

***Integrative Positive Psychology Research Lab in
Mindfulness, Body Acceptance, Culture and Health
(MIND-BATCH)***

***Jennifer B. Webb, PhD
UNC Charlotte Department of Psychology
Research Assistant Responsibilities
2013-2014***

Overview of MIND-BATCH Lab's Research Focus: Dr. Webb's research interests primarily center on studying the positive psychology of eating, body image, and weight with an emphasis on ethnic minority women during the developmental period of emerging adulthood. She utilizes both quantitative and qualitative research methodologies. Her research has focused on clarifying the biopsychosocio-cultural determinants of body composition changes during the first-year college transition in African American and European American women. Other research interests include the health impact of weight-related stigmatization along with the psychoneuroendocrinology of appetite, eating, metabolism, and weight. Future investigations will integrate mindfulness- and self-compassion-based approaches to promoting positive body image, eating, and weight regulation among ethnically-diverse first-year college women.

Qualifications: I seek highly motivated, very reliable students with excellent organizational and time management skills to work in our research lab. These may include both undergraduates and graduate students who are in strong academic standing as well as post-baccalaureate students with strong academic records. This means undergraduate psychology students (second-semester first-years and beyond) with at least a B average in their psychology coursework, post-baccalaureate students attaining at least a B in their psychology coursework, or graduate students without any U grades in their coursework. Research assistants will be expected to both work independently and to work well in a team environment. Individuals who have good interpersonal skills and are attuned to issues related to working with ethnically- and weight-diverse groups are especially encouraged to apply.

Time Commitment: 6-10 hours per week either on a volunteer basis or for PSYC 3806 Undergraduate Research Assistantship credit (undergraduate and post-baccalaureate students only). Please discuss with me your intention of pursuing course credit since this will also involve attending our weekly lab meetings, presenting 2 academic articles to our research team, preparing and submitting a 10- or 12-page paper at the end of the semester along with making a presentation to our research team on the paper you wrote. Please note that a 2- or 3-credit PSYC 3806 option is available for the fall 2013 and spring 2014 semesters.

Benefits of the Research Assistantship: In addition to the potential benefits of receiving course credit and gaining research experience within a clinical health psychology lab, you will also be eligible for a letter of recommendation and/or references for future professional pursuits both during and upon completion of your tenure as a research assistant with me. For more advanced students, there may also be opportunities to assist in preparing, submitting, and presenting abstracts from the research program and/or in preparing and submitting manuscripts for publication.

Weekly MIND-BATCH Lab Meeting Participation: As a research assistant, you will gain useful first hand exposure to the process of conducting both qualitative and observational clinical health research at different stages of the research process. In addition, you will have the opportunity to critically evaluate current research and theory on a variety of topics related to body image, culture, obesity, weight stigmatization, eating disorders, and mind-body approaches through participating in our weekly lab meeting. Lab meetings will also be an opportunity for students to gain experience in further cultivating academic presentation skills on topics of their choosing. Regular lab meeting attendance and participation will be expected as a research assistant in the MIND-BATCH lab. **The weekly lab meeting will meet from 10-11:30 AM on Friday mornings during the 2013-2014 academic year.**

Photocopying/Filing Study Materials: As an RA working with me, you may be provided with money periodically to take the master copies of ongoing study questionnaires to a local printer for printing. You may also be asked to make photocopies of consent forms and other study-related forms here in Colvard.

Research Assistant Tasks: Depending on the needs of the various projects that are prioritized in the lab (which may also involve assisting with research being conducted by one of the graduate students in our lab) during your time with us you may be involved in helping to recruit participants along with assisting in the collection of data and subsequent data entry. Some studies may involve overseeing online surveys, others may be surveys or experiments that are going to be conducted/administered in-person, while other projects may be more qualitative in nature (e.g., coding focus group transcripts, coding information from online message boards, etc.). You may also be asked to help with photocopying and filing as well from time to time.

UNC IRB Certification: As a requirement of all RAs working in our lab, you will need to take a certification online exam to meet the university stipulations for having contact with research participants and confidential study material. The IRB online training modules and quizzes may be found at the following URL: <https://www.citiprogram.org/>. You will be prompted to create an account and then may proceed to the tutorial. Once you have successfully completed your certification (i.e., **affiliated researcher for the social and behavioral sciences basic or refresher course**), please give me a hard copy of your completion verification or email me the confirmation you will receive from the system.