
CURRICULUM VITAE

Ashley Borders, Ph.D.
Associate Professor of Psychology
The College of New Jersey

Department of Psychology
The College of New Jersey
P.O. Box 7718
Ewing, NJ 08628-0718

Phone: 609-771-2291
borders@tcnj.edu
Fax: 609-637-5178

EDUCATION

Ph.D. in Clinical Psychology (May 2007)
University of Southern California, Los Angeles, CA
Internship: VA Medical Center, Long Beach, CA

M.A. in Clinical Psychology (May 2003)
University of Southern California, Los Angeles, CA

B.A. in Psychology (May 1998)
Yale University, New Haven, CT

EMPLOYMENT

Associate Professor of Psychology (2014-present)
The College of New Jersey, Ewing, NJ

Assistant Professor of Psychology (2009-2014)
The College of New Jersey, Ewing, NJ

Non-tenure-track faculty (2007-2009)
University of Southern California, Los Angeles, CA

Lecturer (Summer 2008)
California State University at Los Angeles, Los Angeles, CA

Lecturer (2005-2007)
California State University at Long Beach, Long Beach, CA

CERTIFICATION AND LICENSURE

Licensed Psychologist, New Jersey, License #35S100499330 (2011-present)

AWARDS AND GRANTS

- Support of Scholarly Activity (SOSA), The College of New Jersey (2017-2019)
- Sabbatical Award, The College of New Jersey (2016-2017)
- Support of Scholarly Activity (SOSA), The College of New Jersey (2015-2017)
- Support of Scholarly Activity (SOSA), The College of New Jersey (2013-2015)
- HSS Professional Development Award, The College of New Jersey (Fall 2012)
- TAP External Mentor Award, The College of New Jersey (2012-2013)
- Support of Scholarly Activity (SOSA), The College of New Jersey (2011-2013)
- Editor's Choice Article, *Journals of Gerontology—Psychological Sciences* (2011)
- Kellerman Graduate Student Research Award, University of Southern California (2002)
- Provost Fellowship, University of Southern California (2001-2004)
- Magna Cum Laude, Yale University (1998)
- Distinction in Psychology, Yale University (1998)

PEER-REVIEWED PUBLICATIONS

* Underlined names indicate student co-authors.

Wang, S., & **Borders, A.** (in press). The unique effects of angry and depressive rumination on eating-disorder psychopathology and the mediating role of impulsivity. *Eating Disorders*.

Borders, A. & Lu, S. (2017). The bidirectional associations between state anger and rumination and role of trait mindfulness. *Aggressive Behavior*, 43, 342-351.

Wang, S. B., & **Borders, A.** (2017). Rumination mediates the associations between sexual minority stressors and disordered eating, particularly for men. *Eating and Weight Disorders*, 22, 699-706.

McAndrew, L., Markowitz, S., Lu, S., **Borders, A.**, Rothman, D., & Quigley, K. S. (2017). Resilience during war: How unit cohesion is related to resilience during combat. *Psychological Trauma: Theory, Research, Practice, and Policy*, 9, 52-61.

Fresnics, A. A., & **Borders, A.** (2017). Angry rumination mediates the unique associations between self-compassion and anger and aggression. *Mindfulness*, 8, 554-564.

Zielinski, M., **Borders, A.**, & Giancola, P. (2015). Does hostile rumination mediate the associations between child abuse, parenting characteristics, and borderline features in adulthood? *Personality and Mental Health*, 9, 288-297.

- Kiselica, A., Echevarria, J., & Borders, A. (2015). The relative contributions of impulsivity facets to drinking outcomes. *Addictive Disorders & Their Treatment*, 14, 152-158.
- Borders, A., & Hennebry, K.** (2015). Angry rumination moderates the association between perceived ethnic discrimination and risky behaviors. *Personality and Individual Differences*, 79, 81-86.
- Borders, A., Rothman, D., & McAndrew, L.** (2015). Sleep problems may mediate associations between rumination and PTSD and depressive symptoms among OIF/OEF veterans. *Psychological Trauma: Theory, Research, Practice, and Policy*, 7(1), 76-84.
- Borders, A., Guillen, L., A., & Meyer, I.** (2014). Rumination, sexual orientation uncertainty, and psychological distress in sexual minority university students. *The Counseling Psychologist*, 42(4), 497-523.
- Kiselica, A., & Borders, A. (2013). The reinforcing efficacy of alcohol mediates associations between impulsivity and negative drinking outcomes. *Journal of Studies on Alcohol and Drugs*, 74, 490-499.
- Borders, A., McAndrew, L., Quigley, K. S., & Chandler, H. K.** (2012). Rumination moderates the associations between psychiatric symptoms and risky behaviors in Veterans. *Journal of Traumatic Stress*, 25, 583-586.
- Liang, C. T. H., & **Borders, A.** (2012). Unjust world beliefs: Their influence on the psychological outcomes of perceived racial discrimination. *Personality and Individual Differences*, 53, 528-533.
- Borders, A., & Giancola, P.** (2011). Trait and state hostile rumination facilitate alcohol-related aggression. *Journal of Studies on Alcohol and Drugs*, 72, 545-554.
- Jajodia, A., & **Borders, A.** (2011). Memory predicts changes in depressive symptoms in older adults: A bidirectional, longitudinal analysis. *Journals of Gerontology – Psychological Sciences*.
- Borders, A., & Liang, C. T. H.** (2011). Rumination partially mediates the associations between perceived ethnic discrimination, emotional distress, and aggression. *Cultural Diversity and Ethnic Minority Psychology*, 17, 125-133.
- Van Dam, N., Earleywine, M., & **Borders, A.** (2010). Measuring mindfulness? An Item Response Theory analysis of the Mindful Attention Awareness Scale. *Personality and Individual Differences*, 49(7), 805-810.
- Borders, A., Earleywine, M., & Jajodia, A.** (2010). Could mindfulness decrease anger, hostility, and aggression by decreasing rumination? *Aggressive Behavior*, 36, 28-44.

Borders, A., Smucker, S., & Earleywine, M. (2007). Dispositional rumination and alcohol-aggression expectancies moderate the relationship between alcohol consumption and alcohol-related violence. *Aggressive Behavior*, 33, 327-338.

Smucker Barnwell, S., **Borders, A., & Earleywine, M. (2006).** Alcohol-aggression expectancies and dispositional aggression moderate the relationship between alcohol consumption and alcohol-related violence. *Aggressive Behavior*, 32, 517-525.

Borders, A., Earleywine, M., & Huey, S. J. (2004). Predicting problem behaviors with multiple expectancies: Expanding expectancy-value theory. *Adolescence*, 39, 539-550.

WORK IN PROGRESS

* Underlined names indicate student co-authors.

Fresnics, A. A., Wang, S. B., & Borders, A. (2018). *Does rumination mediate the unique associations between self-compassion and eating psychopathology?* Manuscript under review.

Pollack, S., Kiselica, A., & Borders, A. (2018). *Impulsivity mediates the effects of rumination on aggression and alcohol-related problems.* Manuscript under review.

Borders, A., & Wiley, S. (2018). *Rumination about discrimination mediates the unique association between anger and collective action intentions.* Manuscript in preparation.

PEER-REVIEWED CONFERENCE PRESENTATIONS

* Underlined names indicate student co-presenters.

Borders, A. (2018, November). *Discussing shared grievances to reduce individual rumination and improve negative mood and closeness with others.* Paper to be presented at the annual convention of the Association of Behavioral and Cognitive Therapies, Washington, D.C.

Borders, A., & Wiley, S. (2018, March). *All that brooding can increase resistance: Rumination about gender discrimination predicts collective action intentions.* Paper presented at the annual conference of the Association for Women in Psychology, Philadelphia, PA.

Borders, A. (2017, November). *Collective rumination in response to perceived ethnic minority discrimination.* Poster session presented at the annual convention of the Association of Behavioral and Cognitive Therapies, San Diego, CA.

Fresnics, A.A., Wang, S. B., & Borders, A. (2017, November). *Rumination Mediates the Unique Associations Between Self-Compassion and Eating Disorder Psychopathology.*

Poster session presented at the annual convention of the Association of Behavioral and Cognitive Therapies, San Diego, CA.

Wang, S. B., & Borders, A. (2017, November). *Unique Associations Among Facets of Impulsivity and Forms of Rumination*. Poster session presented at the annual convention of the Association of Behavioral and Cognitive Therapies, San Diego, CA.

Wang, S. B., Borders, A., Frenkel, E., Parisi, M. (2017, June). *Anger rumination in patients with anorexia nervosa and bulimia nervosa: Associations with eating-disorder psychopathology, impulsivity, and perfectionism*. Poster presented at the International Conference on Eating Disorders, Prague, Czech Republic.

Borders, A., & Lu, S. (2016, October). *The bidirectional associations between state anger and rumination and the role of mindfulness*. Poster session presented at the annual convention of the Association of Behavioral and Cognitive Therapies, New York, NY.

Wang, S. B., & Borders, A. (2016, October). *Rumination mediates the association between mindfulness and binge-eating, but not restricting, behaviors*. Poster session presented at the annual convention of the Association of Behavioral and Cognitive Therapies, New York, NY.

Segovia, J., & Borders, A. (2016, October). *The influence rumination has on the relationship between personality traits and risky behaviors in ethnic minorities*. Poster session presented at the annual convention of the Association of Behavioral and Cognitive Therapies, New York, NY.

Wang, S. B., & Borders, A. (2016, August). *Investigating the relationships among rumination, impulsivity, and eating disorder behaviors*. Poster presented at the American Psychological Association Annual Convention, Denver, CO.

Wang, S. B., & Borders, A. (2016, May). *Impulsivity mediates the relationship between angry rumination and binge-eating, but not restricting, behavior*. Poster session presented at the International Conference on Eating Disorders, San Francisco, CA.

Pruzniak, O., Playter, C., & Borders, A. (2016, March). *An Exploratory Analysis of Collective Rumination in Response to Perceived Discrimination*. Poster session presented at the annual convention of the Eastern Psychological Association, New York, NY.

Wang, S. B., & Borders, A. (2015, November). *Rumination Mediates the Relationship between Sexual Minority Stressors and Eating Disorder Behaviors, Particularly for Men*. Poster session presented at the annual convention of the Association of Behavioral and Cognitive Therapies, Chicago, IL

Loo, M., Lefkowich, E., Wiley, S., & Borders, A. (2015, March). *Rumination and group identity sequentially mediate the relationship between perceived ethnic discrimination and*

collective action. Poster session presented at the annual convention of the Eastern Psychological Association, Philadelphia, PA.

Hennebry, K., & **Borders, A.** (November, 2014). *Does rumination moderate the effects of perceived discrimination and emotional distress on risky behaviors in ethnic minorities?* Poster session presented at the annual convention of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.

Fresnics, A., Skrobola, N., & **Borders, A.** (November, 2014). *Rumination and perceived control sequentially mediate the associations between perceived ethnic discrimination and clinical outcomes*. Poster session presented at the annual convention of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.

Borders, A., & Wiley, S. (August, 2014). *Rumination about discrimination predicts greater willingness to confront discrimination*. Poster session presented at the annual convention of the American Psychological Association, Washington, DC.

Prajapati, B., & **Borders, A.** (August, 2014). *Perceived control moderates associations between defensive pessimism and academic performance*. Poster session presented at the annual convention of the American Psychological Association, Washington, DC.

Prajapati, B., & **Borders, A.** (2013, May). *Rumination moderates the association between perceived control and academic performance*. Poster session presented at the annual convention of the Association for Psychological Science, Washington, DC.

Rothman, D., **Borders, A.**, McAndrew, L., Markowitz, S., Lu, & Quigley, (2013, May). *Unit cohesion as a resilience factor during combat*. Poster session presented at the annual convention of the Association for Psychological Science, Washington, DC.

Rothman, D., **Borders, A.**, & McAndrew, L. (2013, March). *Sleep problems mediate the associations between rumination and health among recent veterans*. Poster session presented at the annual convention of the Eastern Psychological Association, New York, NY.

Raymond, R., & **Borders, A.** (2013, March). *Does rumination mediate the associations between meaning in life and psychological functioning?* Poster session presented at the annual convention of the Eastern Psychological Association, New York, NY.

Peters, K., & **Borders, A.** (2013, March). *Does rumination mediate the associations between boredom and negative clinical outcomes?* Poster session presented at the annual convention of the Eastern Psychological Association, New York, NY.

Alexander, L., & **Borders, A.** (2013, March). *The effect of induced sad and angry moods on state rumination*. Poster session presented at the annual convention of the Eastern Psychological Association, New York, NY.

Liang, C. T. H., & **Borders, A.** (2012, November). *Beliefs in an unjust world mediate the associations between perceived discrimination and psychological functioning.* Symposium talk presented at the annual convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Zielinski, M., **Borders, A.**, & Giancola, P. (2012, May). *Does hostile rumination mediate the associations between child abuse, perceived parenting, and borderline features in adulthood?* Poster session presented at the annual convention of the Association for Psychological Science, Chicago, IL.

Alexander, L., & **Borders, A.** (2012, March). Rumination as a mediator between empathic distress and depressive symptoms, anxiety, and poor friendship quality. Poster session presented at the annual convention of the Eastern Psychological Association, Pittsburgh, PA.

Kiselica, A. M., & **Borders, A.** (2012, March). The role of impulsivity in the rumination-aggression association. Poster session presented at the annual convention of the Eastern Psychological Association, Pittsburgh, PA.

Prajapati, B., & **Borders, A.** (2012, March). Rumination mediates the relationships between cognitive failures and depressive symptoms, anxiety and risky behavior. Poster session presented at the annual convention of the Eastern Psychological Association, Pittsburgh, PA.

Rothman, D., & **Borders, A.**, Almeida, L., Abbi. B., & McAndrew, L. (2012, March). Rumination is associated with increased risky behavior in veterans. Poster session presented at the annual convention of the Eastern Psychological Association, Pittsburgh, PA.

Liang, C. T. H., & **Borders, A.** (2011, August). *(Un)just World Beliefs: Their Influence on the Psychological Outcomes of Perceived Racial Discrimination.* Poster session presented at the annual convention of the American Psychological Association, Washington, DC.

Jenings, B. N., & **Borders, A.** (2011, March). *Rumination is a partial mediator of the relationship between relational victimization, depression, and aggression.* Poster session presented at the annual convention of the Eastern Psychological Association, Cambridge, MA.

Kiselica, A. M., & **Borders, A.** (2011, March). *Rumination as a mediator of the relation between loneliness and coping.* Poster session presented at the annual convention of the Eastern Psychological Association, Cambridge, MA.

Reich, J. N., & **Borders, A.** (2011, March). *Does mindfulness mediate the associations between rumination and disordered eating?* Poster session presented at the annual convention of the Eastern Psychological Association, Cambridge, MA.

Dave, J., Hamberger, M., **Borders, A.** (2011, February). Verbal fluency localizes seizure onset among left hemisphere epilepsy patients. Poster session presented the 39th annual meeting of the International Neuropsychological Society, Boston, Massachusetts.

Spanovic, M., **Borders, A.**, & Miller, N. (2010, August). *The content of ruminative thought and associated symptoms of maladjustment*. Poster session presented at the annual convention of the American Psychological Association, San Diego, CA.

Borders, A., Liang, C. T. H., Guillén, L. A., & Jennings, B. N. (2010, March). *Rumination mediates the associations between perceived ethnic discrimination and negative clinical outcomes*. Poster session presented at the annual convention of the Eastern Psychological Association, Brooklyn, NY.

Borders, A. (2005, March). *Mindfulness in therapy: Meditation groups and more*, Invited talk, University of Southern California.

Borders, A. (2004, May). *Sustained attention mediates the link between mindfulness and physical aggression*. Presentation at the 14th Annual Leibovitz Clinical Psychology Research Conference, University of Southern California.

Borders, A., & Earleywine, M. (2004, November). *Rumination and Acceptance Mediate the Link Between Mindfulness and Aggression*. Poster session presented at the Association for Advancement of Behavior Therapy, New Orleans, LA.

Borders, A. (2003, May). *Teacher-implemented functional assessment: Decreasing problem behaviors in the classroom*. Presentation at the 13th Annual Leibovitz Clinical Psychology Research Conference, University of Southern California.

Borders, C. A., Feinfield, K., Baker, B., Wood, J., & Trmrian, A. (2000, October). *Improving Interactions Between Parents and Disruptive Children with Concurrent Parent-Training and Child Cognitive Behavior Therapy*. Poster session presented at the Conference of Child Clinical Psychology, Lawrence, KS.

Wood, J., Feinfield, K., Baker, B., & **Borders, C. A.** (2000, October). *Behavioral Parent Training Reduces Parent-Child Boundary Violations during a Videotaped Laboratory Interaction Task*. Poster session presented at the Conference of Child Clinical Psychology, Lawrence, KS.

Uebelacker, L., Whisman, M., & **Borders, C. A.** (1998, November). *Intergenerational Transmission of Relationship Cognitions*. Poster session presented at the annual convention of the Association for Advancement of Behavior Therapy, Washington, DC.

INVITED TALKS, COLLOQUIA, AND WORKSHOPS

Borders, A. (2017, October). *Potential benefits of rumination*. Colloquim talk presented at The College of New Jersey, Ewing, NJ.

Borders, A. (2012, August). *Consequences of rumination in Veterans*. Invited grand rounds talk presented at the VA New Jersey War Related Illness and Injury Study Center, at the East Orange Veterans Hospital, East Orange, NJ.

Borders, A. (2011, September). *The causes and consequences of rumination*. Brown bag lecture presented at The College of New Jersey, Ewing, NJ.

Borders, A. (2010, November). *Understanding rumination: Consequences, causes, content, and ways to counteract*. Invited talk to staff psychologists and researchers at the War Related Illness and Injury Study Center, East Orange Veterans Hospital, East Orange, NJ.

Borders, A. (2008, November). *Memory and aging*. Invited educational talk to community members at the Culver City Senior Center, Los Angeles, CA.

Borders, A. (2005, March). *Mindfulness in therapy: Meditation groups and more*. Brown bag lecture presented at University of Southern California, Los Angeles, CA.

TEACHING EXPERIENCE

The College of New Jersey

- Psy 203: Design and Statistical Analysis
- Psy 217: Abnormal Psychology
- Psy 299: Research Seminar
- Psy 331: Clinical Psychology
- Psy 373: Counseling and Clinical Seminar: Psychology of Mindfulness and Meditation
- Psy 373: Counseling and Clinical Seminar: Sexual and Gender Minority Mental Health
- Psy 470: Senior Seminar: Psychology of Mindfulness and Meditation
- Psy 470: Senior Seminar: The Science of Rumination
- PSY 390/492: Lab Learning: The Science of Rumination

University of Southern California

- Psy 100: Introduction to Psychology
- Psy 360: Abnormal Psychology
- Psy 361: Clinical Psychology

University of California State at Los Angeles

- Counseling 529: Principles of Research and Program Evaluation in Counseling

University of California State at Long Beach

- Psy 110: Introductory Statistics
- Psy 130: Critical Thinking
- Psy 200: Research Methods
- Psy 310: Intermediate Statistics

PROFESSIONAL EXPERIENCE AND SERVICE

The College of New Jersey

Psychology Department Service:

- Academic Programs Committee (2011-present; Chair 2017-present)
- Clinical and Counseling Specialization Committee (2009-present; Chair 2017-present)
- Advisory Committee (2017-present)
- Student Awards Committee (2009-present)
- Signature Experiences Scholarship Committee, ad hoc (2018-present)
- Internship Committee (2009-2016; Chair 2011-2015)
- Ceremonies and Recognition Committee (2014-2015)
- Research Policies and Procedures Committee (2014-2015)
- Hiring Committee (Fall 2015; ad hoc; Chair)
- Revised Disciplinary Standards Committee (2014-2015; ad hoc)
- Retention Standards Committee (2012; ad hoc)
- Strategic Planning Committee (2011; ad hoc)
- Hiring Committee (Fall 2011; ad hoc)

School-Level Service:

- HSS Curriculum Committee (2012-2015; Chair 2014-2015)
- HSS Learning Outcomes and Assessment Committee (2014-2015)
- HSS Selection Committee for Faculty Professional Development Grant (Temporary member: Spring 2013)
- HSS Undergraduate Research Council (Temporary member: Spring 2013)

College-Level Service

- Committee on Academic Programs (2015-2018; Vice Chair 2015-2016; Chair 2017-2018)
- Healthy Campus Program Council (2014-2017)
- Mentored Internship Task Force (2014-2015)
- Advising Program Council (2011-2014)
- Therapist, Counseling and Psychological Services (2010-2011)
- Goldwater Nomination Committee (2010)

Journal reviewer

- *Journal of Clinical and Consulting Psychology*
- *Clinical Psychological Science*
- *Clinical Psychology Review*
- *Assessment*
- *European Journal of Social Psychology*
- *Journal of Journal of Studies on Alcohol and Drugs*
- *Addictive Behavior*
- *Mindfulness*
- *PLoS ONE*
- *Cognitive Therapy and Research*
- *Stigma and Health*

- *Personality and Individual Differences*
- *Aggressive Behavior*
- *Journal of Sex & Marital Therapy*
- *Substance Use and Misuse*
- *Journal of Gay & Lesbian Mental Health*
- *Journal of Clinical Psychology*
- *Psychiatry Review*
- *Psychiatry Research*
- *Journals of Gerontology: Psychological Sciences*
- *Spanish Journal of Psychology*
- *International Journal of Psychology*
- *Journal of Aging*
- *Journal of Educational Computing Research*
- *Social and Personality Psychology Compass*
- *Traumatic Stress Disorders & Treatment*
- *Current Psychology*
- *Asian Journal of Social Psychology*

Current professional affiliations

- American Psychological Association
- Eastern Psychological Association
- Association of Psychological Science
- Association of Behavioral and Cognitive Therapies
 - “Clinical Psychology at Liberal Arts Colleges” Special Interest Group: Treasurer (2015-2016); Vice President (2016-2017); President (2017-2018)