

Lightside Psychology, PLLC
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EDUCATION

Ph.D.	School Psychology, University of South Carolina, Columbia, South Carolina	2020
M.A.	School Psychology, University of South Carolina, Columbia, South Carolina	2018
B.A.	Psychology, English, Newberry College, Newberry, South Carolina	2015

LICENSURE & CERTIFICATION

National Register Health Service Psychologist #71088	2023-Present
Licensed Clinical Psychologist, State of Florida #PY11278	2021-Present
Licensed Clinical Psychologist, State of Maryland #06419	2021-2023 (inactive)

PROFESSIONAL AFFILIATIONS

American Psychological Association (APA)
APA Division 56: Trauma Psychology
APA Division 40: Society for Clinical Neuropsychology
APA Division 16: School Psychology
APA Division 42: Psychologists in Independent Practice
APA Division 53: Society of Clinical Child and Adolescent Psychology
Florida Psychological Association (FPA)

CLINICAL EXPERIENCE

Licensed Clinical Psychologist Owner/Founder	Lightside Psychology, PLLC Lakeland, Florida	2023-Present
Licensed Clinical Psychologist Consultant	TrueCore Behavioral Solutions, LLC Florida Department of Juvenile Justice (DJJ) State of Florida	2023
Licensed Clinical Psychologist Director of Psychological Testing	Golisano Children's Hospital of Southwest Florida Lee Physician Group (LPG) Bonita Springs, Florida	2021-2023

Licensed Clinical Psychologist	Tiffany Garner & Associates, LLC Towson, Maryland	2021
Licensed Clinical Psychologist	Mt. Washington Pediatric Hospital University of Maryland Medicine, Johns Hopkins Medicine Baltimore, Maryland	2021
Postdoctoral Fellow	Mt. Washington Pediatric Hospital University of Maryland Medicine, Johns Hopkins Medicine Baltimore, Maryland	2020-2021
Predoctoral Resident	Bexar County Juvenile Justice Department Mental Health Assessment and Triage Unit APA-Accredited Internship San Antonio, Texas	2019-2020

PUBLICATIONS

Deng, A., **Roberts, A.M.**, Zhang, G., Taylor, S.G., Fairchild, A.J., & Zarrett, N. (2023). Examining the factor structure and validity of the social motivational orientations in sport scale. *International Journal of Sport and Exercise Psychology*, 1-17.

Bell, B., Taylor, S.G., **Roberts, A.M.**, Shi, D., Burgess, K., Hough, C., & Flory, K. (2023). Factor structure of the teacher strengths and difficulties questionnaire in a large community-based sample: An investigation of alternative measurement models. *Assessment*, 31(2), 291-303.

Atelsek, L., & **Roberts, A.M.** (2021). Youth with connections to the juvenile justice system: A priority population for school behavioral healthcare. In M. Weist, K. Franke, & B. Stevens (Eds.), *School behavioral health: Interconnecting comprehensive school mental health and positive behavior support* (pp. 75-93). Springer: New York.

Taylor, S.G., **Roberts, A.M.**, & Zarrett, N. (2021). A brief mindfulness-based intervention (bMBI) to reduce teacher stress and burnout. *Teaching and Teacher Education*, 100, 103284.

Flory, K., Shi, D., Castellanos, R., **Roberts, A.M.**, Castellanos, R., Neger, E., Taylor, S., & Benson, K. (2021). The factor structure and gender invariance of ADHD symptoms in college students. *Assessment*, 28(1), 57-72.

Zarrett, N., Wilson, D.K., Abraczinskas, M., Taylor, S., Cook, B.S., & **Roberts, A.M.** (2021). Connect through PLAY: A randomized-controlled trial in afterschool programs to increase adolescents' physical activity. *Journal of Behavioral Medicine*, 44(3), 379-391.

Taylor, S.G., Zarrett, N., & **Roberts, A.M.** (2020). The relation between early adolescent physical activity and internalizing problems: Variations in exercise motivations as a critical moderator. *The Journal of Early Adolescence*, 40(5), 662-688.

Taylor, S.G., Sicheloff, E.R., **Roberts, A.M.**, Bradley, W.J., Bridges, R.M., Lorch, ...& Flory, K. (2020). Emotion dysregulation and sluggish cognitive tempo as moderators of cortisol responsivity in children with ADHD. *Advances in Neurodevelopmental Disorders*, 4, 227-240.

Zarrett, N., Abraczinskas, M., Cook, B.S., Wilson, D., & **Roberts, A.M.** (2020). Formative process evaluation of the "Connect" physical activity feasibility trial for adolescents. *Clinical Medicine Insights: Pediatrics*, 14.

WORKSHOPS & PRESENTATIONS

INVITED WORKSHOPS

Roberts, A.M., Taylor, S.G., & Zarrett, N. (2019, April). Reducing teacher stress and burnout through mindfulness: A workshop to review and implement a brief mindfulness-based intervention (bMBI). Invited workshop held at the 6th Annual Southeastern School Behavioral Health Conference (SSBHC), Myrtle Beach, South Carolina.

PEER-REVIEWED PRESENTATIONS

Kenworthy, T., White, C.N., Taylor, S.G., Hartley, S., & **Roberts, A.M.** (2019, November). Mental health interventions in schools: Examining multiple ecological levels of intervention. Symposia held at the 53rd Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, Georgia.

Taylor, S.G., **Roberts, A.M.**, & Zarrett, N. (2019, March). A brief mindfulness-based intervention to decrease stress and burnout in secondary school educators. Oral presentation given at the 40th Annual Meeting of the Society of Behavioral Medicine (SBM), Washington, D.C.

Flory, K., Shi, D., Castellanos, R., **Roberts, A.M.**, & Benson, K. (2018, November). The factor structure of ADHD in college students. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Washington, D.C.

Taylor, S.G., **Roberts, A.M.**, & Zarrett, N. (2018, April). A brief mindfulness intervention for teachers to reduce stress, increase well-being, and improve classroom climate. Oral presentation given at the 5th Annual Southeastern School Behavioral Health Conference (SBHC), Myrtle Beach, South Carolina.

Zarrett, N., Wilson, D.K., Bell, B.A., Cook, B.S., Abraczinskas, M., Taylor, S., & **Roberts, A.M.** (2017, April). Feasibility of a climate-based after school physical activity intervention for middle school youth; Connect through PLAY. Paper presented at the 38th Annual Meeting of the Society of Behavioral Medicine (SBM), San Diego, California.

Roberts, A.M., & Zarrett, N. (2017, April). Examining the predictive validity of the SMOSS in an early adolescent sample. Poster presented at the Biennial Meeting of the Society for Research in Children Development (SRCD), Austin, Texas.

Roberts, A.M., Zarrett, N., Taylor, S., Miller, M., Lewis, T., & Weist, M. (2016, September). After-school program participation and psychological student engagement in a sample of at-risk high school students. Poster presented at the 21st Annual Conference on Advancing School Mental Health (CSMH), San Diego, California.

Roberts, A.M., & Peters, S.A. (2015, March). Discourse processing. Poster presented at the 61st Annual Convention of the Southeastern Psychological Association (SEPA), Hilton Head, South Carolina.

Mancil, E.B., Grefer, M.L., George, D., **Roberts, A.M.**, & Vande Velde, A. (2014, September). A systems-level approach for implementing programs or enhancing socio-emotional skills in elementary and secondary settings. Oral presentation given at the 19th Annual Conference on Advancing School Mental health (CSMH), Pittsburgh, Pennsylvania.

IN-SERVICE PRESENTATIONS

Roberts, A.M., & Gerecht, L.T. (2019, December). Managing compassion fatigue when working with at-risk youth. Oral presentation given to interdisciplinary staff at the Bexar County Juvenile Probation Department, San Antonio, Texas.

Roberts, A.M. (2019, September). Understanding autism spectrum disorder in justice-involved youth. Oral presentation given to interdisciplinary staff at the Bexar County Juvenile Probation Department, San Antonio, Texas.

GRANT AWARDS

Roberts, A.M. (PI). A Brief, Adaptable Mindfulness Intervention to Reduce Teacher Stress/Burnout, Increase Well-Being, and Improve Classroom Climate in Secondary School Settings. \$5,000. Support to Promote Advancement of Research and Creativity (SPARC) Grant, Office for the Vice President for Research, University of South Carolina. 05/01/2018-05/31/19.

Roberts, A.M. (Co-I, with another graduate student). A Brief, Adaptable Mindfulness Intervention for Teachers to Improve Classroom Climate in Secondary School Settings. \$9,956. Office of Executive Vice President for Academic Affairs and Provost, University of South Carolina. 07/01/2017-07/31/2018.

AWARDS, HONORS, & LEADERSHIP

Ralph H. Tindal Fellowship: Outstanding Doctoral Dissertation	2019
Psychology Student Advisory Board: Outstanding Student Mentor	2018
Vice President for Academic Affairs and Provost: Outstanding Master's Thesis	2018
Excellent in School Psychology Doctoral Training	2017
Cecil Scott Trustee Fellowship	2015
George B. Cromer Award: Undergraduate Valedictorian	2015
DII Varsity Baseball	2011-2015