

Curriculum Vita

Date: 6/7/2024

Rebecca L. Pearl, Ph.D.

Address: P.O. Box 100165
Gainesville, FL 32610 USA
Phone: 352-294-5405
Email: rebecca.pearl@ufl.edu

U.S. Citizen

Education:

2015	Ph.D.	Yale University (Clinical Psychology)
2012	M.Phil.	Yale University (Clinical Psychology)
2011	M.S.	Yale University (Clinical Psychology)
2009	A.B.	Duke University (Psychology; Minor in Literature)

Postgraduate Training and Fellowship Appointments:

2015-2016	Postdoctoral Fellow in Psychology , Center for Weight and Eating Disorders, Perelman School of Medicine at the University of Pennsylvania
2015-2016	Clinical Research Fellow in Psychiatry , McLean Hospital/Harvard Medical School
2014-2015	Predoctoral Psychology Intern , McLean Hospital/Harvard Medical School

Faculty Appointments:

2020-	Assistant Professor (Tenure-Track) , Clinical and Health Psychology, College of Public Health and Health Professions, University of Florida
2020-	Assistant Professor , Social and Behavioral Sciences (Secondary), College of Public Health and Health Professions, University of Florida
2020-2023	Adjunct Assistant Professor of Psychiatry , Perelman School of Medicine at the University of Pennsylvania
2016-2020	Assistant Professor of Psychology in Psychiatry , Perelman School of Medicine at the University of Pennsylvania
2016-2019	Assistant Professor of Psychology in Surgery (Secondary) , Perelman School of Medicine at the University of Pennsylvania

Administrative and Other Positions:

2022-	Faculty Member, Skin Biology and Diseases Resource-Based Center, University of Pennsylvania
2021-	Faculty Member, Obesity and Cancer Research Collective, University of Florida
2021-	Faculty Member, Center for Integrative Cardiovascular and Metabolic Disease, University of Florida

- 2019-2020 Director of Research, Center for Weight and Eating Disorders, Department of Psychiatry, Perelman School of Medicine at the University of Pennsylvania
- 2018-2019 Co-Director of Research, Center for Weight and Eating Disorders, Department of Psychiatry, Perelman School of Medicine at the University of Pennsylvania
- 2018-2020 Associated Faculty, Penn Center for Neuroaesthetics, Perelman School of Medicine at the University of Pennsylvania
- 2016-2020 Faculty Member, Neuroscience Graduate Group, Biomedical Graduate Studies, Perelman School of Medicine at the University of Pennsylvania

Specialty Certification:

- 2021 Master Mentor Program, Mentor Academy, Clinical and Translational Science Institute, University of Florida
- 2021 Certificate in Multicultural Mentoring, University of Florida
- 2014 Certificate of College Teaching Preparation, Yale University Center for Teaching and Learning

Licensure:

- 2021- Florida Board of Psychology
- 2016- Psychology Board of Pennsylvania

Awards, Honors, and Memberships in Honorary Societies:

- 2024 PPHP Early Career Innovator Award, College of Public Health and Health Professions, University of Florida
- 2024 American Psychological Association Distinguished Scientific Award for Early Career Contribution to Psychology (Health Psychology)
- 2022 NIH Director's New Innovator Award
- 2019 "Recent Best of *Obesity*," Article selected for special issue by the *Obesity* Journal Editors-in-Chief
- 2016 Top Trainee Abstract in Health Services Research, The Obesity Society
- 2016 Top Early Career Abstract Competition (2nd place), The Obesity Society
- 2013-2014 Joseph Hopkins Twichell Memorial Financial Aid Fund Award, Yale University
- 2013 American Psychological Association Dissertation Research Award
- 2009 Graduation with Distinction in Psychology, Duke University
- 2009 Summa Cum Laude, Duke University

2009 Phi Beta Kappa, National Academic Honor Society

Memberships in Professional and Scientific Societies:

2023- Society of Behavioral Medicine
2016- The Obesity Society
2013- Association of Psychological Science
2010-2015 American Public Health Association
2010- American Psychological Association

Editorial Positions:

2023- Guest Editor for Special Collection, Journal of Eating Disorders
2023- Editorial Board, Obesity Science & Practice
2020-2021 Topic Editor, Nutrients
2018 Guest Academic Editor, PloS ONE
2016-2021 Review Editor, Frontiers in Psychology: Eating Behaviors

Ad-Hoc Reviewer:

Advances in Eating Disorders
American Journal of Preventive Medicine
Annals of Internal Medicine (Graded by editors as Top Reviewer)
Appetite
Applied Psychology: Health and Well-Being
Australian Journal of Psychology
BMC Obesity
BMC Psychology
BMC Public Health
Body Image
Childhood Obesity
Development and Psychopathology
Eating and Weight Disorders
Eating Behaviors
European Review of Applied Psychology
Health Psychology
International Journal of Behavioral Nutrition and Physical Activity
International Journal of Eating Disorders
International Journal of Obesity
Journal of Applied Social Psychology
Journal of Consulting and Clinical Psychology
Journal of Contemporary Psychotherapy
Journal of Experimental Psychology: Applied
Journal of Experimental Social Psychology
Journal of Health Communication
Journal of Health Psychology
Journal of Investigative Dermatology

Mayo Clinic Proceedings
 Obesity
 Obesity Facts
 Obesity Reviews
 Obesity Surgery
 Pediatrics
 Personality Disorders: Theory, Research, and Treatment
 Physiology and Behavior
 PloS ONE
 Preventive Medicine
 Psychological Bulletin
 Psychological Science
 Psychology of Popular Media Culture
 Psychology, Health, and Medicine
 Sex Roles
 Social Psychology
 Social Science & Medicine
 Stigma and Health
 Substance Use and Misuse
 Surgery for Obesity and Related Disorders
 Translational Issues in Psychological Science
 Translational Journal of the American College of Sports Medicine
 Women's Health Issues

Ad-Hoc Grant Reviewer

Apr 2023	Diabetes UK
Mar 2023	Special Emphasis Panel ZDK1 GRB-S M2, NIDDK/NIH
June 2022	Health Research Board of Ireland
Jan 2022	Social Sciences and Humanities Research Council of Canada
Oct 2021	Department of Defense Military Women's Health Research Consortium Intramural Grant (review conducted through NIH Center for Scientific Review)
Jul 2020	Medical Research Council, UK
Mar 2019	Israel Science Foundation

Other Reviewer Roles

2023	External Reviewer, "BMI and Beyond: Considering Context in Measuring Obesity and it's Applications: Proceedings of a Workshop – in Brief." Roundtable on Obesity Solutions, National Academies of Science, Engineering, and Medicine
2023	External Reviewer, "Talking with Your Patients About Weight." National Institute of Diabetes and Digestive Kidney Disorders, NIH https://www.niddk.nih.gov/health-information/professionals/clinical-tools-patient-management/weight-management/talking-with-your-patients-about-weight

Academic and Institutional Committees:

- 2022-2024 Member, Financial Aid and Scholarship Committee, College of Public Health and Health Professions, University of Florida
- 2021- Member, dStigmatize Research Work Group, The diaTribe Foundation
- 2021- Representative, The Obesity Society Spokesperson Network
- 2021- Med/Health Area Representative, Graduate Admissions Committee, Department of Clinical and Health Psychology, College of Public Health and Health Professions, University of Florida
- 2021-2024 Member, Education and Advocacy/Cultural Competence Committee, Department of Clinical and Health Psychology, College of Public Health and Health Professions, University of Florida
- 2021-2022 Faculty Member, Microaggression/Student Support Committee, Department of Clinical and Health Psychology, University of Florida
- 2021 Weight Bias Content Expert, “Weight sensitivity instrument development,” Villanova Fitzpatrick College of Nursing
- 2020 External Advisory Panel, “A pilot study to objectively examine the impact of weight stigma on diet, physical activity and sleep.” White Rose University Consortium, Universities of Leeds, Sheffield, and York (UK)
- 2019-2021 Advisory Stakeholder, Harvard Catalyst Student Weight Stigma Research Project, Department of Nutrition, Harvard T.H. Chan School of Public Health
- 2017-2018 Faculty Advisor, Dance for Health Community Outreach Program at The Common Place, Office of Diversity and Inclusion, Perelman School of Medicine at the University of Pennsylvania
- 2016-2017 Lab Rotation Talks Committee, Neuroscience Graduate Group, Perelman School of Medicine at the University of Pennsylvania
- 2013-2014 Graduate Student Representative, Yale University Institutional Review Board
- 2009-2011 Member, Cherlin Colloquium Committee, Yale University
- 2009-2011 Member, Current Works in Clinical Psychology Committee, Yale University

Organizing Roles in Scientific Meetings:

- 2021-2023 Chair of Public Health and Policy Track, The Obesity Society Annual Meeting Program Committee
- 2020-2023 Member, Public Health and Policy Track, The Obesity Society Annual Meeting Program Committee
- 2022 Planning Committee Member for Public Workshop Series, Roundtable on Obesity Solutions, National Academies of Science, Engineering, and Medicine
- 2020 Abstract Reviewer, The Obesity Society’s Obesity Week (Annual Meeting), Atlanta, GA (Online due to COVID-19)
- 2020 Abstract Reviewer, Society of Behavioral Medicine Annual Meeting (Online due to COVID-19)
- 2019 Session Chair, Policy and Public Health Orals Session: Communicating About Nutrition and Weight Bias. The Obesity Society’s Obesity Week (Annual Convention), Las Vegas, NV
- 2019 Abstract Reviewer, The Obesity Society’s Obesity Week (Annual Meeting), Las Vegas, NV

2019 Abstract Reviewer, The Obesity Society's Obesity Week (Annual Meeting), Nashville, TN

Major Teaching Responsibilities

Courses

Summer 2021-2023 Instructor, PHC6937/PHC6406 Social Stigma and Public Health, Social and Behavioral Sciences (SBS), College of Public Health and Health Professions, University of Florida. Graduate-Level Course

Summer 2019 Instructor, Abnormal Psychology, College of Liberal and Professional Studies, University of Pennsylvania. Course for Undergraduates and Non-Traditional Students

Spring 2013 Teaching Fellow, Health Psychology, Yale University. Instructor: Benjamin Toll, PhD. Undergraduate Course. Guest Lectures: "Empathy, Warmth, and Genuineness in Psychotherapy;" "Chronic Pain;" "Helping Patients with Cancer;" "Mindfulness;" "Helping Patients with Trauma;" "Obesity: Applying Psychology to Public Health"

Fall 2012 Teaching Fellow, Social and Behavioral Foundations of Health, Yale School of Epidemiology and Public Health. Instructor: Marney White, PhD, Masters-Level Course. Guest Lecture: "Weight Bias: Implications for Public Health"

Spring 2012 Teaching Fellow, Sex, Evolution, and Human Nature, Yale University. Instructor: Laurie Santos, PhD. Undergraduate Course.

Fall 2011 Head Teaching Fellow, Introduction to Psychology, Yale University. Instructor: Marvin Chun, PhD. Undergraduate Course.

Spring 2011 Teaching Fellow, The Psychology, Biology, and Politics of Food, Yale University. Instructor: Kelly Brownell, PhD. Undergraduate/Masters-Level Course. Guest Lecture: "The Nutrition Transition"

Fall 2010 Teaching Fellow, Introduction to Psychology, Yale University. Instructor: Paul Bloom, PhD. Undergraduate Course.

Lectures and Seminars (within home institution)

1. "Science Communication Panel." Friday Forum: Cultural Competence, Department of Clinical and Health Psychology, University of Florida, 2024.

2. "Eating Disorders." Child/Pediatrics Area Seminar, Department of Clinical and Health Psychology, University of Florida, 2023.
3. "Weight Stigma." Behavioral Health and Illness (course for doctoral students), Department of Clinical and Health Psychology, University of Florida. 2022.
4. "Weight Bias and Stigma: Barriers to Health Promotion." Department of Health Education and Behavior's Community and Behavioral Science Seminar, University of Florida. 2022.
5. "Preventing Weight Stigma in Clinical Practice." Department of Clinical and Health Psychology, University of Florida. 2021.
6. "Weight Bias and Stigma." Med/Health Area Seminar, Department of Clinical and Health Psychology, University of Florida. 2021.
7. "Weight Bias and Stigma: What Do We Know and What Can We Do?" Center for Integrative Cardiovascular and Metabolic Disease Seminar, University of Florida. 2021.
8. "Weight Bias and Stigma," Obesity and Society Undergraduate Course, Penn School of Nursing. 2016-2021
9. "Meet the Professor" Seminar with clinical psychology practicum students, Penn Center for Weight and Eating Disorders. 2017-2021.
10. "Eating Disorders," Penn Psychiatry Clerkship Didactics (for medical students). 2016-2020
11. "Weight Stigma." Science and Politics of Food Course, Master of Public Health Program, University of Pennsylvania. 2019.
12. Responsible Conduct of Research Workshop (Co-Facilitator), Biomedical Graduate Studies, Perelman School of Medicine at the University of Pennsylvania. 2019.
13. "Targeting Weight Stigma in Behavioral Weight Loss Treatment: A Randomized Controlled Study." Penn Center for Weight and Eating Disorders Research Seminar. 2019.
14. "The Stigma of Psoriasis," Center for Human Appearance 9th Annual Research Conference, Penn Department of Surgery. 2018.
15. "Ageism in Patients Seeking Cosmetic Anti-Aging Procedures," Center for Human Appearance 9th Annual Research Conference, Penn Department of Surgery. 2018.
16. "Health or Appearance? Factors Motivating the Decision to Seek Bariatric Surgery." Penn Center for Weight and Eating Disorders Research Seminar. 2018.
17. "Weight Bias and Stigma: The Impact of Media." Lab presentation (Director: Dr. Anjan Chatterjee), Penn Department of Neurology. 2018.

18. "Weight Bias and Stigma: Implications for Clinical Care," Health Equity Week, Educational Conference for Penn Internal Medicine Residents. 2017.
19. "Weight Bias and Stigma," Penn Student Health Service Continuing Medical Education Series. 2017.
20. "Psychosocial and Behavioral Correlates of Patient Quality of Life Following Mohs Surgery," Center for Human Appearance 8th Annual Research Conference, Penn Department of Surgery. 2017.
21. "Changes in Psychosocial Outcomes with Weight Loss Maintenance: Results from the PennWHEEL Study." Penn Center for Weight and Eating Disorders Research Seminar. 2017.
22. "Psychology of Appearance: Stigma and Discrimination." Board of Trustees Meeting, Center for Human Appearance, Penn Department of Surgery. 2016.
23. "Weight Bias Internalization: Associations with Obesity-Related Health Outcomes." Penn Center for Weight and Eating Disorders Research Seminar. 2016.
24. "Weight Bias and Stigma," Penn Medicine NOURISH Seminar Series (medical student group). 2015-2016.

Student Mentoring and Research

Advisor, MPH Students: Andrea Rangel (MPH, 2022); Ileana Acosta (MPH, 2023); Carley Lutzow (MPH, 2023); Lauren Cox (MPH, 2024); Jennifer Palmer (MPH, 2024); Ina Liu (MPH, 2024); Katherine Burgoyne; Victoria Seraphin

Chair, Thesis and Dissertation Committees, PhD Students in Clinical and Health Psychology: Laurie Groshon (Master's thesis completed in 2022; Qualifying exam passed in 2024); Miriam Sheynblyum (Master's thesis completed in 2024); Dakota Leget; Lecsya Gonzalez

Thesis and Dissertation Committees at University of Florida: Montserrat Carrera Seoane (PhD, 2023); Taylor Swanson (MS, 2023); Kelsey Arroyo (MS, 2022); Manuela Sinisterra (MS, 2022); Elizabeth Wolock (MS, 2022); Umelo Ugwoaba (PhD, 2024); Hannah Manis; Cheyenne Reynolds; Kelsey Bacharz; Charlayne Scarlett; Christian McLaren (MS, 2024); Kelsey Barrett; Sophia Eikenberry; Hannah Lavoie

External Qualifying Exam or Dissertation Committee Member:

Caroline Bach, Doctoral Candidate in Clinical Psychology, Georgia Southern University (ongoing)
 Haley Drew Dixon, Doctoral Candidate in Clinical Psychology, Mercer University
 Leah Schumacher, Doctoral Candidate in Clinical Psychology, Drexel University
 Keri Carvalho, Doctoral Candidate in Psychology, Tufts University
 Jocelyn Remmert, Doctoral Candidate in Clinical Psychology, Drexel University
 Nitsan Goldstein, Neuroscience Graduate Group, Penn Biomedical Graduate Studies
 Yvette Forbes, Doctoral Candidate in Psychology, Griffiths University, Melbourne, Australia

Research mentor to medical students, postdoctoral fellows, and other trainees: Dallas Argueso, Monique Arnold, Caroline Bach, Anna Epifano, Hannah Fitterman-Harris, Marian Hernandez, Christina Hopkins, Erica Schulte (now LaFata), Marilyn Wan, Olivia Walsh

Undergraduate research assistants: Salome Bezabih, Kyra Bronfman, Danielle Caby, Danielle Collins, Shanaya Delice, Zhengyi Du, Maddy Fair, Anne Claire Grammer, Marianna Horton, Sophia Hua, Camila Johaneck, Matthew McDermott, Grace Mezzanotte, Isabella Muniz, Emma Palermo, Caroline O'Neil, AnnaClaire Osei-Akoto, Ginikachi Ozioma Amuzie, Madelynn Reeves, Lily Sherwood, Margaret Strickland, Jin Yoon, Kaylah Walton

Undergraduate students who completed independent research projects under my mentorship:

Marianna Horton, 2023-2024, Independent Research Project, University of Florida
 Shanaya Delice, Summer 2023, McNair Scholars Program, University of Florida
 Madelynn Reeves, 2022-2023, Senior Honors Thesis, Health Sciences, University of Florida
 Salome Bezabih, Spring 2022, Supervised Research Experience, University of Florida
 Maddy Fair, Summer 2020, Penn Undergraduate Research Program, University of Pennsylvania
 Camila Johaneck, 2019-2020, Jumpstart for Juniors Research Grant (Center for Undergraduate Research and Fellowships) and Senior Honors Psychology Thesis, University of Pennsylvania
 Emma Palermo, 2019-2020, Independent Study Student, University of Pennsylvania
 Cai Guo, 2015-2016, Active Minds Emerging Scholars Fellowship, Dickinson College

Clinical Supervision and Teaching

2022	Clinical Supervisor, Pre-Surgical Evaluations for Bariatric Surgery Rotation, Department of Clinical and Health Psychology, University of Florida
2019	“Bariatric Sensitivity: Weight Bias and Stigma,” Bariatric Education Day, Hospital of the University of Pennsylvania Department of Nursing Education, Innovation, and Professional Development
2018-2019	Subject Matter Expert for Bariatric Sensitivity (ad-hoc consultant for training materials), Bariatric Program, Penn Presbyterian Medical Center
2017-2018	Primary Clinical Supervisor for Philadelphia-area psychology graduate student

clinical practicum at the Penn Center for Weight and Eating Disorders

- 2016 “Weight Sensitivity Training,” Bariatric Surgery Program, Perelman Center for Advanced Medicine, Penn Medicine
- 2016 “Weight Sensitivity Training,” Department of Surgery, Pennsylvania Hospital
- 2013-2014 Graduate Student Clinic Director and Supervisor, Yale Center for Anxiety and Mood Disorders

Publications

Authorship Key:

Senior/principal author(s) = Underline

Self = bold

Capital letters for those under direct supervision:

Fellow = f

Graduate Student = g

Other = &

Post-Doctoral Associate/Fellow = p

Resident = r

Research Publications, peer-reviewed

1. Sheynblyum M (G), Wadden TA, Latner JD, **Pearl RL**. Longitudinal associations of internalized weight stigma with physical activity and weight loss. Obesity Science and Practice. In press. **IF=2.2**
2. Keirns NG (p), Keirns BH, Tsotsoros CE, Layman HM, Stout ME, Sciarrilo CM, Emerson SE., Byrd-Craven J, Krems JA, **Pearl RL**, Tomiyama AJ, & Hawkins MAW: The acute inflammatory effects of weight stigma: An experimental pilot study. Stigma and Health. Advance online publication. **IF=3.0**
3. Leget DL (G), LaCaille LJ, **Pearl RL**: Comparing measurement of internalized weight stigma to body dissatisfaction. Body Image. 47: 101662. Aug 2023. <https://doi.org/10.1016/j.bodyim.2023.101622> **IF=5.2**
4. **Pearl RL**, Hernandez M (&), Bach C (&), Groshon L (G), Wadden TA: Prevalence of diagnosed psychiatric disorders among adults who have experienced and internalized weight stigma. Obesity Science & Practice, Jul 2023. <https://doi.org/10.1002/osp4.700> **IF=2.2**
5. Groshon L (G), **Pearl RL**: Longitudinal associations of binge eating with internalized weight stigma and eating self-efficacy. Eating Behaviors, 101785, Jul 2023. <https://doi.org/10.1016/j.eatbeh.2023.101785> **IF=2.8**

6. **Pearl RL**, Wadden TA, Bach C (&), LaFata EM (P), Gautam S, Leonard S, Berkowitz RI, Latner JD, Jakicic JM: Long-term effects of an internalized weight stigma intervention: A randomized controlled trial. Journal of Consulting and Clinical Psychology. 91(7): 398-410. Jul 2023. **IF=5.9**
7. **Pearl RL**, Bach C (&), Wadden TA: Development of a cognitive behavioral intervention for internalized weight stigma. Journal of Contemporary Psychotherapy. 53: 165-172. Jun 2023. **IF=2.0**
8. **Pearl RL**, Wadden TA, Groshon LC (G), Fitterman-Harris HF (G), Bach C (&), LaFata EM (P): Refining the conceptualization and assessment of internalized weight stigma: A mixed methods approach. Body Image. 44: 93-102. Mar 2023. **IF=5.2**
9. Chao AM, Abene J (g), Allison KC, **Pearl RL**, Wadden TA, Williams NN, Tronieri JS: Binge eating disorder and eating self-efficacy in adults seeking bariatric surgery. Clinical Obesity. 12(4): e12531. Aug 2022. **IF=3.3**
10. Schulte EM (P), Bach C (&), Berkowitz RI, Latner JD, **Pearl RL**: Adverse childhood experiences and weight stigma: Co-occurrence and associations with psychological well-being. Stigma and Health. 6(4): 408-418. Nov 2021. **IF=3.0**
11. Puhl RM, Lessard L (p), **Pearl RL**, Grupski A, Foster GD: Policies to address weight discrimination and bullying: Perspectives of adults engaged in weight management from six nations. Obesity. 29(11):1787-1798. Nov 2021. **IF=6.9**
12. Puhl RM, Lessard L (p), **Pearl RL**, Himmelstein MS, Foster GD: International comparisons of weight stigma: Addressing a void in the field. International Journal of Obesity. 45(9): 1976-1985 Sept 2021. **IF=4.9**
13. Keirns NG (g), Tsotsoros CE, Addante S, Layman HM, Krems JA, **Pearl RL**, Tomiyama AJ, Hawkins, MA: Adverse childhood experiences associated with greater internalization of weight stigma in women with excess weight. Obesities. 1: 49-57, Jun 2021.
14. Lessard L (p), Puhl RM, Himmelstein MS, **Pearl RL**, Foster GD: Eating and exercise-related correlates of weight stigma: A multinational investigation. Obesity. 29(6): 966-970. Jun 2021. **IF=6.9**
15. **Pearl RL**, Puhl RM, Lessard L (p), Himmelstein MS, Foster GD: Prevalence and correlates of weight bias internalization in weight management: A multinational study. Social Science & Medicine: Population Health. 13: 100755, Mar 2021. **IF=4.7**
16. **Pearl RL**, Wadden TA, Bach C (&), Leonard SM, Michel, KE: Who's a good boy? Effects of dog and owner body weight on veterinarian perceptions and treatment recommendations. International Journal of Obesity. 44: 2455-2564, Dec 2020. **IF=4.9**

17. **Pearl RL**, Puhl RM, Himmelstein MS (p), Pinto AM, Foster GD: Weight stigma and weight-related health: Associations of self-report measures among adults in weight management. Annals of Behavioral Medicine 54(11): 904-914, Nov 2020. **IF=3.8**
18. **Pearl RL**, Wadden TA, Bach C (&), Tronieri JS, Berkowitz RI: Six-month follow-up from a randomized controlled trial of the Weight BIAS program. Obesity 28(10): 1878-1888, Oct 2020. **IF=6.9**
19. Himmelstein MS (p), Puhl RM, **Pearl RL**, Pinto AM, Foster GD: Coping with weight stigma among adults in a commercial weight management sample. International Journal of Behavioral Medicine 27(5): 576-590, Oct 2020. **IF=2.7**
20. Wan MT (P), **Pearl RL**, Fuxench ZCC, Takeshita J, Gelfand JM: Anticipated and perceived stigma among patients with psoriasis. Journal of Psoriasis and Psoriatic Arthritis 5(3): 93-99, Jul 2020.
21. **Pearl RL**, Wadden TA, Bach C (&), Gruber K, Leonard S, Walsh OA (&), Tronieri JS, Berkowitz RI: Effects of a cognitive-behavioral intervention targeting weight stigma: A randomized controlled trial. Journal of Consulting and Clinical Psychology 88(5), 470-80, May 2020. **IF=5.9**
22. **Pearl RL**, Wadden TA, Chao AM, Alamuddin N, Berkowitz RI, Walsh O (&), Allison KC, Tronieri JS: Associations between causal attributions for obesity and long-term weight loss. Behavioral Medicine 46(2):87-91, Apr-Jun 2020. **IF=2.3**
23. Goss AL (r), Rethy L (g), **Pearl RL**, DeLisser HM: The “difficult” cadaver”: A mixed-methods study of weight bias in gross anatomy. Medical Education Online 25(1): 1742966, Mar 2020. **IF=4.6**
24. Puhl RM, Himmelstein MS (p), **Pearl RL**, Wojtanowski AC, Foster GD: Weight stigma among sexual minority adults: Findings from a matched sample of adults engaged in weight management. Obesity 27(11): 1906-1915, Nov 2019. **IF=6.9**
25. **Pearl RL**, Wadden TA, Chao AM, Walsh O (&), Alamuddin N, Berkowitz RI, Tronieri JS: Weight bias internalization and long-term weight loss in patients with obesity. Annals of Behavioral Medicine 53(8): 782-787, Aug 2019. **IF=3.8**
26. **Pearl RL**, Himmelstein MS (p), Puhl RM, Wadden TA, Wojtanowski AC, Foster GD: Weight bias internalization in a commercial weight management sample: Prevalence and correlates. Obesity Science & Practice 5(4): 342-353, Aug 2019. **IF=2.2**
27. **Pearl RL**, Percec I: Ageism and health in patients undergoing cosmetic procedures. Aesthetic Surgery Journal 39(7): NP288-NP292, Jul 2019. **IF=2.9**

28. **Pearl RL**, Wan MT (P), Takeshita J, Gelfand JM: Stigmatizing attitudes toward persons with psoriasis among laypersons and medical students. Journal of the American Academy of Dermatology 80 (6): 1556-1563, Jun 2019. **IF=13.8**
29. **Pearl RL**, Wadden TA, Walton K (&), Allison KC, Tronieri JS, William N: Health and appearance: Factors motivating the decision to seek bariatric surgery. Surgery for Obesity and Related Diseases 15(4): 636-642, Apr 2019. **IF=3.1**
30. **Chao AM**, Wadden TA, Tronieri JS, **Pearl RL**, Alamuddin N, Bakizada ZM (&), Pinkasavage E (&), Leonard SM, Alfaris N, Berkowitz RI: Effects of addictive-like eating behaviors on weight loss with behavioral obesity treatment. Journal of Behavioral Medicine 42(2): 246-255, Apr 2019. **IF=3.1**
31. **Tronieri JS**, Wadden TA, Chao AM, **Pearl RL**, Alamuddin N, Berkowitz RI: Early weight loss in behavioral treatment predicts later rate of weight loss and response to pharmacotherapy. Annals of Behavioral Medicine 53(3): 290-295, Mar 2019. **IF=3.8**
32. **Pearl RL**, Walton K (&), Allison KC, Tronieri JS, Wadden TA: Preference for people-first language among patients seeking bariatric surgery. JAMA Surgery 153(12):1161-1162, Dec 2018. **IF=16.9**
33. Walsh OA (&), Wadden TA, Tronieri JS, Chao AM, **Pearl RL**: Weight bias internalization is negatively associated with weight-related quality of life in persons seeking weight loss. Frontiers in Psychology 9: 2576, Dec 2018. **IF=3.8**
34. **Chao AM**, Wadden TA, **Pearl RL**, Alamuddin N, Leonard SM, Bakizada ZM (&), Pinkasavage E (&), Gruber KA, Walsh OA (&), Berkowitz RI, Alfaris N, Tronieri JS: A randomized controlled trial lorcaserin and lifestyle counseling for weight loss maintenance: changes in emotion and stress related eating, food cravings, and appetite. Clinical Obesity 8(6): 383-390, Dec 2018. **IF=3.3**
35. **Pearl RL**, Wadden TA, Allison KC, Chao AM, Alamuddin N, Berkowitz RI, Walsh O (&), Tronieri JS: Causal attributions for obesity among patients seeking surgical versus behavioral/pharmacological weight loss treatment. Obesity Surgery 28(11): 3724-3728, Nov 2018. **IF=2.9**
36. **Pearl RL**, Shao K (g), Shin TM, Miller CJ, Sobanko JF: Acute appearance concerns in patients undergoing Mohs surgery: A single institution cross-sectional study. Dermatologic Surgery 44(10): 1349-1351, Oct 2018. **IF=2.4**
37. **Lin L** (g), Zhang R (g), Mazzaferro D (g), Hoppe I, **Pearl R**, Swanson J, Bartlett S, Taylor J: Influence of repaired cleft lip and palate on layperson perceptions following orthognathic surgery. Plastic and Reconstructive Surgery 142(4): 1012-1022, Oct 2018. **IF=3.6**

38. Tronieri JS, Wadden TA, Alfaris N, Chao AM, Alamuddin N, Berkowitz RI, **Pearl RL**: "Last supper" predicts greater weight loss early in obesity treatment, but not enough to offset initial gains. Frontiers in Psychology 2(9): 1335, Aug 2018. **IF=3.8**
39. Shao K (g), Zhang J (g), **Pearl RL**, Taylor L, Sobanko JF: Improving quality of life measurement in skin cancer patients: Clinical correlates for the Skin Cancer Index. Dermatologic Surgery 44(8): 1139-1140, Aug 2018. **IF=2.4**
40. **Pearl RL**, Wadden TA, Tronieri JS, Berkowitz RI, Chao AM, Alamuddin N, Leonard SM, Carvajal R, Bakizada ZM (&), Pinkasavage E (&), Gruber KA, Walsh OA (&), Alfaris N: Short- and long-term changes in health-related quality of life with weight loss: Results from a randomized controlled trial. Obesity 26(6): 985-991, Jun 2018. **IF=6.9**
41. **Pearl RL**, Hopkins CM (&), Berkowitz RI, Wadden TA: Group cognitive-behavioral treatment for internalized weight stigma: A pilot study. Eating and Weight Disorders 23(3): 357-362, Jun 2018. **IF=2.9**
42. **Pearl RL**, Wadden TA, Tronieri JS, Chao AM, Alamuddin N, Berkowitz RI: Everyday discrimination in a racially-diverse sample of patients with obesity. Clinical Obesity 8(2): 140-146, Apr 2018. **IF=3.3**
43. **Pearl RL**, Wadden TA, Tronieri JS, Chao AM, Alamuddin N, Bakizada ZM (&), Pinkasavage E (&), Berkowitz RI: Sociocultural and familial factors associated with weight bias internalization. Obesity Facts 11(2): 157-164, Apr 2018. **IF=3.6**
44. Shaw Tronieri J, Wadden TA, Berkowitz RI, Chao AM, **Pearl RL**, Alamuddin N, Leonard SM, Carvajal R, Bakizada ZM (&), Pinkasavage E (&), Gruber KA, Walsh OA (&), Alfaris N: A randomized trial of lorcaserin and lifestyle counseling for maintaining weight loss achieved with a low-calorie diet. Obesity 26(2): 299-309, Feb 2018. **IF=6.9**
45. Mazzaferro DM (g), Wes AM (g), Naran S (p), **Pearl R**, Bartlett SP, Taylor JA: Orthognathic surgery has a significant effect on perceived personality traits and emotional expressions. Plastic and Reconstructive Surgery 140(5): 971-981, Nov 2017. **IF=3.6**
46. Chao AM, Wadden TA, Gorin AA, Tronieri JS, **Pearl RL**, Bakizada ZM (&), Yanovski SZ, Berkowitz RI: Binge eating and weight loss outcomes in individuals with type 2 diabetes: 4-Year results from the Look AHEAD study. Obesity 25(11): 1830-1837, Nov 2017. **IF=6.9**
47. **Pearl RL**, Argueso D (G), Wadden TA: Effects of medical trainees' weight-loss history on perceptions of patients with obesity. Medical Education 51(8): 802-811, Aug 2017. **IF=6.0**
48. Tronieri JS, Alfaris N, Chao AM, **Pearl RL**, Alamuddin N, Bakizada ZM (&), Berkowitz RI, Wadden TA: Lorcaserin plus lifestyle modification for weight loss maintenance: Rationale and design for a randomized controlled trial. Contemporary Clinical Trials 59: 105-112, Jun 2017. **IF=2.2**

49. **Pearl RL**, Wadden TA, Hopkins CM (&), Shaw JA, Hayes MR, Bakizada ZM (&), Alfaris N, Chao AM, Pinkasavage E (&), Berkowitz RI, Alamuddin N: Association between weight bias internalization and metabolic syndrome among treatment-seeking individuals with obesity. Obesity 25(2): 317-322, Feb 2017. **IF=6.9**
50. **Pearl RL**, Forgeard MJC (p), Rifkin L (&), Beard C, Bjorgvinsson T: Internalized stigma of mental illness: Changes and associations with treatment outcomes. Stigma and Health 2(1): 2-15, Feb 2017. **IF=3.0**
51. **Chao AM**, Shaw JA, **Pearl RL**, Alamuddin N, Hopkins CM (&), Bakizada ZM (&), Berkowitz RI, Wadden TA: Prevalence and psychosocial correlates of food addiction in persons with obesity seeking weight reduction. Comprehensive Psychiatry 73: 97-104, Feb 2017. **IF=7.3**
52. **Pearl RL**, Puhl RM, Dovidio JF: Can legislation prohibiting weight discrimination improve psychological well-being? A preliminary investigation. Analyses of Social Issues and Public Policy 17(1): 84-104, Jan 2017. **IF=1.5**
53. **Pearl RL**, Puhl RM: The distinct effects of internalizing weight bias: An experimental study. Body Image 17: 38-42, Jun 2016. **IF=5.2**
54. **Forgeard MJC** (p), **Pearl RL**, Cheung J (&), Rifkin LS (&), Beard C, Björgvinsson T: Positive beliefs about mental illness: Associations with sex, age, diagnosis, and clinical outcomes. Journal of Affective Disorders 204: 197-204, Jun 2016. **IF=6.5**
55. **Pearl RL**, Puhl RM, Dovidio JF: Differential effects of weight bias experiences and internalization on exercise among women with overweight and obesity. Journal of Health Psychology 20(12): 1626-1632, Dec 2015. **IF=3.2**
56. **Pearl RL**, Dovidio JF, Puhl RM: Visual portrayals of obesity in health media: promoting exercise without perpetuating weight bias. Health Education Research 30(4): 580-590, Aug 2015. **IF=2.4**
57. **Pearl RL**, Dovidio JF, Puhl RM, Brownell KD: Exposure to weight-stigmatizing media: Effects on exercise intentions, motivation, and behavior. Journal of Health Communication 20(9): 1004-1013, Jul 2015. **IF=4.4**
58. **Pearl RL**, Dovidio JF: Experiencing weight bias in an unjust world: Impact on exercise and internalization. Health Psychology 34(7): 741-749, Jul 2015. **IF=4.2**
59. **Pearl RL**, White MA, Grilo CM: Weight bias internalization, depression, and self-reported health among overweight binge eating disorder patients. Obesity 22(5): E142-148, May 2014. **IF=6.9**
60. **Pearl RL**, Lebowitz MS (g): Beyond personal responsibility: Effects of causal attributions for overweight and obesity on weight-related beliefs, stigma, and policy support. Psychology & Health 29(10): 1176-1191, May 2014. **IF=3.3**

61. **Pearl RL**, White MA, Grilo CM: Overvaluation of shape and weight as a mediator between self-esteem and weight bias internalization among patients with binge eating disorder. Eating Behaviors 15(2): 259-261, Apr 2014. **IF=2.8**
62. **Brochu PM (p)**, **Pearl RL**, Puhl RM, Brownell KD: Do media portrayals of obesity influence support for weight-related medical policy? Health Psychology 33(2): 197-200, Feb 2014. **IF=4.2**
63. **Pearl RL**, Puhl RM: Measuring internalized weight attitudes across body weight categories: Validation of the Modified Weight Bias Internalization Scale. Body Image 11(1): 89-92, Jan 2014. **IF=5.2**
64. **Pearl RL**, Puhl RM, Brownell KD: Positive media portrayals of obese persons: Impact on attitudes and image preferences. Health Psychology 31(6): 821-829, Nov 2012. **IF=4.2**
65. **Roberto CA (g)**, Sysko R, Bush J, **Pearl R**, Puhl RM, Schvey NA (g), Dovidio JF: Clinical correlates of the Weight Bias Internalization Scale in a sample of obese adolescents seeking bariatric surgery. Obesity 20(3): 533-539, Mar 2012. **IF=6.9**

Research Publications, peer-reviewed reviews

66. **Speight J**, Holmes-Truscott E, Garza M, Scibilla R, Wagner S, Wagner S, Kato A, Pedrero V, Deschenes S, Guzman SJ, Joiner KL, Liu S, Willaing I, Babbott KM, Cleal B, Dickinson JK, Halliday J, Morrissey EC, Nefs G, O'Donnell S, Serlachius A, Winterdijk P, Alzubaidi H, Arifin B, Cambron-Kopco L, Santa Ana (Cornejo) C, Davidsen E, de Groot M, de Wit M, Deroze P, Haack S, Holt RIG, Jensen W, Khunti K, Kragelund Nielsen K, Lathia T, Lee C, McNulty B, Naranjo D, **Pearl RL**, Prinjha S, Puhl RM, Sabidi A, Selfvan C, Sethi J, Seyam M, Sturt J, Subramanian M, Terkildsen Maindal H, Valentine V, Vallis M, Skinner TC. International consensus recommendations to bring an end to diabetes stigma and discrimination. The Lancet Diabetes & Endocrinology. 12(1): 61-82, Jan 2024. **IF=44.5**
67. **Pearl RL**, Wadden TA, Jakicic JM: Is weight stigma associated with physical activity? A systematic review: Obesity. 29(12): 1994-2012, Dec 2021. **IF=6.9**
68. **Pearl RL**, Schulte EM (P): Weight bias during the COVID-19 pandemic. Current Obesity Reports. 10(2):181-190, Jun 2021. **IF=8.8**
69. **Puhl RM**, Himmelstein MS (p), **Pearl RL**: Weight stigma as a psychosocial contributor to obesity. American Psychologist 75(2): 274-289, Feb 2020. **IF=16.4**
70. **Pearl RL**, Puhl RM: Weight bias internalization and health: A systematic review. Obesity Reviews 19(8): 1141-1163, Aug 2018. **IF=10.9**
71. **Pearl RL**: Weight bias and stigma: Public health implications and structural solutions. Social Issues and Policy Review 12(1): 146-182, Jan 2018. **IF=9.4**

72. Tronieri JS, Wurst CM (p), **Pearl RL**, Allison KC: Sex differences in obesity and mental health. Current Psychiatry Reports 19(6): 29, Jun 2017. **IF=6.7**
73. Gearhardt AN (g), Bragg MA (g), **Pearl RL**, Schvey NA (g), Roberto CA (g), Brownell KD: Obesity and public policy. Annual Review of Clinical Psychology 8: 405-430, Jan 2012. **IF=18.4**

Editorials and Chapters

74. **Pearl RL**, Gonzalez L (G). Anti-fat prejudice, stereotyping, and discrimination. Handbook of Prejudice, Stereotyping, and Discrimination (3rd edition). Nelson T (ed.). Routledge. In press.
75. **Pearl RL**, Sheynblyum M (G), Leget DL (G). The Modified Weight Bias Internalization Scale. Handbook of Body Image-Related Measures. Tylka T, Ramseyer V, Landor A (eds.). Routledge. In press.
76. **Pearl RL**: Weight stigma and bias. Health Professional's Guide to Weight Management for Adults. Gigliotti L, Raynor H (eds.). Chicago, IL: Academy of Nutrition and Dietetics. 2024. pp. 44-58.
77. **Pearl RL**, Austin SB, Jebeile H, D'Adamo L (p), Wilfley DE: Opportunities to advance research, intervention, and policy on stigma, eating disorders, and body image. Journal of Eating Disorders 11: 132, Aug 2023. **IF=4.1**
78. Leget DL (G), Sheynblyum M (G), Harrop EN, **Pearl RL**: Reflecting on mirror use for individuals with obesity: A response to Omondi and Freysteinson's systematic review. Journal of Clinical Nursing. 32(15-16): 5414-5416, Aug 2023. **IF=4.2**
79. **Pearl RL**, Groshon L (G), Fitterman-Harris, H (G): Weight stigma. Diversity and Disparities in Mental Health, Klump, K (section ed.), in Encyclopedia of Mental Health, 3rd Edition. Markey C, Friedman HS (eds.). Elsevier Press. 2023. pp 600-610.
80. Cardel MI, Newsome FA (g), **Pearl RL**, Ross KM, Dillard JR (g), Hayes JF, Wilfley D, Keel PK, Dhurandhar EJ, Balantekin KN: Letter to the Editor re: Patient-centered care for obesity: How healthcare providers can treat obesity while actively addressing weight stigma and eating disorder risk. Journal of the Academy of Nutrition and Dietetics. 123(3): 400-403, Mar 2023. **IF=4.8**
81. Cardel MI, Newsome FA (g), **Pearl RL**, Ross KM, Dillard JR (g), Miller DR (&), Hayes JF (p), Wilfley D, Keel PK, Dhurandhar EJ, Balantekin KN: Patient-centered care for obesity: How healthcare providers can treat obesity while actively addressing weight stigma and eating disorder risk. Journal of the Academy of Nutrition and Dietetics. 122(6): 1089-1098, Jun 2022. **IF=4.8**
82. **Pearl RL**, Hopkins CM (G): Bias, stigma, and social consequences of obesity. Clinical Obesity in Adults and Children, 4th Edition. Kopelman PG, Caterson ID, Dietz WH (eds.). John Wiley & Sons Limited: Hoboken, NJ. 2022. pp. 58-71.

83. Austen, E (g), **Pearl RL**, Griffiths S: Inconsistencies in the conceptualisation and operationalisation of internalized weight stigma. Body Image. 36: iii-v. Mar 2021. **IF=5.2**
84. **Pearl RL**: Weight stigma and the “quarantine-15.” Obesity 28(7): 1180-1181. Jul 2020. **IF=6.9**
85. **Pearl RL**, Wadden TA: Weight stigma affects men too. Obesity 26(6): 949, Jun 2018. **IF=6.9**
86. Sobanko JF, Shao K (g), **Pearl RL**, Leachman S: United States Preventive Services Task Force overstates cosmetic harms of skin cancer screening. The Journal of Clinical and Aesthetic Dermatology 11(4): 52-53, Apr 2018.
87. **Pearl RL**, Allison KC, Tronieri JS, Wadden TA: Reconsidering the psychosocial-behavioral evaluation required prior to bariatric surgery. Obesity 26(2): 249-250, Feb 2018. **IF=6.9**
88. Puhl RM, **Pearl RL**: Psychological causes and consequences of obesity. Handbook of Obesity Treatment, 2nd Edition. Wadden TA, Bray GA (eds.). The Guilford Press, New York, NY, 2018. pp. 149-168.
89. Dovidio JF, Penner LA, Calabrese SK, **Pearl RL**: Physical health disparities and stigma: Race, sexual orientation, and body weight. Oxford Handbook of Stigma, Discrimination and Health. Major B, Dovidio JF, Link BG (eds.) Oxford University Press: Oxford, England, 2018. pp. 29-51.
90. Brochu PM, **Pearl RL**, Simontacchi LA (g): Weight stigma and related social factors in psychological care. Psychological Care in Severe Obesity: A Practical and Integrated Approach. Cassin SE, Hawa R, Sockalingham S (eds.). Cambridge University Press: Cambridge, England, 2018. pp. 42-60.

Publications under review:

1. **Pearl RL**, Friedman Donze L, Rosas LG, Agurs-Collins T, Baskin ML, Breland JY, Byker Shanks C, Cooksey Stowers K, Johnson S, Lee BY, Martin M, Muguru P, Odoms-Young A, Panza E, Pronk NP, Calicutt K, Nadgloski J, Nece PM, Tedder M, Chow LS, Krishnamurti H (g), Jay M, Xi D, Jastreboff AM, Cody Stanford F. Ending weight stigma to advance health equity.
2. Leget DL (G), **Pearl RL**. The impact of patient weight on mental health providers' diagnosis of bulimia nervosa.
3. **Pearl RL**, Groshon LC (G), Hernandez M (g), Bach C (g), LaFata EM, Fitterman-Harris HF (p), Leget DL (G), Sheynblyum M (G), Wadden TA. Characterizing first, recent, and worst experiences of weight stigma: A descriptive study.
4. Groshon (G), **Pearl RL**. Weight bias, stigma, and discrimination: Prevalence and consequences. Textbook of Cardiometabolic Surgery (1st edition). Schauer P, Rubino F, Eckel R, Dan A (eds.). Elsevier.

5. Lavoie HA (g), McVay MA, **Pearl RL**, Fisher CL, Jake-Schoffman DE. The impact of fitness influencers on physical activity outcomes: A scoping review.

Non-refereed Publications

1. **Pearl RL**: Getting rid of negative self-talk in weight management. Medscape. Jun 2023. <https://www.medscape.com/viewarticle/992771>
2. Kyle T, **Pearl R**: Weight stigma and gender: Common issues and differences. Weight Matters Magazine (published by the Obesity Action Coalition) 18(4), 36-37, Jul 2022.
3. **Pearl RL**: How weight bias may affect dogs and their owners. Scientific American: Mind Matters Nov 2020. <https://www.scientificamerican.com/article/how-weight-bias-may-affect-dogs-and-their-owners/>
4. **Pearl RL**: For 2019, consider a New Year's resolution to lose weight bias. USA Today Jan 2019. <https://www.usatoday.com/story/opinion/2019/01/01/2019-new-years-resolution-lose-weight-bias-stigma-not-weight-column/2445190002/>

Select media coverage:

“How Does Stigma Affect Patients with Overweight, Obesity, or Diabetes?” NIDDK Diabetes Discoveries and Practice Blog (Interview). Aug 2023. <https://www.niddk.nih.gov/health-information/professionals/diabetes-discoveries-practice/how-stigma-affects-patients-with-overweight-obesity-or-diabetes>

“Internalized Bias and What to Do About it With Dr. Rebecca Pearl.” Docs who Lift (Podcast), Jun 2023. <https://drspencer.com/podcast/>

“Weight Stigma 101 with Rebecca Pearl,” Leading Voices in Food (Podcast, Duke University). Feb 2020. <https://wfpc.sanford.duke.edu/podcasts/weight-stigma-101-rebecca-pearl/>

Rubin R. Addressing medicine’s bias against patients who are overweight. JAMA News & Analysis Feb 2019. <https://www.ncbi.nlm.nih.gov/pubmed/30785613>

Carpenter J: How some wellness programs encourage toxic attitudes about body size. CNN Jan 2019. <https://www.cnn.com/2019/01/14/success/wellness-program-bias/index.html>

Bowser AD. Psoriasis stigma persists among medical students. American Academy of Dermatology Reading Room/MedPage Today Sept 2018. <https://www.medpagetoday.com/reading-room/aad/psoriasis/75151>

Brown H. Internalizing stigma is bad for your health. VICE Apr 2018. https://www.vice.com/en_us/article/8xkeax/internalizing-stigma-is-bad-for-your-health

Thompson J. Metabolic syndrome and how women are affected. Oprah.com Apr 2017.
http://www.oprah.com/health_wellness/metabolic-syndrome-and-how-women-are-affected

Conason A. The real truth about your weight and health. Psychology Today Apr 2017.
<https://www.psychologytoday.com/us/blog/eating-mindfully/201704/the-real-truth-about-your-weight-and-health>

MacMillan A. Fat-shaming could raise health risks, study suggests. CNN Feb 2017.
<https://www.cnn.com/2017/02/07/health/fat-shaming-sick-study-partner/index.html>

Firman T. Science says the way you feel about your body can determine how healthy you are. Marie Claire Jan 2017. <https://www.marieclaire.com/health-fitness/news/a25047/study-fat-shaming-affects-health/>

Doheny K. Fat shaming can lead to a host of health problems. CBS News Jan 2017.
<https://www.cbsnews.com/news/fat-shaming-can-lead-to-host-of-health-problems/>

Worland J. You exercise less when you think life isn't fair. Time Nov 2014.
<https://time.com/3595856/obesity-overweight-exercise/>

Grants

Active:

Genetic Attributions and Racialized Perceptions of Obesity (R01HG012868)

National Human Genome Research Institute/NIH/DHHS

9/20/2023-6/30/2027

Total award: \$2,355,965

Role: Multiple Principal Investigator (Other MPIs: Matthew Lebowitz, Columbia University and Carolyn Tucker, University of Florida)

A Weight Stigma-Informed Model to Improve Energy Intake Assessment (R21NR020405)

National Institute of Nursing Research/NIH/DHHS

9/22/2022-7/31/2024

Total award: \$453,180

Role: Co- I (PI: Valisa Hedrick, Virginia Tech)

Transdiagnostic Intervention to Reduce Internalized Health-Related Stigma (DP2MH132938)

Office of the Director/Common Fund/National Institute of Mental Health/NIH/DHHS

9/1/2022-8/31/2027

Total award: \$2,287,500

Role: PI

Investigating the Relationship Between Internalized Weight Stigma and Metabolic Syndrome (R03HL160603)

National Heart, Lung, and Blood Institute/NIH/DHHS
8/1/2022-7/31/2025
Total award: \$152,500
Role: PI

Past:

Reducing Weight Stigma To Improve Long-Term Weight Loss (K23HL140176)
National Heart, Lung, And Blood Institute/NIH/DHHS, 12/15/2017-11/30/2023, Role: PI

Examining Potential Racial Discrepancies in Genetic Attributions for Obesity and Their Implications for Clinically and Socially Relevant Attitudes and Beliefs, Columbia University Center for Research on Ethical, Legal and Social Implications of Psychiatric, Neurologic and Behavioral Genetics (Pilot Grant), 10/2021-6/2022. Role: Co-I (PI: Matthew Lebowitz)

Acute Inflammatory Effects of Weight Stigma in Overweight/Obesity (F31HL152620), National Heart, Lung, and Blood Institute/NIH/DHHS, 7/2020 – 6/2022. Role: Co-mentor (PI: Natalie Keirns)

A Randomized Controlled Trial Of A Psychological Intervention To Reduce Weight Bias Internalization In The Context Of Behavioral Weight Loss, Weight Watchers (WW) International, 3/2018-10/2019. Role: PI

Ageism Among Patients Seeking Anti-Aging Cosmetic Procedures, Edwin & Fannie Gray Hall Center for Human Appearance Pilot Grant, 10/2017-6/2018. Role: PI

The Stigma of Psoriasis, Edwin & Fannie Gray Hall Center for Human Appearance Pilot Grant, 7/2017-6/2018. Role: PI

Psychosocial and Behavioral Correlates of Patient Quality of Life Following Mohs Micrographic Surgery: One Year Follow-Up, Edwin & Fannie Gray Hall Center for Human Appearance Pilot Grant, 7/2016-6/2017. Role: PI

A Randomized Trial of Lifestyle Modification and Lorcaserin for Weight Loss Maintenance, Eisai Co., 12/2014-12/2017. Role: Co-I (PI: Thomas Wadden)

Weight Attributions and Attitudes, Yale University Department of Psychology Supplemental Research Funds, 1/2013-5/2013. Role: PI

Lectures by Invitation (past 7 years)

1. “Introduction and Overview of Weight Stigma.” Invited oral presentation in symposium titled “Addressing Antifatness in Epidemiologic Research.” Society for Epidemiologic Research Mid-Year Symposium (Online). Mar 2024.

2. “Internalization of Health-Related Stigma: Impacts and Interventions.” Biological and Health Psychology Seminar, Department of Psychology, University of Pittsburgh. Feb 2024.
3. Session Chair: “More than Just Weight: Intersectional Approaches to Understanding Weight Stigma.” ObesityWeek (Annual Meeting of The Obesity Society), Dallas, TX. Oct 2023.
4. “Weight Bias and Stigma: Considerations for Clinical Care.” Temple Surgical Grand Rounds. Baylor Scott & White Health, Temple, TX. Sept 2023.
5. “Diabetes, Obesity, and Stigma: New Opportunities and Mixed Messages.” diaTribe Musings (Invited Expert Panel Discussion), The diaTribe Foundation (Online). Sept 2023.
6. “Body Diversity, Weight Stigma and Bias in Media and Images.” Invited Expert Panel Discussion hosted by Ketchum PR & Marketing Communications Consulting (Online). Sept 2023.
7. “Weight Bias, Stigma, and Discrimination.” Obesity Webinar Series for HR Professionals (HR.com, BenefitsPro, SHRM.Org, and International Foundation of Employee Benefit Plans), organized by the Diabetes Leadership Council (Online). May and Jun 2024; May, Jun, and Jul 2023.
8. “Cognitive-Behavioral Intervention for Internalized Weight Stigma.” Italian Association of Eating and Weight Disorders Congress, Florence, Italy (Online). May 2023.
9. “Weight Bias and Stigma: Considerations for Clinical Care.” University-Wide Conference, Division of Endocrinology and Metabolism, University of Pittsburgh (Online). Apr 2023.
10. “Weight Bias and Stigma: Opportunities for Intervention.” Midwest Regional T32 Eating Disorders Research Didactics (Online). Apr 2023.
11. “Weight Bias and Discrimination.” Obesity: Etiology, Prevention and Treatment and Obesity Medicine Board Review Course, Columbia University Institute of Human Nutrition, New York, NY (Combination of online and in-person). Apr 2020-2023; May 2019; Apr 2018; Apr 2017
12. “Reducing Weight Stigma in Weight Management: Results from a Long-term RCT.” Center for Weight and Eating Disorders Research Seminar. University of Pennsylvania (Online). Feb 2023.
13. “Weight Bias and Stigma: Considerations for Weight Management.” Department of Human Nutrition, Foods, and Exercise Weight Management Panel Discussion. Virginia Tech (Online). Dec 2022.
14. Session Moderator: “Intervening on Social and Structural Determinants of Health and Obesity.” Advancing Interventions for Adult Obesity to Promote Health Equity Workshop. National Heart, Lung, and Blood Institute (NHLBI), NIH (Online). Oct 2022.

15. "Weight Stigma, Internalization, and Health: Opportunities for Intervention." NHLBI Obesity, Nutrition, and Physical Activity Seminar, NIH (Online). Sept 2022.
16. "Introduction to Weight Stigma." Seminar hosted by Students Against Weight Stigma (medical student group), Penn Medicine (Online). Sept 2022.
17. "Weight Bias and Stigma: Implications for Physical Activity." Global Classroom Lecture Series, University of Giessen, Germany (Online). Jun 2022.
18. "Experiences of Weight Stigma and Diabetes Stigma among People with Type 2 Diabetes." Invited presentation in symposium titled "Stigma in Diabetes Care: Evidence and Solutions." American Diabetes Association Annual Meeting, New Orleans, LA. Jun 2022.
19. "Weight Bias and Stigma: Barriers to Weight Management." Weight, Eating, and Lifestyle Center Seminar Series, Drexel University (Online). May 2022.
20. "Changing the Conversation Around Representation in Media and Body Image." Invited presentation in public workshop, titled "Shifting the Paradigm: Targeting Structures, Communications, and Beliefs to Advance Practical Strategies for Obesity Solutions." Hosted by the Roundtable on Obesity Solutions, National Academies of Science, Engineering, and Medicine (Online). Apr 2022.
21. "Weight Bias and Stigma: Considerations for Gynecologic Care." Invited oral presentation in symposium organized by the National Cancer Institute titled, "Challenges in Gynecologic Care for Patients with Obesity." American Society for Colposcopy and Cervical Pathology Annual Meeting, San Diego, CA. Apr 2022.
22. "Targeting Weight Stigma in Obesity Interventions." NORC Seminar Series, University of Alabama Birmingham (Online). Feb 2022.
23. "Health Outcomes of Internalized Weight Stigma Among Patients with Obesity." Presidential Plenary Session, Invited oral presentation at The Obesity Society's Annual Meeting "ObesityWeek" (Online). Nov 2021.
24. "Weight Bias and Stigma." Featured Speaker, Bahrain Obesity Academy, Bahrain (Online). Sept 2021.
25. "Weight Bias and Stigma," Obesity and Society Undergraduate Course, Penn School of Nursing (Online). Sept 2021.
26. "Childhood Obesity: Facts, Bullying, & How to Make a Difference." Special Guest, Obesity Action Coalition Monthly Broadcast (Online). Sept 2021.
27. "From Awareness to Action: Confronting Weight Stigma to Promote Public Health." Featured Expert Guest Lecturer, Inaugural Weight Stigma Awareness Series, Department of

- Nutrition, University of North Carolina Gillings School of Global Public Health (Online). Apr 2021.
28. “Careers on Tap.” Professional Development and Research Seminar. Department of Human Nutrition, Foods, and Exercise, Virginia Tech, Blacksburg, VA (Online). Apr 2021.
 29. “Future Directions for Diabetes Stigma Research.” d21 Executive Innovation Series, The diaTribe Foundation, San Francisco, CA (Online). Mar 2021.
 30. “Weight Bias and Stigma in Human and Animal Health Care.” One Health Annual Symposium, University of Pennsylvania, Philadelphia, PA (Online). Mar 2021.
 31. “Weight Bias, Stigma, and Discrimination.” Guest Lecture in Food Industry, Politics, and Public Health course (Instructor Alyssa Moran, ScD). Johns Hopkins Bloomberg School of Public Health, Baltimore MD (Online). Jan 2021.
 32. “Combating Weight Stigma in Health Promotion During the Pandemic.” University of Pennsylvania Health System Nutrition Symposium Philadelphia PA (Online). Dec 2020.
 33. “Weight Bias and Discrimination.” Supersized Nation: Understanding and Managing America’s Obesity Epidemic Undergraduate Course, Haverford College, Haverford, PA. Oct 2020; Feb 2019; Oct, 2018; Feb, 2018; Feb 2017.
 34. “Weight Bias and Stigma.” Physician Assistant Program, College of St. Elizabeth, Morristown, NJ (Online). June 2020.
 35. “Weight Stigma: Public Health Interventions and Implications,” Department of Nutrition, Harvard T. H. Chan School of Public Health, Boston, MA (Online due to COVID-19). Mar 2020.
 36. “Weight Bias Internalization: Health Implications and Clinical Intervention,” Department of Psychology, York University, Toronto, CA. Jan 2020.
 37. “Weight Bias Internalization: Health Implications and Clinical Intervention,” Department of Psychology, Skidmore College, Saratoga Springs, NY. Nov 2019.
 38. “Psychology and Public Health Perspectives on Obesity,” Guest Lecture in Anxiety Course (Instructor Casey Schofield, PhD), Skidmore College, Saratoga Springs, NY. Nov 2019.
 39. “Conversation about Weight Stigma,” Guest Lecture in Nutrition Course (Instructor Jennifer Temple, PhD), School of Public Health and Health Professions, University of Buffalo, Buffalo, NY (Online). Nov 2019.
 40. “Weight Bias Internalization: Health Implications and Clinical Intervention,” Department of Psychology, Virginia Commonwealth University, Richmond, VA. Oct 2019.

41. "The Stigmatization of Women and Weight," Closing Keynote Presentation, Nephrology Nursing Practice, Management and Leadership Conference, American Nephrology Nurses Association, San Diego, CA. Oct 2019.
42. "Weight Bias, Internalization, and Eating Disorders: What Do We Know and What Do We Do?" Academy for Eating Disorders Webinar. Sept 2019.
43. "Weight Stigma and Eating Disorders," Midwest Region Eating Disorders T32 Didactics Seminar (Webinar with trainees in Chicago, IL, Minneapolis, MN, and Fargo, ND). Apr 2019.
44. "Weight Bias Internalization and Weight Management." Brown University Weight Stigma Summit, Providence, RI. Mar 2019.
45. "Mental Health and Obesity." Roundtable on Obesity Solutions, National Academies of Science, Engineering, and Medicine, Washington, DC. Feb 2019.
46. "The Role of Psychosocial Interaction in Obesity," 2018 James W. Freston Conference: Obesity and Metabolic Disease. American Gastroenterological Association, Arlington, VA. Aug 2018.
47. "Impact of Weight Bias on Your Health: Steps to Rejecting Self-Stigma." Obesity Action Coalition National Convention, Denver, CO. Jul 2018.
48. "Meeting in the Middle: A Discussion of Body Positivity and Health." Obesity Action Coalition National Convention, Denver, CO. Jul 2018.
49. "Weight Bias Internalization: Implications and Intervention." Rudd Center for Food Policy and Obesity, University of Connecticut, Hartford, CT. Jul 2018.
50. "Reducing Weight Stigma to Improve Long-Term Weight Loss," Physical Activity and Weight Management Research Center, University of Pittsburgh, Pittsburgh, PA. Jul 2018.
51. "Weight Stigma and Health: Implications for Clinical Care." ACCEL Innovative Discovery Series, Value Institute at Christiana Care Health System. Newark, DE. May 2018.
52. "Interventions to Address Experienced and Internalized Weight Bias," Session: Weight Bias. The Obesity Society's ObesityWeek Annual Meeting, National Harbor, MD. Nov 2017.
53. "Weight Bias and Stigma: Opportunities for Psychological Intervention." Psychology Brown Bag Series. Rutgers-Camden College of Arts and Sciences, Camden, NJ. Sept 2017.

Refereed Oral Presentations (past 7 years)

1. **Pearl RL.** “Opportunities to Integrate Care for Obesity and Eating Disorders.” Discussant in symposium titled “Health Care System Approach to Weight Management and Eating Disorders: VHA’s Effort to Address Seemingly Contradictory Care.” Society of Behavioral Medicine 45th Annual Meeting & Scientific Sessions, Philadelphia, PA Mar 2024.
2. **Pearl RL,** Wadden TA, Bach C, LaFata E, Leonard S, Latner J, Berkowitz, RI. Acceptability of Targeting Internalized Weight Stigma in Weight Management: Results from a Randomized Controlled Trial. Oral presentation in symposium titled, “Addressing Weight Stigma in Healthcare Settings: Identifying Opportunities for Intervention.” Society of Behavioral Medicine Annual Meeting, Phoenix, AZ Apr 2023.
3. **Pearl RL.** Weight Bias in Health Education: The Need for Evidence-based Solutions. Oral presentation in session titled, “Weight Stigma in Healthcare Education and Practice: A Missed Opportunity to Do No Harm.” Anatomy Connected 2023: Advances in Science, Research, and Education, American Association of Anatomy, Washington, DC Mar 2023.
4. **Pearl RL,** Wadden TA, Latner JD. Cultural Differences in Body Appreciation and Health Correlates Among Adults Seeking Cognitive-Behavioral Treatment for Weight and Stigma. Paper presentation as part of symposium “Positive body image as social justice: Cognitive behavioral applications to socioculturally diverse groups.” Association for Behavioral and Cognitive Therapies Annual Meeting, Online Nov 2021.
5. **Pearl RL.** Internalization of Weight Bias and Stigma. Symposium: “Let’s Come Together: Uniting Dietitians to Combat Weight Bias.” Academy of Nutrition and Dietetics Annual Food and Nutrition Conference & Expo (Online due to COVID-19). Oct 2020.
6. **Pearl RL,** Wadden TA, Bach C, Gruber K, Leonard S, Walsh OA, Tronieri JS, Berkowitz RI. “Targeting Weight Stigma in Behavioral Weight Loss Treatment: A Randomized Controlled Trial.” The Obesity Society’s ObesityWeek, Las Vegas, NV Nov 2019.
7. **Pearl RL,** Percec I. Perceived and Anticipated Age-Based Discrimination in Adults Undergoing Cosmetic Procedures: Associations with Health and Self-Esteem. Symposium: “Making their voices heard: Health effects of stigma and discrimination in understudied populations.” Society of Behavioral Medicine Annual Meeting, Washington, DC Mar 2019.
8. **Pearl RL,** Wadden TA, Walton K, Allison KC, Tronieri JS, Williams NN. “Health or appearance? Factors motivating the decision to seek bariatric surgery.” Masters Course in Behavioral Health, American Society for Metabolic and Bariatric Surgery, ObesityWeek, Nashville, TN Nov 2018.
9. **Pearl RL.** Lose weight and stigma? Exploring the relationship between weight loss and changes in perceived and internalized stigma among individuals with obesity. Symposium: “Weighty matters: The heavy impact of weight stigma on health and weight-related outcomes.” Association for Psychological Science Annual Meeting, Boston, MA May 2017.

10. **Pearl RL**, Argueso D, Wadden TA. “Medical trainees' weight-loss history affects perceptions of patients' weight-loss outcomes.” The Obesity Society's ObesityWeek, New Orleans, LA Oct 2016.
11. **Pearl RL**, Wadden TA, Hopkins CM, Shaw JA, Hayes MR, Bakizada ZM, Alfaris N, Chao AM, Pinkasavage E, Berkowitz RI, Alamuddin N. “Association between weight bias internalization and metabolic syndrome among treatment-seeking individuals with obesity.” The Obesity Society's ObesityWeek, New Orleans, LA Oct 2016.
12. **Pearl RL**, Puhl RM, Dovidio JF. “Psychological benefits of legislation prohibiting weight discrimination: A preliminary investigation.” Society for Psychological Study of Social Issues Conference, Minneapolis, MN Jun 2016.