

# Kathryn M. Ross, Ph.D. M.P.H.

## CURRICULUM VITAE

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### CONTACT INFORMATION

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MyBibliography: <https://www.ncbi.nlm.nih.gov/myncbi/browse/collection/47640967/>

### EDUCATION

<b>Post-doctoral Fellowship</b> 2013-2015	<b>Alpert Medical School of Brown University</b> Providence, RI NIH F32 NRSA (NIDDK), Cardiovascular Behavioral Medicine, Obesity, and Cost-Effectiveness Research
<b>Clinical Internship</b> 2012-2013	<b>Alpert Medical School of Brown University</b> Providence, RI Obesity Clinical Research Track
<b>Ph.D., Clinical Psychology</b> 2013	<b>University of Florida</b> Gainesville, FL Specialization in Clinical Health Psychology
<b>M.P.H., Biostatistics</b> 2012	<b>University of Florida</b> Gainesville, FL
<b>M.S., Clinical Psychology</b> 2009	<b>University of Florida</b> Gainesville, FL
<b>B.S., Psychology (Honors)</b> 2006	<b>Virginia Commonwealth University</b> Richmond, VA

### PROFESSIONAL LICENSE

2016-present	<b>Clinical Psychologist</b> Florida PY9567
2014-2016	<b>Clinical Psychologist</b> Rhode Island PS01461

## ACADEMIC APPOINTMENTS

2022-present	<b>Associate Chair for Research</b> Department of Clinical & Health Psychology College of Public Health & Health Professions University of Florida
2021-present	<b>Associate Professor (Tenured)</b> Department of Clinical & Health Psychology (primary) & Social and Behavioral Sciences (secondary) College of Public Health & Health Professions University of Florida
2016-2021	<b>Assistant Professor</b> Department of Clinical & Health Psychology (primary) & Social and Behavioral Sciences (secondary) College of Public Health & Health Professions University of Florida
2015-2016	<b>Instructor (Research)</b> Department of Psychiatry and Human Behavior Warren Alpert Medical School Brown University

## HONORS AND AWARDS

2023	Dean's Citation Paper Award, College of Public Health and Health Professions, University of Florida
2023	Leading the Narrative Award, Society of Behavioral Medicine
2023	Fellow, Mid-Career Leadership Institute, Society of Behavioral Medicine
2022	Faculty Enhancement Opportunity Award, University of Florida
2021	Outstanding Alumni Award, College of Public Health and Health Professions, University of Florida
2019	Dean's Citation Paper Award, College of Public Health and Health Professions, University of Florida
2019	Excellence Award for Assistant Professors, University of Florida
2019	Travel Scholarship, Mathematical Sciences in Obesity Research Short Course, Baltimore, MD
2017	First Place, The Obesity Society Early Career Lightning Talk Competition, at Obesity Week 2017 (joint annual meeting of The Obesity Society and the American Society for Metabolic and Bariatric Surgery)
2016	NIH Loan Repayment Program, NIDDK, awarded 2016-2018
2015	The Obesity Society Early Career Young Professionals Travel Grant

- 2015 Fellow, NIH OBSSR / NHLBI Summer Institute on the Design and Conduct of Randomized Clinical Trials Involving Behavioral Interventions
- 2014 NIH Loan Repayment Program, NIDDK, awarded 2014-2016
- 2013 NIH Ruth L. Kirschstein Award (F32), NIDDK, awarded 2014-2016
- 2012 Inducted into Delta Omega, honorary society for Public Health, University of Florida
- 2011 *Nathan W. Perry Memorial Scientist-Practitioner Award* for outstanding integration of scientific method and scholarship with clinical work; Department of Clinical & Health Psychology, University of Florida
- 2011 Outstanding Research Award, College of Public Health and Health Professions, University of Florida
- 2009 Biostatistics Public Health Fellowship, Health Resources and Services Administration, US Department of Health and Human Services
- 2009 Outstanding Research Award, College of Public Health and Health Professions, University of Florida
- 2009 Research Travel Award, Graduate Student Council, University of Florida
- 2008 Outstanding Research Award, College of Public Health and Health Professions, University of Florida
- 2008 Research Travel Award, Graduate Student Council, University of Florida

## GRANT FUNDING

### Active

NIH R01DK099334 Cohen, RA (PI) 12/01/2023 – 11/30/2028

#### **WISE II - Obesity and Type-2 Diabetes: Bariatric Surgery Effects on Brain Function**

This project involves a retrospective analysis of an existing bariatric surgery cohort to examine long-term (>36 months) cognitive and brain outcomes following bariatric surgery in severely obese adults. A prospective study will also be conducted to understand the role of the vagus in cognitive and brain outcomes through two manipulations in the context of bariatric surgery (vagotomy and transcutaneous vagus nerve stimulation).

Role: Co-Investigator

Amount: \$3,787,062

NIH R01DK134409 McVay, MA (PI) 09/01/2023 – 08/31/2028

#### **Increasing Initiation of Evidence-Based Weight Loss Treatment**

The primary aim of this study is to investigate whether a brief, single-session online intervention can increase initiation of evidence-based behavioral weight loss treatments among non-treatment seeking adults with obesity.

Role: Co-Investigator

Amount: \$3,078,977

PHHP000142518 Hong, YR (PI) 07/01/2023 – 06/30/2024

#### **Validation of BMI Diagnoses and Longitudinal BMI Trajectories in EHR Database for Populations with Bariatric Surgery**

This PPHP Faculty Research Enhancement Program grant will support the development of a large, racially and ethnically diverse bariatric surgery patient cohort database to investigate mechanisms by which bariatric surgery impacts cancer risk and other gastrointestinal and digestive disease outcomes.

Role: Co-Investigator

Amount: \$25,000

NIH F31MD017934

Cooper, K (PI)

07/22/2022 –

06/30/2024

**Understanding Social Undermining of Weight Management Behaviors in Young Adult African American Women**

This study will characterize the experience of and response to social undermining among African American young women, including associations with dietary and physical activity lapses, using a mixed-method approach combining ecological momentary assessment methods with individual qualitative interviews.

Role: Co-Sponsor/Co-Mentor

Amount: \$92,585

NIH R01DK119244

Ross, KM (PI)

07/01/2019 – 03/31/2024

**Evaluation of an Adaptive Intervention for Weight Loss Maintenance**

This project will evaluate a novel method of providing phone-based extended care intervention, adaptive to participant needs, in order to promote long-term weight loss maintenance.

Role: Principal Investigator

Amount: \$2,996,032

**Completed**

UFCTSI UL1 TR001427

Renn, TR (Pilot Project PI)

07/01/2021 – 01/31/2023

**FLEX -- Holistic Physical Activity Interventions for Justice-Involved Young Women of Color**

This project will assess the feasibility, acceptability, and proof-of-concept of motivational fitness coaching and holistic navigation among young justice-involved women of color who are releasing from prison into the community.

Role: Co-Investigator

Amount: \$25,000

NIH R03 HL154272

McVay, MA (PI)

08/15/2020 – 01/31/2023

**Preventing Weight Gain Among Those who Decline Behavioral Weight Loss Treatment**

This project will evaluate the feasibility and acceptability of a low-burden intervention to prevent weight gain among adults with obesity or overweight with a weight-related comorbidity who have declined to participate in a comprehensive weight loss program.

Role: Co-Investigator

Amount: \$152,500

NIH F31AG063412

Rotblatt, LJ (PI)

08/15/2019 – 08/14/2021

**Cognitive Aging Trajectories: Cardiovascular Risk, White Matter, and Education Predictors**

This project will examine the associations between cardiovascular risk, brain-based measures of vascular neuropathology, and trajectories of change across four cognitive domains.

Role: Co-Mentor

Amount: \$79,190

NIH R18HL112720

Perri, MG (PI)

08/15/2013 – 04/30/2020

**Rural Lifestyle Eating and Activity Program (Rural LEAP)**

This trial will test the effects of two telehealth interventions for the management of obesity in rural settings.

Role: Co-Investigator

Amount: \$3,724,808

NIH R21DK109205

Ross, KM (PI)

09/15/2016 – 08/31/2019

**Identification and Prediction of High-Risk Periods for Regain After Weight Loss**

This project used innovative statistical techniques to analyze a complex longitudinal dataset, collected during a behavioral lifestyle intervention, to identify and predict high-risk times for weight regain following weight loss.

Role: Principal Investigator

Amount: \$336,438

NIH F32 DK100069

Ross, KM (PI)

08/05/2013 – 07/31/2015

**Impact of Self-Monitoring Technology and Interventionist Contact on Weight Loss**

This pilot study examined the impact of newer self-monitoring technology, with and without interventionist contact, on weight loss in adults with overweight and obesity.

Role: Principal Investigator

Amount: \$151,218

Unnumbered

Ross, KM (PI)

2011

University of Florida College of Public Health & Health Professions Research Grant

**Preventing the Freshman 15: Effects of a Brief Lifestyle Intervention on Changes in Body Weight, Caloric Intake, and Physical Activity**

Role: Principal Investigator

Amount: \$1,000

Unnumbered

Ross, KM (PI)

2010

University of Florida Graduate Student Council Research Grant

**Preventing the Freshman 15: Effects of a Brief Lifestyle Intervention on Changes in Body Weight, Caloric Intake, and Physical Activity**

Role: Principal Investigator

Amount: \$1,000

Unnumbered

Ross, KM (PI)

2009

University of Florida Graduate Student Council Research Grant

**The Effect of Daily Self-Monitoring of Weight on Changes in Caloric Intake and Energy Expenditure**

Role: Principal Investigator

Amount: \$1,000

## PUBLICATIONS

### Peer-Reviewed

Previous name: Middleton, K. R.

\* *Designates Student/Postdoc Mentee*

1. **Ross, K. M.**, You, L., Qiu, P., Shankar, M. N., \*Swanson, T. N., Ruiz, J., Anthony, L., & Perri, M. G. (in press). Predicting high-risk periods for weight regain following initial weight loss. *Obesity*. <https://doi.org/10.1002/oby.23923>
2. \*Arroyo, K, & **Ross, K.M.** (in press). Characterizing individual variability in associations between self-monitoring and weight change during and after a behavioral weight management program. *Obesity Science & Practice*. <https://doi.org/10.1002/osp4.699>
3. König, L. M., Krukowski, R. A., Kuntsche, E., Busse, H., Gumbert, L., Gemesi, K., Neter, E., Mohamed, N. F., **Ross, K. M.**, John-Akinola, Y. O., Cooper, R., Allmeta, A., Macedo Silva, A., Forbes, C. C., & Western,

- M. J. (2023). Reducing intervention- and research-induced inequalities to tackle the digital divide in health promotion. *International Journal for Equity in Health*, 22, 249. <https://doi.org/10.1186/s12939-023-02055-6>
4. \*Ugwoaba, U. A., \*Carpenter, C. A., \*Arroyo, K. M., \*Scarlett, C. A., & **Ross, K. M.** (2023). Hunger, temptation, and dietary adherence during weight management. *Eating Behaviors*, 50, 101754. PMID: [PMC10690492](https://pubmed.ncbi.nlm.nih.gov/36106904/) <https://doi.org/10.1016/j.eatbeh.2023.101754>
  5. Oswald, M., **Ross, K. M.**, Sun, N., Yin, W., Garcia, S. J., Bursac, Z., Krukowski, R. A. (2023). Importance of self-weighing to avoid post-cessation weight gain: A secondary analysis of the Fit & Quit randomized trial. *Obesity Science & Practice*, 9(4), 416-423. PMID: [PMC10399538](https://pubmed.ncbi.nlm.nih.gov/36103995/) <https://doi.org/10.1002/osp4.668>
  6. Cardel, M. I., Newsome, F. A., Pearl, R. L., **Ross, K. M.**, Dillard, J. R., Miller, D. R., Hayes, J. F., Wilfley, D., Keel, P. K., Dhurandhar, E. J., & Balantekin, K. N. (2023). Letter to the Editor In Response: To truly reduce weight stigma and eating disorder risk, we need to stop promoting weight loss. *Journal of the Academy of Nutrition and Dietetics*, 123, 400-403. <https://doi.org/10.1016/j.jand.2022.09.017>
  7. Befort, C. A., **Ross, K. M.**, Janicke, D. M., & Perri, M. G. (2022). Parents of minor children lose less weight during a behavioral weight intervention: Findings from the Rural LEAP Trial. *Obesity Science & Practice*, 8(6), 728-734. PMID: [PMC9722455](https://pubmed.ncbi.nlm.nih.gov/36109722/) <https://doi.org/10.1002/osp4.604>
  8. \*Dixon, B. N., Hong, Y. R., Perri, M. G., Allen, A., Aufmuth, J., & **Ross, K. M.** (2022). Access to food and physical activity environment resources in rural communities: Impact of using driving time versus physical distance indicators. *Journal of Transport & Health*, 27, 101521. PMID: [PMC10655550](https://pubmed.ncbi.nlm.nih.gov/36106555/) <https://doi.org/10.1016/j.jth.2022.101521>
  9. Hayes, J. F., Wing, R. R. Unick, J. L., & **Ross, K. M.** (2022). Behaviors and psychological states associated with transitions from regaining to losing weight. *Health Psychology*, 41, 938-945. PMID: [PMC9793336](https://pubmed.ncbi.nlm.nih.gov/36109793/) <https://doi.org/10.1037/hea0001224>
  10. \*Blair, S. A., \*Brockmann, A. N., \*Arroyo, K. M., \*Carpenter, C. A., & **Ross, K. M.** (2022). Awareness, acceptability, and perceived effectiveness of text-based therapy among graduate students. *JMIR mHealth uHealth*, 10(7), e34102. PMID: [PMC9305396](https://pubmed.ncbi.nlm.nih.gov/36109305/). <http://dx.doi.org/10.2196/34102>
  11. O'Neal, L. J., Perri, M. G., Befort, C., Janicke, D. M., Shankar, M. N., Baumann, V., Daniels, M. J., Dhara, K., & **Ross, K. M.** (2022). Differential impact of telehealth extended-care programs for weight maintenance in African American versus white adults. *Journal of Behavioral Medicine*, 45, 580-588. PMID: [PMC9344470](https://pubmed.ncbi.nlm.nih.gov/36109344/). <https://doi.org/10.1007/s10865-022-00291-9>
  12. Hong, Y. R., Yadav, S., Suk, R., Lee, A. M., Newsome, F. A., Johnson-Mann, C. N., Cardel, M. I., & **Ross, K. M.** (2022). Assessment of physical activity and healthy eating behaviors among US adults receiving bariatric surgery. *JAMA Network Open*, 5, e2217380. PMID: [PMC9204540](https://pubmed.ncbi.nlm.nih.gov/36109204/). <https://doi.org/10.1001/jamanetworkopen.2022.17380>
  13. \*Carpenter, C. A., \*Ugwoaba, U. A., Cardel, M. I., & **Ross, K. M.** (2022). Using self-monitoring technology for nutritional counseling and weight management. *Digital Health*, 8, 20552076221102774. PMID: [PMC9158426](https://pubmed.ncbi.nlm.nih.gov/36109158/). <https://doi.org/10.1177/20552076221102774>
  14. Cardel, M. I., Newsome, F. A., Pearl, R. L., **Ross, K. M.**, Dillard, J. R., Miller, D. R., Hayes, J. F., Wilfley, D., Keel, P. K., Dhurandhar, E. J., & Balantekin, K. N. (2022). 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*, 6, 1089-1098. PMID: [PMC10056599](https://pubmed.ncbi.nlm.nih.gov/36100565/) <https://doi.org/10.1016/j.jand.2022.01.004>

15. **Ross, K. M.**, \*Carpenter, C. A., \*Arroyo, K. M., Shankar, M. N., Yi, F., Qiu, P., Anthony, L., Ruiz, J., & Perri, M. G. (2022). Impact of transition from face-to-face to telehealth on behavioral obesity treatment during the COVID-19 pandemic. *Obesity*, 30(4), 858-863. PMCID: [PMC8957501](https://pubmed.ncbi.nlm.nih.gov/358957501/) <https://doi.org/10.1002/oby.23383>
16. \*Carpenter, C. A., \*Eastman, A. E., & **Ross, K. M.** (2022). Consistency with and disengagement from self-monitoring of weight, dietary intake, and physical activity in a technology-based weight loss program: An exploratory study. *JMIR Formative Research*, 6(2), e33603. PMCID: [PMC8900900](https://pubmed.ncbi.nlm.nih.gov/358900900/) <https://doi.org/10.2196/33603>
17. **Ross, K. M.**, Hong, Y. R., Krukowski, R. A., Miller, D. R., Lemas, D. J., & Cardel, M. I. (2021). Acceptability of research and healthcare visits during the COVID-19 pandemic: A cross-sectional study. *JMIR Formative Research*, 5(6), e27185. PMCID: [PMC8174557](https://pubmed.ncbi.nlm.nih.gov/358174557/). <https://doi.org/10.2196/27185>
18. \*Bauman, V., \*Apostolopoulos, A. N., Hasse, G., \*Parkman, T. J., & **Ross, K.M.** (2021). Rural/urban weight-loss outcomes following bariatric surgery. *Obesity Science & Practice*, 7, 797-802. PMCID: [PMC8633927](https://pubmed.ncbi.nlm.nih.gov/358633927/) <https://doi.org/10.1002/osp4.515>
19. Lillis, J., Dunsiger, S., Thomas, J. G., **Ross, K. M.**, & Wing, R.R. (2021). Novel behavioral interventions to improve long-term weight loss: A randomized trial of acceptance and commitment therapy and self-regulation for weight loss maintenance. *Journal of Behavioral Medicine*, 44, 527-540. <https://doi.org/10.1007/s10865-021-00215-z>
20. Woodward, J., Chen, Y. P., Jurczyk, K., **Ross, K. M.**, Anthony, L., & Ruiz, J. (2021). A survey of notification designs in commercial mHealth apps. *Proceedings of the 2021 ACM CHI Conference on Human Factors in Computing Systems (CHI'21)*, Article no. 232: 1-7. <https://doi.org/10.1145/3411763.3451639>
21. \*Dixon, B. N., \*Ugwoaba, U., \*Brockmann, A., & **Ross, K. M.** (2021). Associations between the built environment and dietary intake, physical activity, and obesity: A scoping review of reviews. *Obesity Reviews*, 22(4), e13171. PMCID: [PMC8629168](https://pubmed.ncbi.nlm.nih.gov/358629168/) <https://doi.org/10.1111/obr.13171>
22. **Ross, K. M.**, \*Eastman, A., \*Ugwoaba, U. A., Demos, K. E., Lillis, J., & Wing, R. R. (2020). Food reward sensitivity, impulsivity, and weight change during and after a 3-month weight loss program. *PLOS One*, 15 (12), e0243530. PMCID: [PMC7732120](https://pubmed.ncbi.nlm.nih.gov/357732120/) <https://doi.org/10.1371/journal.pone.0243533>
23. Cardel, M. I., Manasse, S., Krukowski, R. A., **Ross, K. M.**, Shakour, R., Miller, D. R., Lemas, D. J., & Hong, Y. R. (2020). COVID-19 impacts mental health outcomes and ability/desire to participate in research among current research participants. *Obesity*, 28(12), 2272-2281. PMCID: [PMC7461293](https://pubmed.ncbi.nlm.nih.gov/357461293/) <https://doi.org/10.1002/oby.23016>
24. McVay, M. A., Donahue, M. L., Cheong, J., Bacon, J., Perri, M. G., & **Ross, K. M.** (2020). Effects of intervention characteristics on willingness to initiate a weight-gain prevention program. *American Journal of Health Promotion*, 34(8), 837-847. PMCID: [PMC7679054](https://pubmed.ncbi.nlm.nih.gov/357679054/) <https://doi.org/10.1177/0890117120905709>
25. Donges-Ariel, A. H., Gordon, E. L., \*Dixon, B. N., \*Eastman, A., Bauman, V., **Ross, K. M.**, & Perri, M. G. (2020). Rural/urban disparities in access to the National Diabetes Prevention Program. *Translational Behavioral Medicine*, 10(6), 1554-1558. PMCID: [PMC7796706](https://pubmed.ncbi.nlm.nih.gov/357796706/) <https://doi.org/10.1093/tbm/ibz098>
26. \*Eastman, A. E., \*Dixon, B. N., & **Ross, K. M.** (2020). Associations between effort, importance, and self-monitoring during and after a 12-week behavioral weight management program. *Obesity Science & Practice*, 6(5), 447-453. PMCID: [PMC7556417](https://pubmed.ncbi.nlm.nih.gov/357556417/). <https://doi.org/10.1002/osp4.431>

27. \*Chhabria, K., **Ross, K. M.**, Sacco, S., & Leahey, T. M. (2020). Assessment of Supportive Accountability in adults seeking obesity treatment: A psychometric validation study. *Journal of Medical Internet Research*, 7(22), e17967. PMID: [PMC7420735](https://pubmed.ncbi.nlm.nih.gov/327420735/). <https://dx.doi.org/10.2196/17967>
28. \*Brockmann, A. N., \*Eastman, A., & **Ross, K. M.** (2020). Frequency and consistency of self-weighing to promote weight loss maintenance. *Obesity*, 28, 1215-1218. PMID: [PMC7311265](https://pubmed.ncbi.nlm.nih.gov/327311265/) .  
<https://doi.org/10.1002/oby.22828>
29. Krukowski, R. A., & **Ross, K. M.** (2020). Measuring weight with e-scales in clinical and research settings during the COVID-19 pandemic. *Obesity*, 28, 1182-1183. PMID: [PMC7267353](https://pubmed.ncbi.nlm.nih.gov/327267353/).  
<https://doi.org/10.1002/oby.22851>
30. Perri, M. G., Shankar, M. N., Daniels, M. J., Durning, P. E., **Ross, K. M.**, Limacher, M. C., Janicke, D. M., Martin, A. D., Dhara, K., Bobroff, L. B., Radcliff, T. A., & Befort, C. A. (2020). Effect of telehealth extended care for maintenance of weight loss in rural US communities: A randomized controlled trial. *JAMA Network Open*, 3, 1-12. PMID: [PMC7296388](https://pubmed.ncbi.nlm.nih.gov/327296388/). <https://doi.org/10.1001/jamanetworkopen.2020.6764>
31. \*Brockmann, A. N., & **Ross, K.M.** (2020). Bidirectional association between stress and physical activity in adults with overweight and obesity. *Journal of Behavioral Medicine*, 43(2), 246-253. PMID: [PMC7608853](https://pubmed.ncbi.nlm.nih.gov/327608853/).  
<https://doi.org/10.1007/s10865-020-00145-2>
32. Cardel, M. I., **Ross, K. M.**, Butryn, M., Donahoo, W. T., \*Eastman, A., Dillard, J. R., Grummon, A., Hopkins, P. Whigham, L. D., Janicke, D. (2020). Acceptance-based therapy: The potential to augment behavioral interventions in the treatment of type 2 diabetes. *Nutrition & Diabetes*, 10, 1-6. PMID: [PMC7026408](https://pubmed.ncbi.nlm.nih.gov/327026408/).  
<https://doi.org/10.1038/s41387-020-0106-9>
33. **Ross, K. M.**, Qiu, P., You, L., & Wing, R. R. (2019). Week-to-week predictors of weight loss and regain. *Health Psychology*, 38(12), 1150-1158. PMID: [PMC6861630](https://pubmed.ncbi.nlm.nih.gov/326861630/). <https://doi.org/10.1037/hea0000798>
34. \*Dixon, B. N., Piervil, E., \*Eastman, A., & **Ross, K. M.** (2019). A social-ecological review of the rural-urban obesity disparity. *Health Behavior and Policy Review*, 6(4), 378-394. <https://doi.org/10.14485/HBPR.6.4.6>
35. \*Bauman, V., Ariel-Donges, A. H., Gordon, E. L., Daniels, M. J., Xu, D., **Ross, K. M.**, Limacher, M. C., & Perri, M.G. (2019). Effect of dose of behavioral weight-loss treatment on glycemic control in adults with prediabetes. *BMJ Open Diabetes Research & Care*, 7, e000653. PMID: [PMC6557466](https://pubmed.ncbi.nlm.nih.gov/326557466/).  
<http://dx.doi.org/10.1136/bmjdr-2019-000653>
36. Unick, J. L., **Ross, K. M.**, & Wing, R. R. (2019). Factors associated with early non-response within an Internet-based behavioural weight loss program. *Obesity Science & Practice*, 5(4), 324-332. PMID: [PMC6700509](https://pubmed.ncbi.nlm.nih.gov/326700509/). <https://doi.org/10.1002/osp4.341>
37. **Ross, K. M.**, \*Eastman, A. E., & Wing, R. R. (2019). Accuracy of self-report versus objective smart scale weights during a 12-week weight management intervention. *Obesity*, 27(3), 385-390. PMID: [PMC6410568](https://pubmed.ncbi.nlm.nih.gov/326410568/). <https://doi.org/10.1002/oby.22400>
38. Perri, M.G., Ariel-Donges, A. H., Shankar, M. N., Limacher, M.C., Daniels, M. J., Janicke, D. M., **Ross, K. M.**, Bobroff, L. B., Martin, A. D., Radcliff, T. A., & Befort, C. A. (2019). Design of Rural LEAP: A randomized controlled trial assessing impact of group- versus individual-based phone counseling on long-term weight loss maintenance. *Contemporary Clinical Trials*, 76, 55-63. PMID: [PMC6311420](https://pubmed.ncbi.nlm.nih.gov/326311420/).  
<https://doi.org/10.1016/j.cct.2018.11.006>



39. **Ross, K. M.**, Leahey, T. M., & Kiernan, M. (2018). Validation of the Stanford Leisure-Time Activity Categorical Item (L-Cat) using armband activity monitor data. *Obesity Science & Practice*, 4(3), 276-282. PMID: [PMC6009990](https://pubmed.ncbi.nlm.nih.gov/3009990/). <https://doi.org/10.1002/osp4.155>
40. **Ross, K. M.**, Qiu, P., You, L., Wing, R. R. (2018). Characterizing the pattern of weight loss and regain in adults enrolled in a 12-week Internet-based weight management program. *Obesity*, 26(2), 318-323. PMID: [PMC5783775](https://pubmed.ncbi.nlm.nih.gov/305783775/). <https://doi.org/10.1002/oby.22083>
41. **Ross, K. M.**, & Wing, R. R. (2018). "Memory bias" for recall of experiences during initial weight loss is affected by subsequent weight loss outcome. *Journal of Behavioral Medicine*, 41(1), 130-137. PMID: [PMC5766392](https://pubmed.ncbi.nlm.nih.gov/305766392/). <https://doi.org/10.1007/s10865-017-9896-1>
42. Kozak, A.T., Buscemi, J., Hawkins, M.A.W., Wang, M.L., Breland, J.Y., **Ross, K.M.**, & Kommu, A. (2017). Technology-based interventions for weight management: current evidence and future directions. *Journal of Behavioral Medicine*, 40, 99-111. PMID: [PMC5988351](https://pubmed.ncbi.nlm.nih.gov/305988351/). <https://doi.org/10.1007/s10865-016-9805-z>
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## **Preprints**

1. Alexander, R. G., Alexander, K. E., Barchas-Lichtenstein, J., Finkelstein, S. R., Lee, S., Litchman, M. L., Nigg, C. R., **Ross, K. M.**, Starr, L. R., & Xu, X. (2020). Faulty evidence, specious logic, dangerous conclusions: Challenging gendered ideas of mentorship. *OSF Preprints*. <https://osf.io/zqtky/>  
[doi:10.31219/osf.io/zqtky](https://doi.org/10.31219/osf.io/zqtky)

2. \*Chhabria, K., **Ross, K. M.**, Sacco, S., & Leahey, T. M. (2020). Development of a Supportive Accountability Measure in adults seeking obesity treatment. *JMIR Preprints*.  
<https://preprints.jmir.org/preprint/17967/submitted>

### **Book Chapters**

Previous name: Middleton, K. R.

1. Wing, R. R., & **Middleton, K. R.** (2014). Changing behaviors – physical activity and weight control. In B.W. Stewart and C.P. Wild (Eds.) *World Cancer Report*. Lyon, France: International Agency for Research on Cancer, World Health Organization, pp. 384-398.
2. **Ross, K. M.**, & Perri, M. G. Adherence. (2011). In J.M. Rippe (Ed.) *Encyclopedia of Lifestyle Medicine and Health*. Thousand Oaks, CA: Sage.

### **Other (Non Peer-Reviewed) Publications**

1. Feig, E., Millstein, R., McCurley, J., **Ross, K.**, Befort, C., Krukowski, R., Delahanty, L. (2021). Increase US health plan coverage of the National Diabetes Prevention Program for individuals with prediabetes. *Society of Behavioral Medicine Policy Position Statement (endorsed by the Association of Diabetes Care & Education Specialists, the American College of Lifestyle Medicine, and the Preventive Cardiovascular Nurses Association)*. [https://www.sbm.org/UserFiles/image/DiabetesPrev-brief21\\_final.pdf](https://www.sbm.org/UserFiles/image/DiabetesPrev-brief21_final.pdf)
2. Buscemi, J., Wilson, D., Graham, A., Krukowski, R., **Ross, K.**, & Hayman, L. (2021). SBM urges Congress to take measures to support healthy weight status to prevent COVID-19 deaths. *Society of Behavioral Medicine Policy Position Statement (endorsed by the American Psychological Association, the International Society of Behavioral Nutrition and Physical Activity, The Obesity Society, the Preventive Cardiovascular Nurses Association, and the Society for Health Psychology)*.  
[https://www.sbm.org/UserFiles/image/COVID-Obesity-brief21-v2\\_final.pdf](https://www.sbm.org/UserFiles/image/COVID-Obesity-brief21-v2_final.pdf)
3. Krukowski, R., & **Ross, K. M.** (2019). Mid-career transitions: A discussion with obesity and eating Disorders researchers. *Society of Behavioral Medicine Outlook Newsletter, Winter 2019*.  
<https://www.sbm.org/publications/outlook/issues/winter-2019/mid-career-transitions-a-discussion-with-obesity-and-eating-disorders-researchers/full-article>
4. **Ross, K.**, Krukowski, R. (2019). The 7 components of a successful weight loss plan. *Society of Behavioral Medicine: Healthy Living*.  
<https://www.sbm.org/healthy-living/the-7-components-of-a-successful-weight-loss-plan>
5. **Ross, K.**, Krukowski, R., & James, D. (2018). mHealth insights from obesity and eating disorders researchers. *Society of Behavioral Medicine Outlook Newsletter, Winter 2018*.  
<https://www.sbm.org/publications/outlook/issues/winter-2018/mhealth-insights-from-obesity-and-eating-disorders-researchers/full-article>
6. **Ross, K. M.** Healthy Living: More people are using technology to monitor their own behaviors. *Providence Journal*. November 23, 2015.
7. **Ross, K. M.** Healthy Living: 10,000 who shed pounds share how they keep them off. *Providence Journal*. June 29, 2015.
8. **Ross, K. M.** Healthy Living: Tips to avoid holiday weight gain. *Providence Journal*. December 22, 2014.

## PRESENTATIONS

### Conference Presentations (Peer-Reviewed)

#### International

Previous name: Middleton, K. R.

\* *Designates Student/Postdoc Mentee*

1. **Ross, K. M.** (2023). Delivering behavioral weight management programs via telehealth: Could we unintentionally widen existing health disparities? *Oral Presentation at the International Expert Workshop: Understanding the Digital Divide in Health Promotion, June 20-23, Kulmbach, Germany.*
2. **Ross, K. M.**, You, L., Qiu, P. (2023). Predicting high-risk periods for weight regain after initial weight loss. *Oral Presentation at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, June 14-17, Uppsala, Sweden.*
3. Woodward, J., Chen, Y. P., Jurczyk, K., **Ross, K. M.**, Anthony, L., & Ruiz, J. (2021). A survey of notification designs in commercial mHealth apps. *Poster presented at the 2021 ACM CHI Conference on Human Factors in Computing Systems (CHI'21), May 8 - 13, Yokohama, Japan (Virtual Meeting due to COVID-19).*
4. McVay, M. A., Bacon, J., Cheong, J., **Ross, K. M.**, & Donahue, M. (2019). Demographic and weight history characteristics associated with willingness to initiate weight management interventions. *Poster presented at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity, Prague, Czech Republic.*

#### National

Previous name: Middleton, K. R.

\* *Designates Student/Mentee*

1. McVay, M., Rajoria, M., Carrera Seoane, M., Marshall, N., Alkanderi, A., Muenyi, S., & **Ross, K. M.** (2023). A pilot trial of a low-intensity daily self-weighing intervention. *Poster presented at the 2023 Obesity Week, the annual meeting of The Obesity Society, October 14-17, Dallas, TX.*
2. Krukowski, R., Oswald, M., **Ross, K. M.**, Garcia, S. J., Sun, N., Yin, W., & Bursac, Z. (2023). The importance of self-weighing to avoid post-cessation weight gain: A secondary analysis of the Fit & Quit Trial. *Annals of Behavioral Medicine, 57, S405. Paper presented at the 2023 Society of Behavioral Medicine Annual Meeting, April 26-29, Phoenix, AZ.*
3. Shankar, M. N., \*Ugwoaba, U. A., \*Brockmann, A. N., \*Arroyo, K. M., \*Swanson, T. S., \*Barrett, K. L., & **Ross, K. M.** (2023). Impact of COVID-19 pandemic and transition to remote recruitment methods in an ongoing weight management clinical trial. *Annals of Behavioral Medicine, 57, S193. Poster presented at the 2023 Society of Behavioral Medicine Annual Meeting, April 26-29, Phoenix, AZ.*
4. \*Ugwoaba, U. A., \*Brockmann, A. N., \*Arroyo, K. M., \*Swanson, T. N., \*Barrett, K. L., Shankar, M. N., Marini, S., & **Ross, K. M.** (2023). Behavioral weight loss success: Android vs. iOS. *Annals of Behavioral Medicine, 57, S201. Poster presented at the 2023 Society of Behavioral Medicine Annual Meeting, April 26-29, Phoenix, AZ.*
5. \*Barrett, K. L. \*Ugwoaba, U. A., \*Swanson, T. N., \*Brockmann, A. N., \*Arroyo, K. M., Shankar, M. N., & **Ross, K. M.** (2023). Association between alcohol consumption and weight loss in adults with obesity completing a behavioral weight loss program. *Annals of Behavioral Medicine, 57, S200. Poster presented at the 2023 Society of Behavioral Medicine Annual Meeting, April 26-29, Phoenix, AZ.*

6. \*Swanson, T. N., \*Brockmann, A. N., \*Ugwoaba, U. A., \*Arroyo, K. M., \*Barrett, K. L., Shankar, M. N., & **Ross, K. M.** (2023). Does the early bird really catch the worm? Associations between chronotype and weight loss during a weight loss intervention. *Annals of Behavioral Medicine*, 57, S318. Poster presented at the 2023 Society of Behavioral Medicine Annual Meeting, April 26-29, Phoenix, AZ.
7. **Ross, K. M.**, \*Carpenter, C. A. Identification of minimum thresholds for dietary self-monitoring to promote weight loss maintenance. (2022). *Annals of Behavioral Medicine*, 56, S90. Paper presented at the 2022 Society of Behavioral Medicine Annual Meeting, April 6-9, Baltimore, MD.
8. \*Brockmann, A. N., \*Ugwoaba, U. A., \*Arroyo, K., \*Swanson, T., \*Carpenter, C. A., Shankar, M. N., & **Ross, K. M.** (2022). Associations between change in motives for consuming palatable foods and weight change during a behavioral weight loss program. *Annals of Behavioral Medicine*, 56, S118. Poster presented at the 2022 Society of Behavioral Medicine Annual Meeting, April 6-9, Baltimore, MD. \*OED SIG Top Trainee Flash Talk Award
9. \*Arroyo, K., \*Ugwoaba, U. A., \*Brockmann, A. N., \*Carpenter, C. A., Bauman, V. \*Eastman, A., \*Swanson, T., & **Ross, K. M.** Demographic characteristics do not predict individual benefit from self-monitoring during a behavioral weight loss program. *Annals of Behavioral Medicine*, 56, S249. Poster presented at the 2022 Society of Behavioral Medicine Annual Meeting, April 6-9, Baltimore, MD.
10. \*Carpenter, C. A., \*Arroyo, K., \*Brockmann, A. N., \*Ugwoaba, U. A., \*Swanson, T., Shankar, M. N., & **Ross, K. M.** (2022). Health risk behaviors and weight loss outcomes for shift workers enrolled in a behavioral weight loss program. *Annals of Behavioral Medicine*, 56, S302. Poster presented at the 2022 Society of Behavioral Medicine Annual Meeting, April 6-9, Baltimore, MD.
11. \*Ugwoaba, U. A., \*Carpenter, C. A., Bauman, V., \*Brockmann, A. N., \*Arroyo, K., \*Swanson, T., Shankar, M. N., & **Ross, K. M.** (2022). Pretreatment weight change does not predict outcomes of a behavioral weight loss program. *Annals of Behavioral Medicine*, 56, S529. Poster presented at the 2022 Society of Behavioral Medicine Annual Meeting, April 6-9, Baltimore, MD.
12. Hayes, J. F, Wing, R. R., Unick, J. L., & **Ross, K. M.** (2022). Getting back on track: Weight-related behaviors and psychological states associated with recovery from weight regain. *Annals of Behavioral Medicine*, 56, S298. Poster presented at the 2022 Society of Behavioral Medicine Annual Meeting, April 6-9, Baltimore, MD.
13. Bauman, V., \*Eastman, A., \*Ugwoaba, U. A., \*Brockmann, A. N., \*Swanson, T., \*Arroyo, K., **Ross, K. M.**, & Perri, M. G. (2022). Acceptability of an acceptance-based behavioral weight-loss intervention for adults living in rural areas. *Annals of Behavioral Medicine*, 56, S38. Poster presented at the 2022 Society of Behavioral Medicine Annual Meeting, April 6-9, Baltimore, MD.
14. Hanvey, G. A., Cartagena, G., Dede, D. E., Krieger, J. L, **Ross, K. M.**, & Pereira, D.B. (2022). The role of social and economic marginalization in cancer clinical trial participation patterns: A systematic review. *Annals of Behavioral Medicine*, 56, S648. Poster presented at the 2022 Society of Behavioral Medicine Annual Meeting, April 6-9, Baltimore, MD.
15. Hong, Y. R., Yadav, S. Suk, R., Lee, A., Newsome, F., Johnson-Mann, C., Cardel, M, & **Ross, K. M.** (2022). Lifestyle patterns after bariatric surgery: A population-based study of US adults. Poster presented at the 2022 Research Meeting of Academy Health, June 4-7, Washington, D.C.
16. \*Arroyo, K., \*Ugwoaba, U. A., \*Brockmann, A. N., \*Bauman, V., \*Carpenter, C., \*Eastman, A., \*Scarlett, C. A., & **Ross, K. M.** (2021). Examining individual variability in days of self-monitoring and weight loss. *Annals of Behavioral Medicine*, 55, S197. Poster presented at the 2021 Society of Behavioral Medicine Meeting (Virtual Meeting due to COVID-19).
17. \*Dixon, B. N., Perri, M. G. & **Ross, K. M.** (2021). Race and income moderate associations between built environment and weight loss outcomes in rural adults with obesity. *Annals of Behavioral Medicine*, 55,

S286. Paper presented at the 2021 Society of Behavioral Medicine Meeting (Virtual Meeting due to COVID-19).

18. \*Carpenter, C., \*Brockmann, A. N., \*Dixon, B. N., \*Eastman, A. E., \*Scarlett, C. A., \*Ugwoaba, U. A., & **Ross, K. M.** (2021). Change in objectively measured physical activity and sedentary behavior during a 6-month weight management program. *Annals of Behavioral Medicine*, 55, S97. Poster presented at the 2021 Society of Behavioral Medicine Meeting (Virtual Meeting due to COVID-19).
19. \*Scarlett, C. A., \*Bauman, V., \*Brockmann, A. N., \*Ugwoaba, U. A., \*Eastman, A., \*Arroyo, K., \*Carpenter, C., & **Ross, K. M.** (2021). Associations between changes in weight, fitness, and health-related QOL during and after a behavioral intervention for obesity. *Annals of Behavioral Medicine*, 55, S65. Poster presented at the 2021 Society of Behavioral Medicine Meeting (Virtual Meeting due to COVID-19). \*OED SIG Top Trainee Flash Talk Award
20. \*Ugwoaba, U. A., \*Carpenter, C., \*Bauman, V., \*Eastman, A. E., \*Brockmann, A. N., \*Scarlett, C. A., \*Arroyo, K., & **Ross, K. M.** (2021). Development of a meal planning questionnaire: Preliminary validation and descriptive statistics. *Annals of Behavioral Medicine*, 55, S145. Poster presented at the 2021 Society of Behavioral Medicine Meeting (Virtual Meeting due to COVID-19).
21. \*Islam, S., Zucker, A., & **Ross, K.** (2020). The relationship between sexual minority stigma and psychological intimate partner violence among lesbian and bisexual women. Paper presented at the 2020 American Public Health Association Annual Meeting and Expo (Virtual Meeting due to COVID-19).
22. \*Chhabria, K, **Ross, K.**, Sacco, S., & Leahey, T. M. (2020). Psychometric validation of a supportive accountability measure (SAM) in technology mediated treatment seeking obese adults. Paper presented at the 2020 American Public Health Association Annual Meeting and Expo (Virtual Meeting due to COVID-19).
23. \*Islam, S., Zucker, A., & **Ross, K.** (2020). Psychological intimate partner violence and the influence of sexual minority stigma among lesbian and bisexual women. Poster presented at the Society for Prevention Research 28th Annual Meeting, Washington, D.C. (presented virtually due to COVID-19).
24. **Ross, K. M.** (2020). Lead us from temptation: The role of self-monitoring in promoting dietary adherence during and after a weight loss program. *Annals of Behavioral Medicine*, 54, S411. Paper accepted for oral presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, CA. (Conference canceled due to COVID-19).
25. \*Brockmann, A. B., \*Eastman, A., \*Dixon, B. N., \*Ugwoaba, U., \*Scarlett, C. A., Bauman, V., Shankar, M. N., Perri, M. G. & **Ross, K. M.** (2020). Consistency of self-weighing, rather than frequency, may be key for promoting weight loss maintenance. *Annals of Behavioral Medicine*, 54, S490. Paper accepted for oral presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, CA. (Conference canceled due to COVID-19).
26. \*Dixon, B. N., \*Eastman, A., \*Ugwoaba, U. A., \*Brockmann, A., \*Scarlett, C. A., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2020). Does where you live matter? The built environment and intervention-related changes among rural adults with obesity. *Annals of Behavioral Medicine*, 54, S441. Paper accepted for oral presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, CA. (Conference canceled due to COVID-19). \*Meritorious Student Abstract Award.
27. \*Eastman, A., Bauman, V., \*Dixon, B.N., \*Ugwoaba, U.A., \*Brockmann, A.N., \*Scarlett, C.A., Shankar, M.N., Perri, M.G., & **Ross, K.M.** (2020). Acceptance-based behavioral treatments for weight management: A systematic review. *Annals of Behavioral Medicine*, 54, S782. Poster accepted for presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, CA. (Conference canceled due to COVID-19). \*Meritorious Student Abstract Award.

28. \*Ugwoaba, U. A., \*Dixon, B. N., \*Eastman, A., \*Brockmann, A. N., \*Scarlett, C. A., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2020). Associations between impulsivity, implicit food attitudes, and behavioral weight management program outcomes. *Annals of Behavioral Medicine*, 54, S778. *Poster accepted for presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, CA.* (Conference canceled due to COVID-19).
29. \*Scarlett, C. A., Strosnider, C. L., Luong, J., Owen-Smith, A. A., **Ross, K. M.**, & Spears, C. A. (2020). Inclusion of minorities and low-SES individuals in mindfulness-based interventions for weight loss: A systematic review. *Annals of Behavioral Medicine*, 54, S621. *Poster accepted for presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, CA.* (Conference canceled due to COVID-19).
30. \*Parkman, T., \*Bauman, V., \*Apostolopoulos, A. N., Crispell, G., & **Ross, K. M.** (2020). Rural-urban weight-loss outcomes following bariatric surgery. *Poster accepted for presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, CA.* (Conference canceled due to COVID-19).
31. Shankar, M.N., Bauman, V., \*Brockmann, A.N., \*Ugwoaba, U.A., \*Scarlett, C.A., \*Eastman, A., \*Dixon, B.N., **Ross, K.M.**, & Perri, M.G. (2020). Extended care for obesity management: Effects of matching participants to their treatment preference for follow-up care. *Annals of Behavioral Medicine*, 54, S622. *Poster accepted for presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, CA.* (Conference canceled due to COVID-19).
32. Bauman, V., Shankar, M. N., \*Dixon B.N., \*Ugwoaba, U.A., \*Brockmann, A.N., \*Eastman, A., \*Scarlett, C.A., **Ross, K.M.**, & Perri, M.G. (2020). Behavioral weight-loss programs with extended care lead to long-term improvements in glycemic control. *Annals of Behavioral Medicine*, 54, S489. *Paper accepted for presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, CA.* (Conference canceled due to COVID-19).
33. **Ross, K. M.**, Demos, K. E., Lillis, J., & Wing, R. R. (2019). Food reward sensitivity, impulsivity, and weight change during and after a weight loss program. *Paper presented at the 2019 joint annual meeting of The Obesity Society and the American Society for Metabolic and Bariatric Surgery, Las Vegas, NV.*
34. **Ross, K. M.** (2019). Week-to-week predictors of weight loss and regain. *Annals of Behavioral Medicine*, 53, S154. *Paper presented at the 2019 Society of Behavioral Medicine meeting in Washington, D.C.*
35. \*Brockmann, A. N., \*Eastman, A. J., \*Dixon, B. N., \*Ugwoaba, U. A., Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2019). Is it really a two-way street? Bidirectional association between exercise and stress in adults with overweight and obesity. *Annals of Behavioral Medicine*, 53, S223. *Paper presented at the 2019 Society of Behavioral Medicine meeting in Washington, D.C.* \*Obesity and Eating Disorders Special Interest Group Top Student Abstract Award.
36. McVay, M., **Ross, K. M.**, & Cheong, J. W. (2019). Intervention factors affecting willingness to initiate weight gain prevention interventions. *Annals of Behavioral Medicine*, 53, S789. *Poster presented at the 2019 Society of Behavioral Medicine meeting in Washington, D.C.*
37. \*Ugwoaba, U. A., \*Eastman, A. J., \*Dixon, B. N., \*Brockmann, A. N., Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2019). Association between hunger, temptation, and making eating choices consistent with weight loss goals. *Annals of Behavioral Medicine*, 53, S630. *Poster presented at the 2019 Society of Behavioral Medicine meeting in Washington, D.C.*
38. \*Dixon, B. N., \*Eastman, A. J., \*Ugwoaba, U. A., \*Brockmann, A. N., Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2019). What happens after the intervention ends? Post-treatment trajectories of self-monitoring. *Annals of Behavioral Medicine*, 53, S630. *Poster presented at the 2019 Society of Behavioral Medicine meeting in Washington, D.C.*
39. \*Eastman, A. J., \*Dixon, B. N., \*Ugwoaba, U. A., \*Brockmann, A. N., Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2019). Impact of phone coaching on engagement with digital tools for

self-monitoring caloric intake, weight, and physical activity. *Annals of Behavioral Medicine*, 53, S793. Poster presented at the 2019 Society of Behavioral Medicine meeting in Washington, D.C.

40. Bauman, V., Gordon, E. L., Shankar, M. N., \*Dixon, B., \*Ugwoaba, U. A., \*Eastman, A., Perri, M. G., **Ross, K. M.**, & \*Brockmann, A. N. (2019). Effect of behavioral weight loss treatment dose on clinically significant improvements in glycemic control. *Annals of Behavioral Medicine*, 53, S41. Poster presented at the 2019 Society of Behavioral Medicine meeting in Washington, D.C.
41. Gordon, E. L., Bauman, V., Shankar, M. N., \*Dixon, B. N., \*Ugwoaba, U. A., \*Brockmann, A. N., \*Eastman, A. J., **Ross, K. M.**, & Perri, M. G. (2019). Validation of the Yale Food Addiction Scale in a sample of U.S. adults seeking behavioral treatment for obesity. *Annals of Behavioral Medicine*, 53, S635. Poster presented at the 2019 Society of Behavioral Medicine meeting in Washington, D.C.
42. Shankar, M. N., Bauman, V., Durning, P. E., Gordon, E. L., \*Dixon, B. N., \*Eastman, A. J., \*Brockmann, A. N., \*Ugwoaba, U. A., **Ross, K. M.**, & Perri, M. G. (2019). Sensitivity of the Rapid Eating Assessment for Participants- Short version to change during behavioral weight-loss treatment. *Annals of Behavioral Medicine*, 53, S337. Poster presented at the 2019 Society of Behavioral Medicine meeting in Washington, D.C.
43. Gordon, E. L., Ariel-Donges, A. H., Bauman, V., \*Eastman, A., \*Dixon, B. N., **Ross, K. M.**, & Perri, M. G. (2018). Eating patterns among adults with food addiction in a behavioral weight loss program. Poster presented at the 2018 American Psychological Association Annual Convention, San Francisco, CA.
44. **Ross, K. M.**, Lillis, J., & Wing, R. R. (2018). Reinforcement pathology: Association between inhibitory control, food reward sensitivity, and weight loss. *Annals of Behavioral Medicine*, 52, S587. Poster presented at the 2018 Society of Behavioral Medicine meeting in New Orleans, LA.
45. \*Eastman, A., \*Dixon, B., Ariel-Donges, A. H., Gordon, E. L., Bauman, V., Perri, M. G., & **Ross, K. M.** (2018). The association between perceived effort, importance, and self-weighing behavior. *Annals of Behavioral Medicine*, 52, S795. Poster presented at the 2018 Society of Behavioral Medicine meeting in New Orleans, LA.
46. Gordon, E. L., Ariel-Donges, A. H., Bauman, V., \*Eastman, A., \*Dixon, B., **Ross, K. M.**, & Perri, M. G. (2018). Effects of behavioral weight-loss treatment on food addiction symptoms and fruit intake among adults with obesity. *Annals of Behavioral Medicine*, 52, S89. Poster presented at the 2018 Society of Behavioral Medicine meeting in New Orleans, LA.
47. Bauman, V., Ariel-Donges, A. H., Gordon, E. L., \*Dixon, B., \*Eastman, A., **Ross, K. M.**, & Perri, M. G. (2018). Disparities in rural access to the National Diabetes Prevention Program for obesity treatment. *Annals of Behavioral Medicine*, 52, S306. Poster presented at the 2018 Society of Behavioral Medicine meeting in New Orleans, LA.
48. \*Dixon, B., Ariel-Donges, A. H., Gordon, E. L., \*Eastman, A., Bauman, V., **Ross, K. M.**, & Perri, M. G. (2018). Reflections in the mirror: A novel experiential measure of body image dissatisfaction in women. *Annals of Behavioral Medicine*, 52, S780. Poster presented at the 2018 Society of Behavioral Medicine Meeting in New Orleans, LA.
49. **Ross, K. M.**, Qiu, P., You, L., & Wing, R. R. (2017). Identification and characterization of the pattern of weight regain in adults. Poster and oral presentation in the The Obesity Society Early Career Lightning Talks competition at the 2017 joint annual meeting of The Obesity Society and the American Society for Metabolic and Bariatric Surgery, Washington, D.C.
50. \*Dixon, B. N., \*Eastman, A., Gordon, E. L., Bauman, V., Ariel-Donges, A. H., Perri, M. G., & **Ross, K. M.** (2017). Social support, weight control strategies, and weight loss. Poster presented at the 2017 annual meeting of the American Public Health Association, Atlanta, GA.



51. Ariel-Donges, A. H., Gordon, E. L., Bauman, V., Sanchez, D., Rodriguez, A., Rai, O., McMillin, M., \*Eastman, A., \*Dixon, B., **Ross, K. M.**, & Perri, M. G. (2017). Characterizing the unique effects of Body Mass Index, disordered eating, and depressive symptoms on body image dissatisfaction in college-aged women. *Poster presented at the 2017 annual meeting of the American Public Health Association, Atlanta, GA.*
52. \*Dixon, B. N., & **Ross, K. M.** (2017). A social-ecological perspective of the rural-urban obesity disparity in the United States. *Poster presented at the 2017 National Conference on Health Disparities, New Orleans, LA.*
53. Gordon, E. L., Bauman, V., Ariel-Donges, A. H., **Ross, K. M.**, & Perri, M. G. (2017). Effects of behavioral weight-loss treatment on symptoms of food addiction in adults with obesity. *Annals of Behavioral Medicine, 51*, S573. *Poster presented at the 2017 Society of Behavioral Medicine Meeting, San Diego, CA.*
54. Bauman, V., Ariel-Donges, A. H., Gordon, E. L., **Ross, K. M.**, & Perri, M. G. (2017). Effect of dose of behavioral obesity treatment on HBA1C in adults with prediabetes. *Annals of Behavioral Medicine, 51*, S1964. *Poster presented at the 2017 Society of Behavioral Medicine Meeting, San Diego, CA.*
55. Ariel-Donges, A. H., Gordon, E. L., Bauman, V., McMillin, M., Rai, O., Rodriguez, A., Sanchez, D., \*Dixon, B., \*Eastman, A., **Ross, K. M.**, & Perri, M. G. (2017). Body image dissatisfaction, depression, and disordered eating in college-aged women seeking a yoga intervention. *Annals of Behavioral Medicine, 51*, S1020. *Poster presented at the 2017 Society of Behavioral Medicine Meeting, San Diego, CA.*
56. **Ross, K. M.**, Leahey, T. M., & Kiernan, M. (2016). Validation of a brief measure of leisure-time physical activity. *Annals of Behavioral Medicine, 50*, S95. *Paper presented at the 2016 Society of Behavioral Medicine Meeting, Washington, D.C.*
57. **Ross K. M.**, Fernandez D., Krol J., Williams S., & Wing, R. R. (2015). Impact of newer self-monitoring technology and interventionist contact on weight loss. *Poster presented at the 2015 annual meeting of The Obesity Society, Los Angeles, CA.*
58. \*Tannenbaum M. L., **Ross K. M.**, Wing R. R. (2015). Frequency and variability of self-monitored weight and calories in Internet-based weight management program. *Diabetes, 64*, A215. *Poster presented at the 2015 American Diabetes Association meeting, Boston, MA.*
59. Leahey, T. M., Seiden, A., Rosen, J., **Middleton, K. R.** (2015). Weight loss: Is there really “an app for that?” *Annals of Behavioral Medicine, 49*, S168. *Paper presented at the 2015 Society of Behavioral Medicine Meeting, San Antonio, TX.*
60. **Middleton, K. R.**, Thomas, J. G., Seiden, B. A., Trautvetter J., & Wing, R. R. (2014). Sleep quality, duration, and chronotype in the National Weight Control Registry. *Poster presented at the 2014 meeting of The Obesity Society, Boston, MA.*
61. **Middleton, K. R.**, Thomas, J. G., & Wing, R. R. (2014). Recovery from weight regain: 5-year results from the National Weight Control Registry. *Annals of Behavioral Medicine, 47*, S173. *Paper presented at the 2014 Society of Behavioral Medicine meeting, Philadelphia PA.*
62. Hoover, V. J., **Middleton, K. R.**, Medina, K., Lespinasse, D., Maurer, S., Minski, S., Alabduljabbar, M., von Castel-Roberts, K., & Perri, M. G. (2014). Dietary restraint and weight change in college women participating in a weight gain prevention program. *Annals of Behavioral Medicine, 47*, S115. *Poster presented at the 2014 Society of Behavioral Medicine meeting, Philadelphia, PA.*
63. **Middleton, K. R.**, Hoover, V. J., & Perri, M. G. (2014). Increases in self-weighing associated with less weight gain in freshman college students. *Annals of Behavioral Medicine, 47*, S27. *Poster presented at the 2014 Society of Behavioral Medicine Meeting, Philadelphia, PA.*

64. Nackers, L. M., **Middleton, K. R.**, Anton, S. D. & Perri, M. G. (2013). The impact of 'small' versus 'large' reductions in caloric intake on reported levels of hunger, disinhibition, and restraint during lifestyle intervention for obesity. *Annals of Behavioral Medicine*, 45, S29. *Poster presented at the 2013 Society of Behavioral Medicine meeting, San Francisco, CA.*
65. **Middleton, K. R.**, Hoover, V. J., Mathews, A. E., Medina, K. E., Minski, S. A., Maurer, S. N., Lespinasse, D. M., Durda, H. N., White, J., Jung, J., & Perri, M. G. (2013). Preventing the Freshman 15: Effects of a brief lifestyle intervention on changes in body weight, caloric intake, and physical activity. *Annals of Behavioral Medicine*, 45, S28. *Poster presented at the 2013 Society of Behavioral Medicine meeting, San Francisco, CA.*
66. Peterson, N. D., **Ross Middleton, K. M.**, Milsom, V. A., & Perri, M. G. (2012). Self-monitoring for successful maintenance of lost weight in lifestyle treatment of obesity. *Annals of Behavioral Medicine*, 43, S109. *Poster presented at the 2012 Society of Behavioral Medicine meeting, New Orleans, LA. \*Citation Abstract Award*
67. **Ross Middleton, K. M.**, Mathews, A. E., Minski, S. A., Maurer, S. N., & Perri, M. G. (2012). The effect of daily self-monitoring of weight on changes in caloric intake and energy expenditure. *Annals of Behavioral Medicine*, 43, S151. *Paper presented at the 2012 Society of Behavioral Medicine meeting, New Orleans, LA.*
68. Nackers, L. M., **Ross, K. M.**, Dubyak, P. J., Durning, P. E., von Castel-Roberts, K. M., Daniels, M. J., Anton, S. D., & Perri, M. G. (2012). Improving lifestyle interventions for obesity: The effects of prescribing moderate versus mild caloric restriction goals on long-term weight loss maintenance. *Annals of Behavioral Medicine*, 43, S272. *Paper presented at the 2012 Society of Behavioral Medicine meeting, New Orleans, LA \*Meritorious Student Abstract Award.*
69. **Ross, K. M.**, & Perri, M. G. (2011). Availability and usability of web-based nutrition information for major chain restaurants. *Poster presented at the 2011 annual meeting of the American Public Health Association, Washington, D.C.*
70. Milsom, V. A., **Ross, K. M.**, Nackers, L. M., Durning, P. E., Thomas, C. T., Peterson, N. D., & Perri, M. G. (2011). Successful long-term weight loss maintenance in a rural population. *Annals of Behavioral Medicine*, 41, S86. *Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.*
71. Newell, K. E., **Ross, K. M.**, Nackers, L. M., Hoover, V. J., Lespinasse, D. M., Maurer, S. N., Minski, S. A., Durning, P. E., & Perri, M. G. (2011). The effect of individual caloric variability on weight loss. *Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.*
72. Milsom, V.A., **Ross, K. M.**, Nackers, L. M., Durning, P. E., Thomas, C. T., DeBraganza, N., & Perri, M. G. (2011). Behavioral mastery and long-term maintenance of lost weight. *Annals of Behavioral Medicine*, 41, S175. *Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.*
73. **Ross, K. M.**, & Perri, M. G. (2011). The association between obesity and primary care utilization. *Annals of Behavioral Medicine*, 41, S99. *Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.*
74. **Ross, K. M.**, Mathews, A. E., Nackers, L. M., Hoover, V. J., Newell, K. E., Lespinasse, D. M., Minski, S. A., Maurer, S. N., Von Castel Roberts, K. M., & Perri, M. G. (2011). Weekday and weekend patterns of physical activity in older adults. *Annals of Behavioral Medicine*, 41, S34. *Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.*
75. Hoover, V. J., Nackers, L. M., Dubyak, P. J., **Ross, K. M.**, Newell, K. E., Lespinasse, D. M., Maurer, S. M., Minski, S. A., Von Castel-Roberts, K. M., & Perri, M. G. (2011). Problem-solving deficits, negative affect,

and the maintenance of binge eating behavior. *Annals of Behavioral Medicine*, 41, S102. *Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.*

76. Nackers, L. M., **Ross, K. M.**, Thomas, C. H., DeBraganza, N., André, R., Hoover, V. J., Newell, K. E., Milsom, V. A., von Castel-Roberts, K. M., Thomas, M. L., Allen, K. K., Rogers, C. J., Lynch, W. W., Bobroff, L. B., Mathews, A. E., & Perri, M. G. (2010). Family matters: The impact of children in the home on weight change in adults undergoing a weight management program. *Annals of Behavioral Medicine*, 39, S179. *Poster presented at the 2010 Society of Behavioral Medicine meeting, Seattle, WA.*
77. Newell, K. E., Mathews, A. E., Nackers, L. M., **Ross, K. M.**, DeBraganza, N., André, R., Hoover, V. J., von Castel-Roberts, K. M., Thomas, C. H., Thomas, M. L., Allen, K. K., Rogers, C. J., Lynch, W. W., & Perri, M. G. (2010). Impact of a post-treatment campaign on weight change following obesity treatment. *Poster presented at the 2010 Society of Behavioral Medicine meeting, Seattle, WA.*
78. Nackers, L. M., DeBraganza, N., André, R., **Ross, K. M.**, Hoover, V. J., Newell, K. E., Milsom, V. A., von Castel-Roberts, K. M., Perri, M. G. (2010). Improvements in LDL cholesterol associated with lifestyle intervention treatment for obesity. *Poster presented at the 2010 Society of Behavioral Medicine meeting, Seattle, WA.*
79. Hoover, V. J., DeBraganza, N., Nackers, L. M., André, R., Dubyak, P. J., **Ross, K. M.**, Newell, K. E., von Castel-Roberts, K. M., & Perri, M. G. (2010). Primary motives for weight loss in older, obese women from rural communities. *Annals of Behavioral Medicine*, 39, S91. *Poster presented at the 2010 Society of Behavioral Medicine meeting, Seattle, WA.*
80. DeBraganza, N., Milsom, V. A., Nackers, L. M., **Ross, K. M.**, André, R., Hoover, V. J., Newell, K. E., von Castel-Roberts, K. M., & Perri, M. G. (2010). Self-monitoring and the maintenance of lost weight in lifestyle treatment of obesity. *Annals of Behavioral Medicine*, 39, S22. *Poster presented at the 2010 Society of Behavioral Medicine meeting, Seattle, WA.*
81. **Ross, K. M.**, Mathews, A. E., Milsom, V. A., DeBraganza, N., André, R., Nackers, L. M., Hoover, V. J., Newell, K. E., Foss, S. M., von Castel-Roberts, K. M., & Perri, M. G. (2010). How accurate are self-report measures of physical activity in rural obese adults? *Annals of Behavioral Medicine*, 39, S62. *Paper presented at the 2010 Society of Behavioral Medicine meeting, Seattle, WA.*
82. Nackers, L. M., Milsom, V. A., André, R., **Ross, K. M.**, Hoover, V. J., Buhi, L. A., & Perri, M. G. (2009). Stepping up for success: the impact of initial increase in physical activity on long-term change in physical activity. *Annals of Behavioral Medicine*, 37, S157. *Poster presented at the 2010 Society of Behavioral Medicine meeting, Montréal, Quebec.*
83. Hoover, V. H., **Ross, K. M.**, Milsom, V. A., Nackers, L. M., André, R., Buhi, L. A., & Perri, M. G. (2009). Influence of weight-loss expectations on changes in caloric intake, physical activity and body weight. *Annals of Behavioral Medicine*, 37, S123. *Poster presented at the 2009 Society of Behavioral Medicine meeting, Montréal, Quebec.*
84. Buhi, L. A., **Ross, K. M.**, Milsom, V. A., Hoover, V. J., Nackers, L. M., André, R., Durning, P. E., & Perri, M. G. (2009). Effect of lifestyle treatment for obesity on risk for heart disease. *Annals of Behavioral Medicine*, 37, S123. *Paper presented at the 2010 Society of Behavioral Medicine meeting, Montréal, Quebec.*
85. **Ross, K. M.**, Milsom, V. A., André, R., Nackers, L. M., Hoover, V. J., Buhi, L. A., & Perri, M. G. (2009). Self-reported caloric intake and weight loss: Predictive validity of food records and the Block Food Frequency Questionnaire. *Annals of Behavioral Medicine*, 37, S206. *Poster presented at the 2010 Society of Behavioral Medicine meeting, Montréal, Quebec.*
86. Nackers, L. M., André, R., **Ross, K. M.**, Ewigman, N. L., Milsom, V. A., DeBraganza, N., Onkala, A. L., & Perri, M. G. (2008). The impact of rate of initial weight loss on long-term success. *Annals of Behavioral*

*Medicine, 35, S109. Paper presented at the 2008 Society of Behavioral Medicine meeting, San Diego, CA.*  
\*Meritorious student paper award

87. Milsom, V. A., **Ross, K. M.**, Murawski, M. E., DeBraganza, N., Nackers, L. M., André, R., Ewigman, N. L., Onkala, A. L., Durning, P. E., & Perri, M.G. (2008). Problem solving, treatment adherence, and weight loss outcome. *Annals of Behavioral Medicine, 35, S62. Poster presented at the 2008 Society of Behavioral Medicine meeting, San Diego, CA.*
88. **Ross, K. M.**, Ewigman, N. L., Nackers, L. M., Milsom, V. A., André, R., DeBraganza, N., Onkala, A. L., & Perri, M. G. (2008). Of fitness and fatness: The contributions of weight loss and increased physical fitness to improvements in health related quality of life. *Annals of Behavioral Medicine, 35, S154. Poster presented at the 2008 Society of Behavioral Medicine meeting, San Diego, CA.*

## Local

1. \*Swanson, T. N., \*Brockmann, A. N., \*Ugwoaba, U. A., \*Arroyo, K. M., \*Barrett, K. L., Shankar, M. N., & **Ross, K. M.** (2023). Does the early bird really catch the worm? Associations between chronotype and weight loss during a weight loss intervention. *Poster presented at the 2023 UF Center for Integrative Cardiovascular and Metabolic Disease Early Career Showcase, Gainesville, FL*
2. \*Dixon, B. N., \*Eastman, A. J., \*Ugwoaba, U. A., \*Brockmann, A. N., Gordon, E. K., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2019). What happens after the intervention ends? Post-treatment trajectories of self-monitoring. *Poster presented at the 2019 College of Public Health and Health Professions Research Day, Gainesville, FL.*
3. \*Eastman, A. J., \*Dixon, B. N., \*Ugwoaba, U. A., \*Brockmann, A. N., Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2019). Impact of phone coaching on engagement with digital tools for self-monitoring caloric intake, weight, and physical activity. *Poster presented at the 2019 College of Public Health and Health Professions Research Day, Gainesville, FL.*
4. \*Brockmann, A. N., \*Eastman, A. J., \*Dixon, B. N., \*Ugwoaba, U. A., Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2019). Is it really a two-way street? Bidirectional association between exercise and stress in adults with overweight and obesity. *Poster presented at the 2019 College of Public Health and Health Professions Research Day, Gainesville, FL.*
5. \*Ugwoaba, U. A., \*Eastman, A. J., \*Dixon, B. N., \*Brockmann, A. N., Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & **Ross, K. M.** (2019). Association between hunger, temptation, and making eating choices consistent with weight loss goals. *Poster presented at the 2019 College of Public Health and Health Professions Research Day, Gainesville, FL.*
6. \*Apostolopoulos, A. N., \*Bauman, V., Hasse, G., & **Ross, K. M.** (2019). Post-operative weight loss variations between patients from rural and urban communities who have undergone bariatric surgery. *Poster presented at the 2019 College of Public Health and Health Professions Research Day, Gainesville, FL.*
7. Bauman, V., Gordon, E. L., Shankar, M. N., \*Dixon, B. N., \*Ugwoaba, U. A., \*Eastman, A., Perri, M. G., **Ross, K. M.**, & Brockmann, A. N. (2019). Effect of behavioral weight loss treatment dose on clinically significant improvements in glycemic control. *Poster presented at the 2019 College of Public Health and Health Professions Research Day, Gainesville, FL.*
8. Gordon, E. L., Bauman, V., Shankar, M. N., \*Dixon, B. N., \*Ugwoaba, U. A., \*Brockmann, A. N., \*Eastman, A. J., **Ross, K. M.**, & Perri, M. G. (2019). Validation of the Yale Food Addiction Scale in a sample of U.S. adults seeking behavioral treatment for obesity. *Poster presented at the 2019 College of Public Health and Health Professions Research Day, Gainesville, FL.*

9. \*Dixon, B. N., & **Ross, K. M.** (2018). A social-ecological understanding of rural-urban obesity disparities. *Paper presented at the 2018 McKnight Mid-Year Research and Writing Conference, Tampa, FL.*
10. \*Dixon, B., Ariel-Donges, A. H., Gordon, E. L., \*Eastman, A., Bauman, V., **Ross, K. M.**, & Perri, M. G. (2018). Reflections in the mirror: A novel experiential measure of body image dissatisfaction in women. *Poster presented at the 2018 College of Public Health and Health Professions Research Day, Gainesville, FL.*
11. \*Myers, A., Stetten, N., **Ross, K. M.**, Ojeda, A., Hart, M. (2018). Perceptions of medical marijuana usage in Florida as seen through social media. *Poster presented at the 2018 College of Public Health and Health Professions Research Day, Gainesville, FL.*
12. \*Eastman, A., \*Dixon, B. N., Ariel-Donges, A. H., Gordon, E. L., Bauman, V., Perri, M. G., & **Ross, K. M.** (2018). Staying on track: The association between perceived effort, importance, and self-weighing behavior. *Poster presented at the 2018 College of Public Health and Health Professions Research Day, Gainesville, FL.*
13. Gordon, E. L., Ariel-Donges, A. H., Bauman, V., \*Dixon, B. N., **Ross, K. M.**, & Perri, M. G. (2018). Fruit consumption and weight loss associated with reduced food addiction symptoms among adults with obesity in a behavioral weight loss program. *Poster presented at the 2018 College of Public Health and Health Professions Research Day, Gainesville, FL.*
14. Bauman, V., Ariel-Donges, A. H., Gordon, E. L., **Ross, K. M.**, & Perri, M. G. (2017). Effect of dose of behavioral obesity treatment on HbA1c in adults with prediabetes. *Poster presented at the 2017 College of Public Health and Health Professions Research Day, Gainesville, FL. \*Top Abstract Award*

## Conference Symposia

### National/International

1. \*Carpenter, C. A., **Ross, K. M.**, Krukowski, R. A., West, D., & Burke, L. E. (2022). Not too burdensome, not too expensive, just right: Balancing burden and effectiveness of self-monitoring for weight management. *Annals of Behavioral Medicine, 56, S90. Symposium presented at the 2022 Society of Behavioral Medicine Annual Meeting, April 6-9, Baltimore, MD.*
2. **Ross, K.M.**, Steinberg, D. M., Krukowski, R. A, Bennett, G. G. (2020). Tracking for success: Predictors and mechanisms of self-monitoring for diet and physical activity in behavioral interventions. *Annals of Behavioral Medicine, 54, S411. Symposium accepted for oral presentation at the 2020 Society of Behavioral Medicine meeting, San Francisco, C.A. (Conference canceled due to COVID-19).*
3. Arigo, D., **Ross, K. M.**, Thomas, G., & Crochiere, R. J. (2019). Measuring proximal factors associated with change in weight-related behaviors using advanced technology. *Annals of Behavioral Medicine, 53, S153. Symposium presented at the 2019 Society of Behavioral Medicine Meeting, Washington, D.C.*
4. Kozak, A. T., Buscemi, J., Hawkins, M., Wang, M., Breland, J., **Ross, K. M.**, Kommu, A. (2017). Current RCT evidence and future directions for technology-based weight management among adults. *Annals of Behavioral Medicine, 51, S1578. Symposium presented at the 2017 Society of Behavioral Medicine Meeting, San Diego, CA.*
5. **Ross, K. M.**, Buman, M. P., Zoellner, J. M., Kiernan, M., & Perri, M. G. (2016). A brief single-item physical activity measure: Performance across diverse research settings and health outcomes. *Annals of Behavioral Medicine, 50, S94. Symposium presented at the 2016 Society of Behavioral Medicine Meeting, Washington, D.C.*

## Invited Presentations

### **National/International**

1. **Ross, K. M.** (2023). Intervention in Weight Loss Maintenance: Development of an *ADAPTIVE* Intervention for Weight Loss Maintenance. *NIH OBSSR and NIH Adherence Research Network An Action Agenda: Promoting the Science and Practice of Health Behavior Maintenance, Workshop #3: Interventions for Behavior Maintenance, Virtual Workshop.*
2. **Ross, K.M.** (2023). Telehealth delivery of behavioral intervention for obesity: Challenges and opportunities. *Keynote Presentation at the University of Georgia 3rd Annual Obesity Initiative Research Symposium, Athens, GA.*
3. **Ross, K. M.** (2021). Changing course midstream: Adapting an in-person behavioral weight management program for remote delivery during the COVID-19 pandemic. *TechHealth Tech Tuesday Seminar Series. University of South Carolina, Columbia, SC.*
4. **Ross, K. M.** (2020). Integrating newer technologies into weight loss management. *Annual Meeting of the Florida Academy of Nutrition and Dietetics, Ft. Lauderdale, FL* (virtual meeting due to COVID-19).

### **Local/University**

1. **Ross, K.M.** (2022). Leveraging technology to improve access to behavioral interventions for obesity. *UF Diabetes Institute World Diabetes Day Seminar. University of Florida, Gainesville, FL*
2. **Ross, K.M.** (2019). Identifying and characterizing high-risk periods for weight regain after initial weight loss. *Center for Integrative Cardiovascular and Metabolic Diseases Seminar Series. University of Florida, Gainesville, FL*
3. **Ross, K. M.** (2018). Using new technologies to improve the reach and effectiveness of obesity treatment. *Community and Behavioral Science Seminar Series, Department of Health Education and Behavior, University of Florida, Gainesville, FL.*
4. **Ross, K. M.** (2018). How to lose weight and keep it off. *Oral presentation delivered as part of the UF Wellness Wednesdays Seminar Series, Gainesville, FL.*

## Invited Workshops

2023                      Invited Workshop Participant, *An Action Agenda: Promoting the Science and Practice of Health Behavior Maintenance. Workshop 1: Conceptualization of Behavior Maintenance.* Hosted by the Office of Behavioral and Social Sciences Research (OBSSR) and the Adherence Research Network at the National Institutes of Health (NIH), March 29th - 30th, 2023

## Invited Paper Session/Symposium Chair

### **National/International**

1. **Ross, K.M., & McVay, M.** (2020). Paper Session 36: Predictors of Weight Loss Success. *Paper session accepted at the 2020 Society of Behavioral Medicine meeting, San Francisco, C.A.* (Conference canceled due to COVID-19).
2. Gillen, J. B., Bergouignan, A., Jakicic, J. M., & **Ross, K. M.** (2019). Taking a HIIT or sweating the small stuff: Tools to create changes in patients' physical activity. *Symposium presented at the 2019 joint annual*

meeting of The Obesity Society and the American Society for Metabolic and Bariatric Surgery, Las Vegas, NV.

## TEACHING

### Courses

Course Name	Year(s) Taught
PHC6700: Social & Behavioral Research Methods (graduate level)	Spring 2020, Summer 2020, Spring 2023
PHC7587: Theory Development and Testing in Behavioral & Community Public Health (graduate level)	Spring 2019, Summer 2021, Summer 2023
PHC6410: Psychological, Behavioral, and Social Issues in Public Health (graduate level)	Fall 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018
PHC6405: Theoretical Foundations of Public Health (graduate level)	Summer 2017, Summer 2018, Summer 2019
CLP4314: Introduction to Health Psychology (undergraduate level)	Spring 2010

### Guest Lectures

2017 - 2022 (yearly)	CLP7934 Behavioral Health and Illness: <i>Obesity and Behavioral Weight Management</i> . Department of Clinical & Health Psychology, University of Florida
2020	CLP7317 Advanced Health Psychology and Behavioral Medicine: <i>Evidence-based Interventions for Weight Management</i> . Department of Clinical & Health Psychology, University of Florida
2016, 2019	HSC2000 Introduction to Health Professions: <i>Career Paths in Clinical and Health Psychology</i> . College of Public Health and Health Professions, University of Florida
2019	PHHP Teaching Excellence Program. <i>Classroom Communication</i> . College of Public Health & Health Professions, University of Florida
2018	PHC2100 Introduction to Public Health: <i>The Obesity Epidemic</i> . College of Public Health & Health Professions, University of Florida

### Seminars

2019	Clinical Psychology Med/Health Seminar. <i>Evidence-Based Weight Management Treatment</i> . Department of Clinical & Health Psychology, University of Florida
2014	Clinical Psychology Training Consortium, Behavioral Medicine Psychology Intern Seminar: <i>The Obesity Epidemic and Lifestyle Weight Management</i> . Department of Psychiatry & Human Behavior, Brown Medical School

2014 Cardiovascular Behavioral Medicine T32 Seminar: *Prevention and Treatment of Obesity*.  
Department of Psychiatry & Human Behavior, Brown Medical School

2013 - 2014 Clinical Psychology Training Consortium, Psychology Intern Core Seminar: *Preparing and Obtaining an F32 Award*. Department of Psychiatry & Human Behavior, Brown Medical School

## ADVISING

### Doctoral Chair

Student Name	Degree	Area	Dissertation Title	Degree Date
Leget, Dakota (co-chair)	Ph.D.	Clinical Psychology	TBD	2027 (anticipated)
Groshon, Laurie (co-chair)	Ph.D.	Clinical Psychology	TBD	2026 (anticipated)
Swanson, Taylor	Ph.D.	Clinical Psychology	TBD	2026 (anticipated)
Arroyo, Kelsey	Ph.D.	Clinical Psychology	A Delphi Study to Develop Expert Consensus on the Delivery of Psychological Follow-Up Care Post-Bariatric Surgery	2025 (anticipated)
Ugwoaba, Umelo	Ph.D.	Clinical Psychology	Development and Validation of a Meal Planning Questionnaire for Adults with Obesity Involved in Behavioral Weight Loss Treatment	2024 (anticipated)
Brockmann, Andrea	Ph.D.	Clinical Psychology	Temporal Patterns of Dietary Self-Monitoring in Adults with Obesity Enrolled in a Behavioral Weight Management Program	2024 (anticipated)
Eastman, Abraham	Ph.D.	Clinical Psychology	Pilot Study Examining the Effectiveness of a Rural Adapted Acceptance-Based Behavioral Treatment for Obesity	2022
Dixon, Brittney	Ph.D.	Public Health	Association between Built Environment and Weight Loss Outcomes in Rural Adults with Obesity	2020
Islam, Sabrina	Ph.D.	Public Health	Evaluating the Relationship between Sexual Minority Stigma and Attitudes of Tolerance Toward Psychological Intimate Partner Violence among Lesbian and Bisexual Women	2019



**Doctoral Committee Member**

Student Name	Degree	Area	Dissertation Title	Degree Date
Clement, Alex	Ph.D.	Clinical Psychology	TBD	2026 (anticipated)
Cooper, Kellie	Ph.D.	Health Education & Behavior	Understanding Social Undermining of Weight Management Behaviors in Young Adult African American Women	2024 (anticipated)
Amofa, Priscilla	Ph.D.	Clinical Psychology	The Use of Composite-Based Structural Equation Modeling to Assess the Interplay Between Composite Social Determinants of Health, Cognition, Vascular Burden, and Everyday Functioning Among a Racially Diverse Adult Population	2024 (anticipated)
Gonzalez-Louis, Rachel	Ph.D.	Clinical Psychology	Effects of Current and Early Childhood Experiences of Food Insecurity on Parent Feeding Behaviors: A Mixed-Methods Approach	2024 (anticipated)
Hanvey, Grace	Ph.D.	Clinical Psychology	Investigating Inequities in Cancer Clinical Trial Participation: A Mixed-Methods Approach to Understanding Demographic, Socioeconomic, and Health-Related Determinants of Behavioral Cancer Research Participation	2024 (anticipated)
Koskela-Staples, Natalie	Ph.D.	Clinical Psychology	Impact of Parent-Child Communication Patterns on Pediatric Asthma Outcomes: A Mixed Methods Study	2024 (anticipated)
Chen, Yu-Peng	Ph.D.	Computer Science	TBD	2024 (anticipated)
Yi, Fan	Ph.D.	Biostatistics	Online Monitoring of Image Sequences	2023
Pinto, Stefania	Ph.D.	Clinical Psychology	Patterns of Body Image in Latinx College Students: A Latent Profile Analysis	2022
Bauman, Vivian	Ph.D.	Clinical Psychology	Acceptability of an Acceptance-Based Behavioral Weight-Loss Intervention for Adults in Rural Areas	2022
Rotblatt, Lindsay	Ph.D.	Clinical	Cognitive Aging Trajectories:	2022

		Psychology	Cardiovascular Risk, White Matter, and Medication Predictors	
Wiggins, Margaret	Ph.D.	Clinical Psychology	Digital Cognitive Screeners in a Urological Perioperative Environment Examining How Surgery and Anesthesia Impact Cognition in Older Adults Undergoing Surgery	2022
Gaynor, Leslie	Ph.D.	Clinical Psychology	Examining a Novel Translational Cognitive Biomarker of Alzheimer's Disease and Its Association with Brain Biomarkers of Early Disease Progression	2021
You, Lu	Ph.D.	Biostatistics	Disease Screening by Online Risk Monitoring	2020
OShea, Deidre	Ph.D.	Clinical Psychology	Prediction of Response to Behavioral Interventions with MRI-based Biomarkers in Mild Cognitive Impairment	2020
Warnick, Jenny	Ph.D.	Clinical Psychology	An Experimental Manipulation Evaluating the Impact of Distress on Parental-Feeding Practices	2020

### **Masters Chair**

Student Name	Degree	Area	Thesis Title	Degree Date
Shetty, Armaan	M.S.	Psychology	TBD	2025 (anticipated)
Barrett, Kelsey	M.S.	Psychology	TBD	2024 (anticipated)
Groshon, Laurie (co-chair)	M.S.	Psychology	Longitudinal Associations of Binge Eating with Internalized Weight Stigma and Eating Self-Efficacy	2023
Swanson, Taylor	M.S.	Psychology	Associations Between Chronotype and Weight Loss During a Weight Loss Intervention	2023
Scarlett, Charlayne	M.S.	Psychology	The Associations Between Weight Loss, Physical Fitness, and Health-Related Quality of Life During and After a Behavioral Weight Loss Intervention for Obesity	2021
Ugwoaba, Umelo	M.S.	Psychology	Association Between Hunger, Temptation, and Making Eating Choices Consistent with Weight Loss	2020

Eastman, Abraham	M.S.	Psychology	The Association Between Perceived Effort, Relative Importance, and Self-Weighing During a 12-Week Behavioral Weight Management Program	2018
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**Masters Committee Member**

Student Name	Degree	Area	Thesis Title	Degree Date
Hill, Kylie	M.S.	Psychology	TBD	2024 (anticipated)
Sheynblyum, Miriam	M.S.	Psychology	TBD	2024 (anticipated)
Clement, Alex	M.S.	Psychology	Feasibility and Acceptability of the MobileCoach-Teen Smartphone-App Based Intervention for Risky Drinking Behavior in Older Adolescents	2023
Gonzalez-Louis, Rachel	M.S.	Psychology	An Evaluation of the Moderation Effect of Distress on Parental Feeding Practices	2021
Schlichtmann, Karleen	M.A.	Women's Studies	The Forgotten Patient: An Autoethnography of a Black Woman's Experience Navigating the U.S. Healthcare System	2019
Bauman, Vivian	M.S.	Psychology	Effect of Dose of Behavioral Obesity Treatment on HbA1c in Adults with Prediabetes	2018
Kirsch, Janae L	M.S.	Psychology	Sleep Latency and Vascular Endothelial Growth Factor in Long-Term Endometrial Cancer Survival	2018
Padron, Adaixa	M.S.	Psychology	Dyadic Relationships Among Sense of Mastery, Cancer-Related Distress, and Salivary Cortisol in Patients and Caregivers Impacted by Advanced Abdominal and Pelvic Malignancies	2018
Wiggins, Margaret	M.S.	Psychology	Leukoaraiosis in Non-Demented Older Adults	2018

**MPH Chair**

Student Name	Degree	Area	Special Project Title	Degree Date
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Amitrano, Melissa	M.P.H.	Social and Behavioral Sciences	TBD	2025 (anticipated)
Garcia, Hillary	M.P.H.	Social and Behavioral Sciences	TBD	2024 (anticipated)
Queiroz, Dayana	M.P.H.	Social and Behavioral Sciences	TBD	2024 (anticipated)
McClendon, Sydnie	M.P.H.	Social and Behavioral Sciences	Methadone Clinic Establishment: Are Communities Willing to Welcome a Unique Approach to OUD?	2023
Gracy, Anne	M.P.H.	Social and Behavioral Sciences	Provider Perspectives of Barriers to Mental Health Care Among People Living with HIV in Rural Florida	2023
Chance, Sarah	M.P.H.	Social and Behavioral Sciences	Association Between Childhood Food Insecurity and Type 2 Diabetes	2023
Jones, Emily	M.P.H.	Social and Behavioral Sciences	Intimate Partner Violence Awareness and Education Intervention in Alachua County Public High Schools	2023
Paniagua, Victoria	M.P.H.	Social and Behavioral Sciences	Area 3/13 2022 HIV Prevention Needs Assessment	2022
Adaralegbe, Adejadesole	M.P.H.	Social and Behavioral Sciences	Social Experiences of Black Mothers Living with HIV in the United States	2022
Pierre, Jeanasia	M.P.H.	Social and Behavioral Sciences	Social Determinants and Health Status of Migrant Farmworkers	2021
Freeman, Courtney	M.P.H.	Social and Behavioral Sciences	North Carolina Functional Assessment Support Teams (FAST) Program Evaluation	2021
Hechavarria, Melanie	M.P.H.	Social and Behavioral Sciences	Distance Learning Adjustment Guide: Navigating Higher Education in a Global Health Crisis	2021
Macias, Bianca	M.P.H.	Social and Behavioral Sciences	THRIVE: Text-Based Health Resource Intervention for Virtual Empowerment	2021
Weeks, Courtney	M.P.H.	Social and Behavioral	The Development and Implementation of a Patient Satisfaction Survey	2020

		Sciences		
Tyler, Lyndsay	M.P.H.	Social and Behavioral Sciences	Faculty and Student Perceptions of Sexual Health Education: A Needs Assessment of the Genesee Intermediate School District	2019
Tunga-Lergo, Hannatu	M.P.H.	Social and Behavioral Sciences	Developing a Community Engaged Sickle Cell Disease Center: An Initial Data Analysis of Healthcare Utilization Rates and Perspectives of Key Informants	2019
Blair, Samari	M.P.H.	Social and Behavioral Sciences	Assessing the Perceptions of Text-Based Psychotherapy among Graduate Students at the University of Florida	2019
Cruz, Nicole	M.P.H.	Social and Behavioral Sciences	Developing a Financial Wellness Program for GatorWell Health Promotion Services	2019
Cruz, Zamyrah	M.P.H.	Social and Behavioral Sciences	Identifying the Variables Related to Patient Satisfaction within the VA Emergency Department	2019
Lowe, Krystal	M.P.H.	Social and Behavioral Sciences	Perceptions and Awareness of Opioids on Twitter	2019
Myers, Allison	M.P.H.	Social and Behavioral Sciences	Perceptions of Medical Marijuana Usage in Florida as Seen Through Social Media	2018

### **Undergraduate Honors Thesis Chair**

Student Name	Degree	Area	Thesis Title	Degree Date
Gracy, Abigail	B.P.H.	Public Health	Exploring Changes in the Palatable Eating Motives Scale During a Behavioral Weight Loss Intervention	2022
Apostolopoulos, Andreana	B.P.H.	Public Health	Post-Operative Weight Loss Variations Between Patients from Rural and Urban Communities Who Have Undergone Bariatric Surgery	2019

### **SERVICE**

#### **National**

2022 - present      Data and Safety Monitoring Officer, NIH grant R01DK132386, "Optimizing a couples-based mHealth intervention for weight management," MPIs: Gorin, AA & Tate, DF

- 2021 - present Member, Special Interest Group (SIG) Renewals Committee, Society of Behavioral Medicine
- 2021 Member, Technical Expert Panel (TEP), Interventions to Improve Long-Term Adherence to Physical Rehabilitation, Department of Veterans Affairs Quality Enhancement Research Initiative (VA QUERI)
- 2018 - 2022 Co-Chair (2018-2020), Chair (2020-2021), past-Chair (2021-2022), Obesity and Eating Disorder Special Interest Group (SIG), Society of Behavioral Medicine

**University/College/Department**

- 2023 - present Scientific Reviewer, College of Public Health & Health Professions Office of Research Grant Feedback Program
- 2022 - present Member, Research Committee, College of Public Health & Health Professions, University of Florida
- 2017 - present Scientific Reviewer, College of Public Health & Health Professions Research Day
- 2017 - present Member, Education and Advocacy Committee, Department of Clinical & Health Psychology, University of Florida
- 2016 - present Member, Research Committee, Department of Clinical & Health Psychology, University of Florida
- 2023 Scientific Reviewer, Center for Integrative Cardiovascular and Metabolic Disease Early Career Showcase
- 2017 - 2023 Member, Graduate Admissions Committee, Department of Clinical & Health Psychology, University of Florida
- 2019 - 2022 Member, Financial Aid and Scholarship Committee, College of Public Health and Health Professions, University of Florida
- 2015 - 2016 Member, Women in Psychology Steering Committee, Department of Psychiatry and Human Behavior, Brown Medical School
- 2013 - 2016 Member, Technology Committee, Department of Psychiatry and Human Behavior, Brown Medical School

**Peer-Review**

- 2014 - present Invited Abstract Reviewer, Society of Behavioral Medicine annual meeting
- 2023 Grant Reviewer, ZRG1 CCHI-J10 Small Business SBIR/STTR: Disease Management, Risk Prevention, and Health Behavior Change Study Section, National Institutes of Health (November 2023)
- 2020 - 2023 Grant Reviewer, ZRG1 HSS-10 Small Business: Health Services and Systems (Previously RPHB-Z(10) SBIR/STTR) Study Section, National Institutes of Health (March 2023, November 2021, November 2020, March 2020)
- 2022 Grant Reviewer, ZRG1 F16-L Fellowships: Clinical Care and Health Interventions Study

Section, National Institutes of Health (October 2022)

2019 - 2021 Invited Abstract Reviewer, The Obesity Society annual meeting

2021 External NIH Grant Reviewer, Stanford University

### **Ad-hoc Manuscript Reviews**

*American Journal of Preventive Medicine*

*Annals of Behavioral Medicine*

*Annals of Nutrition and Metabolism*

*Appetite*

*Applied Psychology: Health and Well-Being*

*BMC Public Health*

*BMC Geriatrics*

*Clinical Nutrition*

*Clinical Obesity*

*Clinical Psychology Review*

*Computer Methods and Programs in Biomedicine*

*Contemporary Clinical Trials*

*Eating Behaviors*

*Health Psychology*

*Health Psychology and Behavioral Medicine*

*International Journal of Obesity*

*JAMA Network Open*

*Journal of the Academy of Nutrition and Dietetics*

*Journal of Contextual Behavioral Science*

*Journal of Eating Disorders*

*Journal of Medical Internet Research*

*JMIR Formative Research*

*JMIR mHealth and uHealth*

*JMIR Research Protocols*

*Journal of the Academy of Nutrition and Dietetics*

*Obesity*

*Obesity Reviews*

*Obesity Science & Practice*

*PLOS Medicine*

*Preventive Medicine*

*Scientific Reports*

*Translational Behavioral Medicine*

*Translational Issues in Psychological Science*

### **OTHER**

#### **Professional Society Memberships**

2023 - present International Society for Behavioral Nutrition and Physical Activity (ISBNPA)

2022 - present American Association for the Advancement of Science (AAAS)

2020 - present Society for the Teaching of Psychology

2018 - present Society for Health Psychology

2012 - present The Obesity Society (TOS)

2011 - present American Public Health Association (APHA)

2007 - present American Psychological Association (APA)

2007 - present Society for Behavioral Medicine (SBM)

### **Related Professional Experience**

2020 Behavioral Specialist / Health Educator Consultant, COVID-19 Response, Florida Department of Health

2015 - 2016 Consultant, Butler Hospital & Department of Neuroscience, Brown University, Providence, RI

2011 Biostatistics Intern, Alachua County Health Department, Gainesville, FL

2005 - 2007 Statistical Analyst, Division of WIC and Family Nutrition Services, Virginia Department of Health, Richmond, VA

### **Additional Training**

2021 Certificate in Multicultural Mentoring, University of Florida, Gainesville, FL

2019 Mathematical Sciences in Obesity Short Course, Baltimore, MD

2018 Write to Change the World!, The Op-Ed Project, Washington, DC

2018 Master Mentor Program, Clinical and Translational Science Institute (CTSI) Mentor Academy, University of Florida, Gainesville, FL

2015 Summer Institute on Randomized Behavioral Clinical Trials, Office of Behavioral and Social Sciences Research and the National Heart, Lung and Blood Institute, National Institutes of Health, Warrenton, VA

2014 Applied Methods of Cost-Effectiveness Analysis, Health Economics Research Centre, Nuffield Department of Population Health, St. Catherine's College, University of Oxford, Oxford, UK

### **Media Coverage**

*AARP Bulletin*

*Business Insider*

*ConciencHealth*

*The Gainesville Sun*

*Hattiesburg American*

*Healio Endocrine Today*

*HealthDay*



*Medium*

*MPR*

*MSN Lifestyle*

*The New York Times*

*Orlando Sentinel*

*Philadelphia Inquirer*

*The Providence Journal*

*Reader's Digest*

*Real Simple Magazine*

*Self Magazine*

*Shape Magazine*

*Spark People*

*USNews & World Report*

*Women's Day Magazine*

*WebMD*

*WW Healthy Living*