

Heather Davis, Ph.D

Assistant Professor

Study of Emotions and Eating Disorders (SEED) Lab

Department of Psychology

Virginia Tech

Dr. Davis's SEED Lab Expertise and Research Focus Areas:

- Overlap between food insecurity and mental health concerns
- Factors that explain overlap between eating disorders and commonly co-occurring mental health concerns (e.g., depression, anxiety, substance use)
- Self-compassion as a protective factor against shame and stigma within mental health concerns and food insecurity
- Implementation of mental health programming in nutrition education

Dr. Davis's SEED Lab

Partnership Interests:

- Food banks
- Nutrition education professionals
- Community mental health organizations
- Eating disorder treatment facilities
- Clinicians who treat eating disorders and co-occurring mental health concerns