

Karyn L. Skaar, Ph.D.
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Education **Oklahoma State University**
Doctor of Philosophy (Ph.D.), Clinical Psychology, 1995

Oklahoma State University
Master of Science (M.S.), Psychology, 1991

University of Nebraska at Omaha
Bachelor of Arts (B.A.), Psychobiology, 1988

Teaching Experience

8/10 – present **Northeast Texas Community College**

Professor in Psychology

Courses taught in Introduction to Psychology, Psychology/Chemistry, Honors Seminar (began Spring 2024), Psychology/Statistics Honors Seminar, Development through the Lifespan, Personality and Social Adjustment, and Social Psychology. Served as Psi Beta faculty advisor, adjunct faculty mentor, Faculty Senate secretary, Faculty Senate Treasurer, member of Instructional Program Review committee, Faculty Senate Ways and Means committee chair. Responsible for student advising, course assessment and review, textbook evaluation and selection, course syllabi development. Involvement in pilot classes for the QEP Writesmart, Quality Matters Cohort, statistical analysis, interpretation, and presentation of Community College Survey of Student Engagement (CCSSE) for NTCC.

8/07 – 8/10 **Northeast Texas Community College**

Adjunct Faculty in Psychology

Classroom course taught to introduce undergraduate students to the field of psychology, including psychology's basic terminology and concepts, history, scientific process and scientific report writing.

8/95 – 8/97 **University of Texas M.D. Anderson Cancer Center, Houston, Texas**

Instructor/Postdoctoral Fellow

Theoretical psychological constructs were translated into applicable treatment and intervention materials, including a program of smoking cessation for pregnant smokers and a program testing the efficacy of anti-depressants in smoking cessation.

1/89 – 5/89 **University of Nebraska at Omaha**

Lab Instructor, Physiological Psychology

Laboratory course designed to introduce undergraduate and graduate students to the techniques and procedures of physiological psychology, including scientific report writing, problems of research design, and data analyses.

8/88 – 12/88 **University of Nebraska at Omaha**
Lab Instructor, Introduction to Psychology II
Laboratory experimentation with human and animal subjects, taught to undergraduate students.

8/88 – 12/88 **University of Nebraska at Omaha**
Lab Instructor, Animal Behavior
Laboratory and field studies of animal behavior with an ethological emphasis with classical laboratory experiences and independent study, for both undergraduate and graduate students.

Other Work Experience

5/96 – 8/97 **University of Texas M.D. Anderson Cancer Center**, Houston, Texas
Cancer Prevention Postdoctoral Fellow. Project director for a clinical research study sponsored by the Robert Wood Johnson Foundation examining smoking cessation in pregnant women.

- Developed study design, translated smoking cessation principles into a videotaped intervention, authored scripts for videotapes, served and appeared as panel expert, assisted the U.T. television personnel in videotape production, and developed additional treatment materials and questionnaires.
- Responsible for the recruitment, training and supervision of staff members.
- Teaching graduate and undergraduate students to apply psychological concepts.
- Managed both marketing and operational implementation of videotaped intervention. Served as liaison between my department and other departments and external agencies (NYLCARE HMO, MacGregor Medical Association, local media, and corporate sponsors). Maintained all research subject interactions.
- Analyzed data and prepared and presented updates and progress reports to granting agency.
- Arranged and coordinated all aspects of site visits by members of the granting agency.
- Presented smoking cessation techniques for M.D. Anderson patients, patients' families, and employees.
- Served on staff for the Tobacco Research and Treatment Program.

8/95 – 4/96 **University of Texas M.D. Anderson Cancer Center**, Houston, Texas
Instructor. Project co-director for clinical trial examining the effects of an antidepressant on smoking cessation.

- Developed smoking cessation treatment and treatment materials. Developed protocols for study administration, subject recruitment, interviews and implementation.
- Responsible for recruitment, training and supervision of staff members.
- Teaching graduate and undergraduate students to apply psychological concepts.
- Served as counselor for project funded by the National Cancer Institute counseling women at risk for breast cancer.

- Presented smoking cessation training module for registered nurses and nurse practitioners through Professional Education for Early Detection and Prevention.
- Presented theory, applications, and current research on nicotine replacement therapy for smoking cessation to the Texas Academy of Family Physicians.
- Served on staff for the Tobacco Research and Treatment Program.

- 8/94 – 8/95 **University of Mississippi Medical Center/Veterans Affairs Medical Center Consortium**, Jackson, Mississippi
Clinical Psychology Resident. Served three rotations: (1) Health Behavior Program: participated in a multidisciplinary cardiac rehabilitation team; (2) Women's Health: provided cognitive behavioral treatment to adult survivors of rape and childhood sexual abuse; (3) Trauma Recovery Program: evaluated and treated combat veterans for post-traumatic stress disorder (PTSD) in the context of an interdisciplinary treatment team. Additionally, organized existing data from smoking cessation treatment program into database and coordinated interdisciplinary administration project. As assistant chief resident, coordinated recruitment of following year's resident class.
- 7/92 – 6/94 **Red Rock Community Mental Health Center and Southwest Medical Center**, Oklahoma City, Oklahoma
Practicum Student. Conducted intake assessments, intellectual and psychological evaluations. Provided individual, family, and group therapy.
- 1990-1992 **Oklahoma State University**, Stillwater, Oklahoma
Graduate Research Assistant. Duties included being project director for research laboratory; submitting IRB protocols for research projects; recruiting, interviewing, and running subjects; analyzing data; preparing manuscripts; teaching and supervising junior graduate and undergraduate students to apply psychology concepts; and general laboratory administration. Poster presenter at AABT, SBM, and APA.
- 1991-1992 **Oklahoma City Veterans Affairs Medical Center**, Oklahoma City, Oklahoma
Psychology Trainee. Assisted in the development and administration of a smoking cessation program. Duties included data collection and co-leading weekly smoking cessation groups for VA patients and staff.

Publications

- Skaar, K., Tsoh, J., Cinciripini, P., Wetter, D., Prokhorov, A., & Gritz, E. (1996). Current approaches in smoking cessation. *Current Opinion in Oncology*, 8, 434-440.
- Skaar, K., Tsoh, J., McClure, J., Cinciripini, P., Friedman, K., Wetter, D., & Gritz, E.R. (1997). Smoking Cessation 1: An overview of research. *Behavioral Medicine*, 23, 5-12.
- Tsoh, J., McClure, J., Skaar, K., Wetter, D., Cinciripini, P., Prokhorov, A., Friedman, K., & Gritz, E.R. (1997). Smoking Cessation 2: Components of effective interventions. *Behavioral Medicine*, 23, 15-27.

McClure, J., Skaar, K., Tsoh, J., Wetter, D., Cinciripini, P., & Gritz, E.R. (1997). Smoking Cessation 3: Policy Implications. *Behavioral Medicine*, 23, 29-34.

Cinciripini, P., Gritz, E., Tsoh, J., & Skaar, K. Smoking Cessation and Cancer Prevention. In *Psycho-Oncology* New York: Oxford University Press; 1998.

Cinciripini, P., McClure, J., Wetter, D., Perry, J., Blalock, J. Cinciripini, L., Friedman, K., & Skaar, K. (2000). An evaluation of videotaped vignettes for smoking cessation and relapse prevention during pregnancy: the Very Important Pregnant Smokers (VIPS) program. *Tobacco Control*, 9, 61-63.

Dissertation

Skaar, K.L. Performance in dependent and nondependent smokers: Separation of drug withdrawal effects from drug facilitatory properties. Doctor of Philosophy Dissertation, Oklahoma State University Department of Psychology, 1995.

Honors and Awards

5/96 – 8/97 National Cancer Institute Postdoctoral Fellowship in Cancer Prevention at U.T. M.D. Anderson Cancer Center (R25 Cancer Prevention Educational Grant, Robert Chamberlain, PI).

Community Involvement

2022 to present	Pride Flock advisor
2023 to 2024	Faculty Senate treasurer
2012 to present	Psi Beta faculty advisor
2019 to 2021	Faculty Senate secretary
2019 to 2021	Instructional Program Review Committee
2018-2020	More Alike than Different faculty advisor
2013 to 2017	Stewardship Campaign Chair, First United Methodist Church (FUMC), Pittsburg
2014 to 2016	President of Pittsburg High School Theatre Booster Club
2012 to 2016	President of Pittsburg High School Robotics Booster Club
2010 to 2015	Board member for Camp County Public Library
2010 to 2014	Board member for Communities in Schools (CIS)

- 2006 to 2018 Sunday School and Vacation Bible School teacher, FUMC Pittsburg
- 2009 to 2012 Chairperson and board member of Staff Parish Relations Committee, (FUMC), Pittsburg
- 2009 to 2010 President of United Methodist Women, FUMC Pittsburg
- 2007 to 2012 Soccer coach and U.S. Soccer Federation-certified recreational referee for Under 8, Under 10, Under 12, Under 14 and Under 19 divisions, Upshur County Youth Soccer Association, Gilmer, Texas