

# Samantha Jade Withnell, M.Sc.

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## Education

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- 2021 – Present      **Ph.D. Candidate, Psychology (Clinical Science and Psychopathology), University of Western Ontario**  
Thesis: *Clarifying the role of weight suppression and dietary restriction on cognitive flexibility deficits in eating disorders.* [OSF Preregistration](#).  
Advisor: Lindsay Bodell, Ph.D.
- 2021      **M.Sc., Psychology (Clinical Science and Psychopathology), University of Western Ontario**  
Thesis: *Testing competing mediation models of the effects of weight bias internalization and weight suppression on disordered eating in young adults*  
Advisor: Lindsay Bodell, Ph.D.
- 2017      **B.A. (Honors), Psychology, University of Calgary**  
First Class, Women's Studies Minor  
Thesis: *Priming attentional biases in women with high and low body satisfaction*  
Advisors: Kristin M. von Ranson, Ph.D., FAED & Christopher Sears, Ph.D.

## Peer-Reviewed Publications [OrcID](#) 0000-0002-3770-6379 \* indicates student mentee

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1. **Withnell, S. J.**, & Bodell, L. P. (2025). The moderating effect of weight loss intentions on dynamic associations between weight suppression and disordered eating. *Eating Behaviors*, 56. <https://doi.org/10.1016/j.eatbeh.2025.101942>
2. Keast, R. \*, **Withnell, S.**, Bodell, L. P. (2023). Longitudinal associations between weight stigma and disordered eating across the weight spectrum. *Eating Behaviors*, 50. <https://doi.org/10.1016/j.eatbeh.2023.101788>
3. **Withnell, S. J.**, & Bodell, L. P. (2023). Does suppressing weight improve body satisfaction? A longitudinal analysis in undergraduate men and women. *Body Image*, 45, 126-132. <https://doi.org/10.1016/j.bodyim.2023.01.011>
4. **Withnell, S. J.**, Kinnear, A., Masson, P., & Bodell, L. P. (2022). How different are threshold and other specified feeding and eating disorders? Comparing severity and treatment outcome. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.784512>
5. Kinnear, A., **Withnell, S. J.**, Witte, T. K., Smith, A. R., Szczygłowski, K., & Bodell, L. P. (2021). Weight misperception and its associations with eating disorder symptoms over the course of residential

eating disorder treatment. *International Journal of Eating Disorders*, 54(10), 1810-1818.  
<https://doi.org/10.1002/eat.23592>

6. **Withnell, S.**, Sears, C. R., & von Ranson, K. M. (2019). How malleable are attentional biases in women with body dissatisfaction? Priming effects and their impact on attention to images of women's bodies. *Journal of Experimental Psychopathology*.  
<https://doi.org/10.1177/2043808719837137>
7. Alberga, A. S., **Withnell, S. J.**, & von Ranson, K. M. (2018). Fitspiration and thinspiration: A comparison across three social networking sites. *Journal of Eating Disorders*, 6(39).  
<https://doi.org/10.1186/s40337-018-0227-x>

## Manuscripts in Progress

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1. Rezeppa, T., Pucci, G., Hill, N., Jo, J., **Withnell, S.**, Bodell, L., & Forney, J. (In progress). An evaluation of normative intraday weight fluctuations and correlates.
2. Nelson, C. G., Walker, D. L., Dozois, D., Carleton, R. N., **Withnell, S.**, Yosopov, L., Spivak, C. F., Heise, C., & Ali, S. (In progress). Early access to clinical interventions for paramedics following operational posttraumatic stress injuries. OSF Preregistration.

## Conference Presentations

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1. **Withnell, S.**, & Bodell, L. (May 2025). *Dynamic associations between weight suppression, weight loss intentions, and disordered eating*, paper presented at 30<sup>th</sup> annual International Conference on Eating Disorders, San Antonio, USA.
2. **Withnell, S.**, & Bodell, L. (October 2024). *Associations between weight loss, eating pathology and cognitive flexibility in a nonclinical sample*, poster presented at Society for Research in Psychopathology annual meeting, Montreal, Canada.
3. **Withnell, S.**, Keast, R., & Bodell, L. (June 2023). *Associations among disordered eating and experienced and internalized weight stigma across the weight spectrum*, paper presented at 28<sup>th</sup> annual International Conference on Eating Disorders, Washington DC, USA.
4. **Withnell, S. J.**, & Bodell, L. P. (September 2022). *Weight loss intentions do not moderate the prospective effects of weight suppression on body satisfaction and eating behaviors: A multilevel analysis*, poster presented at 28<sup>th</sup> Eating Disorders Research Society Meeting, Philadelphia, USA.
5. **Withnell, S.**, Kinnear, A., Masson, P., & Bodell, L. (June 2022). *Comparing severity and outcomes in threshold and other specified feeding and eating disorders*, snapshot presented at Canadian Psychological Association 83<sup>rd</sup> Annual National Convention, Calgary, Canada.
6. **Withnell, S.**, & Bodell, L. (June 2022). *Does maintaining a lower weight improve body satisfaction? A longitudinal analysis in undergraduate men and women*, paper presented at 27<sup>th</sup> annual International Conference on Eating Disorders, Virtual.

7. **Withnell, S.**, & Bodell, L. (June 2021). *Weight bias internalization and disordered eating: The mediating role of weight suppression*, paper presented at the 26<sup>th</sup> annual International Conference on Eating Disorders, Virtual.
8. **Withnell, S.**, & Bodell, L. (March 2021). *Attempts to maintain weight loss mediate the relationship between internalization of weight stigma and disordered eating in women*, oral presentation at the Western University Graduate Research Forum, Virtual.
9. **Withnell, S.**, Sears, C., & von Ranson, K. M. (March 2019). *Can attention to body-related images be modified by priming? A comparison of women with high and low body satisfaction*, poster presented at the 24<sup>th</sup> annual International Conference on Eating Disorders, New York, USA.
10. **Withnell, S.**, Sears, C., & von Ranson, K. M. (April 2017). *Can attention to body-related images be modified by priming? A comparison of women with high and low body satisfaction*, paper presented at the 21<sup>st</sup> annual Department of Psychology Student Conference, University of Calgary, CA

## Media and Invited Talks (#indicates shared first authorship)

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1. **Withnell, S.** (2024, February 8). Going on a diet to lose weight could have unintended consequences. *Daybreak North with Carolina de Ryk [CBC Radio Segment]*.  
  
Also interviewed for this segment by: *London Morning, The Morning Edition – K-W, Windsor Morning, Morning North, The Morning Edition – Sask, The Trailbreaker, Information Radio – MB, Edmonton AM, On the Island, Information Morning – Fredericton, The Early Edition*
2. **Withnell, S.**, & Bodell, L. (2024, February 1). How dieting, weight suppression and even misuse of drugs like Ozempic can contribute to eating disorders. *The Conversation Canada*.  
<https://theconversation.com/how-dieting-weight-suppression-and-even-misuse-of-drugs-like-ozempic-can-contribute-to-eating-disorders-221514>
3. Western Psychology Equity, Diversity and Inclusion Graduate Committee, Clinical Sub-Committee. (2023). *Roadmap to Clinical Psychology Graduate Applications*. [Web Resource].
4. **Withnell, S.**<sup>#</sup>, & Schmidt, K.<sup>#</sup> (2023, February 24). *Eating Disorders: Myths & Facts*, hybrid talk presented at 2023 Finding Your Way Psychology Lecture Series, London Public Library, Ontario.
5. **Withnell, S.** (2022, October 18). *Learning About Other Specified Feeding and Eating Disorders (OSFED)*, guest on [Bodywhys Podcast](#), Bodywhys – The Eating Disorder Association of Ireland.
6. **Withnell, S.**, & Bodell, L. (2022, June 17). *Weight Loss Intentions Do Not Moderate the Prospective Effects of Weight Suppression on Body Satisfaction and Eating Behaviors: A Multilevel Analysis*, invited talk presented at Body Image & Prevention Special Interest Group annual general meeting, Academy for Eating Disorders
7. **Withnell, S.**<sup>#</sup>, & Kinnear, A.<sup>#</sup> (2021, February 13). *Our Focus on Weight is Bad for Our Health*, webinar presented at 2021 Finding Your Way Psychology Lecture Series, University of Western Ontario.
8. **Withnell, S.** (2019, February 19). *Fitness and Thinness on Social Media*, workshop presented to the Women's Resource Centre, University of Calgary

9. **Withnell, S.** (2015, February 5). *Being a Feminist Leader: Tackling Myths and Encouraging Transformative Leadership*, workshop presented at Leadership Exchange Conference, University of Calgary.

### Grants, Awards, & Recognitions (amounts in Canadian Dollars unless noted)

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2025	Student Research Grant, <i>Academy for Eating Disorders</i> (\$1,000 USD)
2024	Faculty of Social Science Graduate Research Awards Fund, <i>University of Western Ontario</i> (\$750)
2023 – 2026	Joseph Armand Bombardier Canada Graduate Scholarship – Doctoral, <i>Social Sciences and Humanities Research Council</i> (\$105,000)
2023 (Declined)	Ontario Graduate Scholarship, <i>University of Western Ontario</i> (\$15,000)
2022	Conference Travel Subsidy, <i>UWO Society of Graduate Students</i> (\$500)
2022	Best Student Conference Presentation Award (Runner-up), <i>Canadian Psychological Association, Clinical Section</i> (\$100)
2022	Ontario Graduate Scholarship, <i>University of Western Ontario</i> (\$15,000)
2022	Best Student Abstract Award, <i>Academy for Eating Disorders, Body Image &amp; Prevention Special Interest Group</i>
2021	Ontario Graduate Scholarship, <i>University of Western Ontario</i> (\$15,000)
2021	Student/Early Career Investigator/Clinical Trainee Travel Scholarship, <i>Academy for Eating Disorders</i> (Awarded registration to virtual conference)
2020	Faculty of Social Science Graduate Research Awards Fund, <i>University of Western Ontario</i> (\$500)

### Undergraduate Awards †indicates award renewed

2017	Best Paper Presentation Award, <i>Department of Psychology Annual Student Conference, University of Calgary</i>
2016	Sheila O'Brien Award for Excellence in Leadership, <i>University of Calgary Women's Resource Centre</i>
2015	Avon Global Top-Selling Representatives Scholarship for Children and Grandchildren, <i>Scholarship America</i> (\$2,500 USD)
2014/2015	Louise McKinney Scholarship†, <i>Alberta Scholarships Program</i> (\$2,500)
2014	Undergraduate Merit Award, <i>University of Calgary</i> (\$500)
2014	Arts Bursary, <i>Canadian Federation of University Women</i> (\$1,000)
2013	Gerald Roberts Mortimer & Victor Emanuel Mortimer Bursary, <i>University of Calgary</i> (\$1,225)

2012/2013	Jason Lang Scholarship <sup>†</sup> , <i>Alberta Scholarships Program</i> (\$1,000)
2011 - 2015	Dean's List, <i>University of Calgary</i>
2011/2012	President's Admission Scholarship <sup>†</sup> , <i>University of Calgary</i> (\$2,000)
2011	Royal Canadian Legion (Branch 288) Scholarship, <i>University of Calgary</i> (\$700)

## Research Experience

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2019 - Present	<b>Psychobiology of Eating and Related Disorders (PEAR) Lab</b> , Dr. Lindsay Bodell, University of Western Ontario <u>Role:</u> Graduate Student, Clinical Interviewer
2022 - 2023	<b>Lifespan Study of Emotion and Personality (LEAP) Lab</b> , Dr. Elizabeth Hayden, University of Western Ontario <u>Role:</u> Graduate Student Assistant, Clinical Interviewer
2022	<b>Space from Body and Eating Concerns – Teen Study (NIH Funded Pilot Trial)</b> , Dr. Patricia Cavazos-Rehg & Dr. Ellen Fitzsimmons-Craft, Washington University School of Medicine <u>Role:</u> CBT Guided Self-Help Coach
2021 – 2022	<b>iAIM EDU Mobile Intervention Study (NIH R01-Funded RCT)</b> , Dr. Ellen Fitzsimmons-Craft, Washington University School of Medicine <u>Role:</u> CBT Guided Self-Help Coach
2016 - 2018	<b>Cognition and Emotion Lab</b> , Dr. Christopher Sears, University of Calgary <u>Role:</u> Research Assistant, Undergraduate Honors Student
2015 - 2018	<b>Eating Behaviors Lab</b> , Dr. Kristin M. von Ranson, University of Calgary <u>Role:</u> Research Assistant, Undergraduate Honors Student
2015	<b>Office of Diversity, Equity &amp; Protected Disclosure</b> , Dr. Valerie Pruegger, University of Calgary <u>Role:</u> Research Volunteer

## Teaching Experience

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<b>Teaching Assistant</b>	Introduction to Clinical Psychology (F2020/F2021/F2024) Drugs and Behavior (F2022/W2023) Abnormal Psychology (W2021) Psychology of Gender (W2020) Introduction to Social Psychology (F2019)
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## Guest Lectures

*Weight Stigma* – Integrated Small Group Learning Curriculum,  
Principles of Medicine I, Undergraduate Medical Education Program  
*Intellectual and Cognitive Assessments* – Introduction to Clinical  
Psychology  
*Applying to Graduate Programs in Clinical Psychology* – Introduction to  
Clinical Psychology

## Undergraduate Supervision

Annalisa Simonetta (Honor's thesis co-supervisor, 2025-2026)  
*The influence of loss of control and episode size on severity in binge  
eating syndromes: A replication and extension of Forney et al. 2016*

Riley Keast (Honor's thesis co-supervisor, 2021-2022)  
*Associations between experienced and internalized weight stigma and  
disordered eating in higher-weight and non-higher-weight individuals*

## Clinical Experience

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September 2023 – Present	<b>Clinical Therapist</b> , Nelson Psychology Professional Corporation Supervisor: Charles Nelson, PhD, C.Psych
September 2024 – April 2025	<b>Psychology Practicum Student</b> , Adult Eating Disorders Service, London Health Sciences Centre Supervisor: Laura McGeown, PhD, C.Psych
September 2022 – September 2023	<b>Clinical Therapist</b> , Toronto Psychology & Wellness Group Supervisor: Nina Mafri, PhD, C.Psych & Michele Foster, PhD, C.Psych
May – September 2022	<b>Psychology Practicum Student</b> , Vanier Children's Mental Wellness Supervisor: Lara Genik, PhD, C.Psych
October 2021 – April 2022	<b>Psychology Practicum Trainee</b> , Parkwood Institute Mental Health Care Concurrent Disorders Service, St. Joseph's Health Care London Supervisor: David LeMarquand, PhD, C.Psych, ABPP
January - March 2020	<b>Assessment Practicum Student</b> , Child and Youth Development Clinic, University of Western Ontario Supervisor: Richelle Bird, MA (Resident) & Colin King, PhD, C.Psych

## Leadership and Service

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August 2025 – August 2028	Member, <i>Research-Practice Integration Committee, Academy for Eating Disorders</i>
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July 2024 – June 2026	Student Member, <i>Western Psychology Clinical Program Test Library Committee</i>
June 2023 – June 2026	Student Representative, <i>Western Psychology Clinical Student Advisory Committee (CSAC)</i>
September 2020 – August 2025	Student Representative, <i>Graduate Affairs Committee, Western University Department of Psychology</i>
2022 - 2023	Member, <i>Evaluations Committee, Advocacy Through Action – Western University (ATA)</i>
2021 - 2023	Member, <i>Western Psychology Equity, Diversity, and Inclusion Graduate Committee – Clinical Sub-Committee</i>
2020 - 2022	Treasurer, <i>UWO Psychology Graduate Student Association (PGSA)</i>
2021 - 2022	Member, <i>Social Media Committee, Coalition for the Advancement and Application of Psychological Science (CAAPS)</i>
2020 - 2022	Member, <i>Marketing and Outreach Committee, Advocacy Through Action – Western University (ATA)</i>
Summer 2020	Volunteer, <i>Middlesex-London Health Unit COVID-19 Support Line</i>
2018 - 2019	Communications Coordinator, <i>Homefront Society for the Prevention of Domestic Violence</i>
2018 - 2019	Member, <i>Communications Committee, Calgary Domestic Violence Collective</i>
2016 - 2017	Student Representative, <i>University of Calgary Sexual Harassment and Sexual Violence Policy Implementation Committee – Survivor Services Working Group</i>
2015 - 2018	Support and Information Line Volunteer, <i>Calgary Communities Against Sexual Abuse</i>
2015 - 2017	Vice President Internal, <i>University of Calgary Women’s Studies and Feminist Club</i>
2016	Events and Communications Assistant - Orientation, <i>University of Calgary Leadership and Student Engagement Office</i>
2013 - 2016	Community Outreach and Peer Support Team Leader, <i>University of Calgary Women’s Resource Centre</i>
2008 – 2012	Volunteer Instructor, <i>Deaf/Hard-of-Hearing Group, Canadian Association for Disabled Skiing – Calgary Chapter</i>
<b>Ad-Hoc Reviewer</b>	<i>Appetite BMC Psychology European Eating Disorders Review</i>

*International Journal of Eating Disorders (Supervisor co-review)*  
*Stigma and Health (Supervisor co-review)*  
*Western Undergraduate Psychology Journal (Graduate Student Review Board 2021 – Present)*

### **Professional Memberships**

*Academy for Eating Disorders*  
*Canadian Psychological Association (Student Affiliate)*  
*Eating Disorders Association of Canada (Member-in-Training)*  
*Ontario Psychological Association (Student Affiliate)*  
*Society for Research in Psychopathology (Associate)*  
*Society for a Science of Clinical Psychology*

## **Specialized Training**

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July 2025	<b>EVERYBody Project Staff Leader Facilitation Training</b> 2 days; delivered by Alexis Sauls Ramos and Kat Holstein, Eating Disorders Ontario – Prevention Services
April 2025	<b>Competency-Based Supervision</b> 6 hours; delivered by Dr. Carol Falender
April 2025	<b>Family Therapy</b> 3 hours; delivered by Dr. Kimberly Harris
December 2024	<b>ACT Skills for Caregivers of Children with Neurodevelopmental Disorders</b> 2 hours; delivered by Dr. Johanna Lake
September 2024	<b>Web-Based Training in Enhanced CBT (CBT-E) for Eating Disorders</b> 10 hours; delivered by Centre for Research on Eating Disorders at Oxford
May 2024	<b>Re-Igniting A Sense of Meaning and Purpose: Using ACT and the ACT Matrix To Address Professional Burnout with Evidence-Based Skills</b> 3 hours; delivered by Dr. Dayna Lee-Baggley
April 2024	<b>Emotion-Focused Therapy</b> 3 hours; delivered by Dr. Carey Ann DeOliveira
February 2024	<b>PsyToolkit Training Course</b> 10 hours; delivered by Dr. Gijbert Stoet
December 2023	<b>Motivational Interviewing</b> 3 hours; delivered by Dr. Henny Westra
September 2023	<b>Cognitive Processing Therapy (CPT) for PTSD: Foundational Training</b> 2 days; delivered by Dr. Candice Monson and Dr. Phil Shnaider
April 2023	<b>Complex Trauma and Psychotherapeutic Intervention: Helping Clients Who Have Been Sexually Abused</b>



3 hours; delivered by Dr. Serena Wong

December 2022

**Couples Therapy**

3 hours; delivered by Dr. Lisa Destun

May 2022

**Psychedelic-Assisted Psychotherapy**

4 hours; delivered by Dr. Terence Ching

April 2022

**Dealing with Grief and Loss**

3 hours; delivered by Dr. Serena Wong

December 2021

**Working with Indigenous Peoples**

3 hours; delivered by Dr. Christopher Mushquash

July 2021

**Temperament-Based Therapy with Supports (TBT-S) for Anorexia Nervosa**

10 hours; delivered by Dr. Laura Hill

May 2021

**Transforming Psychological Training into Leadership Roles**

4 hours; delivered by Dr. Andrea Piotrowski

May 2021

**Introduction to Structural Equation Modeling**

3 days; delivered by Dr. Patrick Curran and Dr. Daniel Bauer

April 2021

**Brief Therapy and Single Sessions**

3 hours; delivered by Dr. Naomi Wiesenthal and Dr. Jared French

December 2020

**Suicide Assessment**

3 hours; delivered by Dr. Marnin Heisel

August 2020

**Visualization Fundamentals for Scientists**

4 hours; delivered by Kelly Bullock

January 2020

**Exposure in Eating Disorders Treatment**

1 day; delivered by Dr. Glenn Waller

January 2020

**CBT-T: Evidence-Based Brief CBT For Adults with Non-Underweight Eating Disorders**

1 day; workshop delivered by Dr. Glenn Waller