

**Kathryn M. Ross, Ph.D. M.P.H.**  
**CURRICULUM VITAE**

Last Updated: August 2021

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**CONTACT INFORMATION**

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College of Public Health & Health Professions  
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MyBibliography:

<https://www.ncbi.nlm.nih.gov/myncbi/browse/collection/47640967/?sort=date&direction=descending>

**EDUCATION**

**Post-doctoral Fellowship**  
2013-2015

**Alpert Medical School of Brown University**  
Providence, RI  
NIH F32 NRSA (NIDDK), Obesity and Cost-Effectiveness  
Research

**Clinical Internship**  
2012-2013

**Alpert Medical School of Brown University**  
Providence, RI  
Obesity Clinical Research Track

**Ph.D., Clinical Psychology**  
2013

**University of Florida**  
Gainesville, FL  
Specialization in Health Psychology

**M.P.H., Biostatistics**  
2012

**University of Florida**  
Gainesville, FL

**M.S., Clinical Psychology**  
2009

**University of Florida**  
Gainesville, FL

**B.S., Psychology (Honors)**  
2006

**Virginia Commonwealth University**  
Richmond, VA

**PROFESSIONAL LICENSE**

2016-present

**Clinical Psychologist**  
Florida  
PY9567

2014-2016                      **Clinical Psychologist**  
Rhode Island  
PS01461

## **ACADEMIC APPOINTMENTS**

2021-present                      **Associate Professor (Tenured)**  
Department of Clinical & Health Psychology  
& Social and Behavioral Sciences Concentration  
College of Public Health & Health Professions  
University of Florida

2016-2021                      **Assistant Professor**  
Department of Clinical & Health Psychology  
& Social and Behavioral Sciences Concentration  
College of Public Health & Health Professions  
University of Florida

2015-2016                      **Instructor (Research)**  
Department of Psychiatry and Human Behavior  
Warren Alpert Medical School  
Brown University

## **HONORS AND AWARDS**

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

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

R03 HL154272 McVay, MA (PI) 08/15/2020 – 07/31/2022

#### **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

R01 DK119244 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

### Completed

R18 HL112720 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

R21 DK109205 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

**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

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

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

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

**PUBLICATIONS****Peer-Reviewed**

Previous name: Middleton, K. R.

\* Designates Student/Mentee

1. **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. PMID: [PMC8174557](https://pubmed.ncbi.nlm.nih.gov/348174557/). <https://doi.org/10.2196/27185>
2. \*Bauman, V., \*Apostolopoulos, A. N., Hasse, G., \*Parkman, T. J., & **Ross, K.M.** (in press). Rural/urban weight-loss outcomes following bariatric surgery. *Obesity Science & Practice*.
3. 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.
4. 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>
5. \*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. <https://doi.org/10.1111/obr.13171>
6. **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. PMID: [PMC7732120](https://pubmed.ncbi.nlm.nih.gov/37732120/) <https://doi.org/10.1371/journal.pone.024353>

7. Cardel, M. I., Manasse, S., Krukowski, R. A., **Ross, K. M.**, Shakour, R., Miller, D. R., Lemas, D. J., & Hong, Y. R. (2000). COVID-19 impacts mental health outcomes and ability/desire to participate in research among current research participants. *Obesity*, 12, 2272-2281. <https://doi.org/10.1002/oby.23016>
8. 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. PMID: PMC7679054 <https://doi.org/10.1177/0890117120905709>
9. 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. PMID: [PMC7796706](https://pubmed.ncbi.nlm.nih.gov/32796706/) <https://doi.org/10.1093/tbm/ibz098>
10. \*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. PMID: PMC7556417 <https://doi.org/10.1002/osp4.431>
11. \*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://dx.doi.org/10.2196/17967>
12. \*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://doi.org/10.1002/oby.22828>
13. 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://doi.org/10.1002/oby.22851>
14. 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://doi.org/10.1001/jamanetworkopen.2020.6764>
15. \*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://doi.org/10.1007/s10865-020-00145-2>
16. 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://doi.org/10.1038/s41387-020-0106-9>
17. **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://doi.org/10.1037/hea0000798>
18. \*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>
19. \*Bauman, V. B., 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. <http://dx.doi.org/10.1136/bmjdr-2019-000653>

20. 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. PMCID: PMC6700509 <https://doi.org/10.1002/osp4.341>
21. **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. PMCID: PMC6410568 <https://doi.org/10.1002/oby.22400>
22. 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. PMCID: PMC6311420 <https://doi.org/10.1016/j.cct.2018.11.006>
23. **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. PMCID: PMC6009990 <https://doi.org/10.1002/osp4.155>
24. **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. PMCID: PMC5783775 <https://doi.org/10.1002/oby.22083>
25. **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. PMCID: PMC5766392 <https://doi.org/10.1007/s10865-017-9896-1>
26. 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. PMCID: PMC5988351 <https://doi.org/10.1007/s10865-016-9805-z>
27. Lillis, J., Niemeier, H.M., Thomas, J.G., Unick, J., **Ross, K.M.**, Leahey, T.M., Kendra, K.E., Dorfman, L., & Wing, R.R. (2016). A randomized trial of an Acceptance Based Behavioral Intervention for weight loss in people with high internal disinhibition. *Obesity*, 24(12), 2509-2514. PMCID: PMC5125828 <https://doi.org/10.1002/oby.21680>
28. \*Tanenbaum, M. L., **Ross, K. M.**, & Wing, R. R. (2016). Overeat today, skip the scale tomorrow: An examination of caloric intake predicting nonadherence to daily self-weighing. *Obesity*, 24(11), 2341-2343. PMCID: PMC5093049 <https://doi.org/10.1002/oby.21650>
29. **Ross, K. M.** & Wing, R. R. (2016). Impact of newer self-monitoring technology and brief phone-based intervention on weight loss: A randomized controlled pilot study. *Obesity*, 24(8), 1653-1659. PMCID: PMC4963263 <https://doi.org/10.1002/oby.21536>
30. **Ross, K. M.**, & Wing, R. R. (2016). Concordance of in-home "smart" scale measurement with body weight measured in-person. *Obesity Science & Practice*, 2, 224-228. PMCID: PMC4970749 <https://doi.org/10.1002/osp4.41>
31. **Ross, K. M.**, & Wing, R. R. (2016). Implementation of an Internet weight loss program in a worksite setting. *Journal of Obesity*, 2016, 1-7. PMCID: PMC4749817 <https://doi.org/10.1155/2016/9372515>
32. **Ross, K. M.**, Thomas, J. G., & Wing, R. R. (2016). Successful weight loss maintenance associated with morning chronotype and better sleep quality. *Journal of Behavioral Medicine*, 39(3), 465-171. PMCID: PMC4854772 <https://doi.org/10.1007/s10865-015-9704-8>



33. Lillis J., Niemeier, H. M., **Ross, K. M.**, Thomas, J. G., Leahey, T. M., Unick, J., Kendra, K. E., & Wing, R. R. (2015). Weight loss intervention for individuals with high internal disinhibition: Design of the Acceptance Based Behavioral Intervention (ABBI) randomized controlled trial. *BMC Psychology*, 3, 1-10. PMCID: PMC4446109 <https://doi.org/10.1186/s40359-015-0075-2>
34. Xu, X., Demos, K. E., Leahey, T. M., Hart, C. N., Trautvetter, J., Coward, P., **Middleton, K. R.**, & Wing, R. R. (2014) Failure to replicate depletion of self-control. *PLOS One*, 9, e109950. PMCID: PMC4204816 <https://doi.org/10.1371/journal.pone.0109950>
35. Peterson, N. D., **Middleton, K. R.**, Nackers, L. M., Newell, K. E., Milsom, V. A., & Perri, M. G. (2014). Dietary self-monitoring and long-term success with weight management. *Obesity*, 22(9), 1962-1967. PMCID: PMC4149603 <https://doi.org/10.1002/oby.20807>
36. Higgins, T. J., **Middleton, K. R.**, Winner, L., & Janelle, C. M. (2014). Physical activity interventions differentially affect exercise task and barrier self-efficacy: A meta-analysis. *Health Psychology*, 33(8), 891-903. PMCID: PMC4148031 <https://doi.org/10.1037/a0033864>
37. **Middleton, K. R.** & Perri, M. G. (2014). A randomized trial investigating the effect of a brief lifestyle intervention on freshman-year weight gain. *Journal of American College Health*, 62(2), 101-109. <https://doi.org/10.1080/07448481.2013.849259>
38. **Middleton, K. R.**, Anton, S. D., & Perri, M. G. (2013). Long-term adherence to health behavior change. *American Journal of Lifestyle Medicine*, 7, 395-404. PMCID: PMC4988401 <https://doi.org/10.1177/1559827613488867>
39. Nackers, L. M., **Middleton, K. R.**, Daniels, M. J., Dubyak, P. J., Anton, S. D., & Perri, M.G. (2013). Effects of prescribing 1,000 versus 1,500 kilocalories per day in the behavioral treatment of obesity: A randomized trial. *Obesity*, 21(12), 2481-2487. PMCID: PMC5771240 <https://doi.org/10.1002/oby.20439>
40. Rossen, L. M., Milsom, V. A., **Middleton, K. R.**, Daniels, M. J., Nackers, L. M., & Perri, M. G. (2013). Benefits and risks of weight-loss treatment for older, obese women. *Clinical Interventions in Aging*, 8, 157-166. PMCID: PMC3573815 <https://doi.org/10.2147/CIA.S38155>
41. **Ross Middleton, K. M.**, Patidar, S. A., & Perri, M. G. (2012). The impact of extended care on long-term weight loss maintenance: A systematic review and meta-analysis. *Obesity Reviews*, 13, 509-517. <https://doi.org/10.1111/j.1467-789X.2011.00972.x>
42. Milsom, V. A., **Ross Middleton, K. M.**, & Perri, M. G. (2011). Successful long-term weight loss maintenance in a rural population. *Clinical Interventions in Aging*, 6, 303-309. PMCID: PMC3230584 <https://doi.org/10.2147/CIA.S25389>
43. Rickel, K. A., Milsom, V. A., **Ross, K. M.**, Hoover, V. J., DeBraganza, N., & Perri, M. G. (2011). Differential response of African American and Caucasian women to extended-care programs for obesity management. *Ethnicity and Disease*, 21, 170-175. PMCID: PMC3772655
44. Nackers, L. M., **Ross, K. M.**, & Perri, M. G. (2010). The association between rate of initial weight loss and long-term success in obesity treatment: Does slow and steady win the race? *International Journal of Behavioral Medicine*, 17(3), 161-167. PMCID: PMC3780395 <https://doi.org/10.1007/s12529-010-9092-y>
45. **Ross, K. M.**, Shiviy, V. A., & Mazzeo, S. E. (2009). Ambiguity and judgments of obese individuals: No news could be bad news. *Eating Behaviors*, 10(3), 152-156. <https://doi.org/10.1016/j.eatbeh.2009.03.008>

46. Murawski, M. E., Milsom, V. A., **Ross, K. M.**, and Perri, M. G. (2009). Problem solving, treatment adherence, and weight-loss outcome among women participating in lifestyle treatment for obesity. *Eating Behaviors*, 10(3), 146-151. PMID: PMC2726832 <https://doi.org/10.1016/j.eatbeh.2009.03.005>
47. **Ross, K. M.**, Milsom, V.A., Rickel, K. A., DeBraganza, N., Gibbons, L. M., and Perri, M. G. (2009). The contributions of weight loss and increased physical fitness to improvements in health related quality of life. *Eating Behaviors*, 10(2), 84-88. PMID: PMC2720563 <https://doi.org/10.1016/j.eatbeh.2008.12.002>

### **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>

### **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/Mentee*

1. 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)*.
2. 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. \*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)*.
2. \*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)*.
3. \*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)*.
4. \*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
5. \*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).*

6. \*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).*
7. \*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).*
8. \*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).
9. **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).
10. \*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).
11. \*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.
12. \*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.
13. \*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).
14. \*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).
15. \*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).
16. 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).*

17. 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).*
18. **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.*
19. **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.*
20. \*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.*
21. 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.*
22. \*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.*
23. \*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.*
24. \*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.*
25. 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.*
26. 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.*
27. 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.*

28. 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.*
29. **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.*
30. \*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-weighting behavior. *Annals of Behavioral Medicine, 52, S795. Poster presented at the 2018 Society of Behavioral Medicine meeting in New Orleans, LA.*
31. 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.*
32. 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.*
33. \*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.*
34. **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.*
35. \*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.*
36. 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.*
37. \*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.*
38. 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.*

39. 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.*
40. 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.*
41. **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.*
42. **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.*
43. \*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.*
44. 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.*
45. **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.*
46. **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.*
47. 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.*
48. **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.*
49. 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.*
50. **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.*
51. 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*

52. **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.*
53. 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.*
54. **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.*
55. 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.*
56. 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.*
57. 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.*
58. **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.*
59. **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.*
60. 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.*
61. 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.*
62. 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.*



63. 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.*
64. 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.*
65. 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.*
66. **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.*
67. 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.*
68. 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.*
69. 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.*
70. **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.*
71. 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
72. 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.*
73. **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. \*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.*
2. \*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.*
3. \*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.*
4. \*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.*
5. \*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.*
6. 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.*
7. 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.*
8. \*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.*
9. \*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.*
10. \*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.*
11. \*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.*
12. 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.*

13. 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. **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).*
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.*
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**

### **Local/University**

1. **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*
2. **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.*
3. **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.*

### **National/International**

1. **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.*
2. **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).

### **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 cancelled 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	Spring 2020, Summer 2020
PHC7587: Theory Development and Testing in Behavioral & Community Public Health (graduate level)	Spring 2019, Summer 2021
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**

- |      |   |
|------|---|
| 2020 | CLP7317 Advanced Health Psychology and Behavioral Medicine: <i>Evidence-based Interventions for Weight Management</i> . Department of Clinical & Health Psychology, University of Florida |
| 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 | CLP7934 Behavioral Health and Illness: <i>Behavioral Weight Management</i> . Department of  |

Clinical & Health Psychology, University of Florida

- 2019 PPHP Teaching Excellence Program. *Classroom Communication*. College of Public Health & Health Professions, University of Florida
- 2018 PHC2100 Introduction to Public Health: *The Obesity Epidemic*. College of Public Health & Health Professions, University of Florida
- 2017 CLP7934 Behavioral Health and Illness: *Obesity and Behavioral Weight Management*. Department of Clinical & Health Psychology, University of Florida
- 2016 HSC2000 Introduction to Health Professions: *Career Paths in Clinical and Health Psychology*. College of Public Health and Health Professions, University of Florida

**Seminars**

- 2019 Clinical Psychology Med/Health Seminar. *Evidence-Based Weight Management Treatment*. Department of Clinical & Health Psychology, University of Florida
- 2014 Clinical Psychology Training Consortium, Behavioral Medicine Psychology Intern Seminar: *The Obesity Epidemic and Lifestyle Weight Management*. 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
Arroyo, Kelsey	Ph.D.	Clinical Psychology	TBD	2025 (anticipated)
Ugwoaba, Umelo	Ph.D.	Clinical Psychology	TBD	2024 (anticipated)
Brockmann, Andrea	Ph.D.	Clinical Psychology	TBD	2023 (anticipated)
Eastman, Abraham	Ph.D.	Clinical Psychology	Pilot Study Examining the Effectiveness of a Rural Adapted Acceptance-Based Behavioral Treatment for Obesity	2022 (anticipated)
Dixon, Brittney	Ph.D.	Public Health	Association between Built Environment and Weight Loss Outcomes in Rural	2020

			Adults with Obesity	
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
Amofa, Priscilla	Ph.D.	Clinical Psychology	TBD	2024 (anticipated)
Gonzalez-Louis, Rachel	Ph.D.	Clinical Psychology	TBD	2024 (anticipated)
Chen, Yu-Peng	Ph.D.	Computer Science	TBD	2023 (anticipated)
Hanvey, Grace	Ph.D.	Clinical Psychology	TBD	2023 (anticipated)
Koskela-Staples, Natalie	Ph.D.	Clinical Psychology	TBD	2023 (anticipated)
Pinto, Stefania	Ph.D.	Clinical Psychology	TBD	2022 (anticipated)
Bauman, Vivian	Ph.D.	Clinical Psychology	Acceptability of an Acceptance-Based Behavioral Weight-Loss Intervention for Adults in Rural Areas	2022 (anticipated)
Rotblatt, Lindsay	Ph.D.	Clinical Psychology	Cognitive Aging Trajectories: Cardiovascular Risk, White Matter, and Medication Predictors	2022 (anticipated)
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 (anticipated)
Yi, Fan	Ph.D.	Biostatistics	Online Monitoring of Image Sequences	2022 (anticipated)
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
Swanson, Taylor	M.S.	Psychology	TBD	2023 (anticipated)
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

### **Masters Committee Member**

Student Name	Degree	Area	Thesis Title	Degree Date
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.	Clinical 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.	Clinical Psychology	Leukoaraiosis in Non-Demented Older Adults	2018

**MPH Chair**

Student Name	Degree	Area	Special Project Title	Degree Date
Adaralegbe, Adejadesole	M.P.H.	Social and Behavioral Sciences	TBD	2022 (anticipated)
Jones, Emily	M.P.H.	Social and Behavioral Sciences	TBD	2022 (anticipated)
Paniagua, Victoria	M.P.H.	Social and Behavioral Sciences	TBD	2022 (anticipated)
Garcia, Hillary	M.P.H.	Social and Behavioral Sciences	TBD	2022 (anticipated)
Sims, Gabrielle	M.P.H.	Social and Behavioral Sciences	TBD	2021 (anticipated)
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	Distance Learning Adjustment Guide: Navigating Higher Education in a	2021

		Sciences	Global Health Crisis	
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 Sciences	The Development and Implementation of a Patient Satisfaction Survey	2020
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

## **SERVICE**

### **National**

- 2021-present      Member, Special Interest Group (SIG) Review Committee, Society of Behavioral Medicine
- 2018-present      Co-Chair (2018-2020), Chair (2020-2021), past-Chair (2021-present), Obesity and Eating Disorder Special Interest Group (SIG), Society of Behavioral Medicine

## **University/Department**

- 2019 - present Member, Financial Aid and Scholarship Committee, College of Public Health and Health Professions, University of Florida
- 2016 - present Member, Research Committee, Department of Clinical & Health Psychology, University of Florida
- 2017 - present Member, Graduate Admissions Committee, Department of Clinical & Health Psychology, University of Florida
- 2017 - present Member, Education and Advocacy Committee, Department of Clinical & Health Psychology, 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**

- 2020 - 2021 Grant Reviewer, RPHB SBIR/STTR Study Section, National Institutes of Health (March 2020, November 2020, November 2021)
- 2019 - 2021 Invited Abstract Reviewer, The Obesity Society annual meeting
- 2014 - 2021 Invited Abstract Reviewer, Society of Behavioral Medicine annual meeting

## **Ad-hoc Reviewer**

*American Journal of Preventive Medicine*  
*Annals of Behavioral Medicine*  
*Annals of Nutrition and Metabolism*  
*Appetite*  
*BMC Public Health*  
*BMC Geriatrics*  
*Clinical Obesity*  
*Clinical Psychology Review*  
*Eating Behaviors*  
*Health Psychology*  
*Health Psychology and Behavioral Medicine*  
*International Journal of Obesity*  
*Journal of Contextual Behavioral Science*  
*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 Science & Practice*  
*PLOS Medicine*

*Preventive Medicine*  
*Translational Behavioral Medicine*  
*Translational Issues in Psychological Science*

## **OTHER**

### **Professional Society Memberships**

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**

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**

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*  
*The Gainesville Sun*  
*Hattiesburg American*

*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*  
*Women's Day Magazine*  
*WebMD*