

Kaylyn Star, PhD
Assistant Professor
Health and Exercise Science
School of Rehabilitative & Health Sciences
Regis University
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Previous work is published under "Kaylyn McAnally"

EDUCATION

PhD	University of California, Merced Doctor of Philosophy in Health Psychology Advisor: Dr. Martin Hagger University of California, Merced	2024
MA	Master of Arts in Psychological Sciences Advisor: Dr. Martin Hagger	2021
BS	Arizona State University Kinesiology, Psychology Minor Barrett, the Honors College College of Health Solutions Dean's List Fall 2015-Spring 2019	2019

PROFESSIONAL EMPLOYMENT RECORD

Assistant Professor in Health and Exercise Science, Regis University, 2024-Present

Lecturer, Psychological Sciences, University of California, Merced, 2023-2024

Graduate Teaching Assistant, University of California, Merced, 2019-2024

CLASSES TAUGHT AT THE UNIVERISTY LEVEL- COURSE COORDINATOR

Health and Exercise Science 210: Introduction to Health and Exercise Science

Regis University
Semesters taught: Fall 2024

Health and Exercise Science 311: Research Design and Statistics

Regis University
Semesters taught: Fall 2024

Health and Exercise Science 460: Community Health Assessment

Regis University
Semesters taught: Fall 2024

Psychology 120: Health Psychology

University of California, Merced
Semesters taught: Summer 2024

Psychology 126: Science of Behavior Change

University of California, Merced
Semesters taught: Summer 2023

Developed discussion topics for each class meeting, designed a writing assignment, and created collaborative application projects to align with course learning outcomes

CLASSES TAUGHT AT THE UNIVERSITY LEVEL- TEACHING ASSISTANT

Teaching assistant responsibilities include grading, proctoring exams, and holding office hours. Lectures given are indicated with each class.

Psychology 123: Alcohol, Drugs, and Behavior

University of California, Merced

Semesters taught: Fall 2022, Spring 2023, Spring 2024

Introduction to the Nervous System. Guest lecture given at the University of California, Merced to Psychology 123 undergraduate class in September 2022, Merced, California.

Psychology 126: Science of Behavior Change

Fall 2023

University of California, Merced

Semesters taught: Fall 2019, Fall 2020, Spring 2022, Fall 2023

Changing Behavior Using Self-Determination Theory & Autonomy-Supportive Interventions. Guest lecture given at the University of California, Merced to Psychology 190 undergraduate class in October 2019, October 2020, March 2022, and October 2023, Merced, California.

Underserved Populations and Disparities in Behavior Change. Guest lecture given at the University of California, Merced to Psychology 190 undergraduate class in March 2022 and November 2023, Merced, California.

Psychology 145: Human Sexuality

University of California, Merced

Semesters taught: Fall 2021

Fertility and Menstruation. Guest lecture given at the University of California, Merced to Psychology 145 undergraduate class in October 2021, Merced, California

Psychology 183: Behavioral Genetics

University of California, Merced

Semesters taught: Spring 2021

Meiosis and Reproduction. Guest lecture given at the University of California, Merced to Psychology 183 undergraduate class in February, 2021, Merced, California.

Psychology 125: Cognition, Affect, and Health

University of California, Merced

Semesters taught: Spring 2020

Lay Illness Perceptions and Health. Two invited guest lectures given via remote learning at the University of California, Merced to Psychology 125 undergraduate class in Spring, 2020, Merced, California.

Biology 181 &182: General Biology Laboratory Instructor

Arizona State University

Semesters taught: Fall 2016, Spring 2017, Summer 2017, Fall 2017, Spring 2018, Summer 2018, Fall 2018, Spring 2019

Exercise & Wellness 342: Health Behavior Change

Arizona State University

Semesters taught: Spring 2019

PUBLICATIONS

McAnally, K., Barron, H., Woodruff, I., Beaster-Jones, L., Menke, E., and Kranzfelder, P. (Under review). Journey to becoming a culturally responsive science educator: Reflections about use and barriers from graduate teaching assistants at a Minority-Serving Institution. *Frontiers in Education*.

McAnally, K., & Hagger, M. S. (2024). Self-Determination Theory and Workplace Outcomes: A Conceptual Review and Future Research Directions. *Behavioral Sciences*, 14(6), 428.
<https://doi.org/10.3390/bs14060428>

Griffith, Z., Majeed, R., **McAnally, K.**, & Hagger, M.S. (2023). Psychological Mediators of Relations between Socio-Structural Variables and Physical Activity: A Proposed Mechanistic Model. *Asian Journal of Sport and Exercise Psychology*, 3(2), 82-88. <https://doi.org/10.1016/j.ajsep.2023.09.001>

McAnally, K., & Hagger, M. S. (2023). Health literacy, social cognition constructs, and health behaviors and outcomes: A meta-analysis. *Health Psychology*, 42(4), 213.
<https://doi.org/10.1037/hea0001266>

Alegria, K. E., Fleszar-Pavlović, S. E., Ngo, D. D., Beam, A., Halliday, D. M., Hinojosa, B. M., **McAnally, K....** & Song, A. V. (2021). The Role of Risk Perceptions and Affective Consequences in COVID-19 Protective Behaviors. *International Journal of Behavioral Medicine*, 1-7.

Hagger, M.S, Moyers, S., **McAnally, K.**, & McKinley, L.E. (2020). Known Knowns and Known Unknowns on Behavior Change Interventions and Mechanisms of Action. *Health Psychology Review*, DOI: [10.1080/17437199.2020.1719184](https://doi.org/10.1080/17437199.2020.1719184)

McKinley, L.E., **McAnally, K.**, Moyers, S., Hagger, M.S. (2020). Behavioral Health Theories, Equity, and Disparities in Global Health: A Basic Process Model. In *Handbook of Global Health*. Springer Nature.

TRAININGS & CERTIFICATIONS

Level 3: Advanced Pedagogy Series- May 2022

University of California, Merced, Center for Engaged Teaching and Learning
Certificate Received

Institute on Evidence-Based Teaching Practices- June 2021

University of California, Merced, Center for Engaged Teaching and Learning
Certificate Received

Preparing to Teach in the Online Environment- August 2020

University of California, Merced, Center for Engaged Teaching and Learning
Certificate Received

Certificate in Quantitative Methods- January 2023

University of California, Merced

Certificate received for successfully completing three core courses in methods and statistics as well as three electives in advanced statistics

Methods for Meta-Analysis- November 2020

Georgia State University, Center for International Business Education and Research
Certificate received

RELEVANT WORK EXPERIENCE

Editorial Associate

Social Science and Medicine, Health Psychology
April 2021-Dec 2023

Graduate Orientation Consultant

Graduate Division, University of California, Merced
Spring 2023, 2024, Summer 2022, 2023, 2024

Graduate Student Researcher

Biology Education Research Group, University of California, Merced
Summer 2022, Summer 2023

Graduate Student Researcher

Nicotine and Cannabis Policy Center, University of California, Merced
Summer 2021

Behavior Coach

New Hope of Arizona
Dec 2018-Aug 2019

Physical Therapy Technician

Spooner Physical Therapy
May 2016-Aug 2019

Patient Services Coordinator

Spooner Physical Therapy
Jan 2015-Aug 2019

INVITED TALKS

McAnally, K. (April, 2024). *Self-Determination Theory and Workplace Outcomes: A Meta-Analysis*. Invited talk given at the University of California, Merced to the Health Psychology department, Merced, California.

McAnally, K. (November, 2021). *Changing Behavior Using Self-Determination Theory & Autonomy-Supportive Interventions*. Guest lecture given at the University of California, Merced to Psychology 190 undergraduate class, Merced, California.

McAnally, K & McKinley, L.E. (November, 2021). *Treatment Beliefs and Outcomes in Chronic Illnesses: A Meta-Analysis*. Invited talk given at the University of California, Merced to the Health Psychology department, Merced, California.

RESEARCH TALKS

McAnally, K., Barron, H., Woodruff, I., Beaster-Jones, L., Menke, E., and Kranzfelder, P. (October, 2023). *Graduate teaching assistants utilize inclusive teaching practices and culturally responsive science teaching despite perceived barriers: A qualitative analysis*. Biology Teaching Assistant Project Virtual Conference.

POSTER PRESENTATIONS

McAnally, K. & Hagger, M.S, (February, 2024). *Self-Determination Theory and Workplace Outcomes: A Meta-Analysis*. Society of Personality and Social Psychology, 25th Annual Convention, San Diego, CA.

McAnally, K. & Hagger, M.S, (April, 2023). *Social Cognition Constructs Mediate the Effect of Health Literacy on Health Behaviors and Outcomes: A Meta-Analysis*. Society of Behavioral Medicine, 44th Annual Convention, Phoenix, AZ.

McAnally, K., Barron, H., Menke, E., Beaster-Jones, L., & Kranzfelder, P, (January, 2023). *Graduate teaching assistants engage in inclusive teaching practices and culturally responsive science teaching despite perceived barriers: A qualitative analysis*. Society for the Advancement of Biology Education Research, 7th Annual Conference. Irvine, CA.

McAnally, K., Barron, H., Menke, E., Beaster-Jones, L., & Kranzfelder, P, (June, 2022). *Inclusive teaching*

practices and culturally responsive science teaching in graduate teaching assistants: A qualitative analysis. Central Valley Region Interdisciplinary Symposium on Education Research, 1st Annual Convention. Merced, CA.

Beam, A., Johnson, A.E., Alegria, K.E., Fleszar-Pavlović, S.E., Ngo, D., **McAnally, K.**, Song, A.V., and Howell, J.L, (April, 2022). *Chronic illness and COVID-19-related risk and protective behaviors.* Society of Behavioral Medicine, 43rd Annual Convention, Baltimore, MD.

McAnally, K. & Hagger, M.S, (February, 2022). *Health Literacy, Social Cognition Constructs, and Health Behaviors and Outcomes: A Meta-Analysis.* Society of Personality and Social Psychology, 23rd Annual Convention, Virtual.

McAnally, K. *An Evidence-Based Resource for Faculty Addressing Non-Course-Specific Student Needs.*

-Celebrating Honors Symposium. Barrett, the Honors College, Arizona State University. Tempe, Arizona. April 2019.

-Downtown Discovers Thesis Presentation. Barrett, the Honors College, Arizona State University. Phoenix, Arizona. April 2019.

-Student Research Symposium. College of Health Solutions, Arizona State University. Phoenix Convention Center. May 2019.

SCHOOL/DEPARTMENT/PROGRAM SERVICE

Member, School of Rehabilitative & Health Sciences, Health and Exercise Science Curriculum Committee, 2024-Present

Member, School of Rehabilitative & Health Sciences, Research Committee, 2024-Present

Advisor, Health and Exercise Science undergraduate group, 2024-Present

PAST SERVICE

Lab Manager, SHARPP Lab, University of California Merced
July 2021-June 2023

Graduate Student Representative, Represents psychology graduate students in senate faculty meetings. Communicates student needs to faculty and ensures graduate student voices are adequately elevated in department issues. Also responsible for planning department-wide social events.
August 2021-August 2023

Graduate Pedagogy Association Mentor, Paired with a new graduate student to provide mentorship and Encouragement regarding pedagogy and graduate student life.
August 2022-May 2023

Graduate Student Visitation Weekend Assistant, Helped to plan the virtual social gathering for visiting accepted graduate students interested in joining the psychology department.
February 2022

Peer Reviewer: *Annals of Behavioral Medicine, International Journal of Behavioral Medicine, Psychology of Sport and Medicine, Routledge Publishing, Frontline Learning Research, PLOS One*

Graduate Student "Buddy" to a prospective graduate student during visitation weekend 2020 at the University of California, Merced. Ensured the student was able to participate in all visitation weekend activities, provided transportation, and any other support that the prospective student needed.

Research Affiliate, Mayo Clinic, Assisted in designing a study to examine the relationship between diabetic patients and their providers through objective measures of emotion.
February 2018-May 2019

AWARDS

Graduate Student Association Travel Award; \$1000, Spring 2023
SBM Theories and Techniques in Behavior Change Outstanding Trainee Award – Bronze Level; \$100, Spring 2023
Outstanding Paper in Health Psychology Award; \$1200, Spring 2023
Research Dissemination Award; \$300, Spring 2023
CV Riser Poster Award, 3rd place; \$175, Summer 2022

PROFESSIONAL AFFILIATIONS

Society for Behavioral Medicine
Society for Personality and Social Psychology
American Psychological Association
Health Sciences Research Institute at University of California, Merced
Discipline Based Education Researchers at University of California, Merced
Graduate Pedagogy Association