

# Amanda M. Brouwer

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Winona State University  
Department of Psychology  
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## EDUCATION

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**University of Wisconsin-Milwaukee, Milwaukee, WI**  
Ph.D., Psychology August 2012  
Major: Experimental Health and Social Psychology  
Minors: Quantitative Methods, Neuroscience  
Dissertation: *Motivating Healthy Diet Behaviors: The Self-As-Doer Identity*

M.S., Psychology December 2009  
Thesis: *Self-as-Doer for Diabetes: Development and Validation of a Disease-Specific Motivational Measure*

Graduate Certificate in Public Health August 2010

**Northwestern College, Orange City, IA**  
B.A., Psychology, *summa cum Laude* May 2007  
Thesis: *Predictors of Self-Care Behaviors in Diabetes: Self-Efficacy and Self-As-Doer*

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## HONORS AND AWARDS

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Promoted to Full Professor of Psychology June 2021  
Professor of the Year Award April 2021  
Awarded by WSU Student Senate

Tenured and promoted to Assistant Professor of Psychology June 2017  
Emerald Literati Network Award for Excellence 2016 May 2016  
Emerald Group Publishing Company; for outstanding scholarly contributions

Early Career Travel Grant Award February 2014  
Society for the Teaching of Psychology

November Institution Faculty/Staff Member-of-the-Month November 2013  
Early Career Travel Grant Award April 2013  
Society of Behavioral Medicine: Diabetes Special Interest Group

First Year Student Success Award March 2012  
Outstanding Student Abstract Award April 2010  
Society of Behavioral Medicine: Ethnic Minority and Multicultural Special Interest Group

Chancellor's Graduate Student Award, UW-Milwaukee May 2008 – May 2010  
American Psychological Association Student Travel Award August 2009  
UWM Graduate School Graduate Student Travel Award September 2008  
Psi Chi National Honor Society in Psychology May 2004 - Present  
Carl and Hazel Lindskoog Clinical Psychology Scholarship May 2007  
Northwestern College Collegiate Academic Scholarship August 2003 – May 2007  
Northwestern College Dean's List August 2003 – May 2007

## TEACHING EXPERIENCE

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### **Professor of Psychology**

August 2012-present

*Winona State University, Winona, MN*

- ◆ Teach undergraduate courses in introductory, social, and health psychology, psychological statistics, advanced research methods and advanced psychological statistics.
- ◆ Advise undergraduate students
- ◆ Mentor independent student research projects
- ◆ Manage a research lab with undergraduate student research assistants
- ◆ Serve on departmental and university committees

### **Lecturer – Social Psychology**

*University of Wisconsin – Milwaukee, Milwaukee, WI*

Fall 2010-2012

- ◆ Prepare and lead discussion of topics in social psychology
- ◆ Develop learning assessments and assignments
- ◆ Manage and organize discussion sections and teaching assistants

### **Associate Adjunct – Advanced Statistics and Research Methods**

*Cardinal Stritch University, Milwaukee, WI*

Summer 2011

- ◆ Developed lesson plans and learning evaluations related to statistical theory and advanced statistics (e.g., Mixed Designs, Multiple Regression, Logistic Regression, Factor Analysis)
- ◆ Mentored students in the development of their research design and statistical analyses for their master's thesis project
- ◆ Instructed students in writing in APA style and performing analyses using SPSS

### **Associate Adjunct – Introduction to Psychology**

*Bryant and Stratton College, Milwaukee, WI*

Fall 2010

- ◆ Created lesson plans to facilitate student learning about psychological theory and research
- ◆ Facilitated student learning through in-class demonstrations and reflective writing exercises
- ◆ Utilized small, ethnically diverse class environment to create meaningful discussions of course materials from different perspectives

### **Guest Lecturer – Health Psychology**

*University of Wisconsin – Milwaukee, Milwaukee, WI*

Spring 2010, 2011

- ◆ Prepared and led class lecture and discussion for undergraduate students
- ◆ Discussed psychosocial topics related to health psychology, specifically diabetes
- ◆ Engaged students in motivational exercises to introduce and teach how motivation impact health behaviors

### **Teaching Assistant Experiences:**

#### **Teaching Assistant – Research Methods**

*University of Wisconsin – Milwaukee, Milwaukee, WI*

Fall 2010, Spring 2011

- ◆ Prepared and led discussion sections for graduate and undergraduate students
- ◆ Instructed students in basic and advanced research design and analysis
- ◆ Instructed students in writing research reports in APA style

### **Teaching Assistant – Advanced Psychological Statistics**

*University of Wisconsin – Milwaukee, Milwaukee, WI*

Fall 2008, 2009

- ◆ Prepared and led discussion sections for graduate and undergraduate students
- ◆ Instructed students in basic and advanced statistics, sampling theory, and psychological testing procedures
- ◆ Instructed students in statistical packaging software (SPSS)
- ◆ Taught statistics through the lens of psychology research methods

### **Teaching Assistant – Experimental Design**

*University of Wisconsin – Milwaukee, Milwaukee, WI*

Spring 2009, 2010

- ◆ Prepared and led discussion sections for graduate and undergraduate students
- ◆ Instruct students in advanced statistics, multiple linear regression, logistic regression, and factor analysis
- ◆ Instructed students in statistical packaging software (SPSS)
- ◆ Taught statistics through the lens of psychology research methods

### **Student Assistant**

Fall 2006

*Northwestern College, Orange City, IA*

Supervisor: Jennifer Feenstra, Ph.D.

Development of a Teaching Manual for R. F. Baumeister & B. J. Bushman (2008). *Social Psychology and Human Nature*, Thomson Wadsworth Publishing

- ◆ Outlined chapter readings
- ◆ Defined vocabulary and authored examples of social psychological phenomena
- ◆ Contributed to the creation of teaching resources and learning activities

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## **RESEARCH INTERESTS**

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I have broad interests in the social psychological factors that influence health and health behaviors, particularly for people living with or at risk for chronic disease. Specifically, I am interested in how factors such as social identity, the self, social support, and self-efficacy affect goals and motivation to perform health behaviors. I am currently exploring the role of the self-as-doer identity in health behaviors such as eating and physical activity.

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## **CURRENT RESEARCH**

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I am exploring how an identity as the “doer” of one’s behavior (i.e., “self-as-doer”) provides motivation to enact health behaviors. I began this line of research by piloting the self-as-doer (Houser-Marko & Sheldon, 2006) in a population of persons with diabetes. I have demonstrated that the self-as-doer is a significant predictor of diabetes self-care behavior frequency and that it operates as a significant intervening variable in the relationship between self-efficacy and diabetes self-care behaviors for persons with Type I or Type II diabetes. Furthermore, I have developed and validated a diabetes-specific self-as-doer measure which I expect to use in future research with diabetic samples and demonstrated how the self-as-doer can be used as an intervention among non-clinical samples of young women who are interested in improving healthy eating behaviors. Currently I am exploring the role of the self-as-doer identity in physical activity behaviors and how goal orientation (approach vs avoidant) influence healthy eating behaviors.

## RESEARCH EXPERIENCE

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### **The Self-as-Doer Goal Behaviors Study, *Winona State University***

#### **Principle Investigator, July 2022 – Present**

- ◆ Prepare IRB submissions, general study protocol, data collection and management procedures, interviewing, and coding.
- ◆ Lead weekly lab meetings
- ◆ Manage data collection and analysis
- ◆ Contribute to manuscript development

### **The Community Mental Health Study, *Winona State University***

#### **Co-Investigator, September 2021 – Present**

- ◆ Prepare IRB submissions, general study protocol, data collection and management procedures, interviewing, and coding.
- ◆ Conduct interviews with community members
- ◆ Manage data collection and transcription
- ◆ Qualitatively code data
- ◆ Contribute to manuscript development

### **The Self-as-Doer and COVID19 Safe Behaviors Study, *Winona State University***

#### **Principle Investigator, August 2020 – Present**

- ◆ Prepare IRB submissions, general study protocol, data collection and management procedures, interviewing, and coding.
- ◆ Conduct focus groups
- ◆ Manage data collection and transcription
- ◆ Qualitatively code data
- ◆ Contribute to manuscript development

### **The WSU Student Experiences of COVID19 Study, *Winona State University***

#### **Co-Investigator, June 2020 – Present**

- ◆ Supervise undergraduate students in IRB submissions, general study protocol, data collection and management procedures, interviewing, and coding.
- ◆ Lead weekly lab meetings
- ◆ Manage data
- ◆ Contribute to manuscript development

### **The Self-as-Doer Physical Activity Study, *Winona State University***

#### **Principle Investigator, January 2016 – August 2019**

- ◆ Supervise undergraduate students in IRB submissions, general study protocol, data collection and management procedures, interviewing, and coding.
- ◆ Lead weekly lab meetings
- ◆ Manage data collection and management
- ◆ Conduct statistical analyses
- ◆ Lead conference submissions and manuscript development

### **Sexual Victimization and Self-Defense Study, *Winona State University, Kent State University and North Dakota State University***

#### **Qualitative Data Supervisor, January 2016 – July 2020**

- ◆ Collaborate with a team of researchers to manage and analyze qualitative data
- ◆ Supervise student research assistants in qualitative data analysis

- ◆ Develop themes from analyzed data
- ◆ Contribute to manuscript development and conference presentations

**Investigation into Academic Performance of Student Athletes, *Winona State University***

**Co-Investigator, September 2013 – Present**

- ◆ Conduct focus groups
- ◆ Manage data collection and management
- ◆ Supervise student research assistants in qualitative data analysis
- ◆ Lead manuscript and grant application development

**La Crosse County Public Health Project, *La Crosse, WI***

**Research Consultant, August 2014 – January 2021**

- ◆ Collaborate with team members to evaluate health disparities in La Crosse County WI
- ◆ Manage quantitative databases and perform statistical analyses
- ◆ Contribute to the production of conference presentations
- ◆ Lead manuscript development and dissemination

**The Exercise and Identity Study, *Winona State University***

**Principle Investigator, July 2014 – 2019**

- ◆ Supervise undergraduate students in IRB submissions, general study protocol, data collection and management procedures, interviewing, and coding.
- ◆ Lead weekly lab meetings
- ◆ Manage data collection and management
- ◆ Conduct statistical analyses
- ◆ Lead conference submissions and manuscript development

**Pediatric Cancer Experiences Study, *Winona State University and St. Louis Children's Hospital***

**Qualitative Data Analysis Consultant, September 2012- 2017**

- ◆ Collaborated with a team of researchers to qualitatively analyze pediatric cancer experiences
- ◆ Provide instruction on Consensual Qualitative Research methods for coder
- ◆ Advise and contribute to data analysis and thematic development of study data
- ◆ Contribute to manuscript

**Family & Children's Center Special Project, *La Crosse, WI***

**Lead Research Consultant, September, 2014 – March 2016**

- ◆ Collaborate with team members to evaluate and establish research protocol
- ◆ Manage quantitative databases and perform statistical analyses
- ◆ Conduct interviews and focus groups
- ◆ Transcribe and analyze qualitative data
- ◆ Contribute to the production of conference presentations
- ◆ Lead manuscript development and dissemination

**Threat Detection and Decision Making Study, *University of Wisconsin-Milwaukee, Milwaukee, WI***

**Qualitative Data Analysis Consultant, September 2011-September 2015**

Supervisor: Shawn Cahill, Assistant Professor, Department of Psychology.

- ◆ Provide instruction on Consensual Qualitative Research methods for undergraduate and graduate students
- ◆ Advise and contribute to data analysis and thematic development of study data
- ◆ Contribute to manuscript

**The Diet Study, *Winona State University***

**Principle Investigator, January 2013 – April 2015**

- ◆ Supervise undergraduate students in IRB submissions, general study protocol, data collection and management procedures, interviewing, and coding.
- ◆ Lead weekly lab meetings
- ◆ Manage data collection and management
- ◆ Conduct statistical analyses
- ◆ Lead manuscript and grant application development

**HIV Communication Study, *University of Wisconsin-Milwaukee, Milwaukee, WI***

**Quantitative Data Manager, May 2010-August 2015**

Supervisor: Katie Mosack, Ph.D., Department of Psychology, Patient Advocacy and Research Lab

- ◆ Supervise junior graduate students and undergraduate students in IRB submissions, general study protocol, data collection and management procedures, interviewing, and coding.
- ◆ Contribute to IRB applications and devise study protocol
- ◆ Interview HIV-positive participants
- ◆ Manage data collection and management
- ◆ Conduct statistical analyses
- ◆ Collaborate with qualitative coding team to develop social support and social support elicitation behavior coding system and coding communication behaviors for social support and social support elicitation behaviors
- ◆ Contribute to manuscript and grant application development

**Veterans Affairs Health Study, *Clement Zablocki VA Medical Center, Milwaukee, WI***

**Research Assistant, April 2010-May 2012**

Supervisor: Jeffrey Whittle, MD., MPH, Professor of Medicine, Patient Care & Outcomes Research Group

- ◆ Participate on a qualitative coding team to evaluate outcomes of a hypertension self-care behavior intervention for US military veterans
- ◆ Create coding structure for qualitative data analysis
- ◆ Develop grounded theory models to determine programmatic impact of the intervention
- ◆ Contribute to manuscript and grant application development

**Russian Immigrant Women's Health Study, *University of Wisconsin-Milwaukee, Milwaukee, WI***

**Project Coordinator, June 2008-August 2012**

Supervisor: Katie Mosack, Ph.D., Department of Psychology, Patient Advocacy and Research Lab

- ◆ Lead project meetings
- ◆ Train undergraduate and graduate research assistants in quantitative survey administration and blood pressure monitoring
- ◆ Supervise undergraduate research assistants in the use of SPSS, including data entry and statistical analysis
- ◆ Manage quantitative databases and perform statistical analyses
- ◆ Contribute to the production of conference presentations
- ◆ Lead manuscript development and dissemination

**Experiences of Adolescents with Type II Diabetes Study, *University of Wisconsin-Milwaukee, Milwaukee, WI***

**Research Assistant, January 2010-May 2012**

Supervisor: Anthony Hains, Ph.D., Professor, Department of Educational Psychology

- ◆ Code qualitative in-depth interview data with adolescents with Type II diabetes
- ◆ Collaborate with qualitative coding team to code domains using Consensual Qualitative Research methodology
- ◆ Coordinate and contribute to the manuscript development

**Cognitive and Emotional Indicators of Type I Diabetes Study**, *University of Wisconsin-Milwaukee, Milwaukee, WI*

**Research Assistant**, January 2010-May 2012

Supervisor: Anthony Hains, Ph.D., Professor, Department of Educational Psychology

- ◆ Collaborate with research team to develop research measures, study protocol, and IRB submissions
- ◆ Recruit participants from Children's Hospital
- ◆ Administer quantitative surveys
- ◆ Assist in preparation and writing of manuscripts

**Type I Diabetes Lipohypertrophy Study**, *University of Wisconsin-Milwaukee, Milwaukee, WI*

**Research Assistant**, January 2010-May 2012

Supervisor: Anthony Hains, Ph.D., Professor, Department of Educational Psychology

- ◆ Contribute to the development of study protocol and IRB submissions
- ◆ Recruit participants at a local diabetes clinic
- ◆ Conduct participant interviews
- ◆ Assist in preparation and writing of manuscripts

**Vocation, Identity, Spirituality, and College Adjustment Study**, *Northwestern College, Orange City, IA*

**Research Assistant**, January 2005-August 2007

Supervisor: Jennifer Feenstra, Ph.D., Associate Professor, Department of Psychology

- ◆ Contributed to research design, measurement, and IRB submission
- ◆ Conducted literature reviews
- ◆ Administered quantitative surveys
- ◆ Managed databases, conducted statistical analyses
- ◆ Contributed to manuscript development

**Vocation Scale and Correlates Study**, *Northwestern College, Orange City, IA*

**Research Assistant**, January 2004-August 2007

Supervisor: Jennifer Feenstra, Ph.D., Associate Professor, Department of Psychology

- ◆ Conducted literature reviews
- ◆ Collaborated with research team to develop a measure of vocation
- ◆ Managed data collection and performed statistical analyses for the validation of the measure
- ◆ Contributed to manuscript development

**Chronic Illness, Spirituality and Social Support Study**, *Northwestern College, Orange City, IA*

**Co-Investigator**, August 2007–December, 2007

Supervisor: Ruth Daumer, Ed.D., MSN, BSN, AAS, Associate Professor of Nursing

- ◆ Evaluated supportive behaviors in a chronic illness social support group
- ◆ Developed skills for performing qualitative methods
- ◆ Authored a qualitative research proposal on factors contributing to positive health behaviors for persons with chronic illness

**Volunteering Study**, *Northwestern College, Orange City, IA*

**Research Assistant**, January 2004–December 2006

Supervisor: Jennifer Feenstra, Ph.D., Associate Professor, Department of Psychology

- ◆ Contributed to study design and IRB submission
- ◆ Coordinated the administration of quantitative surveys and conducted interviews
- ◆ Managed databases, conducted statistical analyses
- ◆ Led manuscript development and dissemination

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**PROFESSIONAL EXPERIENCES**

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**Ad Hoc Reviewer**

2012-present

- ◆ *British Journal of Health Psychology*
- ◆ *Research and Theory for Nursing Practice*
- ◆ *Violence Against Women*
- ◆ *Diabetic Medicine*
- ◆ *Journal of Nursing Measurement*
- ◆ *BMC Public Health*
- ◆ *Self and Identity*
- ◆ *Wisconsin Medical Journal*
- ◆ *Appetite*
- ◆ *Journal of Health and Social Sciences*
- ◆ *Basic and Applied Social Psychology*

**Conference Abstract Reviewer**

2012-present

- ◆ *American Public Health Association*
- ◆ *Society of Behavioral Medicine*

**COVID-19 Public Health Campaign Member**

*Winona State University*, Winona, MN

May 2020-September 2020

- ◆ Collaborated with colleagues to determine the best way to promote safe behavioral practices for re-opening campus amid the COVID-19 pandemic.
- ◆ Meet weekly to discuss effective, research driven marketing.
- ◆ Lead student focus groups to gather data on their perceptions and experiences.

**COVID-19 Wellness App Development Member**

*Winona State University*, Winona, MN

July 2020-September 2020

- ◆ Collaborated with colleagues to develop a communication app to promote and motivate safe behavioral practices on campus amid the COVID-19 pandemic.
- ◆ Offered expertise in behavioral health to develop effective means of promoting behavior.

**Institutional Review Board Member**

*Winona State University*, Winona, MN

October 2017-present

*University of Wisconsin – Milwaukee*, Milwaukee, WI

August 2009-2012

- ◆ Review proposed research studies from all departments for safety and ethical treatment of participants/subjects
- ◆ Propose ethical considerations and recommend changes to research to ensure participant safety
- ◆ Meet with a board of colleagues to discuss research studies requiring full board review

**Campus Representative**

*American Psychological Association of Graduate Students*

May 2010-2012

- ◆ Communicate professional and political issues to psychology graduate students

- ◆ Coordinate reciprocal communication between graduate students and the American Psychological Association
- ◆ Facilitate communication between graduate students and the state and provincial associations

### **Student Research Award Reviewer**

*Association of Psychological Society Student Caucus*

February 2010-2012

- ◆ Review proposed research studies for the Student Research Award
- ◆ Critique merit and research quality of proposed research
- ◆ Provide feedback and suggestions for future submissions to student researcher concerning research, writing and overall proposal qualities

### **Graduate Student Teaching Association Regional Representative**

*American Psychological Association – Division 2*

August 2009-2012

- ◆ Promote GSTA activities and membership at regional and national conferences
- ◆ Plan and participate in programs and development of the GSTA

### **Website Administrator**

*University of Wisconsin – Milwaukee, Milwaukee, WI*

September 2008-August 2012

- ◆ Design layout of Dr. Mosack's laboratory website
- ◆ Maintain changes to graphics, text, and format of laboratory website

### **Co-Facilitator – Chronic Illness Support Group**

*Orange City Area Health System, Orange City, IA.*

August 2006-December 2006

- ◆ Led group discussions focusing on life with chronic illness
- ◆ Assessed the development and needs of each group member to promote their quality of life while living with a chronic illness

### **Co-Facilitator – Diabetes Social Support Group**

*Sioux Center Community Hospital, Sioux Center, IA*

September 2004-April 2005

- ◆ Organized meetings
- ◆ Led group discussion on the quality of life with diabetes.
- ◆ Facilitated communication about recent diabetes technology and tools to help young people cope with a diagnosis of diabetes

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## **SPECIALIZED RESEARCH TRAINING AND SOFTWARE SKILLS**

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### **Qualitative Methods in Social Science Research Workshop**

*University of Wisconsin-Milwaukee, Center for Addiction and Behavioral Health Research* July 2011

- ◆ 8-hour training workshop for qualitative research methods including observational field work, qualitative research interviews, and coding qualitative data

### **Observational Social Support Coding Workshop**

*Iowa State University, Ames, IA*

September 2010

- ◆ 8-hour training workshop for using the Social Support Behavioral Code; Social Support Elicitation Behavioral Code; Iowa Family Interaction Rating Scales to code dyadic interactions

SPSS (highly proficient)

NiVio (highly proficient)

LISREL

Noldus Observer

Questionnaire Develop Systems – NOVA

Microsoft Web Developer

## PUBLICATIONS AND MANUSCRIPTS

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### *Published and In-Press Journal Articles*

- Brouwer, A. M.,** Johanson, J., & \*Carlson, T. (2022). College athletes' views on academics: A qualitative assessment of perceptions of academic success. *Journal of Athlete Development and Experience, 4*, 122-138. doi: <https://doi.org/10.25035/jade.04.02.01>
- Brouwer, A. M.** (2020). The Self-as-Doer identity and physical activity: The mediating effect of self-efficacy for managing physical activity barriers. *Identity: An International Journal of Theory and Research, 20*, 22-36. doi: 10.1080/15283488.2019.1697272
- Brouwer, A. M.,** & Menard, L. (2020). Social determinates of health and health outcomes: The mediating role of coping strategies. *Wisconsin Medical Journal, 119*, 56-61. Retrieved from, <https://wmjonline.org/wp-content/uploads/2020/119/1/56.pdf>
- Silver, K. E., Anderson, R. E., **Brouwer, A. M.** (2020). Emotional responses to sexual assault threat: A qualitative analysis among women with histories of sexual victimization. *Journal of Interpersonal Violence, 37*, 9-32. doi: 10.1177/0886260520908019
- \*Vento, K. A., & **Brouwer, A. M.** (2019). What happens after the in-season?: Exploring off-season stress of college football athletes. *Journal of Psychology and the Behavioral Sciences, 26*, 27-33.
- Brouwer, A. M.,** Foster, R. H., & Jalensky, A. (2019). An alternative school model for pregnant and parenting teens: A qualitative analysis. *Child and Adolescent Social Work Journal, 36*, 471-484. doi.org/10.1007/s10560-018-0575-z
- Wendorf, A R., & **Brouwer, A. M.** (2018). Psychology of stress and coping. In D. S. Dunn (Ed.). *Oxford Bibliographies*. Retrieved from, <https://www.oxfordbibliographies.com/view/document/obo-9780199828340/obo-9780199828340-0203.xml?rsk=sUdwn8&result=12&q=Brouwer#firstMatch>. doi: 10.1093/OBO/9780199828340-0203
- Foster, R. H., **Brouwer, A. M.,** Dillon, R., Bitsko, R., Godder, K., & Stern, M. (2017). "Cancer was a speed bump in my path to enlightenment:" A qualitative analysis of emerging adult survivors' childhood cancer experiences. *Journal of Psychosocial Oncology, 35*, 377-392. doi: 10.1080/07347332.2017.1292575
- Mosack, K. E., Stevens, P. E., **Brouwer, A. M.,** & Wendorf, A. R. (2016). Shared illness and social support within two HIV-Affected African American communities. *Qualitative Health Research, 26*, 1495-1507. doi: 10.1177/1049732315612044
- Anderson, R., **Brouwer, A. M.,** Wendorf, A. R., & Cahill, S. (2016). Women's behavioral responses to the threat of a hypothetical date rape stimulus: A qualitative analysis. *Archives of Sexual Behavior, 45*, 793-805. doi: 10.1007/s10508-015-0682-2
- Mosack, K.E., Rafferty, K.A., Billig, A.K., Wendorf, A.R., **Brouwer, A.M.,** & Stevens, P. (2016). An examination of actor-partner social support effects on HIV-related problems and interpersonal outcomes among a sample of HIV-positive African American dyads. *Cultural Diversity and Ethnic Minority Psychology, 22*, 196-204. doi: 10.1037/cdp0000060

- Brouwer, A. M., & Mosack, K. E.** (2015). Motivating health diet behaviors: The self-as-doer identity. *Self and Identity, 14*, 638-653. doi:10.1080/15298868.2015.1043335
- Brouwer A. M., & Mosack, K. E.** (2015). Expanding the Theory of Planned Behavior to predict healthy eating behaviors: Exploring the role of a healthy eater identity. *Nutrition and Food Science, 45*, 39-53. doi: 0.1108/NFS-06-2014-0055
- Mosack, K. E., **Brouwer, A. M., & Petroll, A. E.** (2013). Sexual identity, identity disclosure and health care experiences: Is there evidence for differential homophobia in primary care practice? *Women's Health Issues, 23*, e341-e346. doi: 10.1016/j.whi.2013.07.004
- Mosack, K.E, Patterson, L., **Brouwer, A.M.,** Wendorf, A.R., Ertl, K., Eastwood, D., Morzinski, J., Fletcher, K., & Whittle, J. (2013). Evaluation of a peer-led hypertension intervention for veterans: Impact on peer leaders. *Health Education Research, 28*, 426-436. doi: 10.1093/her/cyt004
- Brouwer, A. M.,** Mosack, K. E., Wendorf, A. R., & Sokolova, L. (2013). Patterns of missing data in immigrant health research: A survey project with elderly Russian-speaking women living with hypertension. *Research and Theory for Nursing Practice, 4*, 276-295.
- Brouwer, A. M., & Mosack, K. E.** (2013). Self-As-Doer for diabetes: Development and validation of a diabetes-specific measure of doer identification. *Journal of Nursing Measurement, 21*, 188-209. doi: 10.1891/1061-3749.21.2.188
- Mosack, K. E., Wendorf, A. R., **Brouwer, A. M.,** Patterson, L., Ertl, K., Whittle, J., Morzinski, J., & Fletcher, K. (2012). Veterans service organization engagement in 'POWER,' a peer-led hypertension intervention. *Chronic Illness, 8*, 252-264. doi:10.1177/1742395312437978.
- Brouwer, A. M.,** Salamon, K. S., Olson, K., Yelich-Koth, S., Fox, M., Fleischman, K., Hains, A., Davies, H., & Kichler, J. (2012). Adolescents and Type 2 Diabetes Mellitus: A qualitative analysis of the experience of social support. *Clinical Pediatrics, 51*, 1130-1139.
- Brouwer, A. M., & Mosack, K. E.** (2012). "I am a blood sugar checker": Intervening effects of the self-as-doer identity on the relationship between self-efficacy and diabetes self-care behaviors. *Self and Identity, 11*, 472-491. doi: 10.1080/15298868.2011.603901.
- Salamon, K. S., **Brouwer, A. M.,** Fox, M., Olson, K., Yelich-Koth, S. L., Fleischman, K., . . . Hains, A. (2012). Experiencing type 2 diabetes mellitus (T2DM): Qualitative analysis of adolescents' concept of illness, adjustment, and motivation to engage in self-care behaviors. *Diabetes Educator, 38*, 543-551. doi: 10.1177/0145721712445214
- Feenstra, J. S., & **Brouwer, A. M.** (2008). Christian vocation: Defining relations with identity status, college adjustment, and spirituality. *Journal of Psychology and Theology, 36*, 83-93.

### **Published Abstracts**

- Brouwer, A. M.,** \*Benvenuto, A., \*Langworthy, D., & \*Schmitt, E. (2020). The self-as-doer identity: Predicting physical activity above and beyond social cognitive and self-determination theories. *Annals of Behavioral Medicine, 54*, (Suppl.). doi: doi.org/10.1093/abm/kaa009

- Brouwer, A. M., \*Lee, S., \*Bendtsen, S., \*Smith, A., & \*Fish, K.** (2018). Physical activity and the self-as-doer identity: The mediating role of intrinsic motivation for vigorous behaviors. *Annals of Behavioral Medicine*, 50, (Suppl.), s596. doi: doi.org/10.1007/s12160-015-9766-4
- Brouwer, A. M., & Mosack, K. E.** (2013). Motivating healthy eating behaviors through a self-as-doer intervention. [Abstract]. *Annals of Behavioral Medicine*, 45, (Suppl.), s25.
- Brouwer, A. M., Wendorf, A. R., & Mosack, K. E.** (2012). The Self-As-Doer for Diabetes: A disease-specific motivational measure for diabetes self-care behaviors. [Abstract]. *Annals of Behavioral Medicine*, 43, (Suppl.), s18.
- Brouwer, A. M., Salamon, K., Olson, K., Yeilch-Koth, S., Fox, M., Fleishman, K., . . . Kichler, J.** (2012). The experience of social support: A qualitative analysis of adolescents with type II diabetes. [Abstract]. *Annals of Behavioral Medicine*, 43, (Suppl.), s18.
- Brouwer, A. M., Patterson, L., Wendorf, A. R., Ertl, K., Mosack, K. E., Whittle, J., Morzinski, J., & K. Fletcher.** (2012). Evaluation of a peer-led hypertension intervention for veterans: Health effects on peer leaders. [Abstract]. *Annals of Behavioral Medicine*, 43, (Suppl.), s97.
- Wendorf, A.R., Bilkey, S., Ehlert, K., Wollach, D., **Brouwer, A.M.**, & Mosack, K.E. (2011). Medication-taking attitudes and beliefs among HIV-positive adults with comorbid depressive disorders: a qualitative study. [Abstract]. *Annals of Behavioral Medicine*, 41, (Suppl.), s166.
- Brouwer, A. M.** (2008). Diabetes self-care beliefs and the self-as-doer: Exploring behavioral identification. [Abstract]. *Psychology and Health*, 23, (Suppl.), 74.
- Brouwer, A. M., Wendorf, A. R., Espil, F., Sokolova, L., Kucheras, S., & Mosack, K. E.** (2010). Exploring cultural themes in missing data: A survey project examining correlates of hypertension among Russian speaking immigrant women. [Abstract]. *Annals of Behavioral Medicine*, 39, (Suppl.), s136.
- Brouwer, A. M., Wendorf, A. R., & Mosack, K. E.** (2010). Psychosocial differences in type 1 and type 2 diabetes: The self-as-doer. [Abstract]. *Annals of Behavioral Medicine*, 39, (Suppl.), s173.

### ***Books and Book Chapters***

- Brouwer, A. M.** (2017). *Motivation for health behavior change: The self-as-doer identity*. New York, NY: Routledge.
- Foster, R. & **Brouwer, A. M.** (2015). A Review of Healthy Families America: The Impact of an In-home Early Childhood Family Wellness Program. In F. Garcia (Ed.). *Parenting: Cultural Influences and Impact on Childhood Health and Well-Being*. (pp. 189-204). Hauppauge, NY: Nova Science Publishers, Inc.
- Wendorf, A. R., **Brouwer, A. M.**, & Mosack, K. E. (2014). Stress and culture. In R. A. R. Gurung (Ed.). *Multicultural approaches to health and wellness in America*. (pp. 89-114). Santa Barbara, CA: Praeger.

### ***Community Publications and Invited Research Presentations***

**Brouwer, A. M.** (2016, March). The self-as-doer identity: Applications for diabetes self-care. Invited presentation given at the Diabetes Prevention Program Workshop at Winona State University.

Menard, L., & **Brouwer A. M.** (2014). Burden of health disparities in chronic illnesses: A report on cardiovascular disease, diabetes and cancer in La Crosse County. *La Crosse Medical Health Science Consortium Website*.

Fletcher, K., Ertl, K., Mosack, K. E., **Brouwer, A. M.**, Morzinski, J., & Whittle, J. (2011). How to engage the members of veterans service organizations in a health promotion project: Lessons learned from the POWER program. *VA Website*,  
[http://www.milwaukee.va.gov/docs/Power/monitoring/Lessons\\_Learned\\_2011.pdf](http://www.milwaukee.va.gov/docs/Power/monitoring/Lessons_Learned_2011.pdf)

### ***Media Coverage of Research***

Science Daily:

Taylor & Francis (2016, January 13). You eat what you are? Changing identity to motivate healthy eating. *Science Daily*. Retrieved from  
[www.sciencedaily.com/releases/2016/01/160113144600.htm](http://www.sciencedaily.com/releases/2016/01/160113144600.htm).

Psychology Today:

Andrews, L. M. (2016, April 28). 8 ways to convince yourself you're an exercise: gear up, dress the part, and spread the word. *Psychology Today Blog*. Retrieved from,  
<https://www.psychologytoday.com/blog/minding-the-body/201604/8-ways-convince-yourself-youre-exerciser>

Women's Health Magazine:

Keller, C. (2016, May). Hello, my name is Barbell Baller. *Women's Health*, 48.

Psych Central:

Pedersen, T. (2016). 'Self-as-doer' tactic can aid in behavior change. *Psych Central*. Retrieved from, <http://psychcentral.com/news/2016/01/19/self-as-doer-tactic-can-aid-in-behavior-change/97860.html>

Arthritis Today Magazine:

Campbell, P. (2016, October). *Arthritis Today*, p. 30.

### ***Manuscripts and works submitted, in preparation, or in progress:***

**Brouwer, A. M.**, Scott, M. E., Travis, C., & Dummer, M. (n.d.). *The experience of COVID-19 among college students: Exploring disease perceptions, health behavior engagements, and health promotion strategies*. Manuscript submitted for publication.

**Brouwer, A. M.** (n.d.). *Predicting COVID-19 preventative behaviors: The self-as-doer identity*. Manuscript submitted for publication.

\*denotes undergraduate student contribution.

## SCIENTIFIC PRESENTATIONS

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Karr, T. & **Brouwer, A. M.** (2022, November). *Community practices to promote mental health: A qualitative assessments of what works and what doesn't*. Oral presentation given at the 2022 American Public Health conference, Boston MA.

**Brouwer, A. M.**, Scott, M. E., Travis, C., & Dummer, M. (2021, November). *Education, student role models and stickers: Health promotion strategies discerned from college students returning to campus during the COVID-19 pandemic*. Oral presentation given at the 2021 American Public Health conference, Denver CO.

**Brouwer, A. M.**, & \*Carlson, T. (2021, February). *The Self-as-Doer identity and physical activity: The mediating role of self-regulation*. Poster presented at the 2021 Society of Personal and Social Psychology Conference. (virtual conference).

**Brouwer, A. M.**, \*Benvenuto, A., \*Langworth, D., & \*Schmitt, E. (2020, April). *The self-as-doer identity: Predicting physical activity above and beyond social cognitive and self-determination theories*. Poster accepted for presentation at the Society of Behavioral Medicine Conference. (conference cancelled)

**Brouwer, A. M.** & Menard, L. (2018, November). *Social determinates of health in La Crosse County, Wisconsin: The mediating role of maladaptive coping strategies*. Poster presented at the American Public Health Association Conference, San Diego, CA.

**Brouwer, A. M.**, \*Lee, S., \*Bendtsen, S., \*Smith, A., & \*Fish, K. (2018, April). *Physical activity and the self-as-doer identity: The mediating role of intrinsic motivation for vigorous behaviors*. Poster presented at the Society of Behavioral Medicine conference, New Orleans, LA.

**Brouwer, A. M.**, & Menard, L. (2016, October). *Social determinates of health in La Crosse County Wisconsin: The mediating role of perceived stress*. Poster presented at the American Public Health Association annual conference, Denver, CO.

\*Vento, K. M., & **Brouwer, A. M.** (2016, September). *What happens after the competition season?: Exploring student-athlete stress in the off-season*. Poster submitted to the Association for Applied Sport Psychology conference, Phoenix, AZ.

**Brouwer, A. M.**, & \*Vento, K. (2016, May). *Explaining the relationship between the self-as-doer identity and physical activity behaviors: The mediating role of motivation*. Poster presented at the Association of Psychological Science annual conference, Chicago, IL.

\*Miller, A., \*Arvidson, C., \*Swanson, C., & **Brouwer, A. M.** (2016, January). "I am a gym goer": Self-as-doer identity predicts physical activity behaviors. Poster presented at the Society for Personality and Social Psychology annual conference, San Diego, CA.

Billig, A. K., Lewis, C., Wendorf, A., **Brouwer, A.**, Wandrey, R., Becker, K., Safavi, M., & Mosack, K. (2014, May). Stress, social support, and the Actor-Partner Interdependence Model. Poster presented at the Midwestern Psychological Association annual conference, Chicago, IL.

- Billig, A. K., Wandrey, R., Wendorf, A., **Brouwer, A.**, Becker, K., & Mosack, K. (2014, May). The relationship between stress, drinking, and depression within seroconcordant dyads. Poster presented Association for Psychological Science annual conference, San Francisco, CA
- Brouwer, A. M.**, \*Hammell, A., \*Vento, K., & Mosack, K. E. (2014, April). *Expanding the Theory of Planned Behavior: The role of intentions on the relationship between self-identity and healthy food consumption*. Poster presented at the 2014 annual meeting of the Association of Psychological Science in San Francisco, CA.
- Mosack, K. E., Becker, K., Billig, A. K., Wendorf, A. R., **Brouwer, A. M.**, Thomas, C. & Stevens, P. E. (2014, November). HIV in a relational context: Understanding social support among HIV-infected African American dyads. Paper submitted to the American Public Health Association annual conference, New Orleans, LA.
- Billig, A., Wendorf, A., **Brouwer, A.M.**, Thomas, C., Wandrey, R., & Mosack, K.E. (2013, November). Effects of partner support on relationship conflict and depression among HIV-positive dyads. Paper presented at the American Public Health Association annual conference, Boston, MA.
- Mosack, K.E, **Brouwer, A.M.**, Wandrey,R., Olinger, R, & Petroll, A. (2013, November). *Health care for sexual minority women: Is there evidence for differential homophobia in the healthcare context?* Poster submitted to the American Public Health Association Conference, Boston, MA.
- Brouwer, A. M.** & \*Hammell, A. E. (2013, May). *The self-as-doer identity: Motivating health eating behaviors through and identity formation intervention*. Paper accepted to the Society for Research in Identity Formation Conference in St. Paul, MN.
- Brouwer, A. M.**, & Mosack, K. E. (2013, April). *Motivating Healthy Eating Behaviors through a self-as-doer intervention*. Accepted poster presentation at the Society of Behavioral Medicine Conference in San Francisco, CA.
- Billig, A., **Brouwer, A.M.**, Wendorf, A. R., Thomas, C., Ollinger, R., Wandrey, R., & Mosack, K. E. (2013, May). *Social support, perceived stress, depression, and anxiety among HIV-positive dyads*. Poster to be presented at the annual meeting of the Midwestern Psychological Association, Chicago, Illinois.
- Foster, R. H., **Brouwer, A. M.**, Dillon, R., Bitsko, R., Godder, K., & Stern, M. (2013, April). “*Cancer was a speed bump in my path to enlightenment: A qualitative analysis of emerging adult survivors’ childhood cancer experiences*”. Accepted for poster presentation at the National Conference in Pediatric Psychology, New Orleans, LA.
- Salamon, K. S., **Brouwer, A. M.**, Olson, K. A., Fox, M., Fleischman, K. A., . . . Kichler, J. C. (2012, August). Type 2 Diabetes Mellitus (T2DM) Experiences: Qualitative Analysis of Adolescents’ Concept of Illness, Adjustment and Motivation to Engage in Diabetes Self-Care Behaviors. *Poster to be presented at the Annual Convention of the American Psychological Association, Orlando, FL.*
- Mosack, K. E., **Brouwer, A. M.**, Kulland, A., & Wendorf, A. R. (2012, May). Using the health belief model to predict adherence among Russian-speaking immigrant women. *Poster presented at the Association of Psychological Science Convention in Chicago, IL.*

- Salamon, K. S., **Brouwer, A. M.**, Olson, K. A., Fox, M., Fleischman, K. A., . . . Kichler, J. C. (2012, April). Type 2 diabetes mellitus (T2DM) experiences: Qualitative analysis of adolescents' concept of illness, adjustment and motivation to engage in diabetes self-care behaviors. *Poster presented at the Regional Conference of the Society of Pediatric Psychology, Milwaukee, WI.*
- Brouwer, A. M.**, Wendorf, A. R., & Mosack, K. E. (2012, April). The Self-As-Doer for Diabetes: A disease-specific motivational measure for diabetes self-care behaviors. *Poster presented at the Society of Behavioral Medicine Conference in New Orleans, LA.*
- Brouwer, A. M.**, Salamon, K., Olson, K., Yeilch-Koth, S., Fox, M., Fleishman, K., . . . Kichler, J. (2012, April). The experience of social support: A qualitative analysis of adolescents with type II diabetes. *Poster presented at the Society of Behavioral Medicine Conference in New Orleans, LA.*
- Brouwer, A. M.**, Patterson, L., Wendorf, A. R., Ertl, K., Mosack, K. E., Whittle, J., Morzinski, J., & K. Fletcher. (2012, April). Evaluation of a peer-led hypertension intervention for veterans: Health effects on peer leaders. *Poster presented at the Society of Behavioral Medicine Conference in New Orleans, LA.*
- Brouwer, A. M.**, & Mosack, K.E. (2011, November). Does the length of time living with illness predict illness identity?: Predicting self-as-doer identity in persons with Type II diabetes. *Poster presented at the American Public Health Association Conference in Washington, DC.*
- Anderson, R., Wendorf, A. R., **Brouwer, A. M.**, Cahill, S., & Mosack, K. E. (2011, November). Threat detection and decision-making in a date rape scenario: Exploring qualitative themes. *Poster presented at the Association for Behavioral and Cognitive Therapies Conference in Toronto, Ontario, Canada.*
- Wendorf, A.R., Bilkey, S., Wollach, D., Ehlert, K., Woolverton, L., **Brouwer, A. M.**, & Mosack, K.E. (2011, August). Facilitators and barriers to medication adherence among HIV-positive patients with comorbid depressive disorders: A qualitative study. *Poster presented at the American Psychological Association Convention in Washington, D.C.*
- Brouwer, A. M.** (2011, April). Self-efficacy, self-as-doer, and diabetes self-care behaviors: Intervening effects of the self-as-doer. *Oral presentation to be given at the Society of Behavioral Medicine Conference in Washington DC.*
- Wendorf, A.R., Bilkey, S., Ehlert, K., Wollach, D., **Brouwer, A. M.**, & Mosack, K.E. (2011, April). Medication-taking attitudes and beliefs among HIV-positive adults with comorbid depressive disorders: a qualitative study. *Poster presented at the Society for Behavioral Medicine annual meeting in Washington, D.C.*
- Brouwer, A. M.**, & Mosack, K. E. (2011, November). Does Length of Time Living With Illness Predict Illness Identity?: Predicting Self-as-Doer Identity in Persons with Type II Diabetes. *Poster submitted to the American Public Health Association Conference in Washington DC.*
- Wendorf, A. R., Bilkey, S., Wollach, D., Ehlert, K., Woolverton, L., Mosack, K. E., & **Brouwer, A. M.** (2011, August). Facilitators and barriers to medication adherence among HIV-Positive patients with comorbid depressive disorders: A qualitative study. *Poster will be presented at the American Psychological Association Conference in Washington, DC.*

- Brouwer, A. M., & Mosack, K. E.** (2010, November). Self-as-doer and self-determinism: New perspectives for motivational differences in type 1 and type 2 diabetes self-care. *Poster presented at the American Public Health Association annual conference in Denver, CO.*
- Brouwer, A. M., Wendorf, A. R., Bilkey, S. & Mosack, K. E.** (2010, August). New perspectives in predicting diabetes self-care behaviors: The self-as-doer. *Poster presented at the American Psychological Association annual conference in San Diego, CA.*
- Brouwer, A. M., Wendorf, A. R., & Mosack, K., E.** (2010, April). Psychosocial differences in Type 1 and Type 2 Diabetes: The Self-As-Doer. *Poster presented at the Society of Behavioral Medicine annual conference in Seattle, WA.*
- Brouwer, A. M., Wendorf, A. R., Espil, F., Sokolova, L., Kucheras, S., & Mosack, K.** (2010, April). Exploring cultural themes in missing data: A survey project examining correlates of hypertension among Russian-Speaking immigrant women. *Poster presented at the Society of Behavioral Medicine annual conference in Seattle, WA. Awarded the Student Meritorious Abstract Award and the Ethnic Minority and Multicultural Special Interest Group Student Abstract Award.*
- Brouwer, A. M.** (2009, November). Self-efficacy and self-as-doer: New perspectives in diabetes self-care behavior management. *Round-table discussion presented at the American Public Health Association annual conference in Philadelphia, PA.*
- Brouwer, A. M., Wendorf, A.R., & Mosack, K.E.** (2009, August). Hypertension in Russian Immigrant Women: Complementary Therapy Usage and Acculturation. *Poster presented at the American Psychological Association annual conference, Toronto, Ontario, Canada.*
- Brouwer, A. M., Wendorf, A.R., & Mosack, K.E.** (2009, August). Hypertension in Older Russian Immigrant Women: Cultural Identity and Illness Beliefs. *Poster presented at the Association for Psychological Science annual conference, San Francisco, CA.*
- Wendorf, A.R., **Brouwer, A. M.,** Espil, F.M., Mosack, K.E. (2009, April) Depression and Adherence: Hypertension in Older Russian Immigrant Women. *Poster presented at the Association for Psychological Science annual conference, San Francisco, CA.*
- Brouwer, A. M.** (2009, April). Predicting self-care behaviors in diabetes: Self-efficacy, social support and self-as-doer. *Poster presented at the Midwestern Psychological Association Conference in Chicago, IL.*
- Brouwer, A. M.** (2008, September). Diabetes self-care beliefs and the self-as-doer: Exploring behavioral identification. *Poster presented at the European Division of Health Psychology Conference in Bath Spa, England.*
- Brouwer, A. M.** (2008, April). Predictors of self-care behaviors: Self-efficacy and self-as-doer. *Poster presented at the Wisconsin Psychological Association in Madison, WI. Awarded third place.*
- Brouwer, A. M.** (2007, April). Pricking and poking: Predictors of self-care behaviors in diabetes. *Oral presentation given at the Siouxland Undergraduate Research Conference in Sioux City, IA.*

\*denotes undergraduate student contribution.

#### ***Undergraduate Student-Mentored Presentations***

- Scheldroup, S., Rusch, K., Kelley, K., Dieterman, A., **Brouwer, A. M.** (2023, April). *Self-as-doer identity and health behaviors: How approach and avoidant orientation correlate with health eating*. Poster presented at the 2022 Ramaley Celebration in Winona, MN and the Minnesota Undergraduate Psychology Conference at Bethel University in Minneapolis, MN.
- Sultze-lor, S., & Brouwer, A. M. (2023, April). *Changes in depression, stress, and anxiety for student athletes: Using guided imagery*. Poster presented at the 2022 Ramaley Celebration in Winona, MN.
- Scheldroup, C., Yui, K., Rusch, K., & **Brouwer, A. M.** (2022, November). *Self-as-Doer identity and COVID-19 behaviors: The mediating role of beliefs in control methods*. Poster presented at the Seven Rivers Undergraduate Research Conference at Viterbo University in La Crosse, WI.
- Rios, M., & **Brouwer, A. M.** (2022, April). *The role of ethnicity and mental health in coping, stress, and self-compassion*. Poster presented at the 2022 Ramaley Celebration in Winona, MN. Project was part of an advanced research methods class.
- Dale, J. & **Brouwer, A.M.** (2022, April). *The effects of the environment on positive and negative emotions*. Poster presented at the 2022 Ramaley Celebration in Winona, MN. Project was part of an advanced research methods class.
- Cole, K. & **Brouwer, A. M.** (2022, April). *Gender norms and anxiety*. Poster presented at the 2022 Ramaley Celebration in Winona, MN.
- Dale, J., Reis, M., Fedoravicius, S., & **Brouwer, A. M.** (2022, April). *Emotional experiences among college students returning to campus amid the COVID-19 pandemic*. Poster presented at the 2022 Ramaley Celebration in Winona, MN.
- Kruse, T., Dale, J., Reis, M., Fedoravicius, S., & **Brouwer, A. M.** (2022, February). *COVID-19 mitigating behaviors: The role of perceived threat and political party affiliation*. Poster presented at the 2022 Society of Personality and Social Psychology Conference in San Francisco, CA.
- Fedoravicius, S., Dale, J., Kruse, T., Reis, M., & **Brouwer, A. M.** (2021, November). *The role of self-as-doer identity in predicting COVID-19 mitigating behaviors: The mediating effect of intentions*. Poster presented at the 2021 Seven Rivers Undergraduate Research Conference in La Crosse, WI.
- Dale, J., Reis, M., Kruse, T., Carlson, T., & **Brouwer, A. M.** (2021, April). *Predicting COVID-19 preventative behaviors. The Self-as-Doer identity and beliefs in control methods*. Poster and video presentation presented at the virtual 2021 Ramaley Research Celebration.
- Kruse, T., Dale, J., Reis, M., Carlson, T., & **Brouwer, A. M.** (2021, April). *Controlling the spread: Demographic differences in COVID-19 preventative behaviors among college students*. Poster presented at the virtual 2021 MnSCU Undergraduate Student Symposium. \*\*Poster awarded “Best in Session.”
- Vielbig, C., Brouwer, A. M. (2021). *Suicidal ideation and suicide acceptance among age cohorts*. Poster and video presentation presented at the virtual 2021 Ramaley Research Celebration.

- Carlson, T., Reis, M., Kruse, T., & **Brouwer, A. M.** (2021, February). *The positive or negative impact of stress: Exploring differences among sociodemographic groups*. Poster and video presentation presented at the virtual 2021 Society of Personality and Social Psychology conference.
- Carlson, T., Dale, J., Kruse, T., Reis, M., & **Brouwer, A. M.** (2020, November). *Predicting vigorous physical activity: The self-as-doer identity and self-determination theory*. Poster presented at the 2020 Virtual Seven Rivers Undergraduate Research Conference.
- Langworthy, D. & **Brouwer, A. M.** (2020, April). *Addressing mental health stigma through the use of media primes*. Poster prepared for the 2020 Ramaley Research Conference in Winona, MN. (conference canceled).
- Benvenuto, A., Carlson, T., Langworthy, D., Schmitt, E., & **Brouwer, A. M.** (2020, April). *Perceived stress and mental health: The intervening effects of education, income, and race*. Poster accepted for presentation at the MnSCU Undergraduate Student Symposium. (conference cancelled).
- Benvenuto, A., Carlson, R., Langworthy, D., Schmitt, E., and **Brouwer, A. M.** (2019, November). *Perceived stress and physical health in La Crosse county residents: The intervening effects of education, income and race*. Poster presented at the Seven Rivers Undergraduate Research Conference at Viterbo University in La Crosse, WI.
- Bendsten, S., Hanson, C., & Brouwer, A. M. (2019, April). *Predicting physical activity: The role of social support and self-as-doer identity*. Poster presented at the Ramaley Research Conference in Winona, MN.
- Bendtsen, S., Schaefer, J., & **Brouwer, A. M.** (2018, November). *Predicting physical activity: Associations between self-as-doer identity and self-determination theory*. Abstract submitted (and accepted) to the Seven Rivers Undergraduate Research Conference in La Crosse, WI. (students were unable to present because of unexpected car troubles).
- Bendtsen, S., Evenson, A., Fish, K., Mickelson, T., Schaefer, J., & **Brouwer, A. M.** (2018, April). *The role of self-as-doer identity in physical activity: Increasing behaviors by increasing self-efficacy for overcoming barriers to physical activity*. Poster presented at the 2018 MnSCU Undergraduate Student Symposium in Rochester, MN and Ramaley Research Celebration in Winona, MN. Poster received the "Outstanding Student Poster Award" at the MnSCU Undergraduate Student Symposium.
- Lee, S., & **Brouwer, A. M.** (2017, November). *Stigmatization and discrimination of obesity and Anorexia Nervosa: Are they the same?* Poster presented at the 2017 Seven Rivers Undergraduate Research Conference at Viterbo University in La Crosse, WI.
- Lee, S., Friedges, G., **Brouwer, A. M.**, & Johanson, J. (2017, April). *"I work hard, feel good, do well": A qualitative analysis of student athletes' perspectives of academic achievement*. Poster presented at the 2017 MnSCU Undergraduate Student Symposium in Winona, MN and Ramaley Research Celebration in Winona, MN.
- Klenotich, A., & **Brouwer, A.M.** (2017, April). *Exploring vitamin intake with a self-as-doer intervention*. Poster presented at the 2017 MnSCU Undergraduate Student Symposium in Winona, MN and Ramaley Research Celebration in Winona, MN.

- Klenotich, A., & **Brouwer, A. M.** (2016, November). *Exploring the generalizability of a self-as-doer intervention*. Poster presented at the 2016 Seven Rivers Undergraduate Research Conference at Viterbo University in La Crosse, WI.
- Lee, S., Friedges, G., Russell, A., **Brouwer, A. M.**, & Johanson, J. (2016, November). “*Now it’s, get good grades to get a good job*”: *A qualitative analysis of motivation to achieve academically among collegiate athletes*. Poster presented at the 2016 Seven Rivers Undergraduate Research Conference at Viterbo University in La Crosse, WI.
- Miller, A., Lee, S., Friedges, G., Russell, A., **Brouwer, A. M.**, & Johanson, J. (2016, April). “*He’s just here to play a sport*”: *A qualitative analysis of perceived gender differences in academia among male college athletes*. Poster presented at the 2016 MnSCU Undergraduate Student Symposium in Winona, MN and the Judith Ramaley Celebration of Student-Faculty Research and Creative Scholarship in Winona, MN.
- Klenotich, A., & **Brouwer, A. M.** (2016, April). *Motivations for physical activity: Associations among self-as-doer identity, exercise motivations, and BMI in college students*. Poster presented at the 2016 MnSCU Undergraduate Student Symposium in Winona, MN and the Ramaley Celebration of Student-Faculty Research and Creative Scholarship in Winona, MN.
- Miller, A., Arvidson, C., Swanson, C., & **Brouwer, A. M.** (2016, January). “*I am a gym goer*”: *Self-as-doer identity predicts physical activity behaviors*. Poster presented at the Society for Personality and Social Psychology annual conference, San Diego, CA.
- Miller, A., Russell, A., Lee, S., **Brouwer, A. M.**, & Johanson, J. (2015, November). *Exploring academic success in collegiate student athletes: A qualitative analysis of academic experiences*. Poster presented at the Seven Rivers Undergraduate Research Conference in La Crosse, WI.
- Arvidson, C., Swanson, C., & **Brouwer, A. M.** (2015, November). *Stages of change and physical activity: The role of a self-as-doer identity*. Poster presented at the Seven Rivers Undergraduate Research Conference in La Crosse, WI.
- Hoch, K., & **Brouwer, A. M.** (2015, April). *Exploring calcium and fiber intake in college women using the self-as-doer identity*. Poster presented at the Judith Ramaley Celebration of Student-Faculty Research and Creative Scholarship in Winona, MN.
- Arvidson, C., Swanson, C., & **Brouwer, A. M.** (2015, April). “*I am a gym goer*”: *Self-as-Doer identity and physical activity behaviors*. Poster presented at the 2015 MnSCU Undergraduate Student Symposium in Winona, MN and the Judith Ramaley Celebration of Student-Faculty Research and Creative Scholarship in Winona, MN.
- Berres, R., & **Brouwer, A. M.** (2015, April). *Self-as-doer identity and exercise activities: A qualitative analysis*. Poster presented at the 2015 MnSCU Undergraduate Student Symposium in Winona, MN and the Judith Ramaley Celebration of Student-Faculty Research and Creative Scholarship in Winona, MN.
- Miller, A., Forman, A., Gitto, D., Russel, A., & **Brouwer, A. M.** (2015, April). “*Are there things we missed?*” *A qualitative exploration of experiences of academic achievements in collegiate athletes*. Poster presented at the 2015 MnSCU Undergraduate Student Symposium in Winona, MN and the Judith Ramaley Celebration of Student-Faculty Research and Creative Scholarship in Winona, MN.

- Ohochukwu, J., & **Brouwer, A. M.** (2015, April). *The role of resiliency in stress and coping styles*. Poster presented at the 2015 MnSCU Undergraduate Student Symposium in Winona, MN and an oral presentation given at the Judith Ramaley Celebration of Student-Faculty Research and Creative Scholarship in Winona, MN.
- Vento, K., & **Brouwer, A. M.** (2014, November). *What happens after the competition season? Exploring student-athlete stress in the off-season*. Poster presented at the Seven Rivers Undergraduate Research Conference in La Crosse, WI.
- Hammell, A. H., & **Brouwer, A. M.** (2014, November). *Ratio of opposite- to same-sex friendships and its relation to depressive and anxious symptoms in college students*. Poster presented at the Seven Rivers Undergraduate Research Conference in La Crosse, WI.
- Russell, A., Miller, A. & **Brouwer, A. M.** (2014, November). *Exploring how autonomous motivation affects diabetes self-care behaviors: The self-as-doer identity*. Poster presented at the Seven Rivers Undergraduate Research Conference in La Crosse, WI.
- Forman, A., Danh, M., & **Brouwer, A. M.** (2014, November). *Perceived stress and alcohol problems in college students: Does the type of support matter?* Poster presented at the Seven Rivers Undergraduate Research Conference in La Crosse, WI.
- Forman, A. & **Brouwer, A. M.** (2014, April). *Media influence on body image perspectives: The effects of healthy eating identities and restrictive eating patterns*. Poster presented at the 2014 Minnesota Undergraduate Psychology Conference and Student Academic Conference in Moorhead, MN and the Judith Ramaley Celebration of Student-Faculty Research and Creative Scholarship in Winona, MN.
- Danh, M., & **Brouwer, A. M.** (2014, April). *Stress and alcohol consumption in college students: Do tangible and belonging support matter?* Poster presented at the 2014 Minnesota Undergraduate Psychology Conference and Student Academic Conference in Moorhead, MN and the Judith Ramaley Celebration of Student-Faculty Research and Creative Scholarship in Winona, MN.
- Embke, C. M., Bradley, C. E., & **Brouwer, A. M.** (2014, April). *Pressures to be thin: How pressures from friends, family, and the medial influence health behaviors*. Poster presented at the 2014 Winchell Undergraduate Research Symposium at St. Mary's University in Winona, MN and the Judith Ramaley Celebration of Student-Faculty Research and Creative Scholarship in Winona, MN.
- Richardson, A., and **Brouwer, A. M.** (2014, April). *Exploring diabetes self-care behaviors: The effects of social support, stigma, self-efficacy, and motivation*. Poster presented at the Judith Ramaley Celebration of Student-Faculty Research and Creative Scholarship in Winona, MN. Oral presentation to be given at the 2014 Minnesota Undergraduate Psychology Conference at Bethel University.
- Hammell, A. E., & **Brouwer, A. M.** (2013, April; 2013, May) *Predicting healthy eating behaviors: Does self-identity matter?* Accepted for poster presentation at the National Conference for Undergraduate Research in La Crosse, WI in April 2013 and also submitted to the Judith Ramaley Celebration of Student-Faculty Research and Creative Scholarship in Winona, MN in April 2013.
- Guidinger, C. L., Forman, A., & **Brouwer, A. M.** (2013, November). *Health enhancing beliefs and behaviors: Does nutrition education translate to action?* Accepted poster presentation for the Seven Rivers Undergraduate Research Conference in La Crosse, WI.

Hammell, A. E. & **Brouwer, A. M.** (2013, November). *How do you diet?: Exploring a healthy eater identity and its relationship with body dissatisfaction and exercise*. Accepted poster presentation for the Seven Rivers Undergraduate Research Conference in La Crosse, WI.

## PROFESSIONAL AFFILIATIONS

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American Diabetes Association

American Psychological Association

Health Psychology Division (38)

Society for Teaching Psychology Division (2)

American Public Health Association

Association for Psychological Science

Society of Behavioral Medicine

Society for Personality and Social Psychology

Association of Graduate Students in Psychology, University of Wisconsin-Milwaukee

President (October 2009-September 2010)

Vice-President (October 2008-September 2009)

Secretary (October 2007-September 2008)