

## *Curriculum Vitae*

### **Name**

Office	Phone
Address	Fax
	Email

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### **Current Position**

Postdoctoral Research Associate 2004-Present	University of Pennsylvania School of Medicine Department of Psychiatry Division of Weight and Eating Disorders
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### **Education**

Ph.D. 2004	University at Albany, the State University of New York, Albany, NY Clinical Psychology, APA Accredited
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Predoctoral Internship August 2003-July 2004	Medical University of South Carolina and the Department of Veterans Affairs Medical Center Consortium, Charleston, SC Behavioral Medicine Track, APA Accredited
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Master of Arts 2001	University at Albany, the State University of New York, Albany, NY Clinical Psychology, APA Accredited
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Bachelor of Science 1999	Oklahoma State University, Stillwater, Oklahoma Psychology Magna Cum Laude
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### **Honors and Awards**

Association for Advancement of Behavior Therapy, Obesity and Eating Disorder Special Interest Group Student Researcher Award, 2004  
Phi Kappa Phi National Honor Society, Oklahoma State University, 1999  
Psi Chi National Psychology Honor Society, Oklahoma State University, 1998  
Oklahoma State University General Honors Award, 1997

### **Certifications and Training**

New England Educational Association Cape Cod Symposium, Training in mindfulness meditation conducted by Marsha Linehan, Ph.D., 2002  
Behavioral Activation for Depression, Training conducted by Michael Addis, Ph.D., 2002  
Cooper Institute, Training in lifestyle physical activity for weight loss, 2002

## **Research Interests**

Obesity  
Night Eating Syndrome  
Eating Disorders  
Body Image

## **Research Experience**

- Postdoctoral Research Associate  
August 2004-present  
University of Pennsylvania School of Medicine  
Department of Psychiatry, Division of Weight and Eating Disorders  
*Project:* Characterizing the Night Eating Syndrome, Sponsor: National Institutes of Health; RO1 DK056735-05  
*Supervisor/PI:* Albert J. Stunkard, M.D.
- Psychology Intern  
2003-2004  
Charleston Consortium Psychology Internship Program  
*Projects:*  
(1) Smoking Status and Weight Loss  
(2) Metabolic Syndrome and Weight Loss  
*Supervisor:* Patrick M. O'Neil, Ph.D.
- Graduate Research Assistant  
1999-2003  
University at Albany, Department of Psychology  
*Major Projects:*  
(1) Mindfulness-Based Behavioral Treatment for Obesity  
(2) Lifestyle Challenge Behavioral Weight Loss Program  
(3) Sibutramine Randomized Clinical Trail for Binge Eating Disorder  
(4) Impact of General and Body-Specific Anxiety on Body Image  
(5) Impact of Teasing History in an Underweight Population  
(6) Correlates of Weight Gain During the Freshman Year of College  
*Supervisor:* Drew A. Anderson, Ph.D.
- Undergraduate  
Research Assistant  
1998-1999  
Oklahoma State University, Department of Psychology  
*Project:* Impact of Sexual Assault and Alcohol Use on Re-Victimization  
*Supervisor:* Brian Marx, Ph.D.

Undergraduate  
Research Assistant  
1997-1999

Oklahoma State University, Department of  
Psychology

*Projects:*

(1) Emotional Expressivity Versus Experienced  
Emotion in High Trauma, Low Trauma, and No  
Trauma Populations

(2) Impact of Stressful Life Events on Cognitive  
and Emotional Processing and Behavior

(3) Impact of Major and Minor Life Events on  
Current Functioning

*Supervisor:* Susan M. Orsillo, Ph.D.

**Grants Funded**

October 2002	University at Albany Department of Psychology Graduate Research Grant, \$1,000.00
September 2002	University at Albany Graduate Student Organization Research Grant, \$420.00
February 2001	University at Albany Graduate Student Organization Research Grant, \$650.00
February 2001	University at Albany Department of Psychology Graduate Research Grant, \$500.00
October 2000	University at Albany Graduate Student Organization Travel Grant, \$400.00

**Grants Submitted**

March 2006	University of Pennsylvania, University Research Foundation Title of Project: Studies of Night Eating Syndrome in a Swedish Twin Population; Amount: \$49,193 Role: Co-Investigator; Under review
November 2005	University of Pennsylvania Genomics Institute Seed Grant, Title of Project: A Study of Night Eating Syndrome in a Swedish Twin Population, Amount: \$88,658 Role: Co-Investigator; Outcome: Not funded
November 2005	University of Pennsylvania, University Research Foundation Title of Project: A Study of Night Eating Syndrome in a Swedish Twin Population; Amount: \$48,100 Role: Co-Investigator; Outcome: Not funded

### **Grants in Preparation**

To be submitted October  
2006

National Institutes of Health/National Institute of Diabetes  
and Digestive and Kidney Diseases  
Title of Project: Eating Patterns and Associated Health  
Outcome among US Adults Enrolled in NHANES III  
Mechanism: PA 06-151, R21  
Role: Co-Investigator

### **Teaching Interests**

Psychopathology/Abnormal Psychology  
Obesity and Eating Disorders  
Health Psychology  
Cognitive-Behavioral Theory and Therapy  
Journal Club and Scientific Writing

### **Teaching Experience**

#### **Instructor**

Abnormal Psychology, University at Albany, May 2003  
Child Behavior Disorders, University at Albany, May 2001  
Introduction to Psychology, University at Albany, May 2001

#### **Co-lecturer**

Psychiatry Clerkship (4<sup>th</sup> year medical students), Medical University of South Carolina,  
February 2004-April 2004

#### **Guest Lecturer**

Psychiatry Clerkship (2<sup>nd</sup> year medical students), University of Pennsylvania School of  
Medicine; Lecture on Eating Disorders, March 2006  
Psychiatry Clerkship (2<sup>nd</sup> year medical students), University of Pennsylvania School of  
Medicine; Lecture on Eating Disorders, December 2005  
Mad, Bad, and Sad: Defining, Preventing, and Treating Mental Disorders in Children,  
University of Pennsylvania; Lecture on Eating Disorders and Obesity among  
Children and Adolescents, October 2005  
Psychiatry Clerkship (2<sup>nd</sup> year medical students), University of Pennsylvania School of  
Medicine; Lecture on Eating Disorders, March 2005  
Psychiatry Clerkship (2<sup>nd</sup> year medical students), University of Pennsylvania School of  
Medicine; Lecture on Eating Disorders, January 2005  
Prevention and Treatment of Mental Disorders, University of Pennsylvania; Lecture on  
Eating Disorders and Obesity, December 2004  
Abnormal Psychology, University at Albany; Lecture on Anorexia Nervosa and Binge  
Eating Disorder, March 2000

#### **Pedagogy Training**

Mentor the Mentor Seminar Series, University of Pennsylvania, Spring Semester 2006  
Graduate Teaching Assistant Practicum, University at Albany, September 2000-  
December 2000

Undergraduate Teaching Assistant, Abnormal Psychology, Oklahoma State University,  
August 1998-December 1998

### **Supervisory Experience**

Research Assistant Supervisor, University of Pennsylvania School of Medicine,  
Department of Psychiatry, Division of Weight and Eating Disorders, August  
2004-present

Undergraduate Research Assistant Supervisor, University at Albany, 1999-2003

### **Clinical Experience**

Postdoctoral Associate  
August 2004-present

University of Pennsylvania School of Medicine,  
Department of Psychiatry, Division of Weight and Eating  
Disorders; Administered the Structured Clinical Interview  
for DSM-IV and the Eating Disorder Examination;  
Provided treatment for multi-site obesity treatment  
outcome study (The Safety and Efficacy of Low and High  
Carbohydrate Diets; R01 AT01103-01)  
*Clinical Supervisors:* Kelly C. Allison, Ph.D. & Gary  
Foster, Ph.D.

Psychology Intern  
August 2003-July 2004

Charleston Consortium Psychology Internship  
Program  
*Rotations:* Weight Management Center, Medical  
University of South Carolina Counseling and Psychological  
Services, Behavioral Medicine, and Neuropsychological  
Assessment Clinic  
*Supervisors:* Patrick M. O'Neil, Ph.D, Alice Q. Libet,  
Ph.D., & Mark T. Wagner, Ph.D.

Psychology Trainee  
September 2002-May 2003

University at Albany Counseling Center,  
Provided psychotherapy to University students  
*Supervisor:* Judith A. Stanley, Ph.D

Psychology Trainee  
August 2001-May 2002

University at Albany Counseling Center,  
Provided psychotherapy to University students  
*Supervisor:* Joseph Bernier, Ph.D.

Psychology Trainee  
September 2000-  
May 2001

University at Albany Psychological Services Center,  
Provided psychotherapy to community outpatients,  
*Supervisors:* Sharon Danoff-Burg, Ph.D. & John Forsyth,  
Ph.D.

Clinical Research Assistant  
March 2000-  
September 2000

Albany Medical Center and University at Albany,  
Sibutramine clinical trial sponsored by Knoll  
Pharmaceutical Company; Administered Eating Disorder  
Examination for the assessment of Binge Eating Disorder

*Supervisor:* Drew A. Anderson, Ph.D.

Clinical Research Assistant    Albany Medical Center and the University at Albany,  
September 1999-                    Behavioral Weight Loss Group Treatment Provider;  
February 2002                      Facilitated three 20-week treatment programs

Volunteer                            Laureate Psychiatric Hospital and Clinic, Tulsa, OK  
June 1998-July 1998                *Supervisor:* Mary Holley, Director of Volunteer Services

### **Editorial Experience**

#### **Editorial Positions**

Editor-in-Chief, Association for Advancement of Behavior Therapy Student Special  
Interest Group Newsletter, 2001-2002

Associate Editor, Capitol Region Association for Eating Disorders Newsletter, 2000-  
2001

#### **Ad hoc Reviewer**

Addiction

Cognitive Therapy and Research

Eating Behaviors

Eating and Weight Disorders

Journal of Clinical Psychiatry

Journal of Psychosomatic Research

Palgrave Macmillan

Pearson Education/Prentice Hall

Psychological Assessment

Psychology of Sport and Exercise

#### **Professional Memberships**

Academy for Eating Disorders, 2005-present

North American Association for the Study of Obesity, 2000-present

American Psychological Association, 1999-present

Association for Advancement of Behavior Therapy/Association for Behavioral and  
Cognitive Therapies, 1998-present

#### **Professional Service**

Association for Advancement of Behavior Therapy (AABT)

Student Special Interest Group President, 2000-2001

Student Membership Committee, 1999-2001

Student Special Interest Group President-elect, 1999-2000

Liaison to the University at Albany, 1999-2000

### **Peer Reviewed Manuscripts Published**

**Author's Names.** (In press). A paradigm for facilitating pharmacotherapy research at a distance: Treatment of the night eating syndrome. *Journal of Clinical Psychiatry*.

**Author's Names.** (In Press). Familial aggregation in the night eating syndrome. *International Journal of Eating Disorders*.

**Author's Names.** (In Press). A randomized placebo-controlled trial of sertraline in the treatment of the night eating syndrome. *American Journal of Psychiatry*.

**Author's Names.** (2006). Prevalence of the night eating syndrome in a psychiatric population. *American Journal of Psychiatry* 163 (1), 156-158 .

**Author's Names.** (2006). Smoking status and weight loss in three weight loss programs. *Eating Behaviors*, 7, 61-68.

**Author's Names.** (2004). Cognitive-behavioral therapy for bulimia nervosa: An empirical evaluation of clinical significance. *International Journal of Eating Disorders*, 35 (3), 262-274.

**Author's Names.** (2004). Fear of Negative Appearance Evaluation Scale: Psychometric Properties and Validation. *Eating Behaviors*, 5 (1), 75-84.

**Author's Names.** (2004). Teasing in underweight persons: A modification of the perception of teasing scale. *Eating and Weight Disorders: Studies on Anorexia, Bulimia and Obesity*, 9 (2), 139-146.

**Author's Names.** A survey of graduate training in Empirically Supported and Manualized Treatments: A preliminary report. *Cognitive and Behavioral Practice*, 11, 230-242.

**Author's Names.** (2004). Assessment of eating disorders: Review and recommendations for clinical use. *Behavior Modification*, 28 (6), 763-782.

**Author's Names.** (2003). The freshman year of college as a critical period for weight gain: An initial evaluation. *Eating Behaviors* 4 (4), 363-367.

**Author's Names.** (2003). Weight goals in a college population. *Obesity Research* 11, 274-278.

**Author's Names.** (2002). Self-reported dietary restraint is associated with elevated levels of salivary cortisol. *Appetite*, 38, 13-17.

**Author's Names.** (2001). The behavioral treatment of obesity. *The Behavior Analyst Today*, 2 (2) 134-140.

### **Manuscripts Submitted**

**Author's Names.** <sup>123</sup>I-ADAM SPECT Imaging of Serotonin Transporter Binding in Patients with Night Eating Syndrome. Submitted to *Biological Psychiatry*.

**Author's Names.** The night eating questionnaire (NEQ): Psychometric properties of a screening tool for the diagnosis of night eating syndrome. Submitted to the *International Journal of Eating Disorders*.

### **Manuscripts in Preparation**

**Author's Names.** Metabolic syndrome and weight loss: Differences between treatment responders and non-responders.

**Author's Names.** Comparison of psychosocial, behavioral, and biological characteristics of patients with and without metabolic syndrome.

### **Book Chapters**

**Author's Names** (2004). Eating disorders in the workplace. In J. Thomas & M. Hersen (Eds.), *Psychopathology in the workplace: Recognition and adaptation*. New York: Brunner-Routledge.

### **Other Publications**

**Author Name.** Night eating syndrome: What healthcare providers need to know. Invited article in press at *Behavioral Health Management*.

**Author Name.** Behavior therapy: The foundation of obesity treatment. Invited article in press at *the Behavior Therapist*.

**Author's Names.** Eating disorders in obese individuals. Invited article in press at *Obesity Management*.

**Author Name.** (2001). Resources for clinical skill building. *AABT Student SIG Newsletter*, 1 (2), 2-3.

**Author Name.** (2003). Mindfulness meditation and weight loss. *Healing Springs Journal*, 8, 10-11.

### **Citations in Popular Media**

*The Washington Post* (January 2, 2006), cited in "Night eating syndrome linked to obesity, psychiatric troubles" by Marc Kaufman

*Looking Good Now* (November/December 2005), cited in "No more diet failures" by Amy Sutton

### **Invited Presentations**

Florida Dietetic Association annual symposium; Presentation on Night Eating Syndrome to be given July 10, 2006.

## **Conference Presentations**

### **Symposia**

**Author's Names.** (2005, August). Mindfulness, meditation, eating disorders, and obesity: Conceptual and empirical issues. Symposium presented at the annual meeting of the American Psychological Association, Washington, D.C.

**Author's Names.** (2003, November). *Mindfulness-Based Treatments for Eating Disorders and Obesity: Current Status and Future Directions*. Panel Discussion presented at the annual meeting of the Association for Advancement of Behavior Therapy, Boston, MA.

**Author's Names.** (2001, November). *Women in academia: Beyond the career vs. family dilemma*. Panel Discussion presented at the annual meeting of the Association for Advancement of Behavior Therapy, Philadelphia, PA.

**Author's Names.** (2000, November) *Values, goals and standards, oh my: Student-faculty perspectives on graduate training in behavior therapy*. Panel Discussion presented at the annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, Louisiana.

### **Paper Presentations**

**Author's Names.** (November 2005). *Stress and the night eating syndrome*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.

**Author's Names.** (November 2005). *The night eating questionnaire (NEQ): Psychometric properties of a screening tool for the diagnosis of night eating syndrome*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies Special Interest Group Poster Exposition, Washington, D.C.

**Author's Names.** (October 2005). *A study of family aggregation in the night eating syndrome*. Poster presented at the annual meeting of the North American Association for the Study of Obesity, Vancouver, British Columbia.

**Author's Names.** (October 2005). *Metabolic Syndrome and Weight Loss*. Poster presented at the annual meeting of the North American Association for the Study of Obesity, Vancouver, British Columbia.

**Author's Names.** (October 2005). Maintenance treatment of the night eating syndrome with sertraline, a selective serotonin reuptake inhibitor. Poster presented at the annual meeting of the North American Association for the Study of Obesity, Vancouver, British Columbia.

**Author's Names.** (April 2004). *A comparison of normal weight and obese night eaters.* Poster presented at the annual meeting of the Academy for Eating Disorders, Montreal, Canada.

**Author's Names.** (April 2004). *A web-based study of night eating syndrome.* Poster session presented at the annual meeting of the Academy for Eating Disorders, Montreal, Canada.

**Author's Names.** (2004, November). *Smoking and weight loss in three weight loss programs.* Poster session presented at the annual meeting of the North American Association for the Study of Obesity, Las Vegas, NV.

**Author's Names.** (2004, November). *Weight loss, weight cycling, and motivational variables among former, current, and never smokers.* Poster session presented at the 38th annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

**Author's Names.** (2003, November). *Dietary restraint is associated with unrealistic goal weights.* Poster session presented at the 37th annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.

**Author's Names.** *College Students' knowledge of nutrition and physical activity recommendations.* (2003, May). Poster presented at the Academy of Eating Disorders International Conference on Eating Disorders, Denver, Colorado.

**Author's Names.** (2002, November). *The Assessment of Eating Disorders in Clinical Practice: Patterns of Use.* Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Reno, NV.

**Author's Names.** (2002, November). *Perception of teasing in underweight persons.* Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Reno, NV.

**Author's Names.** (2001, November). *Weight and shape goals in a college population.* Poster presented at the annual meeting of the North American Association for the Study of Obesity, Montreal, Canada.

**Author's Names.** *Weight and eating changes over the freshman year.* Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Philadelphia, PA.

**Author's Names.** (2001, July). *Graduate Student Perspectives on Empirically Supported Treatments.* Poster presented at the meeting of the World Congress of Behavioral and Cognitive Therapies, Vancouver, BC, Canada.

**Author's Names.** (2001, November). *A revision and extension of the fear of negative appearance evaluation scale.* Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Philadelphia, PA.

**Author's Names.** (2001, November). *Effects of restraint, weight, and gender on the accuracy of self-reported weight.* Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Philadelphia, PA.

**Author's Names,** Shapiro, J.R., & Williamson, D.A. (2000, November). *Weight loss versus shape change goals in obese adults seeking treatment.* Poster presented at the annual meeting of the North American Association for the Study of Obesity, Long Beach, California.

**Author's Names.** (2000, November). *Dietary restraint is associated with elevated levels of salivary cortisol.* Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, Louisiana.

**Author's Names.** (2000, November). *The impact of body-specific versus general anxiety on body dissatisfaction.* Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, Louisiana.

**Author's Names.** (1999, November). *Experiential Avoidance of Emotionally Evocative Film Cues.* Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Toronto, Canada.

**Author's Names.** (1998, November). *Utilization of Resource Loss to Predict Distress and PTSD Symptomatology in a Mixed Trauma Population.* Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Washington, D.C.