

KAYLEE R. SEDDIO, PH.D.

Certification credentials: CFLE, PMH-C
Assistant Professor of Psychology | Utica University
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EDUCATION

University of North Texas

Doctor of Philosophy

2017

Dissertation: "Wearing the Inside Out: The Effects of Exogenous Oxytocin, Reading, and Stress on the Expression of Empathy for Victims of Trauma"

Chair: Wendy Middlemiss, Ph.D., CFLE

Texas Tech University

Bachelor of Arts

2009

Areas of Concentration: Psychology, developmental, social
Minor: French, Creative Writing

TEACHING EXPERIENCE

Utica University

Assistant Professor of Psychology, Department of Psychology, College of Arts and Sciences 2020 – Present

PSY 311 Psychological Testing and Assessment
PSY 311L Lab in Psychological Testing and Assessment
PSY 321 Infancy and Childhood Development
PSY 322 Adolescent Development
PSY 411 Senior Seminar: The Psychology of Extremism

University of North Texas

Instructor – Educational Psychology 5123 (grad-level), 5413 (grad-level)

2016 – 2017

Human Development Across the Lifespan, Family Relations

Instructor – Development and Family Sciences 1013, 2042, 2313, 2333

2014 – 2017

Human Development, Professional Development in Human Development,
Courtship & Marriage, Parenting in Diverse Families and Cultures

RELATED EXPERIENCE

Program Evaluator

January 2022 – present

Upstate Cerebral Palsy – Community Mental Health Clinic, Utica, NY

Postdoctoral Researcher

January 2018 – July 2020

University of Maryland, College Park – Child Development Lab

Using behavioral and physiological approaches, work focuses on understanding the relationship between early childhood temperament and the development of anxiety disorders. We examined the role neuro- and physiological methods serve in moderating the relationship between behavioral inhibition and social anxiety disorder development.

PI: Nathan Fox, Ph.D.

Affiliated Projects: Trajectories of Behavioral Inhibition and Risk for Anxiety; Functions and Development of the Mirror Neuron System; Neuroscience and Cognitive Science Program (NACS)

Doctoral Student Researcher

April 2017 – November 2017

University of North Texas, Denton, Texas – Applied Physiology Lab

Cortisol assays, dissertation research, handling of biospecimens

PI: Brian McFarlin, Ph.D.

Program Evaluator

August 2015 – May 2017

Home Instruction for Parents of Preschool Youngsters (HIPPPY)

Evaluated school readiness for 12 participating sites and schools across Texas

PI: Arminta Jacobson, Ph.D., CFLE

SUPERVISION

1. Mary Quinn, 2022- present, Utica University, undergraduate research assistant
2. Jack Paute Urdiales, Utica University
3. Aana Blaszk, 2021-present, Utica University, undergraduate research assistant
4. Mercedes Birnie, 2021-2022, Utica University, undergraduate research assistant
5. John Zaleski, 2021-2022, Utica University, undergraduate research assistant
6. Jacqueline Lewis, 2020-2022, Utica University, undergraduate research assistant
7. Ariana Bailey, 2019-2020 University of Maryland, College of Education; RISE Fellowship Recipient; Exploring family structure as a function of later childhood anxiety.
8. Dooriya Kane, 2018-2019 University of Maryland, College of Letters and Sciences; Outside looking in: Body mass index increases the relationship between classroom bullying and pubescent development. Poster presented at University of Maryland Undergraduate Research Day.
9. John Hedrick, 2018-2019 University of Maryland, Department of Psychology; Do you know your child? An exploration of child and parent reports of anxiety in the context of the school. Poster presented at University of Maryland Undergraduate Research Day.
10. Elizabeth Williams, 2018-2019 University of Maryland, Department of Psychology; Teachers' response to peer victimization and bullying. Senior Project, Systematic Literature Review.

PUBLICATIONS AND PAPERS

+ indicates student author

1. Lorenzo, N., Novick, D., **Seddio, K.**, Degnan, K., Henderson, H., Almas, A., Chronis-Tuscano, A., & Fox, N. A. (2022). *The independent interactive effects of parenting and child temperament during infancy and early childhood on the trajectory of social anxiety in adolescence. Depression and Anxiety.* <https://doi.org/10.1002/da.23224>
2. Havewala, M., Lorenzo, N., **Seddio, K.**, Oddo, L., Novick, D., Chronis-Tuscano, A., & Fox, N.A. (2022). *Peer support buffers the effects of ADHD on adolescent anxiety symptoms. Research on Child and Adolescent Psychopathology.* <https://doi.org/10.1007/s10802-021-00891-0>
3. **Seddio, K.**, Pollack, D., Crawford, H., & Lewis, J.+(2022). *Attention deficit hyperactivity disorder and anxiety during the COVID-19 pandemic. Journal of American College Health.* <https://doi.org/10.1080/07448481.2022.2069469>

4. Morales, S., Tang, A., Bowers, M., Miller, N., Buzzell., G., Smith, E., **Seddio, K.**, Henderson, H., Fox, N. (2022). *Infant temperament prospectively predicts general psychopathology in childhood*. *Development and Psychopathology*. <https://doi.org/10.1017/S0954579420001996>
5. Debnath, R., Miller, N., Morales, S., **Seddio, K.**, & Fox, N. (2020). *Investigating brain electrical activity and network organization in adolescents with attention deficit hyperactivity disorder in alpha frequency band*. *Brain Research*, 1750. doi: <https://doi.org/10.1016/j.brainres.2020.147142>
6. **Seddio, K.**, & Middlemiss, W. (2019). *Macmillan encyclopedia of families, marriages, and intimate relationships*. (Eds.), *Biosocial Influences*, (pp. 78-81). Boston, MA: Cengage.
7. **Seddio, K.**, & Middlemiss, W. (2018). *We've had enough: A guide for Family Life Educators navigating the effects of gun violence within families*. *National Council on Family Relations CFLE Network*, 31(4). 17-19.
8. Middlemiss, W., Glaman, R., **Seddio, K.**, Suerken, C. K., Reboussin, B. A., Daniel, S. S., ... Grzywacz, J. G. (2018). *Supporting lower-income working women to initiate breastfeeding: Learning who is breastfeeding and what helps*, *Journal of the American Association of Nurse Practitioners*, 30(9), 519-528. doi: 10.1097/JXX.0000000000000077
9. Middlemiss, W., Cowen, S., Kildare, C., & **Seddio, K.** (2017). *Collaborative translation of knowledge to protect infants during sleep. A synergy of discovery and practice*. *Family Relations*, 66(3). doi: 10.1111/fare.12279
10. **Seddio, K.** (2017). *Trauma, psychopathology, and the refugee crisis: A call to action*. *American Journal of Public Health*, 107(7), 1044–1045. doi: 10.2105/AJPH.2017.303857
11. Middlemiss, W., & **Seddio, K.** (2017). *Empowerment and knowledge: Guiding parents in creating healthy infant sleep routines*. *National Council on Family Relations Report*.
12. Middlemiss, W., & **Seddio, K.** (2017). *Trauma-informed education*. *National Council on Family Relations CFLE Network*, 29(1). 13.

IN-PROGRESS

1. **Seddio, K.**, Yates, T., Birnie, M., & Lewis, J. *When Bad Does Good: Expanding Human Rights Education through Empathy with Atrocity Survivors*.

PRESENTATIONS

1. + Blaszk, A., & **Seddio, K.** (2023, March). *Gender Differences and the Role Depression Plays in the Expression of Empathy*. Poster to be presented at the Eastern Psychological Association annual conference, Boston, MA.
2. +Quinn, M., & **Seddio, K.** (2023, March). *Empathic Concern and Moral Care: Implications for Healthcare Professionals*. Poster to be presented at the Eastern Psychological Association annual conference, Boston, MA.
3. +Lewis, J., **Seddio, K.**, Pollack, D. (2022, March). *The Relationship between Anxiety Severity and ADHD symptoms among College Students*. Poster presented at the Eastern Psychological Association annual conference, New York, NY.
4. **Seddio, K.**, Yates, T., +Birnie, M., +Lewis, K., & +Zaleski, J. (2021, November). *When Bad Does Good: Expanding Human Rights Education through Empathy with Atrocity Survivors*. Paper presented at the Association for Moral Education annual conference.
5. **Seddio, K.**, Yates, T., +Birnie, M., +Lewis, J., & +Zaleski, J. (2021, May). *Emotional Arousal and Visual Attention: An Eye Tracking Study Defining Human Rights and Moral Foundations*. Poster presented at the Association for Psychological Science.
6. **Seddio, K.**, & Pollack, D. (2020, November). *ADHD and anxiety during the COVID-19 pandemic*. Paper presented at Utica University annual Faculty Research Day, Utica, New York.
7. Debnath, R., Miller, N., Morales, S., **Seddio, K.**, Fox, N. (2019, October). *Investigating brain electrical activity and network organization in adolescents with attention deficit hyperactivity disorder in alpha frequency band*. Poster presented at the International Society for Developmental Psychobiology, Chicago, Illinois.
8. **Seddio, K.**, Middlemiss, W., McFarlin, B., & Henson, R. (2019, May). *Contextual stress: Heart rate variability and sympathetic activation impact stress recovery for victims of trauma depending on type of stressor*. Poster presented for the annual conference of the Association for Psychological Science, Washington, D.C.

9. Phillips, D., Subar, A., **Seddio, K.**, Buzzell, B., Fox, N., Pine, D., ...Filippi, C. (2018). *Social Reticence and Adolescent Anxiety*. Poster presented at the Association for Behavioral and Cognitive Therapies, Washington, D.C.
10. **Seddio, K.**, Suarez, G., Huber, S., & Fox., N. A. (2018, October). *With a little help from my friend: The polyvagal effect of friendship buffering following the Trier Social Stress Test*. Poster presented at the Society for Psychophysiological Research annual meeting, Quebec City, Quebec, Canada,
11. **Seddio, K.**, Huber, S., Suarez, G., & Fox., N. A. (2018, October). *Getting to know you: Self- reported social anxiety at age 12 predicts respiratory sinus arrhythmia during an unfamiliar social interaction at age 15*. Poster presented at the International Society for Developmental Psychobiology, San Diego, California.
12. **Seddio, K.**, & Yates, T. (2017, November). *I, me, mine: The complicated relationship of democracy and empathy*. Paper presented for the annual conference of the Association for Moral Education, St. Louis, MO.
13. **Seddio, K.**, Middlemiss, W. (2017, November). *Current challenges for children living in refugee camps: Policy and next steps to support families*. Paper presented for the annual conference of the National Council on Family Relations, Orlando, Florida.
14. **Seddio, K.**, +Brown, S., +Turner, J., +Camacho, J., & +Kern, K. (2017, March). *Money talks: Examining the financial literacy of wealth and power and its effects on lackluster policies for the working class*. Paper presented for the annual conference of the Texas Council on Family Relations, Austin, TX.
15. **Seddio, K.**, & Yates, T. (2016, December). *The separation of dinosaur and state: Educational gerrymandering and morality*. Paper presented for the annual conference of the Association for Moral Education, Boston, MA.
16. **Seddio, K.**, Glaman, R., & Suerken, C. (2016, November). *Does cosleeping increase breastfeeding in impoverished working women?* Paper presented for the annual conference of the National Council on Family Relations, Minneapolis, Minnesota.
17. **Seddio, K.** (2016, November). *A call for action: Trauma, psychopathology, and the refugee crisis*. Poster presented for the annual conference of the National Council on Family Relations, Minneapolis, MN.
18. **Seddio, K.** (2016, April). *Changes in family structure: The war on drugs, the role of the incarcerated parent, and the new black family*. Poster presented for the annual conference of the Texas Council on Family Relations, Plano, Texas.
19. **Seddio, K.** (2016, April). *The biological unit of change: Attachment theory*. Poster presented for the annual conference of the Texas Council on Family Relations, Plano, Texas.
20. **Seddio, K.**, Mitchell, M. E., & West, C. (2016, April). *Crime doesn't pay: The payout from parent involvement and socioeconomic status*. Paper presented for the annual conference of the Texas Council on Family Relations, Plano, Texas.
21. **Seddio, K.**, & Margot, K. (2016, March). *Factor retention: Examining five methods using a classic example*. Paper presented for the annual conference of the Southwest Educational Research Association, New Orleans, LA.
22. **Seddio, K.** (2015, November). *(Don't) Fear the psychopath: Conditioned fearlessness and neurological implications*. Paper presented for the annual conference of the Association for Moral Education, Sao Paulo, Brazil.
23. **Seddio, K.** (2015, November). *Who's the boss? A look at mothers' decision-making and anti- authoritarianism*. Paper presented for the Theory Construction and Research Methodology workshop at the conference of the National Council on Family Relations, Vancouver, Canada.

SYMPOSIA

Chair– (2019, March). R-E-S-P-E-C-T individual differences: A methods approach to examining culture and gender. Symposium presented for the bi-annual conference of the Society for Research in Child Development, Washington, D.C.

Speakers: **Kaylee Seddio, Ph.D.**, Marvin Powell, Ph.D., Sarah Ferguson, Ph.D., Marcus Fagan, MS, ABD

INVITED PRESENTATIONS

Generational Trauma, Utica University, sponsored by the Office of Diversity, Equity, and Inclusion 2022

Getting into Graduate School and Professional Development, Child Development Lab, College Park, Maryland
2019

The Story of School Readiness: Families, Communities, and Programs A Data-Driven Emphasis on Program Implementation First3Years, Dallas, TX. <https://first3yearstx.org/>
2017

Current Challenges for Children Living in Refugee Camps: Policy and Next Steps to Support Families; National Council on Family Relations, Orlando, FL. 2017

FUNDING AND AWARDS

Russell-Sage Biometrics Workshop, Northwestern University (fully-funded)	2022
Society for Personality and Social Psychology (\$1,500)	2022
Utica University Small Grant for Students, faculty sponsor (\$400)	2021
Utica University Small Grant Award (\$600)	2021
Utica University Summer Fellowship (\$2,500)	2021
Utica University Fostering a Diverse, Equitable, and Inclusive Community Award	2021
International Society for Developmental Psychobiology (\$500)	2018
Mathes Scholar Award (\$500)	2017
Department of Educational Psychology Dissertation Award (\$300)	2017
Graduate Assistantship Award (\$35,000), University of North Texas	2014 – 2017
College of Education Dissertation Award (\$1,000)	2016
Association for Moral Education (\$500)	2016
Association for Moral Education (\$1,000)	2015
Raupe Travel Grant (\$500), University of North Texas	2015
College of Education Travel Grant (\$1,000), University of North Texas	2015
Excellence in Scholarship, University of North Texas	2016 – 2017
Outstanding Graduate Student in Educational Psychology, University of North Texas	2015 – 2016

CERTIFICATIONS

Certified Family Life Educator (CFLE), National Council on Family Relations

To educate families on societal issues, economics, education, work-family balance, parenting, sexuality, gender, policy and law, emotion regulation, human development across the lifespan.

Perinatal Mental Health Certification (PMH-C), Postpartum Support International

To educate parents on the issues pertaining to perinatal mental health.

SERVICE

Faculty Search Committee, Utica University	2021
Utica University Diversity Advocate	2020 - Present
Academic Assessment Committee, Utica University, <i>member</i>	2021 - Present
TRiO Program Mentor (TRiO serves first-generation college students)	2021 - Present
CFLE Exam Writing Committee	2018 - Present
Ad hoc reviewer, Family Relations, Child Development	2017 - Present

PROFESSIONAL DEVELOPMENT

Grant-Writing Workshop, (2021) Amy Lindner, Utica University
Structural Equation Modeling Workshop, (2020) Dr. Gregory Hancock, University of Maryland
Social Network Analysis Workshop, (2019) Dr. Tracy Sweet, University of Maryland
Introduction to Finite Mixture Modeling Workshop, (2018) Dr. Gregory Hancock, University of Maryland
Course Designer, EPSY 5123, (2017) Human Development across the Lifespan, INET course for the Department of Educational Psychology
Study Abroad, (2017) Anti-Human Trafficking Program in Bucharest, Romania and Budapest, Hungary
Faculty Search Committee Member, (2017) Department of Educational Psychology, University of North Texas

MEMBERSHIPS

Association for Psychological Science
National Council on Family Relations
Society for Personality and Social Psychology
Society for Psychophysiological Research

SOFTWARE

IBM SPSS; MPlus; R/R Studio; Empatica E4; Acknowledge EKG Acquisition Software; BIOPAC heartrate wireless EKG system; RedCap database; IRBNet; MatLab

LABORATORY TOOLS

Salimetrics® SalivaBio Saliva Collection; Salimetrics® ELISA assay procedures; Empatica E4; Oxytocin handling and administration