

# Rebecca Klatzkin

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## ***Education History***

2006-2009	University of North Carolina at Chapel Hill <i>Ph.D.- Psychology: Behavioral Neuroscience</i>
2006	University of North Carolina at Chapel Hill <i>Master of Arts - Psychology: Behavioral Neuroscience</i>
2004	University of Richmond <i>Bachelor of Science - Psychology; Minor: Biology</i>

## ***Professional Appointments***

2025 - Present	Full Professor Department of Psychology - Rhodes College
2018 - 2025	Associate Professor Department of Psychology - Rhodes College
2011 - 2018	Assistant Professor Department of Psychology - Rhodes College
2010 -2011	Visiting Assistant Professor Department of Psychology - University of Richmond
2009 -2010	Visiting Assistant Professor Department of Psychology - Washington College

## ***Teaching Experience***

### **Rhodes College (2011-present):**

Introduction to Psychological Science; Neuroscience; Senior Seminar in Neuroscience; Senior Seminar in Psychology; Clinical Neuroscience; Psychopathology & the Brain; Neuroscience Research Methods; Research Methods and Statistics; Advanced Methods in Psychology; Neuroscience Research - undergraduate research supervision

## ***Research Publications*** (\*denotes Rhodes student collaborator)

### Peer Reviewed:

Klatzkin, R.R., Gilstrap, E.\*, Parker, E.\*, Ward, Z.\*, Arkalgud, A.\*, Babij, A., Pence, J., Bloomer, R. (2025). Stress mindset predicts psychophysiological responses to stress and eating behaviors and moderates the stress-eating relationship. *Physiology & Behavior*, <https://doi.org/10.1016/j.physbeh.2025.114910>

Klatzkin, R.R., Nadel, T.\*, Qureshi, H.\*, Mosby, E.\*, Perkins, D.\*, Lallo, R.\*, McKay, N.J., Slavich, G.M. (2024). Lifetime stressor exposure is associated with greater rewarding

- effects of stress-related eating. *Physiology & Behavior*, <https://doi.org/10.1016/j.physbeh.2024.114610>
- Klatzkin, R.R., Nadel, T.\*, Wilkinson, L.L., Gaffney, K.\*, Files, H.\*, Gray, Z.J., Slavich, G.M. (2023). Lifetime stressor exposure, eating expectancy, and acute social stress-related eating behavior: a pre-registered study of the emotional eating cycle. *Appetite*, <https://doi.org/10.1016/j.appet.2023.106494>
- Klatzkin, R.R., Nolan, L.J., Kissileff, H.R. (2022). Self-reported emotional eaters consume more food under stress if they experience heightened stress reactivity and emotional relief from stress upon eating. *Physiology & Behavior*, 113638. <https://doi.org/10.1016/j.physbeh.2021.113638>
- Hamm, J.D., Klatzkin, R.R., Herzog, M., Tamura, S., Brunstrom, J.M., Kissileff, H.R. (2021). Recalled and momentary virtual portions created of snacks predict actual intake under laboratory stress condition. *Physiology & Behavior*, 113479. <https://doi.org/10.1016/j.physbeh.2021.113479>
- Klatzkin, R.R., Nolan, L.J., Chaudhry, R., Geliebter, A., Kissileff, H.R. (2021). Measures of emotional influences on eating and weight control. In Meiselman, H.L. (Ed.) *Emotion Measurement*, 2nd edition. Cambridge, USA: Woodhead.
- Klatzkin, R.R., \*Dasani, R., \*Warren, M., \*Cattaneo, C., \*Nadel, T., \*Nikodem, C., Kissileff, H. (2019). Negative affect is associated with increased stress-eating for women with high perceived life stress. *Physiology & Behavior*, 210: 112639. <https://doi.org/10.1016/j.physbeh.2019.112639>
- Klatzkin, R.R., \*Baldassaro, A., \*Rashid, S. (2019). Physiological responses to acute stress and the drive to eat: The impact of perceived life stress. *Appetite*, 133: 393-399. <https://doi.org/10.1016/j.appet.2018.11.019>
- Klatzkin, R.R., \*Baldassaro, A., \*Hayden, E. (April, 2018). The impact of chronic stress on the predictors of acute stress-induced eating in women. *Appetite*, 123: 343-351. <https://doi.org/10.1016/j.appet.2018.01.007>
- Klatzkin, R.R., \*Gaffney, S., \*Cyrus, K., \*Bigus, E., Brownley, K.A. (2016). Stress-induced eating in women with binge eating disorder and obesity. *Biological Psychology*, 131:96-106. doi: [10.1016/j.biopsycho.2016.11.002](https://doi.org/10.1016/j.biopsycho.2016.11.002)
- Klatzkin, R.R., \*Gaffney, S., \*Cyrus, K., \*Bigus, E., Brownley, K.A. (2015). Binge eating disorder and obesity: Preliminary evidence for distinct cardiovascular and psychological phenotypes. *Physiology & Behavior*, 142: 20-27. doi: [10.1016/j.physbeh.2015.01.018](https://doi.org/10.1016/j.physbeh.2015.01.018)
- \*Roberts, M.H., Klatzkin, R.R., Mechlin, B. (2015). Social support attenuates physiological stress responses and experimental pain sensitivity to cold pressor pain. *Annals of Behavioral Medicine*, 49: 557-569. doi: [10.1016/j.physbeh.2015.01.018](https://doi.org/10.1016/j.physbeh.2015.01.018)
- Klatzkin, R.R., Bunevicius, A., Forneris, C.A., Girdler, S.S. (2014). Menstrual mood disorders are associated with blunted sympathetic reactivity to stress. *Journal of Psychosomatic Research*, 76: 46-55. doi: [10.1016/j.jpsychores.2013.11.002](https://doi.org/10.1016/j.jpsychores.2013.11.002)
- Bunevicius, A., Hinderliter, A., Klatzkin, R.R., Patel, A., Arizmendi, C., Girdler, S.S. (2013). Beta-adrenergic receptor mechanisms and pain sensitivity in women with a menstrually related mood disorder. *The Journal of Pain*, 14(11): 1349-1360. doi: [10.1016/j.jpain.2013.05.014](https://doi.org/10.1016/j.jpain.2013.05.014)

- Klatzkin, R.R., Lindgren, M.E., Forneris, C.A., Girdler, S.S. (2010). Histories of Major Depression and Premenstrual Dysphoric Disorder: Evidence for Phenotypic Differences. *Biological Psychology*, 84(2): 235-247. doi: [10.1016/j.biopsycho.2010.01.018](https://doi.org/10.1016/j.biopsycho.2010.01.018)
- Klatzkin, R.R., Mechlin, B., Girdler, S.S. (2010). Menstrual cycle phase does not influence gender differences in experimental pain sensitivity. *European Journal of Pain*, 14(1): 77-82. doi: [10.1016/j.ejpain.2009.01.002](https://doi.org/10.1016/j.ejpain.2009.01.002)
- Heymen, S., Maixner, W., Whitehead, W.E., Klatzkin, R., Mechlin, B., Light, K. (2008). Central processing of noxious somatic stimuli in patients with irritable bowel syndrome compared with healthy controls. *Clinical Journal of Pain*, 26(2): 104-109. doi: [10.1097/AJP.0b013e3181bff800](https://doi.org/10.1097/AJP.0b013e3181bff800)
- Klatzkin, R.R., Mechlin, B., Bunevicius, R., Girdler, S.S. (2007). Race and Histories of Mood Disorders Modulate Experimental Pain Tolerance in Women. *The Journal of Pain*, 8(11): 861-868. doi: [0.1016/j.jpain.2007.06.001](https://doi.org/0.1016/j.jpain.2007.06.001)
- Girdler, S.S., Klatzkin, R.R. (2007). Neurosteroids in the Context of Stress: Implications for Depressive Disorders. *Pharmacology & Therapeutics*, 116(1): 125-139. doi: [10.1016/j.pharmthera.2007.05.006](https://doi.org/10.1016/j.pharmthera.2007.05.006)
- Girdler, S.S., Leserman, J., Bunevicius, R., Klatzkin, R.R., Pedersen, C.A., Light, K.C. (2007). Persistent Alterations in Cardiovascular and Neuroendocrine Profiles in Women with Abuse Histories: Influence of Premenstrual Dysphoric Disorder. *Health Psychology*, 26(2): 201-213. doi: [10.1037/0278-6133.26.2.201](https://doi.org/10.1037/0278-6133.26.2.201)
- Klatzkin, R.R., Morrow, A.L., Light, K.C., Pedersen, C.A., Girdler, S.S. (2006). Histories of Depression, Allopregnanolone Responses to Stress, and Premenstrual Symptoms in Women. *Biological Psychology*, 71(1): 2-11. doi: [10.1016/j.biopsycho.2005.02.007](https://doi.org/10.1016/j.biopsycho.2005.02.007)
- Klatzkin, R.R., Morrow, A.L., Light, K.C., Pedersen, C., Girdler, S.S. (2006). Associations of Histories of Depression and PMDD Diagnosis with Allopregnanolone Concentrations Following the Oral Administration of Micronized Progesterone. *Psychoneuroendocrinology*, 31(10): 1208-1219. doi: [10.1016/j.psyneuen.2006.09.002](https://doi.org/10.1016/j.psyneuen.2006.09.002)

#### Under Review:

- Ma M., Klatzkin, R.R., Hamm, J.D., Herzog, M., Tamura, S., Shechter, A., Albu, J.B., Brunstrom, J.M., Pi-Sunye, F.X., Laferrère, B., Kissileff, H.R. Virtual snack portions created after recalled stress predict post-bariatric weight loss and intake after stress.
- Klatzkin, R.R., Arkalgud, A.\*, Davis, G.\*, Seawright, S.B.\*, Schwenk, E.\*, Babij, A., Pence, J., Bloomer, R. Stress mindset moderates the association between threat stress appraisals and stress-eating in women.

#### **Conference Abstracts** (\*denotes student collaborators)

- Klatzkin, R.R., \*Seawright, S.B., \*Davis, G., \*Schwenk, E., \*Arkalgud, A. (2025). Stress mindset moderates the association between stress appraisals and snack food intake. The annual meeting of the Southwestern Psychological Society.
- Klatzkin, R.R., Babij, A.D., Nolan, L.J. (2024). Greater threat perception during a mental stressor enhances the association between post-stress anxiety and M&M intake. The 31<sup>st</sup> annual meeting of the Society for the Study of Ingestive Behavior.

- Klatzkin, R.R., \*Ward, Z., \*Parker, E., \*Arkalgud, A., Gilstrap, E.\* (2024). A stress-is-debilitating mindset enhances the link between stress-induced negative affect and M&M consumption. The 45<sup>th</sup> annual meeting of the Society for Behavioral Medicine.
- Klatzkin, R.R., \*Lallo, R., \*Mosby, E., \*Qureshi, H., \*Perkins, D. (2023). Greater expectations that eating reduces negative mood predict greater reductions in negative mood following stress-eating, but only for women with high stress-induced anxiety. The 80<sup>th</sup> annual meeting of the American Psychosomatic Society.
- Klatzkin, R.R., \*Files, H., \*Gaffney, K., \*Leonhard, B., \*Street, O., Nolan, L.J., Kissileff, H.R. (2021). Self-reported emotional eaters consume more food under stress if they experience heightened stress reactivity and emotional relief after eating. The 28<sup>th</sup> annual meeting of the Society for the Study of Ingestive Behavior.
- Ma, M., Klatzkin, R.R., Hamm, J.D., Tamura, S., Herzog, M., Colon, P., Schechter, A., Laferrere, B., Pi-Sunyer, X., Brunstrom, J.M., Kissileff, H.R. (2018). Portion Size After Recalled Stress Predicts 3-Month Weight Loss After Bariatric Surgery. The annual meeting of The Obesity Society.
- Klatzkin, R.R., \*Dasani, R., \*Nadel, T., \*Cattaneo, C., \*Warren, M., (2018). Moderators of the Reduction in Negative Mood Following Stress-Eating. The annual meeting of The Obesity Society.
- Ma, M., Klatzkin, R.R., Hamm, J.D., Tamura, S., Herzog, M., Colon, P., Schechter, A., Laferrere, B., Pi-Sunyer, X., Brunstrom, J.M., Kissileff, H.R. (2018). Virtual portion size selection task, under momentary and recalled stress predicts snack intake in a stressful laboratory eating session. The 26<sup>th</sup> annual meeting of the Society for the Study of Ingestive Behavior.
- Klatzkin, R.R., \*Cattaneo, C., \*Warren, M., \*Dasani, R., \*Nadel, T. (2018). Predictors of stress-induced eating differ for women displaying stress over-eating versus under-eating. The 26<sup>th</sup> annual meeting of the Society for the Study of Ingestive Behavior.
- Klatzkin, R.R., \*Baldassaro, A., \*Rashid, S., \*Hayden, E., \*Cattaneo, C., \*Dasani, R. (2017). Do correlates of stress-induced eating differ for women with high and low chronic stress? The 25<sup>th</sup> annual meeting of the Society for the Study of Ingestive Behavior.
- Klatzkin, R.R., \*Sumner, C., \*Baldassaro, A., \*Rashid, S. (2016). The relationship between acute stress reactivity and motivation for food in chronically stressed women. *Psychosomatic Medicine*, 78(3), A-33. The 74<sup>th</sup> annual meeting of the American Psychosomatic Society.
- Klatzkin, R.R., \*Gaffney, S., \*Madigan, L., \*Sumner, C., \*Baldassaro, A., \*Rashid, S. (2015). Obesity and binge eating are associated with heightened negative affect and desire to eat, but not hunger, following mental stress: preliminary evidence. International Behavioral Neuroscience Society.
- Klatzkin, R.R., \*Gaffney, S., \*Cyrus, K., \*Bigus, E., Brownley, K. (2015). Binge eating disorder and obesity: Preliminary evidence for distinct phenotypes regarding cardiovascular functioning and hunger responses to stress. *Psychosomatic Medicine*, 77(3), A-33. The 73<sup>rd</sup> annual meeting of the American Psychosomatic Society.
- \*Roberts, M.H., Klatzkin, R.R., \*Bigus, E., \*Julien, A., \*Madigan, L., Mechlin, B. (2014). Social support, but not the presence of a non-supportive other, attenuates both stress and

pain following a cold pain task - preliminary results. *Psychosomatic Medicine*, 76(3), A-33. The 72<sup>nd</sup> annual meeting of the American Psychosomatic Society.

Klatzkin, R.R., \*Gaffney, S., \*Cyrus, K., \*Bigus, E., Brownley, K. (2014). Stress-related change in anxiety is associated with post-stress food consumption in obese women with binge eating disorder. The 21<sup>st</sup> annual International Conference on Eating Disorders (ICED).

Klatzkin, R.R., \*Gaffney, S., \*Cyrus, K. (2013). Evidence for binge eating disorder and obesity as distinct clinical entities with respect to cardiovascular and psychological responses to stress: preliminary findings. *Psychosomatic Medicine*, 75(3), A-124. The 71<sup>st</sup> annual meeting of the American Psychosomatic Society.

Klatzkin, R.R., \*Bigus, E., \*Wuerful, A., Brownley, K.A. (2013). The influence of post-stress food anticipation and consumption on cardiovascular recovery from mental stress in women with binge eating disorder: preliminary findings. *Psychosomatic Medicine*, 75(3), A-89. The 71<sup>st</sup> annual meeting of the American Psychosomatic Society.

## ***Grants and Fellowships***

### External:

- |                  |   |
|------------------|---|
| <b>2007-2009</b> | <b>NIMH National Research Service Award (F31 MH079532)</b><br>A competitive research grant supplying stipend, tuition, and travel funding for pre-doctoral research. Project Title: <i>Prior depression, PMDD, and pain: Biological mechanisms</i> . Total Amount: \$87,873 |
| <b>2004-2006</b> | <b>NIH Pre-doctoral Training Fellowship (T32 NS007431)</b><br>An institutional grant supplying tuition, stipend, and travel funding for pre-doctoral students.  |

### Internal:

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|-------------|---|
| <b>2024</b> | <b>Rhodes College Faculty Development Endowment Grant</b><br><i>How Does Stress Mindset Impact Stress-Eating?</i> Amount: \$5000  |
| <b>2023</b> | <b>Rhodes College Faculty Development Endowment Grant</b><br><i>How does chronic stress impact the emotional eating cycle?</i> \$5000   |
| <b>2021</b> | <b>Rhodes College Faculty Development Endowment Grant</b><br><i>The emotional eating cycle: support for a feed-forward emotion regulation model.</i> Amount: \$5000   |
| <b>2020</b> | <b>Rhodes College Faculty Development Endowment Grant</b><br><i>Do greater expectations that eating will provide emotional relief promote stress-eating for women with chronic stress?</i> Amount: \$5000                         |
| <b>2017</b> | <b>Rhodes College Faculty Development Endowment Grant</b><br><i>Does chronic stress impact comfort food consumption following acute mental stress in college women?</i> Amount: \$5000  |
| <b>2014</b> | <b>Rhodes College Faculty Development Endowment Grant</b><br><i>Stress-related changes in anxiety, but not hunger, are associated with post-stress food consumption in obese women with Binge Eating Disorder.</i> Amount: \$5000 |

<b>2013</b>	<b>Rhodes College Faculty Development Endowment Grant</b> <i>Stress-Induced Eating in Binge Eating Disorder: Does Comfort Food Aid in Stress Recovery?</i> Amount: \$5000
<b>2012 &amp; 2013</b>	<b>Rhodes Neuroscience Summer Research Fellowship</b> Project Title: <i>Stress-Induced Binge Eating</i> . Amount: \$12,875

## ***Professional Memberships***

<b>2024-Present</b>	Society for Behavioral Medicine
<b>2022-Present</b>	American Psychosomatic Society
<b>2017-Present</b>	Society for the Study of Ingestive Behavior
<b>2009-Present</b>	APA Division 2 - Society for the Teaching of Psychology

## ***Professional Service***

### Service to the Scientific Community

<b>2019- 2025</b>	Editorial Board Member for the scientific journal Eating Behaviors
<b>Ad-hoc Reviewer:</b>	Psychosomatic Medicine, Hormones & Behavior Review, Hormones & Behavior, Appetite, Obesity, Physiology & Behavior, Childhood Obesity, Bulimia & Obesity, Nutrients, Women & Health, Eating & Weight Disorders, Psychoneuroendocrinology, Journal of Psychosomatic Research, Journal of Pain, Journal of Affective Disorders
<b>August 2023</b>	External reviewer for tenure candidate at Washington & Lee
<b>April 2021 &amp; 22</b>	External examiner for Neuroscience Oral Exams at Earlham College
<b>March 2021</b>	Invited talk for the West Tennessee chapter of Employee Assistance Professional Association (EAPA) titled, "Rethinking the etiology of mental illness: are psychological disorders brain diseases?"
<b>June 2020</b>	Invited panelist for a Rhodes College webinar titled, "Rhodes Responds - Coping with COVID-19."
<b>October 2017</b>	Invited Talk for the colloquium series for the Clinical Psychology Doctoral Program at the University of Memphis. "Psychological and physiological mechanisms underlying stress-induced eating"
<b>February 2014 -17</b>	Annual invited talks for National Eating Disorders Awareness Week, Rhodes College. "The science of stress-induced eating"
<b>March 2014</b>	Invited Talk for the Mid-South Psychology Conference, Christian Brothers University. "An Introduction to Psychophysiological Methods"
<b>January 2014</b>	Invited Talk for the Pink Palace Museum "The Science of Alcohol"
<b>March 2013</b>	Reviewer for the Mid-South Psychology Conference; Memphis, TN.

### Service to Rhodes College

<b>2023-Present</b>	Rhodes College Neuroscience Program Chair
<b>2019-Present</b>	Rhodes College New Faculty Cohort Teaching & Scholarship Mentor
<b>2024-Present</b>	St. Jude Organizing Committee
<b>2011-Present</b>	Psi Chi National Honor Society Faculty Advisor

2011-Present	Psychology Department & Neuroscience Program Assessment Committee
2011-Present	Participant in Admissions Recruitment Events
	Meet the Counselors Event; April 2024, April 2025
	Info Sessions; Sept 2013, Feb 2015, Nov 2019, Jan 2021, April 2023, April 2025
	Neuroscience Major Zoom Information Session; April 2020
	Discover Rhodes, August 2017
	Admissions Phone Cast, March 2017
	Open House: Oct 2011, Sept 2012, Nov 2013, April 2014; Feb 2015; Nov 2016; April 2025
2021-2024	Rhodes College Faculty Development Committee (Chair, 2022-23)
2018-2021	Rhodes College Technology and Academic Space Committee
2014-2017	Standards and Standings Committee (Secretary, 2014-2015)
2013-2018	Psychology Department Admissions Liaison
2025	Faculty Search Committee for Biology/Neuroscience position
2024	Faculty Search Committee for Biology/Neuroscience VAP
2023	Faculty Search Committee for Neuroscience VAP
2021	Chair of Faculty Search Committee for VAP in Neuro/Psych
2021	Faculty Search Committee for Psychology/Neuroscience position
2019	Faculty Search Committee for Clinical Psychology/Health position
2018	Faculty Search Committee for Hearst Postdoctoral Neuroscience position
2018	Faculty Search Committee for Clinical Psychology position
2017	Faculty Search Committee for Psychology & Neuroscience position
2014	Faculty Search Committee for Chemistry position
2013	Faculty Search Committee for Cognitive Neuroscience position
2013	Common Table Work Group: Student Connections

## ***Research Mentoring at Rhodes College***

Honors Thesis:

2014: Matthew Roberts, *Social support attenuates physiological stress responses and experimental pain sensitivity to cold pressor pain*. [10.1016/j.physbeh.2015.01.018](https://doi.org/10.1016/j.physbeh.2015.01.018)

Summer Research Fellowships:

2019: Tzvi Nadel; *Korsakov Research Award*; <https://doi.org/10.1016/j.physbeh.2024.114610>; <https://doi.org/10.1016/j.appet.2023.106494>

2013: Matthew Roberts; *Margaret Ruffin Hyde Award*; [10.1016/j.physbeh.2015.01.018](https://doi.org/10.1016/j.physbeh.2015.01.018)

2012: Sierra Gaffney and Kathryn Cyrus; *Neuroscience Summer Research Fellowship*; [10.1016/j.biopsycho.2016.11.002](https://doi.org/10.1016/j.biopsycho.2016.11.002)  
[10.1016/j.physbeh.2015.01.018](https://doi.org/10.1016/j.physbeh.2015.01.018)

Independent Research (Neur 451/452):

2024-25: Aadhya Arkalguld, Georgia Davis, Sarah Bradford Seawright, Emilia Schwenk, Olive Bratcher, Anna Callender, Jackie Boyanchek, Areej Khan

2023-24: Ellie Parker, Ellie Gilstrap, Aadhya Arkalguld, Zaynah Ward, Georgia Davis, Sarah Bradford Seawright, Emilia Schwenk

2022-23: Allison Hagler, Erica Mosby, Hadiyah Qureshi, Dot Perkins, Bella Lallo, Ellie Parker, Ellie Gilstrap, Aadhya Arkalguld, Zaynah Ward

2021-22: Olivia Street, Allison Hagler, Erica Mosby, Hadiyah Qureshi, Dot Perkins, Bella Lallo

2020-21: Katie Gaffney, Caroline Farrell, Helen Files, Barrett Leonhard, Olivia Street

2019-20: Tzvi Nadel, Cleo Nikodem, Katie Gaffney, Caroline Farrell, Helen Files, Barrett Leonhard

2018-19: Reedhi Dasani, McKay Warren, Tzvi Nadel, Cleo Nikodem

2017-18: Ellery Hayden, Catrina Cattaneo, Reedhi Dasani, McKay Warren, Tzvi Nadel, Cleo Nikodem

2016-17: Allie Baldassaro, Saniya Rashid, Ellery Hayden, Catrina Cattaneo, Reedhi Dasani, McKay Warren, Tzvi Nadel

2015-16: Caroline Sumner, Allie Baldassaro, Saniya Rashid, Ellery Hayden

2014-15: Sierra Gaffney, LauraLee Madigan, Caroline Sumner, Allie Baldassaro, Saniya Rashid

2013-14: Sierra Gaffney, Kathryn Cyrus, Liz Bigus, Allison Julien, LauraLee Madigan, Matthew Roberts

2012-13: Sierra Gaffney, Kathryn Cyrus, Liz Bigus, Allison Julien, LauraLee Madigan

2011-12: Jenna Brownfield, Marie Kyle, Megan O'Brien, Kyle Capstick, Liz Bigus, Sierra Gaffney, Kathryn Cyrus