

**Mary Kathleen Burkhart Lustyk, Ph.D.**

**Curriculum Vita**

**Addresses:**

*Work Address:* School of Psychology, Family, and Community  
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**Current Titles and Affiliations:**

Professor of Psychology  
School of Psychology, Family, and Community  
Seattle Pacific University  
Office: Marston 114  
Seattle, WA

Primary Investigator, Psychophysiology Lab  
School of Psychology, Family, and Community  
Lab: Watson, B-47  
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Affiliate Associate Professor  
Department of Biobehavioral Nursing and Health Systems  
University of Washington School of Nursing  
Box 357266  
Seattle, WA 98195

**Academic Preparation:**

1983 – 1988 University of Washington, Seattle, WA.  
BS in Psychology

1988 – 1992 University of Washington, Seattle, WA.  
PhD in Physiological Psychology with a minor in endocrinology.  
Other curriculum emphasis in developmental psychology and  
statistics.

**Honors and Awards:**

1996 Inducted in Psi Chi, National Honor Society in Psychology  
1998 Faculty Advisor Appreciation Award from Psi Chi, National Honor  
Society in Psychology  
1999 Professor of the Year Nomination, Seattle Pacific University  
1999 Faculty Advisor Appreciation Award from Psi Chi, National Honor  
Society in Psychology  
2000 Faculty Advisor Appreciation Award from Psi Chi, National Honor  
Society in Psychology  
2002 Outstanding Research Article Award, Society of Gastroenterology  
Nurses and Associates.

**Professional Association Memberships:**

American Psychological Association (APA)  
Association for Psychological Science (APS)  
Western Psychological Association (WPA)  
Society of Menstrual Cycle Research  
International Association for Women's Mental Health (IAWMH)

**Professional Association Appointments and Consultantships:**

2007 Expert Consultant to Organon, NOMAC/E2 advisory panel  
1992–present Western Psychological Association Faculty Representative

**Previous Academic and Professional Appointments (Reverse Chronological Order):**

- 2000–2006     *Associate Professor*, Department of Psychology, Seattle Pacific University.  
Courses: Physiological Psychology (graduate and undergraduate levels), Psychobiology of Women.  
Research: Primary Investigator in charge of Psychophysiology laboratory and Studies in Women’s Health; Mentor graduate and undergraduate students involved in women’s health research.
- 1996–2001     *Assistant Professor*, Department of Psychology, Seattle Pacific University.  
Courses: Physiological Psychology, Sensation and Perception, Psychobiology of Women, Research Methods, Introductory Psychology & Physiological Psychology as a Pre-Doctoral Intensive.  
Research: established the first Psychophysiology laboratory on campus; Primary Investigator of a multifaceted study of stress across the menstrual cycle in women, co-investigator of exercise and health studies along with colleagues in the Departments of Physical Education and Clinical Psychology.
- 1996–2000     *Affiliate Assistant Professor*, Department of Biobehavioral Nursing and Health Systems, University of Washington.  
Responsibilities: performed collaborative work with colleagues investigating autonomic nervous system arousal, gastric motility, and exercise habits in women with irritable bowel syndrome.
- 1995–1996     *Adjunct Faculty*, Department of Psychology, Seattle Pacific University.  
Courses: Psychology of Personal Growth. Course provides an overview of the process of growth and adjustment in dealing with life changes. Developmental, gender, social, health and relationship factors are explored. Physiological Psychology. Course consisted of a survey of current issues in physiological psychology.
- 1993–1995     *Part-time Faculty*, Department of Psychology, Bellevue Community College.  
Courses: Introductory Psychology, Lifespan Developmental Psychology, and Introductory Psychology as a Natural Science.

- 1993–1995 *Instructor*, Department of Psychology & Women Studies, University of Washington.  
Courses: Psychobiology of Women. Topics included: biological development, endocrinology, and specific psychological issues dealing with women.
- 1994–1996 *Research Scientist*, Department of Gastrointestinal Surgery, University of Washington School of Medicine and Department of Physiological Nursing, Gut Function Laboratory, University of Washington.  
Duties performed: The use of High Performance Liquid Chromatography (HPLC) to measure excreted and tissue catecholamines; Training of undergraduate and graduate research assistants and analysis of data.
- 1991–1992 *Research Assistant*, Department of Physiological Nursing-Gut Function Laboratory, University of Washington.  
Duties performed: A wide variety of surgical procedures on rats such as intraventricular cannula placement, gastric catheter implantation and ovariectomies; the use of HPLC to perform catecholamine assays; In Vitro study of gut tissue; Analyses of data and manuscript preparation
- 1986–1991 *Patient Care Representative*, Department of Emergency Medicine, University of Washington Medical Center.  
Duties performed: Managed triage desk and assisting with initial patient work-up such as taking patient history and assessing vitals; also responsible for patient registration and serving as a liaison between patient visitors and healthcare providers.

**Juried Publications (Reverse Chronological Order):**

- Lustyk, M. K. B.,** Gerrish, W. G., Shaver, S., & Keys, S. (2008). Cognitive-Behavioral Therapy for Premenstrual Syndrome and Premenstrual Dysphoric Disorder: A Systematic Review. Manuscript submitted for publication, under review.
- Lustyk, M. K. B.,** Chawla, N., Nolan, R., & Marlatt, G. A. (2008). Mindfulness Meditation Research: A discussion of safety issues and participant screening procedures. Manuscript submitted for publication, under review.
- Lustyk, M. K. B.,** & Gerrish, W. G. (in press). Premenstrual Syndrome and Premenstrual Dysphoric Disorder: Issues of quality of life, stress, and exercise.

In V. R. Preedy, & R. Watson (Eds), *Handbook of Disease Burdens and Quality of Life Measures*. London, UK: Springer.

Gerrish, W. G. & **Lustyk, M. K. B.** (in press) Stress and Quality of Life in Women: Assessing cycle phase and exercise effects [Abstract]. *Annals of Behavioral Medicine*.

**Lustyk, M. K. B.**, Widman, L., & de Laveaga Becker, L. (2007). Relationship of abuse history with premenstrual symptomatology: Assessing the mediating role of perceived stress. *Women & Health, 46*, 67-80.

**Lustyk, M. K. B.**, Gerrish, W. G., & Widman, L. (2007). Is the relationship between abuse history and premenstrual symptomatology affected by perceived stress? [Abstract]. *Annals of Behavioral Medicine, 2343*, S090.

**Lustyk, M. K. B.**, Gerrish, W. G., & Ward, R. (2007). Stress Reactivity and Recovery in Women: Assessing the role of Spiritual Well-Being and Body Awareness [Abstract]. *Annals of Behavioral Medicine, 2177*, S049.

Muljat, A. M., **Lustyk, M. K. B.**, & Miller, A. (2007). Stress Moderates the Effects of Premenstrual Symptomatology on Body Image Reports in Women [Abstract]. *Annals of Behavioral Medicine, 3185*, S157.

Gerrish, W. G., **Lustyk, M. K. B.**, & Henson, J. (2007). Gender difference in the effect of exercise and attributions on quality of life reports [Abstract]. *Annals of Behavioral Medicine, 2220*, S060.

Weathers, R., & **Lustyk, M. K. B.** (2007). Self-reported physical activity patterns and plans for future physical activity in university students [Abstract]. *Medicine and Science in Sports and Exercise, 38*, S5.

**Lustyk, M. K. B.**, Beam, C, Miller, A., & Olson, K. C. (2006). Stress and premenstrual symptomatology in women: Assessing the effect of spiritual well-being. *Journal of Psychology and Theology, 34*, 311-317.

Widman, L., **Lustyk, M. K. B.**, & Paschane, A. (2005). Sexual abuse and body image: Does age of abuse matter? *Family Violence and Sexual Assault Bulletin, 21*, 5-10.

**Lustyk, M. K. B.**, Widman, L., Paschane, A., & Olson, K. C. (2005). Physical activity and quality of life: Assessing the influence of activity frequency, intensity volume and motives. *Behavioral Medicine, 30*, 124-131.

**Lustyk, M. K. B.**, Widman, L., Paschane, A., & Ecker, E. (2004). Stress, quality of life and physical activity in women with varying premenstrual symptomatology. *Women and Health*, 39, 35-44.

Weathers, R., **Lustyk, M. K. B.**, Widman, L., & Ecker, E. (2002). Relationships among BMI, physical activity, and reasons for exercise in male and female college students [Abstract]. *Medicine & Science in Sports & Exercise*, 34, S63.

**Lustyk, M. K. B.**, Jarrett, M. Bennett, J., & Heitkemper, M. M. (2001). Does a physically active lifestyle improve symptoms in women with irritable bowel syndrome? *Gastroenterology Nursing*, 24, 1-9.

**Lustyk, M. K. B.**, Bennett, J., Jarrett, M., & Heitkemper, M. M. (2001). Does a physically active lifestyle improve symptoms in women with irritable bowel syndrome? [Abstract]. *Annals of Behavioral Medicine*, E130, S190.

Jarrett, M. E., **Lustyk, M. K. B.**, Cain, C. K., & Heitkemper, M. M. (2000). Exercise as a therapeutic for women with constipation-prone IBS [Abstract]. *Communicating Nursing Research*, 33, 113.

Jarrett, M. E., Cain, C. K., **Lustyk, M. K. B.**, Hertig, V., & Heitkemper, M. M. (2000). Relationship between exercise and constipation in women with constipation-prone IBS [Abstract]. *Gastroenterology*, A1178, 118.

Bond, E. F., Heitkemper, M. M., Burr, R. L., **Lustyk, M. K. B.**, & Jarrett, M. (2000). Gastric contraction via goniometry and HRV in IBS vs. control subjects [Abstract]. *Communicating Nursing Research*, 33, 259.

Summers, H., **Lustyk, M. K. B.**, Jarrett, M., & Heitkemper, M. M. (1999). Aerobic fitness and the physiological stress response in women. *Biological Research in Nursing*, 1, 48-56.

**Lustyk, M. K. B.**, Jarrett, M., & Heitkemper, M. M. (1999). The effect of exercise and physical activity on irritable bowel syndrome symptoms in women [Abstract]. *Annals of Behavioral Medicine*, R63, S240.

Jarrett, M., Heitkemper, M. M., Burr, R., Levy, R., **Lustyk, M. K. B.**, & Hertig, V. (1998). Social desirability influences self-reported gastroenterology and psychosocial symptoms in women with irritable bowel syndrome [Abstract]. *Gastroenterology*, G3180.

- Heitkemper, M. M., Burr, R., Jarrett, M., **Lustyk, M. K. B.**, Hertig, V., & Bond, E. (1998). Lower vagal tone during sleep in women with irritable bowel syndrome [Abstract]. *Gastroenterology*, G3148.
- Burr, R., Jarrett, M., Heitkemper, M. M., Hertig, V., Perigo, R., & **Lustyk, M. K. B.** (1998). Circadian patterns of vagal tone in women with irritable bowel syndrome [Abstract]. *Communicating Nursing Research*, 31, 234.
- Heitkemper, M. M., Burr, R., Jarrett, M., Hertig, V, M., **Lustyk, M. K. B.**, & Bond, E. F. (1998). Evidence for autonomic nervous system imbalance in women with irritable bowel syndrome. *Digestive Diseases and Sciences*, 43, 2093-2098.
- Heitkemper, M. M., Burr, R., Jarrett, M., **Lustyk, M. K. B.**, Cain, K., & Hertig, V. (1997). Description of autonomic state in women with irritable bowel syndrome [Abstract]. *Gastroenterology*, A746.
- Hertig, V., Burr, R., Jarrett, M., Cain, K.C., Perigo, R. **Lustyk, M. K. B.**, & Heitkemper, M. M. (1997). Comparison of ANS measures in a study of irritable bowel syndrome [Abstract]. *Communicating Nursing Research* 30, 230.
- Kenney, N. J., Tomoyasu, N., & **Burkhart, M. K.** (1994). Food aversions induced by area postrema ablation. *Appetite*, 22, 205-220.
- Heitkemper, M. M., Bond, E.F., & Gruver (**Burkhart**), **M. K.** (1992). 5-HT<sub>3</sub> mediation of TRH-stimulated gastric motility may be age-related [Abstract]. *Gastroenterology*, A556.
- Heitkemper, M. M., Bond, E., Gruver (**Burkhart**), **M. K.**, & Horita, A. (1992). 5-HT<sub>3</sub> receptor mediation of TRH induced increases in intestinal transit in developing rats [Abstract]. *Society for Neuroscience Abstracts*, 108.4.
- Bond, E. F., Heitkemper, M. M., & Gruver (**Burkhart**), **M. K.** (1992). Mediation of TRH induced gastric motility increases in developing rats. *European Journal of Pharmacology*, 271, 127-135.
- Heitkemper, M. M., Bond, E. F., & Gruver (**Burkhart**), **M. K.** (1992). A possible 5-HT<sub>3</sub> component of TRH-Induced increases in gastric motility in developing rats. *Developmental Pharmacology and Therapeutics*, 19, 57-61.
- Gruver (**Burkhart**), **M. K.**, Heitkemper, M. M., & Kenney, Nancy J. (1991). Decreased intestinal transit following area postrema ablation [Abstract]. *Society for Neuroscience Abstracts* 196.6.

Heitkemper, M. M., Bond, E. F., Gruver (**Burkhart**), **M. K.**, & Horita, A. (1991). TRH-induced gastric motility increases are mediated by a cholinergic mechanism in young rats [Abstract]. *Society for Neuroscience Abstracts*, 388.9.

Heitkemper, M. M., Bond, E. F., & Gruver (**Burkhart**), **M. K.** (1991). Morphine antagonizes TRH induced increases in gastric contractile activity in young rats [Abstract]. *Federation of American Societies of Experimental Biology Journal*, A4007, 5.

Gruver (**Burkhart**), **M. K.**, Heitkemper, M. M., & Kenney, N. J. (1990). Effect of area postrema ablation on gastric emptying [Abstract]. *Society for Neuroscience Abstracts*, 196.6.

**Burkhart, M. K.**, Kenney, N. J., & Tomoyasu, N. (1989). Effect of diet familiarity on food aversions and weight loss induced by area postrema ablation (APX) [Abstract]. *Appetite*, 12, 201.

**Burkhart, M. K.**, & Kenney, N. J. (1989). Food aversions induced by area postrema ablation (APX): Effect of diet familiarity [Abstract]. *Society for Neuroscience Abstracts*, 246.5.

Kenney, N. J., Tomoyasu, N., & **Burkhart, M. K.** (1989). Learned food aversions and their involvement in hypophagia and weight loss after area postrema ablation (APX) [Abstract]. *Appetite*, 12, 217.

#### **Manuscripts in Progress:**

**Lustyk, M. K. B.**, Olson, K. C., Gerrish, W. G., & Holder, A. J. Physiological and Psychological Stress Reactivity and Recovery in Women: Assessing the effects of menstrual cycle phase and stressor type. Manuscript in preparation.

Craft, Baine, Hathaway, A., & **Lustyk, M. K. B.** Exercise and Quality of Life: Assessing the moderating effect of exercise attributions. Manuscript in preparation.

Olson, K., **Lustyk, M. K. B.** Trait anxiety affects stress reactivity and recovery in women. Manuscript in preparation.

#### **Scholarly Presentations/Symposia (Peer Reviewed):**

Holder, A. J., Ward, R. L., Shaver, S. L., Gerrish, W. G. & **Lustyk, M.K.B.** (2008, April) Stress reactivity and recovery in women: Implications of menstrual cycle phase. Poster session presented at the annual meeting of the Western Psychological Association, Irvine, CA.

Gerrish, W.G., & **Lustyk, M. K. B.** (2008, March). Stress and Quality of Life in Women: Assessing cycle phase and exercise effects. Poster session presented at the annual meeting for the Society of Behavioral Medicine, San Diego, CA.

Gerrish, W.G., **Lustyk, M. K. B.**, & Olson, K. C. (2007, August). Quality of Life, Exercise and Stress: Assessing menstrual cycle effects. Poster session presented at the annual meeting for the American Psychological Association, San Francisco, CA.

Beam, C. R., Gerrish, W. G., & **Lustyk, M. K. B.** (2007, May). Controlling your stress: Effects of sense of control on quality of life. Poster session presented at the annual meeting for the Association for Psychological Science, Washington, DC.

**Lustyk, M. K. B.** (2007, May). Stress Reactivity and Recovery: Menstrual Cycle and Stressor Type Results. In M. K. B. Lustyk (Chair), Exercise and Menstrual Phase Affect Stress and Quality of Life. Symposium conducted at the annual meeting of the Western Psychological Association, Vancouver, Canada.

Olson, K. C., **Lustyk, M. K. B.**, Gerrish, W. G., & Reiss, N. (2007, May). Stress Reactivity and Recovery: Menstrual Cycle and Stressor Type Methods. In M. K. B. Lustyk (Chair), Exercise and Menstrual Phase Affect Stress and Quality of Life. Symposium conducted at the annual meeting of the Western Psychological Association, Vancouver, Canada.

**Lustyk, M. K. B.**, Gerrish, W. G., Reiss, N., & Olson, K. C. (2007, May). Menstrual Cycle and Stressor Type Impact Stress Reactivity and Recovery. In M. K. B. Lustyk (Chair), Exercise and Menstrual Phase Affect Stress and Quality of Life. Symposium conducted at the annual meeting of the Western Psychological Association, Vancouver, Canada.

Reiss, N., **Lustyk, M. K. B.**, Gerrish, W. G., & Olson, K. C. (2007, May). Physical Activity Patterns Across the Menstrual Cycle in Women. In M. K. B. Lustyk (Chair), Exercise and Menstrual Phase Affect Stress and Quality of Life. Symposium conducted at the annual meeting of the Western Psychological Association, Vancouver, Canada.

- Gerrish, W. G., **Lustyk, M. K. B.**, Reiss, N., & Olson, K. C. (2007, May). Stress, Exercise, and Quality of Life Across the Menstrual Cycle. In M. K. B. Lustyk (Chair), Exercise and Menstrual Phase Affect Stress and Quality of Life. Symposium conducted at the annual meeting of the Western Psychological Association, Vancouver, Canada.
- Ward, R. L., **Lustyk, M. K. B.**, Holder, A. J., & Gerrish, W. G. (2007, May). Stress, Exercise and Premenstrual Symptomatology Relate Differently Across the Menstrual Cycle. Poster session presented at the annual meeting of the Western Psychological Association, Vancouver, Canada.
- Miller, A. C., **Lustyk, M. K. B.**, DeLeavaga, L., & Widman, L. (2007, May). Child Abuse Impacts the Relationship Between Stress and Premenstrual Symptomatology. Poster session presented at the the Western Psychological Association, Vancouver, Canada.
- Goodwin, N. P., **Lustyk, M. K. B.**, Ward, R. L., & Holder, A.J. (2007, May). Relationships among Appearance Schemas and Premenstrual Symptomatology are dependent upon menstrual cycle phase in women. Poster session presented at the the Western Psychological Association, Vancouver, Canada.
- Lustyk, M. K. B.**, Gerrish, W. G., & Widman, L. (2007, March). Is the relationship between abuse history and premenstrual symptomatology affected by perceived stress? Poster session presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.
- Lustyk, M. K. B.**, Gerrish, W. G., & Ward, R. (2007, March). Stress Reactivity and Recovery in Women: Assessing the role of Spiritual Well-Being and Body Awareness. Poster session presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.
- Lustyk, M. K. B.**, & Miller, A. (2007, March). Stress Moderates the Effects of Premenstrual Symptomatology on Body Image Reports in Women. Poster session presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.
- Gerrish, W. G., **Lustyk, M. K. B.**, & Henson, J. (2007, March). Gender difference in the effect of exercise and attributions on quality of life reports. Poster session presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.

**Lustyk, M. K. B.** (2006, April). Perceived stress, premenstrual symptomatology and body image reports in women. Paper presented at the annual meeting of the Western Psychological Association, Palm Springs, CA.

Olson, K., **Lustyk, M. K. B.**, & de Laveaga, L. (2006, April). Anxiety impacts stress reactivity, recovery and quality of life. Paper presented at the annual meeting of the Western Psychological Association, Palm Springs, CA.

**Lustyk, M. K. B.**, & Henson, J. (2006, April). Gender differences in exercise motives and habits. Paper presented at the annual meeting of the Western Psychological Association, Palm Springs, CA.

**Lustyk, M. K. B.**, Cocoli, E., & Olson, K. C. (2005, April). Can exercise habits explain gender differences in quality of life? Poster session presented at the annual meeting of the Western Psychological Association, Portland, OR.

**Lustyk, M. K. B.**, Miller A., Shomura, K., & Wells, C. (2005, April). Stress mediates the relationship between PMS and body image reports. Poster session presented at the annual meeting of the Western Psychological Association, Portland, OR.

**Lustyk, M. K. B.**, Worrell, K., Olson, K. C., & Cocoli, E. (2005, April). Effect of control on premenstrual symptomatology is mediated by stress. Poster session presented at the annual meeting of the Western Psychological Association, Portland, OR.

**Lustyk, M. K. B.**, Tadie, J., & Beam, C. R. (2005, April). Spiritual well-being mediates the relationship between stress and strength of religious faith. Poster session presented at the annual meeting of the Western Psychological Association, Portland, OR.

**Lustyk, M. K. B.**, Swafford, F., & Redford, B. (2005, April). Sexual abuse, perceived stress and premenstrual symptomatology: A mediation analysis. Poster session presented at the annual meeting of the Western Psychological Association, Portland, OR.

**Lustyk, M. K. B.**, Soule-Hesse, E. Heisler, D., & Olson, K. C. (2005, April). Menstrual cycle effects on appearance schemas and body perception. Poster session presented at the annual meeting of the Western Psychological Association Meeting, Portland, OR.

**Lustyk, M. K. B.**, Beam, C. R., & Henson, J. (2005, April). Exercise motives mediate the relationship between exercise and quality of life. Poster session

presented at the annual meeting of the Western Psychological Association, Portland, OR.

Beam, C. R. **Lustyk, M. K. B.**, Miller, A. C., & Olson, K. C. (2005, April). Relationships among perceived stress, premenstrual symptomatology and spiritual well-being. Poster session presented at the annual meeting of the Western Psychological Association, Portland, OR.

Beam, C. R., **Lustyk, M. K. B.**, & Tadie, J. (2005, April). Impact of social desirability on stress in men and women. Poster session presented at the annual meeting of the Western Psychological Association, Portland, OR.

**Lustyk, M. K. B.** (2005, May). Exercise and Quality of Life. Poster session presented at annual meeting of the American Psychological Society, Los Angeles, CA.

Miller, A., & **Lustyk, M. K. B.** (2005, August). Stress, Premenstrual Symptomatology and Spiritual Well-Being in Women: A mediation analysis. Paper presented at the annual meeting of the American Psychological Association, Washington, DC.

Paschane, A. E., **Lustyk, M. K. B.**, & Widman, L. (2004, March). Stress, quality of life and physical activity in women with varying degrees of premenstrual symptomatology. Paper presented at the annual meeting for the Society of Behavioral Medicine, Baltimore, MD.

**Lustyk, M. K. B.**, Paschane, A. E., & Widman, L. (2004, March). Exercise and premenstrual symptomatology in women. Poster session presented at the annual meeting of the Society of Behavioral Medicine, Baltimore, MD.

**Lustyk, M. K. B.**, Paschane, A. E., & Widman, L. (2004, April). Stress, quality of life and exercise in women with PMS. Paper presented at the annual meeting for the Western Psychological Association, Phoenix, AZ.

Widman, L., Worrell, K., Soule, E., **Lustyk, M. K. B.**, & Paschane, A. (2004, April). Implications of gender on sense of control reports. Poster session presented at the annual meeting of the Western Psychological Association, Phoenix, AZ.

Olson, K. C., **Lustyk, M. K. B.**, Watson, D. J., Meserole, L., & Paschane, A. A. (2004, April). Stress reactivity in women: Do psychological and physiological measures differ? Poster session presented at the annual meeting of the Western Psychological Association, Phoenix, AZ.

- Paschane, A. E., **Lustyk, M. K. B.**, Widman, L., & Olson, K.C. (2004, July). Effect of sense of control on stress reactivity in women. Paper presented at the annual meeting of the American Psychological Association, Honolulu, Hawaii.
- Widman, L., **Lustyk, M. K. B.**, & Paschane, A. (2003, August). Sexual abuse and body image: Does age of abuse matter? Paper presented at the annual meeting of the American Psychological Association, Toronto, Ontario, Canada.
- Lustyk, M. K. B.**, Widman, L., Paschane, A., & Ecker, E. (2003, March). Physical activity and quality of life: Assessing the influence of activity frequency, intensity, volume and motives. Poster session presented at the annual meeting of the Society of Behavioral Medicine, Salt Lake City, UT.
- Lustyk, M. K. B.**, Gibbs, R. M., & Vieselmeyer, J. L. (2003, May). Body image in women with varying degrees of premenstrual symptomatology. Western Psychological Association, Vancouver, Canada.
- Lustyk, M. K. B.**, McFarlane, C., & Marsala, K. J. (2003, May). A comparison of body image in female exercisers and non-exercisers. Poster session presented at the annual meeting of the Western Psychological Association, Vancouver, Canada.
- Beam, C. R., **Lustyk, M. K. B.**, Heisler-Noojin, D., & Olson, K. C. (2003, May). Relationships among stress, body image and religious well-being in females. Poster session presented at the annual meeting of the Western Psychological Association, Vancouver, Canada.
- Paschane, A. A., **Lustyk, M. K. B.**, Widman, L., & Sadak, T. (2002, August). Effect of Control and Stress on Quality of Life. Poster session presented at the annual meeting of the American Psychological Association, Chicago, IL.
- Weathers, R., **Lustyk, M. K. B.**, Widman, L., & Ecker, E. (2002). Relationships among BMI, physical activity, and reasons for exercise in male and female college students. Poster session presented at the annual meeting of the American College of Sports Medicine, St. Louis, MO.
- Lustyk, M. K. B.**, Ecker, E., Widman, L., & Paschane, A. (2002, April). Does exercise intensity affect the relationship between exercise and quality of life? Poster session presented at the annual meeting of the Western Psychological Association, Irvine, CA.

**Lustyk, M. K. B.**, Paschane, A., Ecker, E., & Widman, L. (2002, April). Exercise and quality of life in college students: Do exercise motives make a difference? Poster session presented at the annual meeting of the Western Psychological Association, Irvine, CA.

**Lustyk, M. K. B.**, Weathers, B., Paschane, A., & Barsness, R. (2001, March). The effects of physical activity or meditation on psychological outcomes and physical fitness in healthy adults: An intervention study. Rapid Communications Poster session presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA.

**Lustyk, M. K. B.**, Bennett, J., Jarrett, M., & Heitkemper, M. M. (2001, March). Does a physically active lifestyle improve symptoms in women with irritable bowel syndrome? Poster session presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA.

**Lustyk, M. K. B.**, Jarrett, M. Bennett, J., & Heitkemper, M. M. (2000, March). Does a physically active lifestyle improve symptoms in women with irritable bowel syndrome? Poster session presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA.

**Lustyk, M. K. B.**, Bennett, J. C., Jarrett, M., Schoeniger, D. K., & Heitkemper, M. M. (2000, April). Physical activity and symptoms in women with irritable bowel syndrome. Poster session presented at the annual meeting of the Western Psychological Association, Portland, OR.

**Lustyk, M. K. B.**, Jarrett, M., & Heitkemper, M. M. (1999). The effect of exercise and physical activity on irritable bowel syndrome symptoms in women. Poster session presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.

**Lustyk, M. K. B.**, Summers, H., Heitkemper, M. M., & Jarrett, M. (1997, April). Aerobic fitness and the physiological stress response in women. Poster session presented at the annual meeting of the Western Psychological Association, Seattle, WA.

**Lustyk, M. K. B.**, Summers, H., Jarrett, M., & Heitkemper, M. M. (1997, April). Aerobic fitness and the physiological stress response in women. Paper presented at the annual meeting of the Western Psychological Association, Seattle, WA.

Gruver (**Burkhart**), **M. K.**, Heitkemper, M. M., & Kenney, N. J. (1991, November). Decreased intestinal transit following area postrema ablation. Poster session

presented at the annual meeting of the Society for Neuroscience, New Orleans, LA.

Heitkemper, M. M., Bond, E. F., Gruver (**Burkhart**), K., & Horita, A. (1991, November). TRH-induced gastric motility increases are mediated by a cholinergic mechanism in young rats. Poster session presented at the annual meeting of the Society for Neuroscience, New Orleans, LA.

Gruver (**Burkhart**), M. K., Heitkemper, M. M., & Kenney, N. J. (1990, November). Effect of area postrema ablation on gastric emptying. Poster session presented at the annual meeting of the Society for Neuroscience, St. Louis, MO.

**Burkhart, M. K.**, Kenney, N. J., & Tomoyasu, N. (1989, April). Effect of diet familiarity on food aversions and weight loss induced by area postrema ablation (APX). Poster session presented at the Xth International Conference on the Physiology of Food and Fluid Intake, Paris, France.

**Burkhart, M. K.**, & Kenney, N. J. (1989, November). Food aversions induced by area postrema ablation (APX): Effect of diet familiarity. Poster session presented at the annual meeting of the Society for Neuroscience, Phoenix, AZ.

**Topic Presentations/Guest Lectures (Reverse Chronological Order):**

- |      |  |
|------|--|
| 2007 | “Mind and Menses: Issues affecting health in women” Invited presentation for faculty, students, and staff of the Addictive Behaviors Research Center, University of Washington, Seattle, WA. |
| 2006 | “Laboratory Studies of stress and health in women” Guest lecture of biology cap-stone course, Seattle Pacific University, Seattle, WA.   |
| 2005 | “But I’m not hungry!” Campus-wide presentation on eating disorders and body image, Seattle Pacific University, Seattle, WA.  |
| 2004 | “Stress and Health”, Symposium responder, Seattle Pacific University School of Psychology Family and Community Research Conference, Seattle, WA.   |
| 2002 | “Behavioral neuroscience at a Christian liberal arts university”. Presented to Seattle Pacific University board of trustees, Seattle Pacific University, Seattle, WA.                        |

- 1998 "The psychobiology of eating disorders". Presented at Women's Group, Seattle Pacific University, Seattle, WA.
- 1997 "Reflections on *The Plague* (Albert Camus) from a physiological psychologist's perspective". Seattle Pacific University College of Arts and Sciences Retreat, Seattle, WA.
- 1994 "Achieving cardiovascular fitness". Pacific Northwest All Sports Conference. Seattle, WA.
- 1994 "Aerobic exercise - practical applications". Pacific Northwest All Sports Conference. Seattle, WA.
- 1992 "The importance of exercise during the climacteric: Making a case for exercise as a treatment for menopausal symptoms". Presented at Swedish Medical Center, Seattle, WA as a part of a Women's Health Seminar Series.
- 1992 "Women of the 90's: Health issues surrounding menopause". Presented at the Bellevue Athletic Club, Bellevue, WA as an independent lecture series.

**Submitted Presentations (currently under review):**

**Accepted Presentations :**

Gerrish, W. G., & Lustyk, M. K. B. (2008, August). Cognitive Behavioral Therapy for PMS/PMDD. Accepted for paper presentation at the annual meeting of the American Psychological Association, San Diego, CA

**Grant/Funding Activities**

**Grants in Preparation**

**R34 (Lustyk & Marlatt)**

**06/16/2008 submission date**

NIMH

Development of a mindfulness-based intervention for women with PMS/PMDD

The proposed research project is focused on developing a guided body-scan mindfulness meditation and pilot testing its therapeutic effects in women with PMS/PMDD. Components of Marlatt's Mindfulness-Based Relapse Prevention Program will be adapted in this study. Dr. Marlatt will serve as Co-Investigator

**Ongoing Research Support**

**Faculty Research Support (Lustyk)**

**09/01/2000-Present**

Seattle Pacific University  
Women's Health Research

The purpose of these funds is to annually support research in Lustyk Women's Health Lab.

**Completed Research (Chronological Order)**

**Faculty Research Grant (Lustyk)**

**09/01/1999-07/01/2000**

Seattle Pacific University  
Psychophysiology Lab Start-up

These funds were used by Lustyk to establish the first psychology lab at Seattle Pacific University. All support went towards acquiring psychophysiology equipment and currently houses the Lustyk Women's Health Lab.

**Academic Renewal Grant (Lustyk)**

**03/01/2001-7/01/2001**

Seattle Pacific University  
Psychobiology of Women

This support was used to establish a new course for undergraduate curriculum entitled: Psychobiology of Women, now a regular course offering taught by Lustyk.

**Faculty Research Grant (Lustyk)**

**09/01/2001-01/01/2002**

Survey studies in Women's Health

These funds were used to perform three separate survey studies: (1) Stress and Quality of Life In women with Various Degrees of Premenstrual Symptomatology, (2) Stress and Premenstrual Symptomatology in Women with a History of Abuse, (3) Stress, Premenstrual Symptomatology and Sense of Control in Women.

**Committee and University Service Related Activities:**

Pre-professional Health Sciences Committee, Seattle Pacific University, 1996-present

Faculty Advisor, Psi Chi National Honor Society, 1996-present

Faculty Advisor, Student Society of Psychology, 1996-present

Faculty Speaker, Ivy Cutting, Seattle Pacific University, 2006

Faculty Mentor, Washington State Achievers Scholars, 2005-2007

Science Building Planning Committee, Seattle Pacific University, 2004-2005

Faculty Status Committee, Seattle Pacific University, spring 2005

Faculty Marshall, Seattle Pacific University Commencement, spring 2005

Premier Faculty Presenter, Seattle Pacific University, spring 2004

Women Studies Committee, Seattle Pacific University, 1998-2003

Updated: 9/16/2008

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Premier Faculty Presenter, Seattle Pacific University, spring 2003  
Science Building Task Force, Seattle Pacific University, 1997-2003  
Administrator Review Task Force, Seattle Pacific University, 2000