  
*Principal Investigator:* Dr. Aaron J. Blashill

Responsibilities

- Conduct literature reviews for lab projects, assist with weekly lab meetings, attend meetings for research projects, transcription of qualitative interviews, recruitment of participants, advertisement of lab projects, and data entry

- Data analysis for independent research projects, write/edit manuscripts, and collaborate with other lab members for various projects
- Consent and phone screening for research projects

### **Gender/Social Psychology Lab September 2017-March 2018**

*University of California, San Diego*

- Participated in two upper-division lab classes (social psychology and gender psychology). Tasks included data collection/analysis as well as writing full length APA style manuscripts under the supervision of Dr. David Frederick.

### **EDITORIAL EXPERIENCE**

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Ad hoc reviewer for: *Eating Behaviors, Eating Disorders: The Journal of Treatment & Prevention, International Journal of Eating Disorders, Journal of Adolescent Health, Cognitive Therapy and Research*

### **PROFESSIONAL AFFILIATIONS**

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<b>ICED Member</b>	June 2021 – Present
<b>ABCT Sexual and Gender Minority Special Interest Organization</b>	Mar. 2020 – Present
<b>ABCT Obesity and Eating Disorder Special Interest Organization</b>	Mar. 2020 – Present
<b>Society of Behavioral Medicine Member</b>	Jan. 2020 – Present
<b>Association of Behavioral and Cognitive Therapies Member</b>	Aug. 2019 – Present

### **SPECIAL TRAINING**

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**Longitudinal SEM Workshop** – attended virtual workshop on conducting longitudinal SEM data analysis via Mplus and R. Led by Dr. Patrick Curran and Dr. Daniel Bauer. Topics included longitudinal measurement models, autoregressive cross-lagged panel models, latent growth curve modeling, and modeling population heterogeneity. Certificate of completion was provided.

**Summer Grant Writing Workshops Program** – attended virtual workshop on writing, applying, and managing grants over Summer 2021. Led by University of South Florida and Sandra Justice, CRA. Received certificate of completion for this workshop.

**Equity Informed Measurement Training** – attended virtual workshop on equity informed measurement that covered CFA, MIMIC models, and measurement invariance using a social justice lens. Led by Dr. Matthew Diemer.

**Intro to Voices (Miami University's co-curricular Intergroup Dialogue Program)** - Developed active listening, teamwork, conflict resolution, and intercultural communication skills in a small group of peers. Engaged in facilitated dialogue for 8 weeks with a diverse group of peers exploring diversity, equity, and inclusion related to gender, race and ethnicity, and other intersectional social identities.

**Network Analysis Training** – attended training to hone skills on network analysis skills on R and R studio programs.

**Suicide Risk Assessment Training** – trained to conduct suicide risk assessments for at-risk participants during ongoing psychological research. Risk assessment was informed by the Interpersonal Theory of Suicidal Behavior.

**Body Project Training** – trained as a facilitator for eating disorder prevention program with focus on body acceptance and self-esteem in colleges and high schools.

**Collaborative Institutional Training Initiative (CITI) IRB Training** – certified for human subject training through Miami University and San Diego State University's IRB review processes.

## REFERENCES

1. Dr. April R. Smith; James and Beth Lewis Associate Professor, Department of Psychology, Miami University.  
aprilsmith@miamioh.edu
2. Dr. Aaron J. Blashill; Associate Professor, Department of Psychology, San Diego State University, SDSU/UCSD Joint Doctoral Program in Clinical Psychology  
ajblashill@sdsu.edu
3. Dr. Allison A. Vaughn; Associate Professor, Department of Psychology, San Diego State University  
avaughn@sdsu.edu