

Name: Heather Littleton
Title: Assistant Professor
Department: Psychology
College: CHSS

Degrees Earned

1999-2004 Virginia Tech (APA Accredited)
Blacksburg, VA
Degrees Earned: Doctor of Philosophy in Psychology (May of 2004)
Master of Science in Psychology (May of 2001)
Program: Clinical Psychology
Specialization: Clinical-Adult Psychology
Advisor: Dr. Danny Axsom
Dissertation title: *The coping process of the unacknowledged rape victim*
Thesis title: *When is it rape? The role of rape and seduction scripts*

1995-1999 Clemson University
Clemson, SC
Degree earned: Bachelor of Arts in Psychology, Summa Cum Laude with Senior
Departmental Honors
Minor: Women's Studies
Advisor: Dr. Cynthia Pury
Thesis title: *The relationship between body dysmorphic, eating
disordered, and obsessive-compulsive symptoms*

Professional Licensure and Certifications

Texas State Board of Psychological Examiners, Licensed Psychologist

Peer-Review Publications and Artistic Performances/Exhibitions

Articles

Littleton, H. L., & Henderson, C. E. (in press). If she is not a victim, does that mean she was not traumatized? Evaluation of predictors of PTSD symptomatology among college rape victims. *Violence Against Women*.

Littleton, H. L., Radecki Breitkopf, C., & Berenson, A. B. (in press). Beyond the campus: Unacknowledged rape among low income women. *Violence Against Women*.

Littleton, H. L., Horsley, S., John, S., & Nelson, D. V. (2007). Trauma coping strategies and psychological distress: A meta-analysis. *Journal of Traumatic Stress, 20*, 977-988.

- Littleton, H. L.,** Radecki Breitkopf, C., & Berenson, A. B. (2007). Sexual and physical abuse history and recent sexual risk behaviors: Relationships among women and potential mediators. *Child Abuse & Neglect, 31*, 757-768.
- Littleton, H. L.** (2007). An evaluation of the coping patterns of rape victims: Integration with a schema-based information processing model. *Violence Against Women, 13*, 789-801.
- Littleton, H. L.,** Rhatigan, D., & Axsom, D. (2007). Unacknowledged rape: How much do we know about the hidden sexual assault victim? *Journal of Aggression, Maltreatment, and Trauma, 14* (4), 57-74.
- Littleton, H. L.,** Berenson, A. B., & Radecki Breitkopf, C. (2007). An evaluation of health care providers' sexual violence screening practices. *American Journal of Obstetrics & Gynecology, 196*, 564.e1-564.e7.
- Littleton, H. L.,** Radecki Breitkopf, C., & Berenson, A. B. (2007). Correlates of anxiety symptoms during pregnancy and association with perinatal outcomes: A meta-analysis. *American Journal of Obstetrics & Gynecology, 196*, 424-432.
- Littleton, H. L.,** Radecki Breitkopf, C., & Berenson, A. B. (2007). The rape scripts of low-income European American and Latina women. *Sex Roles, 56*, 509-516.
- Radecki Breitkopf, C., **Littleton, H. L.,** & Berenson, A. B. (2007). Body image: A study in a tri-ethnic sample of low income women. *Sex Roles, 56*, 373-380.
- Littleton, H. L.,** Tiedeman, K., & Axsom, D. (2007). A meta-analysis of self-attributions following three types of trauma: Sexual victimization, illness, and injury. *Journal of Applied Social Psychology, 37*, 515-538.
- Littleton, H. L.,** Axsom, D., & Yoder, M. (2006). Priming of consensual and non-consensual sexual scripts: An experimental test of the role of scripts in rape attributions. *Sex Roles, 54*, 557-563.
- Littleton, H. L.,** Axsom, D., Radecki Breitkopf, C., & Berenson, A. B. (2006). Rape acknowledgment and post assault behaviors: How acknowledgment status relates to disclosure, coping, worldview, and reactions received from others. *Violence and Victims, 21*, 765-782.
- Littleton, H. L.,** & Radecki Breitkopf, C. (2006). Coping with the experience of rape. *Psychology of Women Quarterly, 30*, 106-116.
- Littleton, H. L.,** Radecki Breitkopf, C., & Berenson, A. B. (2005). Body image and risky sexual behaviors: An investigation in a tri-ethnic sample. *Body Image, 2*, 193-198.

Littleton, H. L., Axsom, D., & Pury, C. L. S. (2005). Development of the Body Image Concern Inventory. *Behaviour Research and Therapy*, 43, 229-241.

Littleton, H. L., & Axsom, D. (2003). The rape and seduction scripts of university students: Implications for rape attributions and unacknowledged rape. *Sex Roles*, 49, 465-475.

Littleton, H. L., & Ollendick, T. (2003). Negative body image and disordered eating: What places youth at risk and how can these problems be prevented? *Clinical Child and Family Psychology Review*, 6, 51-66.

Littleton, H. L., & Stephens, B. R. (1999). How gender affects perceptions of aggression in negative campaign advertising. *Psi Chi Undergraduate Research Journal*, 4, 33-36.

Chapters

Littleton, H. L., & Berenson, A. B. (2008). Medical management of the adolescent sexual abuse victim. In R. M. Reece (Ed.), *Child abuse: Medical diagnosis and management* (3rd ed.). Washington, D.C.: American Academy of Pediatrics.

Funded External Grants

Coping, adjustment, and resilience among college women following the mass shooting at Virginia Tech. SGER award from the National Science Foundation (co-PI: Heather Littleton, PI: Danny Axsom), \$109,273, 6/15/2007-6/14/2008.

Rape acknowledgment, recovery-related behaviors, and re-victimization risk: A longitudinal study (PI: Heather Littleton). Grant award from the Society for the Psychological Study of Social Issues, \$2000, 6/1/2006-5/30/2008.

Unwanted sex, ethnicity, and health (PI: Heather Littleton). Grant award from McGanity Research Fund at the University of Texas Medical Branch, \$900, 1/1/2005-12/31/2006.

The coping process of the unacknowledged rape victim (PI: Heather Littleton). Grant award from Graduate Student Assembly of Virginia Tech, \$500, 5/1/2002.

When is it rape? The role of rape and seduction scripts (PI: Heather Littleton). Grant award from Graduate Student Assembly of Virginia Tech, \$300, 5/1/1998.

Peer-Review Presentations/Posters

Schart, L., Grills-Taquechel, & **Littleton, H. L.** (November 2007). *Predicting alcohol abuse: The roles of sexual victimization history, internalizing symptoms, and ethnic minority status*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Schart, L., **Littleton, H. L.**, & Grills-Taquechel, A. (November 2007). *Predicting sexual coping: The roles of sexual assault, internalizing symptoms, and ethnicity*. Paper presented at the annual meeting of the International Society for Traumatic Stress Studies, Baltimore, MD.

Littleton, H. L., & Henderson, C. E. (November 2007). *Does not acknowledging rape protect victims from developing PTSD? Evaluation in a college sample*. Paper presented at the annual meeting of the International Society for Traumatic Stress Studies, Baltimore, MD.

Littleton, H. L., Horsley, S., John, S., & Nelson, D. V. (March 2007). *Coping with trauma and distress: A meta-analysis*. Paper presented at the annual meeting of the Society for Behavioral Medicine, Washington, D.C.

Littleton, H. L., Berenson, A. B., & Radecki Breitkopf, C. (October 2006). *An evaluation of health care providers' sexual violence screening practices*. Paper presented at the annual meeting of the Central Association of Obstetricians and Gynecologists, Las Vegas, NV.

Littleton, H. L., Radecki Breitkopf, C., & Berenson, A. B. (August 2006). *Anxiety during pregnancy and neonatal outcomes: A meta-analysis*. Paper presented at the annual meeting of the American Psychological Association, New Orleans, LA.

Littleton, H. L., Radecki Breitkopf, C., & Berenson, A. B. (August 2006). *The rape scripts of Caucasian and Latina women*. Paper presented at the annual meeting of the American Psychological Association, New Orleans, LA.

Littleton, H. L., Radecki Breitkopf, C., & Berenson, A. B. (April 2005). *Body consciousness and risky sexual behaviors*. Paper presented at the annual meeting of the Society of Behavioral Medicine, Boston, MA.

Littleton, H. L., & Axsom, D. (November 2004). *Are there multiple types of non-recovered victims? A preliminary test of a memory-processing model*. Paper presented at the annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.

Littleton, H. L., & Axsom, D. (November 2004). *Coping with the experience of rape*. Paper presented at the annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.

Littleton, H. L., & Axsom, D. (November 2003). *Coping with the consequences of rape: Unacknowledged versus acknowledged victims*. Paper presented at annual meeting of Association for Advancement of Behavior Therapy, Boston, MA.

Littleton, H. L., & Axsom, D. (August 2002). *Effects of priming rape and seduction scripts on rape attributions*. Paper presented at annual meeting of American Psychological Association, Chicago, IL.

Axsom, D., **Littleton, H. L., & Tiedeman, K.** (August 2002). *Attributions of self-blame following victimization: A meta-analysis*. Paper presented at annual meeting of American Psychological Association, Chicago, IL.

Blier, H. K., Fox, L. D., Scarpa-Friedman, A., Ollendick, T. H., **Littleton, H., & Seligman, L.** (November 2001). *School-based group intervention for aggressive adolescents: Treatment outcomes and implications*. Paper presented at annual meeting of Association for Advancement of Behavior Therapy, Philadelphia, PA.

Littleton, H. L., Axsom, D., & Pury, C. L. S. (August 2001). *Development of a body dysmorphic questionnaire*. Paper presented at annual meeting of American Psychological Association, San Francisco, CA.

Blier, H. K., Fox, L. D., **Littleton, H. & Scarpa-Friedman, A.** (July 2001). *School-based group treatment of aggressive youth: Outcomes and applications*. Paper presented at 2001 World Congress of Behavioral and Cognitive Therapies, Vancouver, B. C.

Littleton, H. L., & Axsom, D. (March 2001). *The rape and seduction scripts of college students*. Paper presented at the annual meeting of the Southeastern Psychological Association, Atlanta, GA.

Littleton, H. L., & Stephens, B. R. (April 1997). *How gender affects perceptions of aggression in negative campaign advertising*. Paper presented at the annual meeting of the Southeastern Psychological Association, Atlanta, GA.

Patton, C.W., Allen, D. K., Bundrick, C. L., **Littleton, H. L., Sloan, P. A., & Tyrrell, R. A.** (April 1997). *Pedestrian estimations of their own visibility under different nighttime conditions*. Paper presented at the annual meeting of the Southeastern Psychological Association, Atlanta, GA.

Work or Professional Experiences

8/06-present Assistant Professor (tenure track)
Department of Psychology and Philosophy
Sam Houston State University

9/05-7/06 Women's Health Research Fellow
Center for Interdisciplinary Research in Women's Health
University of Texas Medical Branch

9/04-8/05 Women's Health Research Fellow (70%)
Center for Interdisciplinary Research in Women's Health

Clinical Health Psychology Fellow (30%)
Department of Rehabilitation Sciences
University of Texas Medical Branch

Honors and Awards

- 2006** Young Investigator Award, Central Association of Obstetricians and Gynecologists
- 2006** 3rd place winner for clinical research, National Women's Health Week poster contest at the University of Texas Medical Branch
- 2005** 1st place winner for clinical research, National Women's Health Week poster contest at the University of Texas Medical Branch
- 2003** Graduate Student of the Year, College of Arts and Sciences of Virginia Tech
- 2002** Mensa Member (The High IQ Society)
- 2001** American Psychological Association Conference Travel Award
- 2001** Graduate Student Assembly of Virginia Tech Conference Travel Award
- 1999** Moore Outstanding Senior in Psychology from Clemson University
- 1999** Psi Chi Undergraduate Research Award from Clemson University
- 1999** Phi Kappa Phi Outstanding Student Award from Clemson University
- 1999** Phi Kappa Phi Member
- 1999** Mortarboard Member
- 1998** American Psychological Association undergraduate internship at the University of Miami working on SMART2 grant- stress management for individuals with HIV
- 1997** Golden Key Member
- 1997** Attendee of American Psychological Association Summer Science Institute
- 1996** Psi Chi Member