



SDSU

San Diego State
University



Psi Chi & Psychology Club

Dr. Jessica McCurley, PhD MPH (she/her/hers)



Topics

- Introduction
- My story
- My education / training path
- My research & clinical work
- Your questions!

Introduction

- Clinical psychologist with specialization in Health Psychology/Behavioral Medicine
- Attended the SDSU/UC San Diego Joint Doctoral Program in Clinical Psychology 2012 – 2018
- Joined the SDSU Psychology Department as faculty in Fall 2022
- 10+ years of experience conducting research and seeing patients

My story | My “why”



My story



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Georgia Town is Case Study in Immigration Debate

Some Employers Say Influx Has Helped Bottom Line



My story



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My story



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Georgia Town is Case Study in Immigration Debate

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My story



Education & training



BA in Anthropology + Pre-med
I never took a psych class in
undergrad!!

Education & training



MA in Psychology

Education & training



PhD in Clinical Psychology



SAN DIEGO STATE
UNIVERSITY

UC San Diego



UNIVERSITY OF
GEORGIA

Education & training



**Clinical Internship
Postdoctoral Fellowship**



MASSACHUSETTS
GENERAL HOSPITAL



HARVARD
MEDICAL SCHOOL




SAN DIEGO STATE
UNIVERSITY

UC San Diego



UNIVERSITY OF
GEORGIA



Between
undergrad & PhD:
6 years!

- 1 year: Counselor/teacher - residential facility in Guatemala
- 1 year: Teacher - US Kindergarten
- 2 years: Case manager - Interpersonal violence shelter & support program
- 2 years: Clinical Research Coordinator + MA in Psychology

Research as a clinical & health psychologist



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Dissertation: Migration, stress, type 2 diabetes

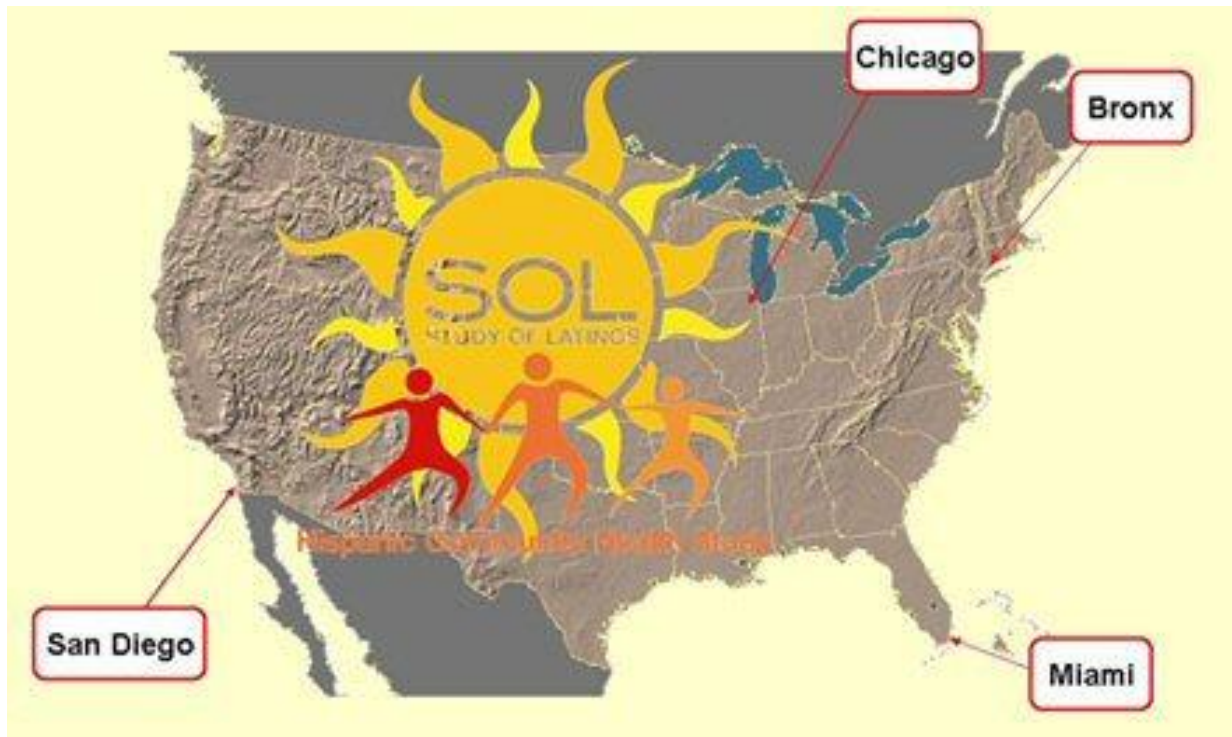
UC San Diego



Health Frontiers in Tijuana (HFIT) Clinic



Physical and mental health in Hispanic/Latinx communities



- Hispanic Community Health Study
- Psychological and social factors (e.g., stress, social support) that influence risk for type 2 diabetes, high blood pressure, heart disease

Nuestra Vida



Pilot Test of a Culturally Appropriate Diabetes Prevention Intervention for At-Risk Latina Women

631

Purpose

The purpose of the study was to test the preliminary effectiveness, feasibility, and acceptability of a peer-led, culturally appropriate, Diabetes Prevention Program (DPP)-based lifestyle intervention for Latina women at high-risk for type 2 diabetes (T2DM).

Methods

Participants (N = 61) were overweight/obese (body mass index [BMI] ≥ 25) Latina women with no diabetes, at elevated risk either due to midlife age (45-65 years) or

Jessica L. McCurley, MS

Addie L. Fortmann, PhD

Angela P. Gutierrez, MS

Patricia Gonzalez, PhD

Johanna Euyoque, MA

Taylor Clark, BA

Jessica Preciado

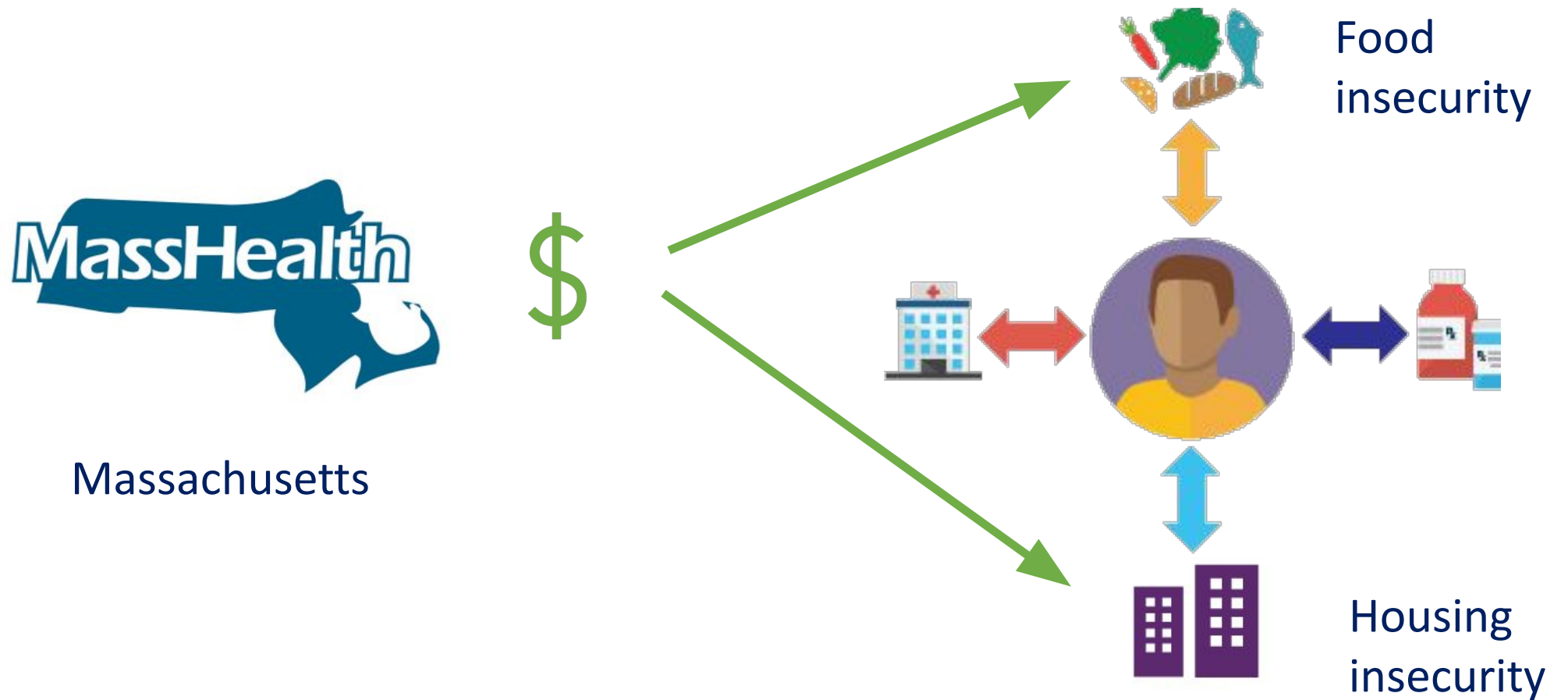
Aakif Ahmad, DO

Athena Phillis-Tsimikas, MD

Linda C. Gallo, PhD

- Cultural adaptation of diabetes prevention program

Health policy and social determinants of health



Low-wage workers

- 1/3 of all workers in the U.S.
- More likely to be women, racial/ethnic minorities
- More likely to be have multiple health conditions depression and cardiometabolic conditions
- Disproportionate social disadvantage
 - Food and housing insecurity
 - Structural racism



Brookings, "Essential but undervalued," 2020

*Earn <2/3 median hourly wages (\$18 in Boston)

Low-wage workers

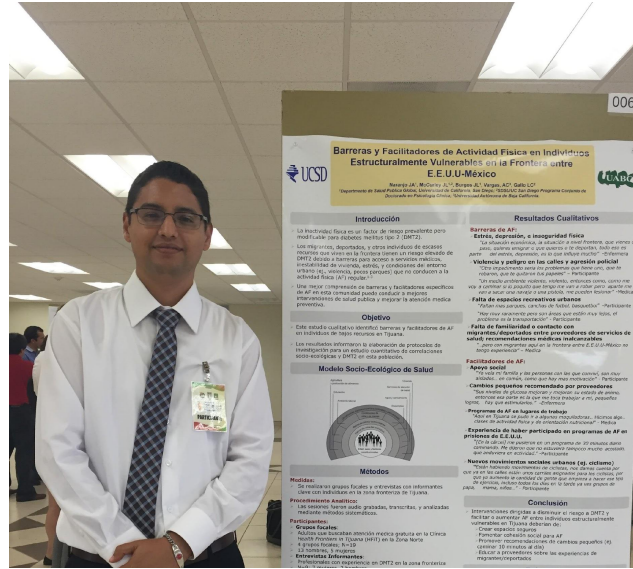
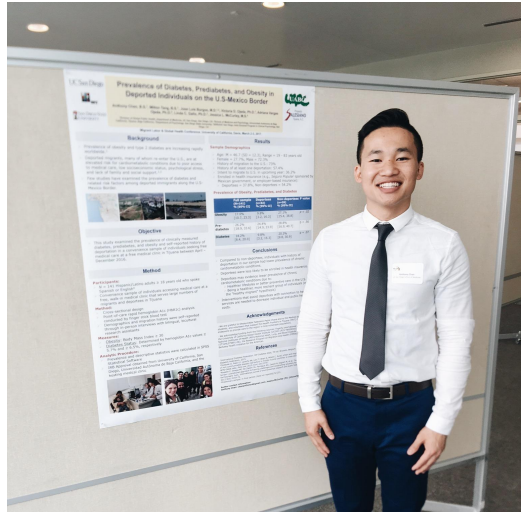
Be Well at Work- PLUS:

Adapting an evidence-based telehealth intervention to reduce depression and increase physical activity in low-wage workers



Brookings, “Essential but undervalued,” 2020

*Earn <2/3 median hourly wages (\$18 in Boston)



Students & research assistants



Clinical work

- Health psychology / behavioral medicine
 - Patients with new or difficult medical diagnoses (cancer, HIV, Lyme disease, MS)
 - Managing chronic diseases (e.g., type 2 diabetes)
 - Group therapy: smoking cessation, chronic pain
 - Neuro ICU - neurological conditions (stroke, brain injury)
 - Transplant and bariatric surgery clinics (pre- and post-surgery counseling)
 - Integrated primary care-mental health clinic
 - Long COVID (fatigue, chronic pain, brain fog)
- Traditional clinical psychology (e.g., anxiety, depression, PTSD)

Interested in
clinical psychology?

Recommendations

- **Talk to at least 5 people** who have that degree (and graduated recently)
- **Get involved in research**
 - Will help you know which type of graduate program is best for you
 - Will make you more competitive for grad school
 - Great job post-graduation
 - SDSU programs for underrepresented students to become competitive for PhD programs: MARC, ADAR
- **It's a long road to the PhD:** PhD Programs often require post-graduate experience (Master's degree, research experience) and it can take multiple years/application cycles to get admitted
- **Don't be afraid of "taking time off"**
- **Don't ignore salaries!! \$\$\$\$**



Questions?