

David L. Carlston

Midwestern State University
Psychology Department
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Education and Professional Certification

Licensed Psychologist, Texas State Board of Examiners of Psychologists 2007

Ph.D., Clinical Psychology, Ohio University 2004

Dissertation: *Demographic and clinical factors associated with parent-child discrepancy from multiple statistical approaches.*

Committee: Benjamin M. Ogles (chair), Bruce Carlson, Karen Carlson, Julie Owens, Julie Suhr

M.S., Clinical Psychology, Ohio University 2001

Thesis: *Exploring explanations for the nature and direction of youth and parent discrepancy.*

Committee: Benjamin M. Ogles (chair), Christine Gidycz, John McNamara

B.S., Psychology, Brigham Young University, 1997

Professional Experience

2025 – Present	<u>Professor</u> , Department of Psychology, University Texas Permian Basin, Odessa, TX
2025 – Present	<u>Adjunct Instructor</u> , Midwestern State University, Psychology Department, Wichita Falls, TX
2021 – Present	<u>Independent Therapy Provider</u> , Doctor on Demand
2018 – 2025	<u>Department Chair</u> , Midwestern State University, Psychology Department, Wichita Falls, Texas
2015 – 2025	<u>Professor</u> , Department of Psychology, Midwestern State University, Wichita Falls, Texas
2014 – 2023	<u>Reviewer</u> Medical Review Institute of America
2017 – 2018	<u>Interim Department Chair</u> , Midwestern State University, Psychology Department, Wichita Falls, Texas
2015 – 2018	<u>Designated Institutional Official</u> , Wichita Falls Family Medicine Residency Program, Wichita Falls, Texas
2011 – 2018	<u>Behavioral Health Consultant</u> , Wichita Falls Family Medicine Residency Program, Wichita Falls, Texas
2009 – 2017	<u>Graduate Program Coordinator</u> , Department of Psychology, Midwestern State University, Wichita Falls, Texas
2009 – 2015	<u>Associate Professor</u> , Department of Psychology, Midwestern State University, Wichita Falls, Texas
2012 – 2013	<u>Adjunct Faculty</u> , Online Learning Operations, Brigham Young University - Idaho, Rexberg, Idaho

2004 – 2008	<u>Assistant Professor</u> , Department of Psychology, Midwestern State University, Wichita Falls, Texas
2003 – 2004	<u>Psychological Intern</u> , Oklahoma Health Consortium, University of Oklahoma, Norman, OK
2002 – 2003	<u>Graduate Teaching Assistant</u> , Department of Psychology, Ohio University, Athens, OH
2002 – 2003	<u>Psychology Assistant</u> , Echoing Meadows Residential Center, Athens, OH
2002 – 2003	<u>Psychology Assistant</u> , Integrated Service Systems for Youth, Athens, OH
1997 – 1999	<u>Youth Corrections Counselor I</u> , Slate Canyon Youth Center, Provo, Utah

Teaching Responsibilities

Graduate:

UT – Permian Basin	PSYC 6350 – Intellectual Assessment PSYC 6351 – Personality Assessment PSYC 6392 – Practicum
Midwestern State University	PSYC 5103 – Cognitive Behavioral Therapy PSYC 5123 – Child and Adolescent Psychology PSYC 5133 – Techniques of Assessment (Intellectual Assessment) PSYC 5200 – Foundations of Research Methods and Outcome Assessment* PSYC 5203 – Applied Research Methods and Outcome Assessment* PSYC 5283 – Professional Issues* PSYC 5863 – Biological Bases of Behavior PSYC 6001 – Teaching Practicum PSYC 6013 – Evaluating Therapy PSYC 6123 – Psychotherapeutic and Psychoeducational Groups PSYC 6153, 6163, & 6173 – Practicum I, II, & III PSYC 6181 – Evidence Based Practice* PSYC 6200 – Internship II PSYC 6203 – Internship I PSYC 6983 – Thesis

Undergraduate:

Midwestern State University	PSYC 1103 – Introductory Psychology** PSYC 1103 – Introductory Psychology (Honors) PSYC 3303 – Writing in Psychology** PSYC 3233 – Developmental Psychology PSYC 3603 – Abnormal Psychology PSYC 3853 – Health Psychology PSYC 3913 – Human Relationships & Interactions ** PSYC 4153 – Child and Adolescent Psychology** PSYC 4103 – Clinical Psychology** PSYC 4773 – Evaluation of Clinical Psychology PSYC 4773 – Community Based Research Methods
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Brigham Young University PSYC 201 – Developmental Psychology Lifespan*
Idaho PSYC 302 – Research Methods*

Ohio University PSY 233 – Psychology of Personality
 PSY 221 – Statistics for the Behavioral Sciences

* indicates the course has been taught online only

** indicates that the course has been taught online and in-person

Research and Scholarly Activities

Current Interests

Use of Metaphor in Therapy: Metaphor as a clinical tool, metaphor as an indicator of outcome
Mental Health Stigma: Relationship with service utilization, reduction of clinician-held stigma

Research Publications

(† indicates student collaborator)

Mattar, A., Carlston, D., Seriol, G., Yu, T., Almustafa, A., Melton, G., Ahmed, A. (2017). The prevalence of obesity documentation in primary care electronic medical records: Are we acknowledging the problem? *Applied Clinical Informatics*, 8, 1-13.

Khan, T., Williams, J., Patel, A., Mattar, A., Khurana, A., Johnson, D., Patel, A., Takieldeem, A., Carlston, D., Ahmed, A. (2016). Electronic kidney injury clinical predication score (ecKlips), population-based protocol. *International Journal of Nephrology and Kidney Failure*, 2(3): doi <http://dx.doi.org/10.16966/2380-5498.133>.

Spiller, L., Stiles, B., Carlston, D., & Hise†, L. (2012). Perceived vulnerability of HIV infection, prejudice toward gay men, and sexual behaviors of heterosexual college students. *Psi Chi Journal of Psychological Research*, 17, 73-79.

Carlston, D. L., Packard, J. R., & Mattar, A. (2012). Exploratory analysis of patients' motivations to quit smoking and participate in smoking cessation classes. *Family Medicine*, 44, 727-730.

Carlston, D. (2011). Benefits of student-generated note packets: A preliminary investigation of SQ3R Implementation. *Teaching of Psychology*, 38(3), 142-146.

Carlston, D. & Ogles, B. (2009). Age, gender, and ethnicity effects on parent-child discrepancy using identical measures. *Journal of Child and Family Studies*, 18(2), 125-135.

Baghurst†, T., Carlston, D., Wood, J. (2007). Preadolescent male perceptions of action figure physiques. *Jouranal of Adolescent Health*, 4, 613-615.

Carlston, D. L. & Ogles, B. M. (2006). The impact of items and anchors on parent-child reports of problem behavior. *Child & Adolescent Social Work Journal*, 23(1), 24-37.

- Ogles, B. M., Carlston, D., Hatfield, D., Melendez, G., Dowell, K., & Fields, S. A. (2006). The role of fidelity and feedback in the wraparound approach. *Journal of Child and Family Studies*, 15(1), 115-129.
- Ogles, B. M., Dowell, K., Hatfield, D., Melendez, G., & Carlston, D. (2004). The Ohio Scales. In M. E. Maruish (Ed.), *The use of psychological testing for treatment planning and outcome assessment* (3rd ed., pp. 275-304). Hillsdale, New Jersey: Lawrence Earlbaum.
- Carlston, D. & Ogles, B. M. (2002). Parent-Child Discrepancy: Exploring Explanations. In Roth, D. (Ed.), *New Research in Mental Health: 2000-2001 Biennium*, 15, 210-218.
- Ogles, B. M., Hatfield, D., Carlston, D., Fields, S. A., Dowell, K., & Melendez, G. (2002). The Role of Fidelity and Feedback in the Wraparound Approach: Initial Data. In Roth, D. (Ed.), *New Research in Mental Health: 2000-2001 Biennium*, 15, 240-245.

Research Presentations

(† indicates student collaborator)

- Carlston, D. L. (2025). Effects of mental health stigma on service utilization. Presentation at the 71st annual meeting of the Southwestern Psychological Association, Little Rock, AR.
- Carlston, D. L. (2024). Coding of clinically relevant metaphors. Poster presentation at the 70th annual meeting of the Southwestern Psychological Association, San Antonio, Texas.
- Carlston, D. L. (2024). Gender stereotypes: Helping students see beyond social desirability. Southwestern Teachers of Psychology annual meeting, San Antonio, TX.
- Dissanayake†, S., Frankowski, S., Miles, J. R., Carlston, D., & Vandehey, M. (2024). Parenting styles and academic achievements as a function of ethnicity and socio-economic level. Poster presented to the American Psychological Association National Conference, Seattle, WA
- Carlston, D. L. (2023). Self-generated metaphors for depression: A critical analysis. Presentation at the 69th annual meeting of the Southwestern Psychological Association, Frisco, Texas.
- Carlston, D. L. (2022). Dysfunctional Attitudes Scale: Relationship with internalizing symptom report. Presentation at the 68th annual meeting of the Southwestern Psychological Association, Baton Rouge, Louisiana.
- Carlston, D. L. (2022). Excel as a tool for teaching writing skills and reducing plagiarism. Southwestern Teachers of Psychology annual meeting, Baton Rouge, Louisiana.
- Carlston, D. L. (2022). Positive Psychology: An applied primer. Presentation made at the MSU Texas Life-long Learning Center.
- Carlston, D. L. (2021). Preparing for the non-financial aspects of retirement. Presentation made at the MSU Texas Life-long Learning Center.

- Carlston, D. L. (2019). Cognitive predictors of functioning and mental health symptoms. Presentation at the 65th annual meeting of the Southwestern Psychological Association, Albuquerque, New Mexico.
- Carlston, D. L. (2019). College student self-perceptions' role in mental health. Presentation at the 65th annual meeting of the Southwestern Psychological Association, Albuquerque, New Mexico.
- Carlston, D. L. (2019). Motivational interviewing: A framework for inspiring change. Faculty Forum. 2018 Hardin Professor Lecture. Midwestern State University, Wichita Falls, TX.
- Carlston, D. L., Ahmed, A., & Cortez†, M. (2018). Binge eating disorder: Relationship with obesity and weight loss. Presentation at the 64th annual meeting of the Southwestern Psychological Association, Houston TX.
- Cortez†, M. & Carlston, D. L. (2018). Religiosity as a moderator of mental health help-seeking. Poster presented at the 64th annual meeting of the Southwestern Psychological Association, Houston TX.
- Cortez†, M. & Carlston, D. L. (2018). Severity judgments and help seeking in college students. Presentation at the 64th annual meeting of the Southwestern Psychological Association, Houston TX.
- Carlston, D. L. (2017). Principles of effective experiential learning: Conflict in the classroom. Southwestern Teachers of Psychology annual meeting, San Antonio TX.
- Carlston, D. L., Ahmed, A., Khan, T., & Williams, J. (2107). Feasibility of Behavioral Interventions for Obesity in Outpatient Primary Care. 63rd annual meeting of the Southwestern Psychological Association, San Antonio, TX
- Johnson, D., Noe, D., Carlston, D., Medepalli, S., Baker, M., Takieldeem, T., Amari, A., Szczerba, A., & Ahmed, A. (2017). The effect of a dedicated pharmacy technician on accuracy and timeline of medication reconciliation in the emergency room. Poster presented at TexMed 2017, Houston, TX.
- Williams, J., Ahmed, A., Carlston, D., Tate†, H., Ajonovic, A., Alsadoon, A., Mohammed, H., & Szczerba, A. (2017). Factors associated with obesity recognition in primary care the outpatient clinic: Who are mostly diagnosed. Poster presented at TexMed 2017, Houston, TX.
- Williams, J., Cortez†, M., Alsadoon, A., Alhoms, A., Carlston, D., & Ahmed, A. (2017). Binge eating behaviors among obese patients and readiness to lose weight in a low socioeconomic status population. Poster presented at TexMed 2017, Houston, TX.
- Carlston, D. L. (2016). Motivational interviewing: Training impact in a family practice residency. Paper accepted for presentation at the 62nd annual meeting of the Southwestern Psychological Association. Dallas, TX.

- Mattar, A., Carlston, D., Seriol, G., Yu, T., Almustafa, A., Melton, G., & Ahmed, A. (2016). The prevalence of obesity documentation in primary care electronic medical records: Are we acknowledging the problem? Presentation at the International Congress on Obesity, Vancouver, Canada.
- Mattar, A., Carlston, D., Seriol, G., Yu, T., Almustafa, A., Melton, G., & Ahmed, A. (2016). The prevalence of obesity documentation in primary care electronic medical records: Are we acknowledging the problem? Poster Presentation at TexMed 2016. Dallas, TX.
- Carlston, D. L. (2015). College student health service utilization: Over-reliance on paraprofessionals. Paper presented at the 61st annual meeting of the Southwestern Psychological Association. Wichita, KS.
- Carlston, D. L. (2015). Enhancing recruitment into clinical trials for high morbidity populations: A pilot. Paper presented at the 61st annual meeting of the Southwestern Psychological Association. Wichita, KS.
- Carlston, D. L. (2015). Using in-class demonstrations to increase significant learning. Teaching demonstration presented at the Southwest Teachers of Psychology. Wichita, KS.
- Carlston, D. L., Khan, T., Grisel, J., Medina, R., Keller, M., Younis, M., Dinulescu, C., & Elsakka, M. (2015). Otitis Externa: Adherence to Choosing Wisely campaign recommendations. Poster presented at TexMed 2015. Austin, TX.
- Carlston, D. L. (2014). Physician deficits in effective lifestyle modification recommendation: An opportunity for collaboration. Paper presented at the 60th annual meeting of the Southwestern Psychological Association. San Antonio, Texas.
- Carlston, D. L., Abazid, A., Singh, S., Chebli, Y., Bulla, A., & Aburas, K. (2014). Motivational interviewing: Evaluation of a resident training module. Poster presented at meeting of the Wichita Falls County Medical Society.
- Cuellar†, S. & Carlston, D. L. (2014). Using personality to predict college students' deviant behavior: BFI vs. HEXACO. Paper presented at the 60th annual meeting of the Southwestern Psychological Association. San Antonio, Texas.
- Carlston, D. L., Hussein, A., Aleem, S., Dolouei, R., Jodeh, A., & Muneer, S. (2014). Impact of sleep apnea treatment on mental health functioning. Poster presented at meeting of the Wichita Falls County Medical Society.
- Lantz, E†., Diekhoff, G. & Carlston, D. L. (2014). How many participants are needed for card sort data collection? Poster presented at the 60th annual meeting of the Southwestern Psychological Association. San Antonio, Texas.
- Carlston, D. L., Khan, T., Grisel, J., Medina, R., Keller, M., Younis, M., Dinulescu, C., & Elsakka, M. (2014). Otitis Externa: Adherence to Choosing Wisely campaign recommendations. Poster presented at meeting of the Wichita Falls County Medical Society.

Carlston, D. L., Minter, G., Kasmai, H., Kader, A., Al-Tawil, & S., Ali, S. (2014). Resident physicians' strategies for facilitating patient lifestyle modification. Poster presented at meeting of the Wichita Falls County Medical Society.

Carlston, D. L. & Packard, J. (2014). Deficits in effective lifestyle modification recommendations: A pilot study. Poster presented at Midwestern State University's 5th Annual Scholarship Colloquium.

Kahn, T. & Carlston, D. L. (2014). Otitis Externa: Adherence to Choosign Wisely campaign recommendations. Poster presented at the TexMed May meeting. Fort Worth: Texas.

Kahn, T., Boparai, A., & Carlston, D. L. (2013). Creating a Diabetes template in our EMR for the implementation of core Diabetes guidelines. Poster presented at the GO! Diabetes Summit. San Diego, CA.

Carlston, D. L. (2013). Effective classroom education: Self-identified learning objectives. Invited Panel Discussion at the Southwestern Teachers of Psychology conference. Fort Worth, Texas.

Carlston, D. L. (2013). Patient intentions to comply with medical advice. Paper presented at the 59th annual meeting of the Southwestern Psychological Association. Fort Worth, Texas.

Carlston, D. L. (2013). Student perceptions of academic dishonesty: Harm, responsibility, & interventions. Paper presented at the 59th annual meeting of the Southwestern Psychological Association. Fort Worth, Texas.

Cook†, J., Carlston, D. L., Callaway†, L. R., & Price†, A. (2013). Imposing cognitive load to facilitate lie detection: Tapping as a secondary task. Poster presented at the 59th annual meeting of the Southwestern Psychological Association. Fort Worth, Texas.

Strug†, A., Spiller, L. & Carlston, D. L. (2013). How intent, consent, and alcohol/drug use influence college students' hook-ups. Paper presented at the 59th annual meeting of the Southwestern Psychological Association. Fort Worth, Texas.

Carlston, D. (2012). Accuracy and utility of self-reported internet use. Paper presented at the 58th annual meeting of the Southwestern Psychological Association. Oklahoma City, OK.

Carlston, D. (2012). Cheating on exams: Perceptions and rationalizations. Paper presented at the 58th annual meeting of the Southwestern Psychological Association. Oklahoma City, OK.

Diekhoff, G., Danilova†, D., Packard, J., & Carlston, D. (2012). Survey of talent management practices in American higher education: Phase II. Poster presented at the 58th annual meeting of the Southwestern Psychological Association. Oklahoma City, OK.

Carlston, D. (2012). The utility of the Dysfunctional Attitudes Scale in assessing distressed college students. Paper presented at the 58th annual meeting of the Southwestern Psychological Association. Oklahoma City, OK.

- Carlston, D. (2011). Masters degree: Springboard or millstone? Paper presented at the 57th annual meeting of the Southwestern Psychological Association. San Antonio, TX.
- Diekhoff, G., Packard, J., & Carlston, D. (2011). Survey of talent management practices in American higher education. Poster presented at the 57th annual meeting of the Southwestern Psychological Association. San Antonio, TX.
- Giles†, A., Vandehey, M. & Carlston, D. (2011). Differences in psychological history and behavioral choices between body-modified and non-body-modified individuals. Paper presented at the 57th annual meeting of the Southwestern Psychological Association. San Antonio, TX.
- Mounsey†, R., Vandehey, M., Diekhoff, G. & Carlston, D (2011). The effects of employment status on mental health and academic achievement. Paper presented at the 57th annual meeting of the Southwestern Psychological Association. San Antonio, TX.
- Spiller, L., Carlston, D. & Kobylecky†, A. (2011). Programming for fathers: Needs and barriers. Paper presented at the 57th annual meeting of the Southwestern Psychological Association. San Antonio, TX.
- Carlston, D. L. (2010). *Academic dishonesty: Perceptions of prevalence, risk, and emotional impact*. Paper presented at the 56th annual meeting of the Southwestern Psychological Association. Dallas, TX.
- Carlston, D. L. (2010). *Internet addiction as it relates to symptom distress and functioning*. Paper presented at the 56th annual meeting of the Southwestern Psychological Association. Dallas, TX.
- Arnold†, B. P. & Carlston, D. L. (2009). *Examining personal behavior patterns and family conflict among adolescent heavy metal fans*. Paper presented at the 55th annual meeting of the Southwestern Psychological Association. San Antonio, TX.
- Arnold†, L. & Carlston, D. L. (2009). *An examination of knowledge, attitudes, and beliefs of group therapy*. Paper presented at the 55th annual meeting of the Southwestern Psychological Association. San Antonio, TX.
- Carlston, D. L. (2009). *Excessive Internet use: Predictors and screens*. Paper presented at the 55th annual meeting of the Southwestern Psychological Association. San Antonio, TX.
- Carlston, D. L. (2009). *Student textbook engagement: Effects and motivators*. Paper presented at the 55th annual meeting of the Southwestern Psychological Association. San Antonio, TX.
- Carlston, D. (2008). *When does "Hanging 10" become "Wiping out"?: A model for understanding abnormal Internet use*. Poster presented at the 54th annual meeting of the Southwestern Psychological Association. Kansas City, MO.
- Terrazas†, E. & Carlston, D. (2008). *Personality in bilinguals: Cultural frame switching?*. Paper presented at the 54th annual meeting of the Southwestern Psychological Association. Kansas City, MO.

- Carlston, D. (2007). *Abnormal Internet use: Diagnostic conceptualization and research agenda*. In Mosack, V. A. (Chair), *Diagnosis and treatment issues in clinical psychology*. 53rd annual meeting of the Southwestern Psychological Association. Fort Worth, TX.
- Mathews†, R. & Carlston, D. (2007). *The impact of religious values on the therapeutic alliance*. Poster presented at AMCAP Spring Convention. Salt Lake City, UT.
- Terrazas†, E. & Carlston, D. (2007). *Crossing racial lines: Interracial dating in a collegiate environment*. Paper presented at the 53rd annual meeting of the Southwestern Psychological Association. Fort Worth, TX.
- Carlston, D. (2006). *When “Hanging 10” turns to “Wiping Out”*: A review of the detrimental effects of chronic Internet usage. Paper presented at Southwest College Health Association (SWCHA) annual meeting, Wichita Falls, TX.
- Carlston, D. (2006). *The relationship between reporter discrepancy and therapy outcome*. Paper presented at the North American Chapter, Psychotherapy Research Society Conference, Burr Oak, OH.
- Mathews†, R. & Carlston, D. (2006). *The impact of religious values on the therapeutic alliance*. Poster presented at the North American Chapter, Psychotherapy Research Society Conference, Burr Oak, OH.
- Baghurst†, T. & Carlston, D. (2006). *A comparison of the physical dimensions of past and present action figures, with figure preference of preadolescent males*. Poster presented at the Texas Chapter of the American College of Sports Medicine (TACSM) annual conference.
- Carlston, D. L., Baghurst†, T, Hugman†, S., Johnson†, L., & Snyder†, A. (2006). *Online gaming: Addictive quality among young adults*. Paper presented at the 52nd annual meeting of the Southwestern Psychological Association. Austin, TX.
- Carlston, D. L. & Arnold†, B (2005). *Attrition in children’s mental health*. Poster presented at the 51st annual meeting of the Southwestern Psychological Association. Memphis, TN.
- Carlston, D. L. & Ogles, B. M. (2005). *The role of clinical significance in outcome evaluation*. Paper presented at the Research and Training Center for Children’s Mental Health’s 18th Annual Research Conference, Tampa, FL.
- Carlston, D. L. (2003). *Parent-child discrepancy: Evidence, explanations, and implications*. Paper presented at the Research Results Briefing 2003, sponsored by The Ohio Department of Mental Health, Columbus, OH.
- Ogles, B. M., Carlston, D. L., Hatfield, D., Dowell, K., & Melendez, G. (2003). *Outcome feedback in the wraparound approach: Follow-up data*. Poster presented at the Research and Training Center for Children’s Mental Health’s 16th Annual Research Conference, Tampa, FL.

Carlston, D. L. & Ogles, B. M. (2003). *Parent-child discrepancy on reports of child behavior: What do we know?* Paper presented at the Research and Training Center for Children's Mental Health's 16th Annual Research Conference, Tampa, FL.

Carlston, D. & Ogles, B. M. (2002). *Child and adolescent outcome research: A meta-analytic perspective.* Paper presented at the Research and Training Center for Children's Mental Health's 15th Annual Research Conference, Tampa, FL.

Carlston, D. & Ogles, B. M. (2002). *Parent-child discrepancy: Exploring explanations.* Poster presented at the Research and Training Center for Children's Mental Health's 15th Annual Research Conference, Tampa, FL.

Carlston, D. & Ogles, B. M. (2002). *Parent-child discrepancy on reports of problem behavior: Why can't they just agree?* Poster presented at the Ohio Psychological Association Annual Convention, Columbus, OH.

Hatfield, D., Ogles, B. M., Carlston, D., Dowell, K. A., Melendez, G., & Fields, S. A. (2002). *The role of feedback in the wraparound approach.* Paper presented at the Research and Training Center for Children's Mental Health's 13th Annual Research Conference, Tampa, FL.

Ogles, B. M., Melendez, G. & Carlston, D. (2000, March). *Natural tensions and possible solutions: A primer on outcome assessment.* Paper presented at the Research and Training Center for Children's Mental Health's 13th Annual Research Conference, Tampa, FL.

Theses and Applied Research Papers (Chaired)

Kubo, K. (2025). *Clinical Case Presentation.* Applied Research Paper.

Gonzalez, X. (2025). *Clinical Case Presentation.* Applied Research Paper.

Morales, M (2025). *Clinical Case Presentation.* Applied Research Paper.

Sralla, B (2025). *Clinical Case Presentation.* Applied Research Paper.

Holley, B. (2024). *Clinical Case Presentation.* Applied Research Paper.

Hernandez, S. (2024). *Clinical Case Presentation.* Applied Research Paper.

Nelson, E. (2024). *Clinical Case Presentation.* Applied Research Paper.

Turenne, L. (2023). *Clinical Case Presentation.* Applied Research Paper.

Pudasaini, D. (2022). *Clinical Case Presentation.* Applied Research Paper.

Barrios, G. (2021). *Clinical Case Presentation.* Applied Research Paper.

Hernandez, J. (2021). *Clinical Case Presentation.* Applied Research Paper.

- Leynor, P. (2020). *Clinical Case Presentation*. Applied Research Paper.
- Cecil, K. (2019). *Clinical Case Presentation*. Applied Research Paper.
- Cortez, M. (2018). *Religiosity as a moderator in the relationship between depression severity and attitudes toward help-seeking among college students*. Unpublished Thesis. Midwestern State University.
- Allen, H. (2017). *Clinical Case Presentation*. Applied Research Paper.
- Peterson, C. (2017). *Clinical Case Presentation*. Applied Research Paper.
- Shallenberger, B. (2016). *Clinical Case Presentation*. Applied Research Paper.
- Ivey, E. (2015). *Clinical Case Presentation*. Applied Research Paper.
- Jacobi, A. (2015). *Clinical Case Presentation*. Applied Research Paper.
- Davis, E. (2014). *Clinical Case Presentation*. Applied Research Paper.
- Lantz, E. (2014). *The Dimensionality of Traumatic Experiences Among the Homeless*. Unpublished Thesis. Midwestern State University.
- Cook, J. (2013). *Imposing cognitive load to facilitate lie detection: Using tapping as a secondary task*. Unpublished Thesis, Midwestern State University.
- Cuellar, S. (2013). *Predicting college students' deviant behaviors: A comparison of the BFI and HEXACO*. Unpublished Thesis, Midwestern State University.
- Hodges, D. (2012). *Clinical Case Presentation*, Applied Research Paper.
- Gullette, K. (2011). *Capital Punishment and Mental Retardation*. Exit Paper.
- Hegglund, C. (2011). *Clinical Case Presentation*. Applied Research Paper.
- Akinwolemiwa, M. (2009). *Reporter discrepancies across adjudicated and non-adjudicated populations*. Thesis, Midwestern State University.
- Duong, L. (2008). *Contextual factors aggression and online gaming*. Thesis, Midwestern State University.
- Hickman, S. (2008). *Family functioning and communication across adjudicated and non-adjudicated populations*. Exit Paper.
- Ruddy, L. (2007). *The knowledge of group therapy applied to pre-group training*. Thesis, Midwestern State University.
- Terrazas, E. (2007). *Personality in bilinguals: Cultural frame switching?* Thesis, Midwestern State University.

Arnold, B. (2006). *Examining personal behavior patterns and family conflict among adolescent heavy metal fans*. Unpublished Thesis, Midwestern State University.

Mathews, R. (2006). *The impact of religious values on the therapeutic alliance*. Unpublished Thesis, Midwestern State University.

Shillingford, S. (2006). *Child maltreatment and the counteractive effects of the CPS environment*. Exit Paper.

Superville, D. (2006). *The impact of religiousness and spirituality on religious tolerance*. Unpublished Thesis, Midwestern State University.

Truhn, P. (2005). *A multicultural look at grief*. Exit Paper.

Thesis and Applied Research Papers (Committee Member)

Akinbulumo, S (in progress). *Adversity during Childhood, Self-acceptance, and Social Distress*. Unpublished Thesis, University of Texas Permian Basin.

Jurado, D. (in progress). *The Role of Adverse Childhood Experiences in Thought-action Fusion, Alcohol Use, and Mental Health among Adult Children of Alcoholics*. Unpublished Thesis, University of Texas Permian Basin.

Villegas, A. (2025). *The Impact of Trauma on Physical Health Outcomes in Incarcerated Individuals*. Master Project.

Doyal, T. (2025). *Clinical Case Presentation*. Applied Research Paper.

Field, J. (2024). *Clinical Case Presentation*. Applied Research Paper.

Tejador, B. (2024). *Clinical Case Presentation*. Applied Research Paper.

Dissanayake, S. (2023). *Parenting styles and academic achievement as a function of ethnicity and socio-economic level*. Unpublished Thesis, Midwestern State University.

Rizzuti, B. (2023). *Clinical Case Presentation*. Applied Research Paper.

Shelton, H. (2022). *Clinical Case Presentation*. Applied Research Paper.

Halloway, A. (2020) *Clinical Case Presentation*. Applied Research Paper.

Lee, R. (2020). *Clinical Case Presentation*. Applied Research Paper.

Plowman, K. (2020). *Clinical Case Presentation*. Applied Research Paper.

Reglos, N. (2020). *Clinical Case Presentation*. Applied Research Paper.

White, M (2020). *Clinical Case Presentation*. Applied Research Paper.

Marks, J. (2019). *Clinical Case Presentation*. Applied Research Paper.

Peters, K. (2018). *Clinical Case Presentation*. Applied Research Paper.

Pierce, B. (2017). *Clinical Case Presentation*. Applied Research Paper.

Joseph, A. (2016). *Clinical Case Presentation*. Applied Research Paper.

Moreno, A. (2016). *Clinical Case Presentation*. Applied Research Paper.

Sayer, R. (2016). *Clinical Case Presentation*. Applied Research Paper.

Johnson, J. (2015). *Clinical Case Presentation*. Applied Research Paper.

Massicott, A. (2014). *Clinical Case Presentation*. Applied Research Paper.

Strug, A. (2013). *College students' motivations for hooking up: Examining the role of consent and alcohol use*. Unpublished Thesis, Midwestern State University,

Davis, J. (2011). *Clinical Case Presentation*. Applied Research Paper.

Grunzinger, K. (2011). *Clinical Case Presentation*. Applied Research Paper.

Giles, A. (2010). *Understanding differences in mental health history and risk behavior in a community sample of individuals with and without body modifications*. Unpublished Thesis. Midwestern State University.

Mounsey, B. (2010). *The effects of employment status on mental health, academic achievements, and perceptions of working on college students*. Unpublished Thesis. Midwestern State University.

Matthews, K. (2010). *Clinical case presentation*. Applied Research Paper.

Stone, J. (2010). *Clinical case presentation*. Applied Research Paper.

Batla, L. (2007). *Intergenerational transmission of family violence*. Exit Paper.

Cooper, W. (2007). *Superstitions and their effects on athletes*. Exit Paper.

Hise, L (2007). *The effects of sexual prejudice, on perceived risk, protective behaviors, and risk factors for HIV*. Unpublished Thesis. Midwestern State University.

Babyak, B. (2006). *The impact of childhood adversity on homelessness*. Unpublished Thesis, Midwestern State University.

Clyburn, R. (2006). *Detrimental effects of corporal punishment on and individual's development*. Exit Paper.

- Duran, S. (2006). *An examination of maternal filicide from a systemic perspective*. Exit Paper.
- Farris, E. (2006). *Math anxiety subtypes*. Unpublished Thesis, Midwestern State University.
- Baghurst, T. (2005). *Comparison of the physical dimensions of past and present action figures with figure preference and reasoning of preadolescent males*. Unpublished Thesis, Midwestern State University.
- Berg, L. S. (2005). *Impact of modern childhood lifestyles: Leisure activities and eating behaviors*. Exit Paper.
- Mahan, T. C. (2005). *The relationship between gender, family size and degree of intrinsic motivation to attend a four-year university*. Unpublished Thesis, Midwestern State University.
- Smith, S. L. (2005). *The evolution of marriage across the lifespan*. Exit Paper.

Service

University Leadership

2018 – 2025	Psychology Department – Chair
2012 – 2021	Faculty Senate – Chair
2017 – 2018	Psychology Department – Interim Chair
2009 – 2017	Graduate Program Coordinator
2012 – 2013	Ad Hoc Graduate Council Resource Allocation Committee – Chair
2010 – 2011	Faculty Senate – Vice Chair
2009 – 2010	Faculty Senate – Parliamentarian
2009	Ad Hoc Committee– Faculty Work Environment Satisfaction – Chair
2005 – 2008	Who's Who Committee - Chair

Committee/Council Service

2025 – Present	College Tenure and Promotion Committee – Member
2025 – Present	College Committee of Retention, Tenure, and Promotion: Standards and Guidelines
2025 – Present	College Workload Task Force
2023 – 2025	University Tenure and Promotion Committee – Member
2023 – 2025	Faculty Grievance Committee – Member
2017 – 2025	College Council – Member
2017 – 2022	Academic Readmission Committee – Member
2021 – 2023	Faculty Senate – Member
2013 – 2021	Administrative Council – Member
2018 – 2021	Strategic Enrollment Planning Committee – Member
2013 – 2021	Commencement Speaker Selection Committee – Member
2018	Vice President Enrollment Management Search Committee – Member
2016 – 2018	University Strategic Planning Committee – Member
2016 – 2017	Financial Aid and Admissions Task Force – Member
2011 – 2017	Academic Readmissions Committee – Member
2009 – 2017	Graduate Council – Member

2013 – 2016	Staff Awards Committee – Member
2015	Ad Hoc Tenure & Promotion Review Committee – Member
2013 – 2015	Legacy Walk Committee – Member
2014	Exercise Physiology Faculty Search Committee – Member
2013 – 2014	Arbor Creek Scholarship Selection Committee – Member
2013 – 2014	Hardin Professor Recommendation Committee – Member
2012 – 2014	Ad Hoc Tenure & Promotion Review Committee – Member
2012 – 2013	University Assessment Committee – Alternate
2012 – 2013	College Rank and Tenure Committee – Fill in
2010 - 2011	MSU Research Task Force – Member
2009 – 2011	University Tenure and Promotion Committee – Member
2009 – 2011	Academic Readmissions Committee – Alternate
2006 – 2010	Faculty Grievance Committee – Member
2009	Faculty Search Committee – Member
2009	Ad Hoc Committee for Teaching Evaluation – Member
2008 – 2009	University Assessment Committee – Member
2008 - 2009	Faculty Senate – Member
2007 – 2009	Academic Readmissions Committee – Member
2006 – 2009	Honors Program Committee – Member
2009	TACT Tenure and Promotion Workshop – Member
2005 – 2009	Faculty Sponsor Alpha Lambda Delta (Freshman Honor Society)
2008	Faculty Mentor – Josh Packard
2007	University Assessment Committee – Alternate
2004 – 2007	Academic Readmissions Committee – Alternate
2007	Council of Public Liberal Arts Colleges Summer Institute – Representative
2005 – 2007	Staff Awards Committee – Member
2004 – 2005	Psi Chi (Psychology National Honor Society) – Co-faculty Sponsor
2004 – 2005	Ad Hoc Committee on Faculty Evaluation Instruments – Member

Search Committee Membership

2023	VP for University Advancement – Member
2023	Psychology Faculty Search Committee – Chair
2022	Psychology Faculty Search Committee – Chair
2021	Psychology Faculty Search Committee – Chair
2018	Psychology Faculty Search Committee – Chair
2015	Director of Residents Life Search Committee – Member
2015	Graduate Dean Search Committee – Member
2015	Psychology Faculty Search Committee – Member
2015	Presidential Search Committee – Member
2011	Psychology Faculty Search Committee – Member
2009	Honors Program Director Search Committee – Member

Professional Service

2012 – Present	Early Childhood Research Quarterly - Reviewer
2006 – Present	Scientific Journals International - Reviewer
2009 – Present	Southwestern Psychological Association Annual Meeting – Reviewer
2004 – Present	Southwestern Psychological Association – Member
2004 – Present	American Journal of Psychological Research - Reviewer

2012	Textbook review <i>Science of Psychology</i> – McGraw Hill
2012	Textbook review <i>Development through the Lifespan</i> – Allyn & Bacon
2012	Prospectus review <i>Writing in Psychology</i> – Sage Publishers
2007	Textbook review <i>Psychology in Everyday Life</i> – Worth Publishers
2006	Textbook review <i>Introduction to Abnormal Child and Adolescent Psychology: A Scientist-practitioner Perspective</i> – Sage Publications

Community Service

2018 – 2023	Church of Jesus Christ of Latter-day Saints, Bishop
2018 – 2023	Wichita Falls Board of Health, Chair
2012 – 2018	Boy Scouts of America – Merit Badge Councilor
2015 – 2018	Wichita Falls Family Medicine Residency – Graduate Medical Education Committee - Chair
2014 – 2018	Wichita Falls Family Practice Residency – Core Competency Committee – Member
2014 – 2018	Wichita Falls Board of Health – Member
2015 – 2016	Cub Scout Pack 216 - Cubmaster
2010 – 2015	Board of Directors, Taft Counseling Center – Chair
2012 – 2015	Wichita Falls Family Practice Residency - Graduate Medical Education Committee – Member
2012 – 2014	Wichita Falls Board of Health – Chair
2006 – 2014	Greater Wichita Falls Soccer Association - Coach
2007 – 2012	Wichita Falls Board of Health – Member
2006 – 2010	Red River Regional Science and Engineering Fair - Judge
2005 – 2010	Board of Directors, Taft Counseling Center – Member

Awards and Honors

University Awards

2018	Hardin Professor Award
2016	Faculty Member of the Year

Teaching

2012	Alpha Chi – Faculty Sponsor
2007	Mortar Board – Faculty Sponsor
2006	Mortar Board – Faculty Sponsor
2005	Order of Omega – Certificate of Appreciation
2004	Mortar Board – Faculty Sponsor

External Grants

Sponsor:	Texas Academy of Family Physicians Foundation
Investigators:	Ahmed Mattar, David Carlston, & Adil Ahmed
Amount:	\$7,000
Year:	2015-2016
Title:	The use of office-based and remote intensive behavioral therapy for obesity

management in primary care: A randomized multi-arm pilot trial.

Sponsor: Ohio Department of Mental Health, Office of Program Evaluation and Research
Investigators: David Carlston & Benjamin M. Ogles
Amount: \$1,000
Year: 2002-2004
Title: Demographic and clinical factors associated with parent-child discrepancy from multiple statistical approaches.

Sponsor: Ohio Department of Mental Health, Office of Program Evaluation and Research
Investigators: David Carlston & Benjamin M. Ogles
Amount: \$5,000
Year: 2000-2001
Title: A preliminary exploration of the underlying processes involved in parent-child discrepancy on reports of child problem behaviors.