

CURRICULUM VITA
HOLLY A. MCGREGOR
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EDUCATION

1995	B.S., Psychology, University of Arizona, Tucson, AZ
1999	M.A., Psychology, University of Rochester, Rochester, NY
2003	Ph.D., Social Psychology, University of Rochester, Rochester, NY

RESEARCH AND EMPLOYMENT POSITIONS

2022 – Present	Assistant Professor of Clinical Nursing, Research Facilitation Group, School of Nursing, University of Rochester, Rochester, NY
2017 – 2022	Expert Researcher/Research Associate, Research Facilitation Group, School of Nursing, University of Rochester, Rochester, NY
2015 – 2017	Senior Information Analyst, Research Facilitation Group, School of Nursing, University of Rochester, Rochester, NY
2013 – 2021	Owner and Senior Research Analyst, MacLav Evaluation, Research, and Consulting, Rochester, NY
2009 – 2012	Research Assistant Professor, Department of Medicine, University of Rochester, Rochester, NY
2005 – 2009	Senior Research Analyst/Research Manager. Institute for Research and Reform in Education, Philadelphia, PA
2004 – 2005	Project Director, Smokers' Health Project – Self-determination and Maintaining Tobacco abstinence, University of Rochester, Rochester, NY
2002 – 2004	Research Coordinator, Data Analyst, Smokers' Health Study, University of Rochester, Rochester, NY
2001 – 2003	Tobacco Outcomes Manager, Tobacco Dependence Workgroup, Behavior Change Consortium, National Institutes of Health

CONSULTING POSITIONS

2009 – 2013	Research Associate, Department of Clinical and Social Psychology, University of Rochester, Rochester NY
2012 – 2013	Research Outcomes Consultant, Healthy Living Center, Center for Community Health, University of Rochester, Rochester, NY
2007 – 2009	Research and Evaluation Consultant. Youth Development Evaluation Alliance, Olathe, KS
2007 – 2009	Research and Statistical Consultant. Folkstone: Evaluation Anthropology, Albuquerque, NM.
2007 – 2009	Co-Investigator, New Mexico Math-Science Partnership Impact Evaluation. Youth Development Evaluation Alliance. Olathe, KS.

- 2006 – 2007 Research Analyst/Psychometric Consultant, Healing the Heart of Diversity: Socio-Cultural Identification Process Tool. Roanoke, VA
- 2003 – 2005 Tobacco Outcomes Manager/Program Evaluation, Greater Rochester Area Smoking Prevention Project, University of Rochester/Monroe County Department of Health, Rochester, NY

AWARDS

Helen H. Nowlis Award for Excellence in Teaching, Department of Clinical and Social Sciences in Psychology, University of Rochester, awarded Fall 2000

Alfred Baldwin Award for Excellence in Research, Department of Clinical and Social Sciences in Psychology, University of Rochester, awarded Fall 2001

PUBLICATIONS

- Leonard, M. S., Anson, E., Wakeman, D., Robbins, B., Boyce, I. P., Baecher, N., & McGregor, H.A. (in press). The RISE Assessment: A Tool to Evaluate Competencies in Patient Safety and Quality Improvement. *Journal of Graduate Medical Education*.
- Arcoleo, K., McGovern, C., Allen, E., Irwin, M. K., Yusef, M., Cruz, I. D., Walsh, A., Noyes, K., Veazie, P., McGregor, H., Harden, S. M., & Halterman, J. S. (2025). School-Based Asthma Therapy Program: Improving Medication Adherence, Asthma Control and Healthcare Utilization. *Journal of Allergy and Clinical Immunology: Global*, 100428.
- Muheriwa-Matemba, S. R., Anson, E., McGregor, H. A., Zhang, C., Crooks, N., & LeBlanc, N. M. (2024). Prevalence of Early Sexual Debut among Young Adolescents in Ten States of the United States. *Adolescents*, 4(3), 440-452.
<https://doi.org/10.3390/adolescents4030031>
- Boyce, I.; DeVoe, J.; Norsen, L.; Smith, J.A.; Anson, E.; McGregor, H.A.; Singh, R. (2024). The Financial Impact of an Employee Wellness Program Focused on Cardiovascular Disease Risk Reduction. *Healthcare* 2024, 12, 2358. <https://doi.org/10.3390/healthcare12232358>
- Christiano, J. G., Punekar, I., Patel, A., McGregor, H. A., Moskow, M., & Anson, E. (2022). Qualitative assessment of the experiences of transgender individuals assigned female at birth undergoing gender-affirming mastectomy for the treatment of gender dysphoria. *Transgender Health*, doi:10.1089/trgh.2022.0056
- Tantillo, M, McGraw, JS, Lavigne, HM, Brasch, J, Le Grange, D. A pilot study of multifamily therapy group for young adults with anorexia nervosa: Reconnecting for recovery. *Int J Eat Disord*. 2019; 52: 950– 955. <https://doi.org/10.1002/eat.23097>
- Williams, G. C., Patrick, H., Niemiec, C. P., Ryan, R. M., Deci, E. L., & Lavigne, H. M. (2011). The Smoker's Health Project: A Self-Determination Theory intervention to facilitate maintenance of tobacco abstinence. *Contemporary Clinical Trials*, 32(4), 535-543. PMC 3162229.

- Moore, W., McGregor, H. & Newbill, S (2009). Investing in Teacher Capacity: Results from the Impact Evaluation of the New Mexico Math-Science Partnership. Kansas City, MO: Youth Development Evaluation Alliance.
- Newbill, S. & McGregor, H. (2009). American Encounters: Teaching American History Project; Gallup – McKinley County Schools and American University Outcome Evaluation Report. Albuquerque, NM: Folkstone: Evaluation Anthropology.
- Newbill, S. & McGregor, H. (2008). Carol M. White PEP Project Gallup – McKinley County Schools: Summative Evaluation Report. Albuquerque, NM: Folkstone: Evaluation Anthropology.
- Newbill, S. & McGregor, H. (2008). New Mexico Even Start Family Literacy Program Gallup – McKinley County Schools: Summative Evaluation Report. Albuquerque, NM: Folkstone: Evaluation Anthropology.
- Yaroch, A., Nebling, L., Thompson, F, Hurley, T., Hebert, J., Toobert, D., et. al. (2008). Baseline design elements and sample characteristics for seven sites participating in the Nutrition Working Group of the Behavior Change Consortium [Supplement]. *The Journal of Nutrition, 138 (1S)*, 185S-192S.
- Greene, G., Nebeling, L., Greaney, M., Lindsay, A., Hardwick, C., Toobert, D., et. al (2007). A Qualitative Study of a Nutrition Working Group. *Health Promotion Practice 8(3)* 299-306.
- Williams, G., Lynch, M., McGregor, H., Ryan, R., Sharp, D., & Deci, E. (2006). Validation of the ‘Important Other’ Climate Questionnaire: Assessing Autonomy Support for Health-Related Change. *Families, Systems, & Health 24(2)* 179-194
- Williams, G., McGregor, H., Sharp, D., Kouides, R., Levesque, C., Ryan, R., & Deci, E. (2006). A Self-determination Multiple Risk Intervention Trial to Improve Smokers Health. *Journal of General Internal Medicine 21(12)*, 1288-1294.
- Williams, G., McGregor, H., Sharp, D., Kouides, R., Levesque, C., Ryan, R., & Deci, E. (2006). Testing a Self-Determination Theory Intervention for Motivating Tobacco Cessation: Supporting Autonomy and Competence in a Clinical Trial. *Health Psychology, 25(1)*, 91-101.
- McGregor, H. & Elliot, A (2005). The shame of failure: Exploring the relationship between fear of failure and shame. *Personality and Social Psychology Bulletin, 31(2)*, 218-231.
- Williams, G.C., McGregor, H.A., Borrelli, B., Jordan, P.J., Nigg, C.R., Backinger, C. (2005). Measuring tobacco dependence treatment outcomes: A perspective from the behavior change consortium. *Annals of Behavioral Medicine, 29 (2 Suppl)*, 11-19.

- Williams, G., McGregor, H., King, D., Nelson, C. & Glasgow, R. (2005). Variation in perceived competence, glycemic control, and patient satisfaction: relationship to autonomy support from physicians. *Patient Education and Counseling* (in press).
- Williams, G., McGregor, H., Zeldman, A., Freedman, Z., Deci, E., & Elder, D. (2005). Promoting Glycemic Control Through Diabetes Self-Management: Evaluating a Patient Activation Intervention. *Patient Education and Counseling*, *56*(1), 28-34.
- Williams, G., McGregor, H., Zeldman, A., Freedman, Z., & Deci, E. (2004). Testing a Self-Determination Theory Process Model for Promoting Glycemic Control Through Diabetes Self-Management. *Health Psychology*, *23*, 58-66.
- Gramzow, R. H., Elliot, A. J., Asher, E., & McGregor, H.A. (2003). Self-evaluation bias and academic performance: Some ways and some reasons why. *Journal of Research in Personality*, *37*, 41-61.
- McGregor, H., & Elliot, A. (2002). Achievement goals as predictors of achievement-relevant processes prior to task engagement. *Journal of Educational Psychology*, *94*, 381-395.
- Elliot, A., & McGregor, H. (2001). A 2 x 2 achievement goal framework. *Journal of Personality and Social Psychology*, *80*, 501-519.
- Elliot, A., McGregor, H., & Thrash, T. (2000). The need for competence. In: E. Deci & R. Ryan (Eds.), *Handbook of Self-determination Theory* (pp. 361-387). Rochester, NY: University of Rochester Press.
- Elliot, A., Faler, J., McGregor, H., Campbell, K., Sedikides, C., & Harackiewicz, J. (2000). Competence valuation as a strategic intrinsic motivation process. *Personality and Social Psychology Bulletin*, *26*, 780-794.
- Sheldon, K., & McGregor, H. (2000). Extrinsic value orientation and “the tragedy of the commons”. *Journal of Personality*, *68*, 383-411.
- Elliot, A., & McGregor, H. (1999). Test anxiety and the hierarchical model of approach and avoidance achievement motivation. *Journal of Personality and Social Psychology*, *76*, 628-644.
- Elliot, A., McGregor, H., & Gable, S. (1999). Achievement goals, study strategies, and exam performance: A mediational analysis. *Journal of Educational Psychology*, *91*, 549-563.
- Lieberman, J., Solomon, S., Greenberg, J., & McGregor, H. (1999). A hot new way to measure aggression: Hot sauce allocation. *Aggressive Behavior*, *25*, 331-348.
- McGregor, H., Lieberman, J., Greenberg, J., Solomon, S., Arndt, J., Simon, L., & Pyszczynski, T. (1998). Terror management and aggression: Evidence that mortality salience motivates aggression against worldview-threatening others. *Journal of Personality and Social Psychology*, *74*, 590-605.

Harmon-Jones, E., Simon, L., Greenberg, J., Pyszczynski, T., Solomon, S., & McGregor, H. (1997). Terror management theory and self-esteem: Evidence that increased self-esteem reduces mortality salience effects. *Journal of Personality and Social Psychology*, 72, 24-36.

INVITED PAPERS

Elliot, A., & McGregor, H. Performance-approach goals: Conceptual and empirical issues. Paper presented at the American Educational Research Association, New Orleans, April, 2000.

PAPER PRESENTATIONS

Norsen, L., Anson, E., Lavigne, H., Hoang, G., Pesis-Katz, I., & Singh, R. (2021, Nov 8 -11). Differences in Outcomes Between Men and Women Enrolled in Chronic Disease Management Programs (Conference presentation). American Heart Association 2021 Convention, Boston, Massachusetts, USA.

Norsen, L, Smith, JA, Pesis-Katz, I, Lavigne, HM, & Singh, R. Improving the Health of a Diverse Population Through a Nurse-Driven Chronic Disease Management Program. Eastern Nursing Research Society Annual Conference, March, 2021.

Williams, GC, Lavigne, HM, Patrick H, Ryan RM, & Deci EL. Testing a Self-Determination Theory and Public Health Service motivation enhancement for maintaining tobacco abstinence. Society for Research on Nicotine and Tobacco's Annual Conference, February, 2011).

Williams GC, McGregor HA, Levesque C, Sharp D, Ryan RM, Deci EL. Motivating Tobacco Cessation: Supporting Autonomy and competence in a Clinical Trial. 2nd Self-Determination Conference University of Ottawa, May, 2004.

Farmakidis, C, McGregor, H, Kafatos, A, Markakis K, Williams, GC. A comparison of brief tobacco dependence treatment counseling in medical students in Rochester, NY and Iraklion, Crete. Society for Research on Nicotine and Tobacco Annual Meeting February 18-21, 2004. Scottsdale, Arizona.

Williams, GC, Levesque C, McGregor HA, Minicucci DS, Kouides RM, Ryan RM, Deci EL. Facilitating self-determined tobacco dependence cessation. Society for Research on Nicotine and Tobacco Annual Meeting February 18-21, 2004. Scottsdale, Arizona.

Williams, GC, Levesque C, McGregor HA, Minicucci DS, Kouides RM, Ryan RM, Deci EL. The role of autonomy and competence in tobacco dependence treatment. Society for Research on Nicotine and Tobacco Annual Meeting February 20-23, 2003. New Orleans, LA.

McGregor, H., & Elliot, A. Shamed after failure: A test of the fear of failure – shame connection. Paper presented at the Society of Personality and Social Psychology, San Antonio, TX, 2001.

McGregor, H., & Elliot, A. Cognitive and affective appraisals in exam preparation as a function of achievement goals. Paper presented at the Society of Personality and Social Psychology, Nashville, TN, 2000.

McGregor, H., & Elliot, A. Shame-proneness, guilt-proneness, and achievement goal adoption in the college classroom. Paper presented at the American Psychological Society, Denver, CO, June, 1999.