

# JULIE PARSONS

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## CURRENT POSITION

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**Developmental, Social, and Health Psychology Division,  
Department of Psychology,  
University of Kentucky, Lexington, KY,  
Graduate Research Student**

The Emotion, Stress, and Health Lab

Position Start: August 1, 2023

Roles: Assist with all aspects of the research process (study design, implementation, recruitment, data collection, data processing, analysis, and preparation for publication) according to the needs of the lab and project. Additionally, engage in independent analyses and projects that promote individual research growth, skill acquisition, and lab promotion while overseeing undergraduate research assistants.

## PREVIOUS POSITION

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**National Center of Complementary and Integrative Health,  
National Institutes of Health, Bethesda, MD.,  
Post-Baccalaureate Research Fellow**

The Section on Affective Neuroscience and Pain

Position Start: September 13, 2021

Roles: Assist with all aspects of research design, implementation and data collection, data analysis, and knowledge dispersion. Work on independent and collaborative projects related to social interactions and pain, specifically focusing on how people perceive pain in others. Engage with the participants to ensure confidence in the research study and alleviate any concerns regarding the studies.

## EDUCATION

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University of Kentucky, Lexington, KY

**Graduate Program in Experimental Psychology**

**Fall 2023 – Present**

Anticipated Graduation Date: Spring 2028

Principle Investigator: Dr. Kate Leger

Area: Stress and Health, Health Related Behaviors, Affective and Social Science

Lee University, Cleveland, TN

**B.A. in Psychology**

**Fall 2016 – Fall 2020**

**B.S. in Biochemistry, Pre-Professional Emphasis**

**Fall 2016 – Fall 2020**

Graduation Date: December 12, 2020

## PUBLICATIONS

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Dildine, T.C., Amir, C., **Parsons, J.**, & Atlas, L.Y. (2023). How pain-related facial expressions are evaluated in relation to gender, race, and emotion. *Affective Science*, 4. 350 – 369.

<https://doi.org/10.1007/s42761-023-00181-6> (full-text article [here](#))

**Parsons, J.** Delity, M.J., Barhoum S., Brookes, J., Akintola, T., Yanes, J., Owens, H., Dildine, T., & Atlas, L.Y. (manuscript in prep). Comparison of ATS and CHEPS thermode effects on thermal QST task.

Maras, J., **Parsons, J.**, & Leger, K. (manuscript in prep). Calming the storm: Mindfulness and positive feedback in facilitating stress recovery.

Gloger, E., **Parsons, J.**, Almeida, D., & Leger, K. (manuscript in prep). Stress variability, inflammation, and health: A longitudinal investigation of 20 years of MIDUS data.

**Parsons, J.**, & Leger, K. (manuscript in prep). Relationship between anticipated stress and individual's health-related behaviors.

## SKILLS

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### Statistical Data Analysis

- Ability to design, select, and run necessary analyses for data sets
- R, SPSS, SQL, MATLAB, jamovi

### Study Design & Implementation

Microsoft Office Tools (Word, Excel, Outlook, etc.)

Presentation Ability (Sci. Comm. experience)

Physiological Data Collection and Processing

### Emotion Psychology Research

#### Health & Social Psychology

- In-person and remote studies

#### Human Subjects Research

#### Social Perceptions Research

- How do people perceive emotions in others and how do we learn from exposure

Lab Management

## RESEARCH EXPERIENCE

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### Graduate Research – University of Kentucky, The Emotion, Stress, and Health Lab

#### Fall 2023 – Present

- Brief Positive Tasks Project
- Emotions in Daily Life Study

### NIH Research – NCCIH, Section on Affective Neuroscience and Pain

#### Fall 2021 – Fall 2023

- Sociocultural and Biobehavioral Influences on Pain Expression and Assessment
- Neural and Psychological Mechanisms of Pain Perception
- ATS versus CHEPS Comparison Analysis
- Menstrual Cycle Stage and Pain Perception

### Student Research – Lee University

- NSF IUSE-funded SUMMIT-P Program
  - Working with professors to learn how we can better teach abstract statistical theories to undergraduate students
- Perception of Time Poverty and Its Effects on Guilt and Self-Efficacy
  - Learning how people perceive time while experiencing differing pressures and conflicting goal attainment manipulations
- Stress between Prehealthcare and Non-Prehealthcare Majors: with moderators of sleep quality and social support
  - Studying stress and social relationships among undergraduate students to better understand potential mechanisms of action to reduce negative stress
- Senior Honors Research Project: Student's Perceptions of Chemistry: Student Perceptions and Successes in Various Levels of Undergraduate Chemistry Education

- Worked with students and faculty to better understand how students perceive chemistry while actively engaging in the material. The results of this work encouraged an overhaul of the chemistry curriculum to implement teaching techniques that better support student learning, retention, and growth within the department.
- Cincinnati Children’s Hospital, Cancer and Blood Disorders
  - Community intervention work speaking with and supporting religious institutions to improve educational outreach about sickle cell disease and foster supportive relationships

## TEACHING EXPERIENCE

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### University of Kentucky, Lexington, KY

Teaching Assistant

Roles: taught lab section(s) and micro-lectures, directed class activities and project-based learning, graded assessments, managed gradebook, assisted primary instructor with any additional tasks pertinent to the course

- **Experimental Psychology** Fall 2023
- **Research in Social Psychology** Spring & Fall 2024

### Eastern Kentucky University, Richmond, KY

Invited Guest Lecturer

Fall 2023

Introduction to Psychology, Developmental Psychology Unit

### Lee University, Cleveland, TN

Teaching Assistant

Roles: taught lectures, assisted with classroom and coursework development, tutored students, graded coursework, and assisted with hybrid course formats

- **Social Psychology** Fall 2020
- **Principles of General Chemistry** Fall 2019
- **Honors Introduction to Psychology** Spring 2019

Tutor

Roles: held weekly or bi-weekly tutoring sessions across various subject matters

- **Principles of General Chemistry** Fall 2019
- **Principles of Organic and Biochemistry** Fall 2019
- **General, Organic, and Biochemistry** Fall 2019
- **Softball Team Tutor – All Subjects** Fall 2017 – Spring 2018
- **Introduction to the Old Testament** Spring 2017

### Buigen Gymnasium, Herbrechtingen, Germany

English Teaching Assistant

Fall 2015 – Spring 2016

Roles: assisted with 6-12<sup>th</sup> grade English courses and provided a native linguistic perspective

## PRESENTATIONS

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### Oral Presentations:

Parsons, J., & Schlosser, S. (2020, September). The impact of CLASS on an introductory

chemistry class. Oral presentation accepted at the Appalachian College Association Summit 2020 at Pigeon Forge, TN. (Conference canceled due to COVID-19)

**Parsons, J., & Schlosser, S.** (2020, April). Student perceptions of chemistry. Flash presentation accepted at the Experimental Biology Annual Meeting 2020 at San Diego, CA. (Conference canceled due to COVID-19)

**Parsons, J., & Schlosser, S.** (2020, April). Student perceptions of chemistry. Senior Research Defense at Lee University, Cleveland, TN.

**Parsons, J.** (2020, April). Prehealthcare versus Non-prehealthcare: Undergraduate Stress with moderators of sleep quality and social support. Orally presented at 10<sup>th</sup> Annual Ollie J. Lee Symposium at Lee University, Cleveland, TN.

#### **Poster Presentations:**

**Parsons, J., Necka, E.A., & Atlas, L.Y.,** (2023, May). Hormonal cycle effects on reliability of thermal pain sensitivity measures. Poster accepted for presentation at the Association for Psychological Science 2023 Annual Convention, Washington, DC.

**Parsons, J., Barhoum, S., Delity, M.J., Brookes, J., Akintola, T., Yanes, J., Owens, H., Dildine, T., & Atlas, L.Y.,** (2023, April). Do different types of heat devices affect individual pain responses? Poster presented at Post-Bac Poster Day 2023, National Institutes of Health, Bethesda, MD.

**Parsons, J., Barhoum, S., Delity, M.J., Brookes, J., Akintola, T., Yanes, J., Owens, H., Dildine, T., & Atlas, L.Y.,** (2023, April). Comparison of ATS and CHEPS thermode effects on thermal QST task. Poster presented at US Association for the Study of Pain 2023 Annual Scientific Meeting, Durham, NC.

**Parsons, J., Necka, E.A., & Atlas, L.Y.,** (2022, September). Effects of menstrual cycle on reliability of thermal pain sensitivity measures. Poster presented at National Institutes of Mental Health 24<sup>th</sup> Annual Intramural Research Program Fellows' Scientific Training Day, National Institutes of Health, Bethesda, MD.

**Parsons, J., Dildine, T.C., & Atlas, L.Y.** (2022, April). Social influences on reaction time and confidence during judgements of emotion expressions. Poster presented at Post-Bac Poster Day 2022, National Institutes of Health, Bethesda, MD.

Hillis, C., **Parsons, J.,** Cooper, S., Tabor, B., & Poole, B. (2021, April). Time Pressure: The impact of personality and emotion on temporal experience. Poster presented at 11<sup>th</sup> Annual Ollie J. Lee Symposium at Lee University, Cleveland, TN.

Hillis, C., **Parsons, J.,** Cooper, S., Melton, T., Tabor, B., & Poole, B. (accepted). Perception of Time Poverty and its Effects on Guilt and Self-Efficacy. Poster submitted to the 67<sup>th</sup> Annual Meeting of the Southeastern Psychological Association, Orlando, FL.

**Parsons, J., & Poole, B.** (accepted). The 3 S's: Stress, Sleep, and Social Support in Students. Poster submitted to the 67<sup>th</sup> Annual Meeting of the Southeastern Psychological Association, Orlando, FL.

**Parsons, J., & Schlosser, S.** (2020). Student perceptions of chemistry. Poster presentation accepted at the Experimental Biology Annual Meeting 2020 at San Diego, CA. (Conference canceled due to COVID-19)

**Parsons, J., & Schlosser, S.** (2019, December). Perception, motivation, and self-efficacy in regard to education. Poster presented at Department of Natural Sciences and Department of Mathematics Student Research Symposium, Lee University, Cleveland, TN.

**Parsons, J., Baker, C., & Chaffin, B.** (2020). Theoretical Lambda Repressor activity within The lysogenic state of Lambda Bacteriophage. Poster presented at Department of Natural Sciences and Department of Mathematics Student Research Symposium, Lee University, Cleveland, TN.

**Parsons, J., Willett, M., & Kim, K.C.** (2020). Lac knowledge about Gal? Poster presented at Department of Natural Sciences and Department of Mathematics Student Research Symposium, Lee University, Cleveland, TN.