

# Mary McNaughton-Cassill, Ph.D.

## Professor

Department of Psychology

**Research area:** Clinical Psychology

**Email:** [Mary.McNaughtonCassill@utsa.edu](mailto:Mary.McNaughtonCassill@utsa.edu)

**Phone:** 210-458-6558

**Office:** MH 04.02.32

**Office hours:** M/W 1:00-2:15 & by appt

## Bio

Dr. McNaughton-Cassill received her Ph.D. in 1991 from the University of California, San Diego- San Diego State University Joint Doctoral Program in Clinical Psychology, with an emphasis on Behavioral Medicine. Her research involved Psychological and Psychoimmunological explorations of stress responses among elderly Alzheimer's Disease Caregivers. She also holds a Master's Degree in Psychology from the University of California, Santa Barbara, Psychology with an emphasis on Physiological Psychology, where her research involved the study of glucocorticoid responses to stress in rats. She is currently an Associate Professor and the Associate Dean of Undergraduate Affairs for the College of Liberal and Fine Arts.

Dr. McNaughton-Cassill started teaching Psychology since 1984 as a Community College Instructor and an Adjunct Professor, and currently teaches Theories of Learning, Psychology and Health, Abnormal Psychology and Stress Management, Physiological Psychology, and team teaches an Honor' Course on the Science and Psychology of Everyday Live. She also works with undergraduate and graduate students as a research mentor, and is the advisor for the Student Psychological Association and the Mortar Board Honor's Society.

She has worked as a Clinical Psychologist with College Student Populations, with an Outpatient Schizophrenia Program and on a Spinal Cord Injury Unit, and with Nursing Home Populations. She has also led stress management groups and conducted research on the stress couple's experience when undergoing In Vitro Fertilization treatment for Infertility.

Her current research interests include the evaluation of the interaction of stress including the news media and the technological characteristics of modern life with cognitive and personality factors to impact mental and physical health. She is also looking at the psychological impact of high stakes standardized testing on elementary school children and their families. She has received research funding from the Minority Biomedical Support program through NIH, M-RISP, and at UTSA.

## Degrees

- Ph.D., Clinical Psychology, University of California, San Diego-San Diego State University Joint Doctoral Program, 1991
- M.A., Psychology, University of California, Santa Barbara, 1983
- B.A., Psychology, University of California, Santa Barbara, 1981

## Recent Courses

- 2513 *Abnormal Psychology*
- 2543 *Theories of Learning*
- 4183 *Physiological Psychology*
- 4253 *Psychology of Health*
- 4953 *Sp Studies: Stress*
- 5383 *Biological Psychology (MS level)*

## Recent Publications

### Book

McNaughton-Cassill, M.E. *Mind the Gap: Managing Stress in the Modern World* (2013). San Diego, California: Cognella Academic Press.

## Publications in Refereed Journals

- Osman, A., Lamis, D. A., Freedenthal, S., Gutierrez, P. M., & McNaughton-Cassill (in press). The Multidimensional Scale of Perceived Social Support: Analyses of internal reliability, measurement invariance, and correlates across gender. *Journal of Personality Assessment*.
- Bryan, C.J., Andreski, S.R., McNaughton-Cassill, M. & Osman, A. (in press) Agency is associated with decreased emotional distress and suicidal ideation in military personnel. *Archives of Suicide Research*.
- Bryan, C.J., Elder, W.B., McNaughton-Cassill, M., Osman, A., Hernandez, A.M., & Allison, S. (in press). Meaning in life, emotional distress, suicidal ideation, and life functioning in an active duty military sample. *Journal of Positive Psychology*.
- Bryan, C.J., McNaughton-Cassill, M. & Osman, A. (In press). Age and belongingness moderate the effects of combat exposure on suicidal ideation among active duty Air Force personnel. *Journal of Affective Disorders*.
- Bryan, C.J., Elder, W.B., McNaughton-Cassill, M., Osman, A., Hernandez, A.M., & Allison, S. (2013). Meaning in life, emotional distress, suicidal ideation, and life functioning in an active duty military sample. *Journal of Positive Psychology*, 8(5), 444-452.
- Hannon, B. and McNaughton-Cassill, M. (2011). SAT performance: Understanding the contributions of cognitive/learning and social/personality factors. *Applied Cognitive Psychology*, n/a.doi: 10.1002/acp.1725.

- McNaughton-Cassill, M. Novian, D.A., Holmes, T.L., & Smith, T.L. (2009). Emotional stress and coping in response to television news coverage of the 9/11 terrorist attacks. *Journal of Media Psychology* V 14 (1) Winter, 2009.
- Meier, J A., McNaughton-Cassill, M., Lynch, M. (2006). The Management of household and childcare tasks and relationship satisfaction in dual-earner families. *Marriage & Family Review*, 40: 2/3, 61, 88.
- McNaughton-Cassill, M.E., Bostwick, J.M., Arthur, J., Robinson, R.D., & Neal, G.S. (2005). Brief cognitive behavioral couples support groups developed to manage the stress of IVF treatment. In Oxington, K.V. (Ed). *Stress and Health New Research* (pp. 187-201). New York: Nova Biomedical Books.
- McNaughton-Cassill, M. E., Bostwick, J.M., Arthur, N.J., Robinson R. R., & Neal, G.S. (2002). The efficacy of brief couples support groups developed to manage the stress of In Vitro Fertilization treatment. *Mayo Clinic Proceedings*, 77, 1060-1066.
- McNaughton-Cassill, M. E., & Smith., T.S. (2002). My world is OK, but yours is not: Television news, the optimism gap, and stress. *Stress & Health* 18, 27-33.

## **Additional Information**

## **Honors and Awards**

- 2011 Richard S. Howe Excellence in Service to Undergraduates Teaching Award
- 2010 UT System Regents' Outstanding Teaching Award
- 2010-2011 Principle Investigator on SALS Grant with Dr. Augustine Osman and Dr. Craig Bryan, UTHSCSA. Analysis of Risk and Protective Factors for Trauma-Related Events
- 2008 Faculty Research Award. Co-Investigator with Dr. Augustine Osman. Development of a Measure of Media Malaise.
- Received 3 Year M-RISP Grant with Dr. B. Hannon from the NIH entitled: Longitudinal a Investigation of the Attitudinal/Belief and Learning/Cognitive Factors that contribute to Test Anxiety in European-American and Hispanic Students.
- Received 3 Year Minority Biomedical Research Support Grant from the NIH for a project entitled: News Media Exposure, Stress and Psychological Well-Being.

## **Academic and Professional Activities**

- American Psychological Association
- Southwestern Psychological Association
- Texas Psychological Association, Disaster Response San Antonio, Representative
- Member of the Continuing Education Committee, Southwestern Psychological Association
- Advisor for Student Psychological Association, UTSA
- Advisor for Mortar Board, UTSA