

UNIVERSITY OF PENNSYLVANIA – SCHOOL OF NURSING
Curriculum Vitae

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ARIANA M. CHAO, PHD, CRNP, FNP-BC

BUSINESS ADDRESS

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EDUCATION

PhD 2015, Yale University, New Haven, CT (Major Concentration: Nursing Science)

MSN 2011, Boston College William F. Connell School of Nursing, Chestnut Hill, MA
(Major Concentration: Family Nurse Practitioner)

BSN 2010, Boston College William F. Connell School of Nursing, Chestnut Hill, MA
(Major Concentration: Nursing), *Summa cum laude*

POSTGRADUATE TRAINING & FELLOWSHIPS APPOINTMENTS

2018-present Senior Fellow of the Leonard Davis Institute of Health Economics, University of Pennsylvania

2015-2017 T32 Postdoctoral Fellow, University of Pennsylvania School of Nursing.
Research on Vulnerable Women, Children, and Families, National Institute of Nursing Research (NINR), National Research Service Award (NRSA) Institutional Research Training Grant, T32NR007100: Marilyn Sommers/Barbara Medoff-Cooper (PIs)

2013-2015 F31 Predoctoral Fellow, Yale University. Stress, Binge Eating, and Metabolic Abnormalities, NINR, NRSA Individual Research Training Grant, F31NR014375: **Chao** (PI); Sponsor: Margaret Grey, Co-Sponsors: Rajita Sinha and Robin Whitemore

2011-2013 T32 Predoctoral Fellow, Yale University. Research Training: Self and Family Management, NINR, NRSA Institutional Research Training Grant, T32NR008346: Nancy Reynolds (PI)

PROFESSIONAL EXPERIENCE

ACADEMIC POSITIONS

- 2017-present Assistant Professor, Standing Faculty Tenure Track, Department of Biobehavioral Health Sciences, University of Pennsylvania, School of Nursing
- 2017-present Secondary Appointment as Assistant Professor of Nursing in Psychiatry, University of Pennsylvania School of Medicine
- 2015-2017 T32 Postdoctoral Fellow, School of Nursing, University of Pennsylvania; Center for Weight and Eating Disorders, Department of Psychiatry, University of Pennsylvania School of Medicine
- 2011-2015 Graduate Research Assistant, School of Nursing, Yale University
- 2007-2010 Undergraduate Research Assistant, School of Nursing, Boston College

CLINICAL & ADMINISTRATIVE POSITIONS

- 2021-present Director of Enrichment Programs, Penn Center for Nutritional Science and Medicine (PenNSAM), University of Pennsylvania and The Children's Hospital of Philadelphia
- 2019-present Medical Director, Center for Weight and Eating Disorders, University of Pennsylvania School of Medicine
- 2015-present Family Nurse Practitioner, Center for Weight and Eating Disorders, University of Pennsylvania School of Medicine
- 2015-2017 Family Nurse Practitioner, Stunkard Weight Management Program, University of Pennsylvania School of Medicine
- 2014-2015 Research Clinician, Program on Weight and Eating Disorders, Yale School of Medicine
- 2013-2015 Family Nurse Practitioner, CVS Health
- 2008-2011 Clinical Assistant, Inpatient Medicine and Intermediate Care Program, Boston Children's Hospital

OTHER APPOINTMENTS

- 2020-present Member, University of Pennsylvania Public Interest Technology University Network Steering Committee

2018-present Member, Institute for Diabetes, Obesity, and Metabolism, University of Pennsylvania School of Medicine

CERTIFICATION/LICENSURE

Specialty Certification

2011-present Family Nurse Practitioner, American Nurses Credentialing Center (ANCC) Board Certification

Licensure

2015-present Certified Registered Nurse Practitioner (CRNP), Family Health, Pennsylvania

2015-present Pennsylvania CRNP Prescriptive Authority

2015-present Drug Enforcement Administration Certified

2015-present Registered Nurse, Pennsylvania

HONORS/AWARDS/MEMBERSHIPS IN HONORARY SOCIETIES

2021 University of Pennsylvania, Department of Biobehavioral Health Sciences, Junior Faculty Research Award

2020 University of Pennsylvania School of Nursing's Dean's Award for Undergraduate Scholarly Mentorship

2020 Eastern Nursing Research Society Rising Star Research Award

2018 University of Pennsylvania, Department of Biobehavioral Health Sciences, Junior Faculty Research Award

2017 The Obesity Society Journal Symposium Winner

2017 The Obesity Society Early Career Travel Award

2016 The Obesity Society Early Career Abstract Award (Clinical Management Section)

2015 American Association of Colleges of Nursing, Excellence in Advancing Nursing Science Award, Honorable Mention

2014 Bloomberg Faculty of Nursing Emerging Scholar

2013 McLeod-Blue-Skye Conference Travel Award

- 2013 Yale Graduate Conference Travel Fellowship
- 2012-2014 Jonas Nurse Leaders Scholar
- 2012 Yale School of Nursing Conference Travel Grant
- 2011 Boston College William F. Connell Commencement Award
- 2010 Boston College William F. Connell Undergraduate Commencement Award
- 2010 Sigma Theta Tau Alpha Chi Chapter Spirit of Sigma Award
- 2008 American Psychiatric Nurses Association Travel Award

RESEARCH

Doctoral Dissertation

- 2011-2015 Obesity-Related Eating Phenotypes: Examining the Relationships with Food Cravings, Stress, and Metabolic Abnormalities. Yale University. Dissertation Advisor: Margaret Grey, DrPH, RN, FAAN. Dissertation Committee: Robin Whittemore, PhD, APRN, FAAN; Rajita Sinha, PhD; Carlos M. Grilo, PhD; Jonathan Reuning-Scherer, PhD. Publication number: 3663475

Funded Research

- 2022-present Produce Rx: Improving Weight and Cardiovascular Risk in Adults with Food Insecurity and Obesity. **Chao (PI)**. The Edna G. Kynett Memorial Foundation.
- 2021-present Research Study to Investigate How Well Semaglutide Tables Taken Once Daily Work in People who are Overweight or Living with Obesity (OASIS 1). Wadden (PI). **Chao (Sub-I)**, Amaro (Sub-I).
- 2021-present Efficacy and Safety of Tirzepatide Once Weekly versus Placebo After an Intensive Lifestyle Program in Participants without Type 2 Diabetes who have Obesity or are Overweight with Weight-Related Comorbidities: A Randomized, Double-Blind, Placebo-Controlled Trial (SURMOUNT-3). (18F-MC-GPHM). **Chao (UPenn PI)**, Wadden (Sub-I), Amaro (Sub-I), Pandula (Sub-I). Eli Lilly.
- 2021-present The Effect of Epitee Capsule on Body Weight in Patients with Overweight and Obesity with and without Pre-diabetes. Wadden (PI), **Chao (Co-I)**, Berkowitz (Co-I), Amaro (Co-I). Epitee Medical.
- 2019-present A Randomized Controlled Trial Examining the Neurocognitive Benefits of a Nationally Available Weight Management Program. (Investigator-initiated)

- grant). **Chao (PI)**, Wadden (Co-I). WW International, Inc (formerly Weight Watchers).
- 2020-2021 COVID Relief Funds for Obesity Research. **Chao (PI)**. University of Pennsylvania.
- 2018-2021 Effect and Safety of Semaglutide 2.4 mg Once-Weekly as Adjunct to Intensive Behavioural Therapy in Subjects with Overweight or Obesity, Phase: 3a Wadden (PI), **Chao (Sub-I)**, Amaro (Sub-I), Berkowitz (Sub -I), Tronieri (Sub -I). Novo Nordisk.
- 2018-2022 Neural Response to Food Stimuli: fMRI Changes Following Cognitive Behavioral Therapy for Binge Eating Disorder. (K23NR017209). **Chao (PI)**. Mentor: Thomas A. Wadden. Co-Mentors: Ruben C. Gur, Carlos M. Grilo. Consultants: Therese Richmond, Russell Shinohara. National Institute of Nursing Research/National Institutes of Health. Administrative supplement.
- 2018-2021 Long-Term Impact of Random Assignment to Intensive Lifestyle Intervention on Alzheimer’s Disease and Related Dementias: The Action for Health in Diabetes ADRD Study. Wadden (UPenn PI). **Chao (Co-I)**. Subaward from Wake Forest University. National Institute on Aging/NIH.
- 2017-2019 A Randomized Controlled Trial of Liraglutide 3.0 mg/d for Binge Eating Disorder. Allison (PI), Wadden (Co-I), Berkowitz (Co-I), **Chao (Co-I)**, Novo Nordisk.
- 2017-2018 Neural Response to External Food Cues in Obese Females with and without Binge Eating Disorder. **Chao (PI)**, Wadden (Co-I), Gur (Co-I). Dr. Dorothy Mereness Endowed Research Fund and the University of Pennsylvania, School of Nursing Faculty Grant Award.
- 2018 Action for Health in Diabetes Extension Study Research Project. Look AHEAD Research Group. (5U01DK05713519). Wadden (UPenn PI), **Chao (Collaborator)**. NIH/NIDDK.
- 2016-2017 Do Healthcare Providers Recognize Binge Eating Disorder in their Patients? (Investigator-initiated grant). **Chao (PI)**, Sommers (Co-I), Wadden (Co-I), Shire Pharmaceuticals.
- 2016-2017 Examining the Effects of Caloric Restriction and Weight Loss on Neurocognition. **Chao (PI)**, Ashare (Co-I), Wadden (Co-I), Sigma Theta Tau.
- 2013-2015 Stress, Binge Eating, and Metabolic Abnormalities (F31NR014375), **Chao (PI)**, Predoctoral Fellowship, NINR/NIH.

Mentor in Student/Trainee Funded Research and Fellowships

- 2022-present Examination of Health Plan Coverage for Obesity Pharmacotherapies and Employers' Intentions for Future Coverage. Ben Nathan, Caroline (PI). University of Pennsylvania Center for Undergraduate Research & Fellowships. **Chao, A (Co-Faculty Advisor)**. Patti Williams (Co-Advisor).
- 2021-Present Health Policy Research Scholars. Cooper, Ashley (PI). Robert Wood Johnson Foundation. **Chao, A (Faculty Mentor)**.
- 2021-2022 The Impact of COVID-19 on Binge Eating among Patients with Obesity, Gardizy, Ariana (PI). University of Pennsylvania School of Nursing, Office of Nursing Research. **Chao, A (Faculty Mentor)**.
- 2020-2021 Psychosocial Factors and Technology Use: Relationships with Disordered Eating among College Students during the COVID-19 Pandemic. Bronfman, Kyra (PI). The Ernest M. Brown, Jr. College Alumni Society Undergraduate Research Grant. **Chao, A (Faculty Mentor)**.
- 2020-2021 Perceptions of Obesity Pharmacology among Nurse Practitioners. Bottcher, Katelyn (PI). University of Pennsylvania School of Nursing, Office of Nursing Research. **Chao, A (Faculty Mentor)**.
- 2020 Penn Undergraduate Research Mentorship Award. Wei, Xueting (Mentee). University of Pennsylvania. **Chao, A (Faculty Mentor)**.
- 2019 Penn Undergraduate Research Mentorship Award. Luong, Vivian (Mentee). University of Pennsylvania. **Chao, A (Faculty Mentor)**.
- 2018-2019 Transitions in Care from Hospital to Home for Patients with Eating Disorders. Di Vitantonio, Kathryn (PI). University of Pennsylvania School of Nursing, Office of Nursing Research. **Chao, A (Faculty Mentor)**.

PUBLICATIONS

Scopus H-Index=19

Journal Articles: Research, Peer Reviewed [data-based; students/trainees are underlined]

1. **Chao, A. M.**, Abene, J., Allison, K. C., Pearl, R. L., Wadden, T. A., Williams, N. N., & Tronieri, J. S. (in press). Binge eating disorder and eating self-efficacy in adults seeking bariatric surgery. *Clinical Obesity*.
2. Allison, K. C., **Chao, A. M.**, Bruzas, M. B., McCuen-West, C., Jones, E., McAllister, C., Gruber, K., Berkowitz, R. I., Wadden, T. A., & Tronieri, J. S. (in press). Randomized controlled trial of liraglutide 3.0 mg for binge eating disorder. *Obesity Science & Practice*

3. Bottcher, K., & Chao, A. M. (in press). Perceptions of obesity pharmacotherapy by nurse practitioners. *Journal of the American Association of Nurse Practitioners*.
4. Bruzas, M. B., Tronieri, J. S., **Chao, A. M.**, Jones, E., McAllister, C., Gruber, K., McCuen-Wurst, C., Berkowitz, R. I., & Wadden, T. A. (in press). Binge size and loss of control as correlates of eating behavior and psychopathology among individuals with binge eating disorder and overweight. *Journal of Behavioral Medicine*.
5. Joseph, P., Zhou, Y., Brooks, B., McDuffie, C., Agarwal, K., & Chao, A. M. (in press). Effects of alcohol dose on macronutrient intake: Findings from the National Health and Nutrition Examination Survey (NHANES). *Alcohol and Alcoholism*.
6. Wagenknecht, L., **Chao, A. M.**, Wing, R. R., Wadden, T. A., McCaffery, J., Hayden, K., Lafferrere, B., Howard, M., Clark, J., Yanovski, S., & Johnson, K. (in press). Impact of COVID-19 on life experiences as reported by a diverse cohort of older adults with diabetes and obesity: The Look AHEAD Study. *Obesity*.
7. **Chao, A. M.**, Wadden, T. A., Clark, J. M., Hayden, K. M., Howard, M. J., Johnson, K. C., Lafferrere, B., McCaffery, J. M., Wing, R. R., Yanovski, S. Z., Wagenknecht, L. E., & The Look AHEAD Research Group. (2022). Changes in symptoms of depression, loneliness, and insomnia in US older adults during the COVID-19 pandemic: The Look AHEAD Study. *Diabetes Care*, 45(1), 74-82.
8. **Chao, A. M.**, Zhou, Y., Wei, X., Wisdom-Goulbourne, T., Dowd, M., & Compher, C. (2022). Nutrition education in primary care adult and family nurse practitioner programs. *Nurse Educator*, 47(1), 47-50.
9. Look AHEAD Research Group, Wadden, T. A., **Chao, A. M.**, et al., (2021). Changes in symptoms of depression and health-related quality of life in the Look AHEAD Study in the six years following termination of the intensive lifestyle intervention. *Obesity*, 29(8), 1294-1308.
10. **Chao, A. M.**, Zhou, Y., Franks, A. T., Brooks, B., & Joseph, P. V. (2021). Associations of taste perceptions with tobacco use, marijuana use, and body mass index: Findings from the National Health and Nutrition Examination Survey (NHANES). *Chemical Senses*, 46.
11. Espeland, M. A., Yassine, H., Hayden, K. D., Hugenschmidt, C., Bennett, W. L., **Chao, A.**, Neiberg, R., Kahn, S., & Luchsinger, J. A. for the Action for Health in Diabetes (Look AHEAD) Research Group (2021). Sex-related differences in cognitive trajectories in older individuals with type 2 diabetes and overweight or obesity. *Alzheimer's & Dementia: Translational Research & Clinical Interventions*, 7(1), e12160.
12. Dou, Z., Stefanovski, D., Galligan, D., Lindem, M., Rozin, P., Chen, T., & **Chao, A. M.** (2021). Household food dynamics and food system resilience amid the COVID-19 pandemic: A cross-national comparison of China and the United States. *Frontiers in Sustainable Food Systems*.

13. **Chao, A. M.**, Fogelman, N., Hart, R., Grilo, C. M., & Sinha, R. (2020). A laboratory-based study of the priming effects of food cues and stress on hunger and food intake in individuals with obesity. *Obesity*, 28(11), 2090-2097.
14. **Di Vitantonio, K. M.**, & **Chao, A. M.** (2020). Factors associated with readmission in patients with eating disorders. *Eating and Weight Disorders*, 8.
15. **Chao, A. M.**, **Luong, V.**, Dowd, M., & Compher, C. (2020). A national survey of faculty perceptions of nutrition in nursing education. *Journal of Nursing Education*, 59(10), 566-569.
16. Tronieri, J. S., Wadden, T. A., Walsh, O., Berkowitz, R. I., Alamuddin, N. & **Chao, A. M.**, (2020). Mindful eating, general mindful awareness, and acceptance as predictors of weight loss. *Mindfulness*, 11, 2818-2827.
17. Tronieri, J. S., Wadden, T. A., Walsh, O., Berkowitz, R. I., Alamuddin, N. & **Chao, A. M.**, (2020). Measures of adherence as predictors of early and total weight loss with intensive behavioral therapy for obesity combined with liraglutide 3.0 mg. *Behaviour Research and Therapy*, 131, 103639.
18. **Chao, A. M.**, Wadden, T. A., Berkowitz, R., Blackburn, G., Bolin, P., Clark, J., Coday, M., Curtis, J., Delahanty, L., Dutton, G., Evans, M., Ewing, L., Foreyt, J., Gay, L., Gregg, E., Hazuda, H., Hill, J., Horton, E., Houston, D., Jakicic, J., Jeffery, R., Johnson, K., Kahn, S., Knowler, W., Kure, A., Michalski, K., Montez, M., Neiberg, R., Patricio, J., Peters, A., Pi-Sunyer, X., Pownall, H., Reboussin, D., Redmon, J., Rejeski, W., Steinburg, H., Walker, M., Williamons, D., Wing, R., Wyatt, H., Yanovski, S., Zhang, P., Look AHEAD Research Group. (2020). Weight change two years after the termination of the intensive lifestyle intervention in the Look AHEAD Study. *Obesity*, 28(5), 893-901.
19. **Chao, A. M.**, Wadden, T. A., Walsh, O. A., Gruber, K. A., Alamuddin, N., Berkowitz, R. I., & Tronieri, J. S. (2019). Changes in health-related quality of life with intensive behavioral therapy combined with liraglutide 3.0 mg per day. *Clinical Obesity*, 9(6):e12340. doi: 10.1111/cob/12340.
20. **Chao, A. M.**, Wadden, T. A., Walsh, O. A., Gruber, K. A., Alamuddin, N., Berkowitz, R. I., & Tronieri, J. S. (2019). Effects of liraglutide and behavioral weight loss on food cravings, eating behaviors, and eating disorder psychopathology. *Obesity*, 27(12):2005-2010. PMID: 31746553. doi: 10.1002/oby.22653
21. Wadden, T. A., Walsh, O. A., Berkowitz, R. I., **Chao, A. M.**, Alamuddin, N., Gruber, K. , Leonard, S. , Mugler, K. , Bakizada, Z. and Tronieri, J. S. (2019). Intensive behavioral therapy for obesity combined with liraglutide 3.0 mg: a randomized controlled trial. *Obesity*, 27: 75-86. PMID: PMC6800068. doi:10.1002/oby.22359

22. **Chao, A. M.**, Wadden, T. A., Walsh, O. A., Gruber, K. A., Alamuddin, N., Berkowitz, R. I., & Tronieri, J. S. (2019). Perceptions of a large amount of food based on binge-eating disorder diagnosis. *International Journal of Eating Disorders*, 52(7), 801-808. PMID: PMC6609473. doi: 10.1002/eat.23076
23. Tronieri, J. S., Wadden, T. A., Walsh, O., Berkowitz, R. I., Alamuddin, N., Gruber, K., Leonard, S., & **Chao, A. M.**, (2019). Effects of liraglutide plus phentermine in adults with obesity following 1 year of treatment by liraglutide alone: A placebo-controlled pilot trial. *Metabolism*, 96, 83-91. PMID: PMC6571049. doi: 10.1016/j.metabol.2019.03.005
24. Tronieri, J. S., Wadden, T. A., Walsh, O., Berkowitz, R. I., Alamuddin, N., Gruber, K., Leonard, S., Bakizada, Z. M., & **Chao, A. M.** (2019). Effect of liraglutide on appetite, liking, and preoccupation with food in a randomized controlled trial. *International Journal of Obesity*. PMID: PMC6766432. doi: 10.1038/s41366-019-0348-6
25. **Chao, A. M.**, Rajagopalan, A. V., Tronieri, J. S., Walsh, O., & Wadden, T. A. (2019). Identification of binge eating disorder criteria: Results of a national survey of healthcare providers. *Journal of Nursing Scholarship*, 51(4), 399-407. PMID: PMC6610653. doi: 10.1111/jnu.12468
26. **Chao, A. M.**, Wadden, T. A., Tronieri, J. S., Berkowitz, R. I. (2019). Alcohol intake and weight loss during an intensive lifestyle intervention for adults with overweight/obesity and diabetes. *Obesity*, 27(1), 30-40. PMID: PMC6309276. doi: 10.1002/oby.22316
27. Wadden, T. A., **Chao, A. M.**, Bahnson, J., Bantle, J. P., Blackburn, G. L., Clark, J., Gaussoin, S., Jakicic, J., Johnson, K., Miller, G., Yanovski, S. Z., & the Look AHEAD Research Group. (2019). End-of-trial improvements in health in Look AHEAD participants who elected to have bariatric surgery. *Obesity*, 27(4), 581-590. PMID: PMC6432947. doi: 10.1002/oby.22411
28. **Chao, A. M.**, Shaw, J. A., Pearl, R. L., Alamuddin, N., Hopkins, C. M., Bakizada, Z. M., Berkowitz, R. I., & Wadden, T. A. (2019). Effects of addictive-like eating behaviors on weight loss with behavioral obesity treatment. *Journal of Behavioral Medicine*, 42(2), 246-255. PMID: PMC6711180. doi: 10.1007/s10865-018-9958-z
29. Pearl, R. L., Wadden, T.A., **Chao, A. M.**, Alamuddin, N., Berkowitz, R. I., Walsh, O., Allison, K. C., & Tronieri, J.S. (2019) Associations between causal attributions for obesity and long-term weight loss. *Behavioral Medicine*, 18, 1-5. PMID: PMC6639144. doi: 10.1080/08964289.2018.1556202
30. Pearl, R. L., Wadden, T. A. Allison, K. C., **Chao, A. M.**, Alamuddin, N., Berkowitz, R. I., Walsh, O., & Tronieri, J. S. (2019). Casual attributions for obesity among patients seeking surgical versus behavioral/pharmacological weight loss treatment. *Obesity Surgery*, 28(11), 3724-3728. PMID: PMC6162161. doi: 10.1007/s11695-018-3490-7

31. Walsh, O. A., Wadden, T. A., Tronieri, J. S., **Chao, A. M.**, & Pearl, R. L. (2018). Weight bias internalization is negatively associated with weight-related quality of life in persons seeking weight loss. *Frontiers in Psychology, 17*(9), 2576. PMID: PMC6304379. doi: 10.3389/fpsyg.2018.02576
32. Pearl, R. L., Wadden, T. A., **Chao, A. M.**, Walsh, O., Alamuddin, N., Berkowitz, R. I., & Shaw Tronieri, J. (2019). Weight bias internalization and long-term weight loss in patients with obesity. *Annals of Behavioral Medicine, 53*(8):782-787. PMID: PMC6636884. doi: 10.1093/abm/kay084
33. **Chao, A. M.**, Wadden, T. A., Pearl, R. L., Alamuddin, N., Leonard, S. M., Bakizada, Z. M., Pinkasavage, E., Gruber, K. A., Walsh, O. A., Berkowitz, R. I., Alfari, N., & Shaw Tronieri, J. (2018). A randomized controlled trial of lorcaserin and lifestyle counseling for weight loss maintenance: Changes in food cravings, emotion- and stress-related eating, and appetite. *Clinical Obesity, 8*(6), 383-390. PMID: PMC6711178. doi: 10.1111/cob.12279
34. Tronieri, J., Wadden, T. A., Alfari, N., **Chao, A. M.**, Alamuddin, N., Berkowitz, R. I., Pearl, R. L. (2018). “Last supper” predicts greater weight loss early in obesity treatment, but not enough to offset initial gains. *Frontiers in Psychology, 2*(9), 1335. PMID: PMC6083055. doi: 10.3389/fpsyg.2018.01335
35. Pearl, R. L., Wadden, T. A., Tronieri, J. S., Berkowitz, R. I., **Chao, A. M.**, Alamuddin, N., Leonard, S. M., Carvajal, R., Bakizada, Z. M., Pinkasavage, E., Gruber, K. A., Walsh, O. A., & Alfari, N. (2018). Short- and long-term changes in health-related quality of life with weight loss: results from a randomized controlled trial. *Obesity, 26*(6), 985-991. PMID: PMC5970047. doi: 10.1002/oby.22187
36. Tronieri, J. S., Wadden, T. A., **Chao, A. M.**, Pearl, R. L., Alamuddin, N., & Berkowitz, R. I. (2019). Early weight loss in behavioral treatment predicts later rate of weight loss and response to pharmacotherapy. *Annals of Behavioral Medicine, 53*(3), 290–295. PMID: PMC6374712. doi:10.1093/abm/kay036
37. Pearl, R. L., Wadden, T. A., Shaw Tronieri, J., **Chao, A. M.**, Alamuddin, N., & Berkowitz, R. I. (2018). Everyday discrimination in a racially-diverse sample of patients with obesity. *Clinical Obesity, 8*(2), 140-146. PMID: PMC5842103. doi: 10.1111/cob.12235
38. Pearl, R. L., Wadden, T. A., Shaw Tronieri, J., **Chao, A. M.**, Alamuddin, N., Bakizada, Z. M., Pinkasavage, E., Berkowitz, R. I. (2018). Sociocultural and familial factors associated with weight bias internalization. *Obesity Facts, 11*(2), 157-164. PMID: PMC5981623. doi: 10.1159/000488534
39. Shaw Tronieri, J., Wadden, T. A., Berkowitz, R. I., **Chao, A. M.**, Pearl, R. L., Alamuddin, N., Leonard, S. M., Carvajal, R., Bakizada, Z. M., Pinkasavage, E., Gruber, K. A., Walsh, O. A., & Alfari, N. (2018). A randomized controlled trial of lorcaserin and lifestyle counseling for maintaining weight loss achieved with a low-calorie diet. *Obesity, 26*(2), 299-309. PMID: 29288545. doi: 10.1002/oby.22081

40. **Chao, A. M.**, Srinivas, S. K., Studt, S. K., Diewald, L. K., Sarwer, D. B., Allison, K. C. (2017). A pilot randomized controlled trial of a technology-based approach for preventing excess weight gain during pregnancy among women with overweight. *Frontiers in Nutrition*, 22(4). 57. PMID: PMC5702628. doi: 10.3389/fnut.2017.00057
41. **Chao, A. M.**, Wadden, T. A., Gorin, A. A., Shaw Tronieri, J., Pearl, R. L., Bakizada, Z. M., Yanovski, S. Z., Berkowitz, R. I. (2017). Binge eating and weight loss outcomes in individuals with type 2 diabetes: 4-year results from the Look AHEAD study. *Obesity*, 25(11). 1830-1837. PMID: PMC5678986. doi: 10.1002/oby.21975
42. **Chao, A. M.**, Jastreboff, A. M., White, M. A., Grilo, C. M., & Sinha, R. (2017). Stress, cortisol, and other appetite-related hormones: Prospective prediction of 6-month changes in food cravings and weight. *Obesity*, 25(4), 713-720. PMID: PMC5373497. doi: 10.1002/oby.21790
43. **Chao, A. M.**, Shaw, J. A., Pearl, R. L., Alamuddin, N., Hopkins, C. M., Bakizada, Z. M., Berkowitz, R. I., & Wadden, T. A. (2017). Prevalence and psychosocial correlates of food addiction in persons with obesity seeking weight loss reduction. *Comprehensive Psychiatry*, 73, 97-104. PMID: PMC5269607. doi: 10.1016/j.comppsy.2016.11.009
44. **Chao, A. M.**, Grilo, C. M., White, M. A., & Sinha, R. (2017). Examining the effects of cigarette smoking on food cravings and intake, depressive symptoms, and stress. *Eating Behaviors*. 24, 61-65. PMID: PMC5269575. doi: 10.1016/j.eatbeh.2016.12.009
45. Pearl, R. L., Wadden, T. A., Hopkins, C. M., Shaw, J. A., Hayes, M R., Bakizada, Z. M., Alfaris, N., **Chao, A. M.**, Pinkasavage, E., Berkowitz, R. I., & Alamuddin, N. (2017). Association between weight bias internalization and metabolic syndrome among treatment-seeking individuals with obesity. *Obesity*, 25(2), 317-322. PMID: PMC5300503. doi: 10.1002/oby.21716
46. **Chao, A. M.**, Wadden, T. A., Faulconbridge, L. F., Sarwer, D. B., Webb, V. L., Shaw, J. A., Thomas, J. G., Hopkins, C. M., Bakizada, Z. M., Alamuddin, N., & Williams, N. N. (2016). Binge eating disorder and the outcome of bariatric surgery in a prospective, observational study: Two-year results. *Obesity*, 24(11), 2327-2333. PMID: PMC5093053. doi: 10.1002/oby.21648
47. Minges, K. E., Whitemore, R., **Chao, A.**, Jefferson, V., Murphy, K. M., & Grey, M. (2016). Clinical, psychosocial and demographic factors are associated with overweight and obesity in early adolescent girls with type 1 diabetes. *The Diabetes Educator*, 42(5), 538-548. PMID: PMC5957073. doi: 10.1177/0145721716654006
48. **Chao, A.**, Grilo, C., & Sinha, R. (2016). Food cravings, binge eating, and eating disorder psychopathology: Exploring the moderating roles of gender and race. *Eating Behaviors*, 21, 41-47. PMID: PMC4851566. doi: 10.1016/j.eatbeh.2015.12.007

49. **Chao, A.,** White, M., & Grilo, C. (2016). Smoking status and psychosocial factors in binge eating disorder and bulimia nervosa. *Eating Behaviors, 21*, 54-58. PMID: PMC4851572. doi: 10.1016/j.eatbeh.2015.12.011
50. **Chao, A.,** Minges, K., Park, C., Dumser, S., Murphy, K., Grey, M. & Whittemore, R. (2016). General life and diabetes-related stressors in youth with type 1 diabetes. *Journal of Pediatric Health Care, 30*(2), 133-142. PMID: PMC4733440. doi: 10.1016/j.pedhc.2015.06.005
51. **Chao, A.,** Grey, M., Whittemore, R., Reuning-Scherer, J., Grilo, C. M., & Sinha, R. (2016). Examining the mediating roles of binge eating and emotional eating in the relationships between stress and metabolic abnormalities. *Journal of Behavioral Medicine, 39*(2), 320-332. PMID: PMC5576015. doi: 10.1007/s10865-015-9699-1
52. Whittemore, R., Liberti, L. S., Jeon, S., **Chao, A.,** Minges, K. E., Murphy, K., & Grey, M. (2016). Efficacy and implementation of an internet psychoeducational program for teens with type 1 diabetes. *Pediatric Diabetes, 17*(8), 567-575. PMID: PMC4882266. doi: 10.1111/pedi.12338
53. **Chao, A.,** Grilo, C., White, M. A., & Sinha, R. (2015). Food cravings mediate the relationship between chronic stress and BMI. *Journal of Health Psychology, 20*(6), 721-729. PMID: PMC6186388. doi: 10.1177/1359105315573448
54. Minges, K. E., **Chao, A.,** Nam, S., Grey, M., & Whittemore, R. (2015). Weight status, gender, and race/ethnicity: Are there differences in meeting recommended health behavior guidelines for adolescents? *Journal of School Nursing, 31*(2), 135-145. PMID: PMC4363285. doi: 10.1177/1059840514554089
55. **Chao, A.,** Grilo, C., White, M. A., & Sinha, R. (2014). Food cravings, food intake, and weight status in a community-based sample. *Eating Behaviors, 15*(3), 478-482. PMID: PMC4115250. doi: 10.1016/j.eatbeh.2014.06.003
56. **Chao, A.,** Whittemore, R., Minges, K. E., Murphy, K. M., & Grey, M. (2014). Self-management in early adolescents with type 1 diabetes and differences by age at diagnosis and duration of diabetes. *The Diabetes Educator, 40*(2), 167-177. PMID: PMC4160727. doi: 10.1177/0145721713520567
57. Whittemore, R., Liberti, L., Jeon, S., **Chao, A.,** Jaser, S., & Grey, M. (2014). Self-management as a mediator of family functioning and depressive symptoms with health outcomes in youth with type 1 diabetes. *Western Journal of Nursing Research, 36*(9), 1254-1271. PMID: PMC4267676. doi: 10.1177/0193945913516546
58. Jaser, S. S., Whittemore, R., **Chao, A.,** Jeon, S., Faulkner, M. S., & Grey, M. (2014). Mediators of 12-month outcomes of two internet interventions for youth with type 1 diabetes. *Journal of Pediatric Psychology, 39*(3), 306-315. PMID: PMC3959262. doi: 10.1093/jpepsy/jst081

59. Whittemore, R., **Chao, A.**, Jang, M., Jeon, S., Liptak, T., Popick, R. & Grey, M. (2013). Implementation of a school-based Internet obesity prevention program for adolescents. *Journal of Nutrition Education and Behavior*, 45(6), 586-594. doi: <https://doi.org/10.1016/j.jneb.2013.03.012>

Journal Articles: Research, Peer-Reviewed Reviews

60. Wei, X., Cooper, A., Cernoch, C. A., Huntoon, G., Hodek, B., Lee, I. S., Christian, H. & **Chao, A. M.** (in press). Intermittent energy restriction for weight loss: A systematic review of cardiometabolic, inflammatory and appetite outcomes. *Biological Research for Nursing*.
61. Schulte, E., **Chao, A. M.**, Allison, K. C. (In press). Advances in the neurobiology of food addiction. *Current Behavioral Neuroscience Reports*.
62. Page, S. P., Souders, M., Kral, T. V. E., **Chao, A. M.**, & Pinto-Martin, J. (2022). Correlates of feeding difficulties among children with Autism Spectrum Disorder: A systematic review. *Journal of Autism and Developmental Disorders*, 52(1), 255-274.
63. **Chao, A. M.**, Amaro, A., Tronieri, J. S., & Wadden, T. A. (2021). Semaglutide for treatment of obesity. *Trends in Cardiovascular Medicine*, 12, S1050-1738.
64. Cooper, A., Gupta, S., Moustafa, A., & **Chao, A. M.** (2021). Sex/gender differences in obesity prevalence, medical comorbidities, and treatment outcomes. *Current Obesity Reports*, 10(4), 458-466.
65. Gupta, S. R., Zhou, Y., Wadden, T. A., Berkowitz, R. I. & **Chao, A. M.** (2021). A systematic review of genetic predictors of weight loss after bariatric surgery. *Obesity Surgery*, 31(10), 4612-4623.
66. Moustafa, A., Quigley K., Wadden, T. A., Berkowitz, R. I. & **Chao, A. M.** (2021). A systematic review of loss of control eating and weight loss in children and adolescents. *Obesity*, 29(8), 1258-1271.
67. **Chao, A. M.**, Quigley, K., & Wadden, T. A. (2021). Mechanistic and clinical insights into dietary interventions for obesity. *Journal of Clinical Investigation*, 131(1).
68. **Chao, A. M.**, Wadden, T. A., Berkowitz, R. I., Quigley, K., & Silvestry, F. (2020). The risk of cardiovascular complications with current obesity drugs. *Expert Opinion on Drug Safety*, 19(9), 1095-1104.
69. Chevinsky, J. D., Wadden, T. A., & **Chao, A. M.** (2020). Binge eating disorder in patients with diabetes: Diagnostic and management challenges. *Diabetes, Metabolic Syndrome, and Obesity: Targets and Therapy*, 14(13), 1117-1131.

70. **Chao, A. M., Roy, A., Franks, A. T., & Joseph, P. V.** (2019). A systematic review of taste differences among people with eating disorders. *Biological Research For Nursing*. doi: 10.1177/1099800419872824
71. **Chao, A.M., Wadden, T.A., Ashare, R.L., Loughead, J., & Schmidt, H.D.** (2019). Tobacco smoking, eating behaviors, and body weight: a review. *Current Addiction Reports*, 6(3) 191-199. doi:10.1007/s40429-019-00253-3
72. Tronieri, J. S., Wadden, T. A., **Chao, A. M.**, & Tsai, A. G. (2019). Primary care interventions for obesity: review of the evidence. *Current Obesity Reports*, 8(2):128-136. PMID: PMC6520163. doi: 10.1007/s13679-019-00341-5
73. **Chao, A. M.**, Wadden, T. A., & Berkowitz, R. I. (2019). Obesity in adolescents with psychiatric disorders. *Current Psychiatry Reports*, 21(1), 3.
74. Chang, P., **Chao, A. M.**, Jang, M., Lu, Y. (2019). Intervention fidelity in Qigong randomized controlled trials: A method review. *Journal of Geriatric Nursing*, 40(1), 84-90. doi: 10.1016/j.gerinurse.2018.07.001
75. **Chao, A. M.**, Wadden, T. A., & Berkowitz, R. I. (2018). The safety of pharmacologic treatment for pediatric obesity. *Expert Opinion on Drug Safety*, 17(4),379-385. doi: 10.1080/14740338.2018.1437143
76. **Chao, A. M.**, Loughead, J., Bakizada, Z. M., Hopkins, C.M., Geliebter, A., Gur, R. C., & Wadden, T. A (2017). Sex/gender differences in neural correlates of food stimuli: A systematic review of functional neuroimaging studies. *Obesity Reviews*, 18(6), 687-699. PMID: PMC5549442. doi: 10.1111/obr.12527
77. Minges, K., **Chao, A.**, Irwin, M., Owen, N., Park, C., Whittemore, R., & Salmon, J. (2016). Classroom standing desks and sedentary behavior: A systematic review. *Pediatrics*, 137(2), 1-18. PMID: PMC4732360. doi: 10.1542/peds.2015-3087
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79. Minges, K. E., Owen, N., Salmon, J., **Chao, A.**, Dunstan, D., & Whittemore, R. (2015). Reducing youth screen time: Qualitative metasynthesis of findings on barriers and facilitators. *Health Psychology*, 34(4), 381-397. PMID: PMC4456186. doi: 10.1037/hea0000172
80. **Chao, A.** (2014). Binge eating in obese adolescents: An evolutionary concept analysis. *Nursing Forum*, 49(3), 189-199. PMID: PMC4083009. doi: 10.1111/nuf.12054

81. Whittemore, R., **Chao, A.**, Jang, M., Minges, K. E., & Park, C. (2014). Methods for knowledge synthesis: An overview. *Heart & Lung: The Journal of Acute and Critical Care*, 43(5), 453-461. PMID: 25012634. doi: 10.1016/j.hrtlng.2014.05.014
82. Whittemore, R., **Chao, A.**, Popick, R., & Grey, M. (2013). School-based Internet obesity prevention programs for adolescents: A systematic literature review. *Yale Journal of Biology and Medicine*, 86(1), 49-62. PMCID: PMC3584495
83. Whittemore, R., Jaser, S., **Chao, A.**, Jang, M., & Grey, M. (2012). Psychological experience of parents of children with type 1 diabetes: A systematic mixed-studies review. *The Diabetes Educator*, 38(4), 562-579. PMCID: PMC3401246. doi: 10.1177/0145721712445216

Journal Articles: Research, Peer Reviewed [non-data-based]

84. Shaw Tronieri, J., Alfaris, N., **Chao, A. M.**, Pearl, R. L., Alamuddin, N., Bakizada, Z. M., Berkowitz, R. I., & Wadden, T. A. (2017). Lorcaserin plus lifestyle modification for weight loss maintenance: Rationale and design for a randomized controlled trial. *Contemporary Clinical Trials*, 59, 105-112. PMID: 28600158. doi: 10.1016/j.cct.2017.06.004

Reports

85. Academy for Eating Disorders Medical Care Standard Committee. (2021). Eating disorders: A guide to medical care.

Chapters in Books

1. **Chao, A. M.**, Quigley, K., & Wadden, T. A. (in press). The behavioral treatment of obesity. In Dietz, W. (Eds.), *Clinical Obesity in Adults and Children*.
2. **Chao, A. M.**, Quigley, K., & Wadden, T. A. (2021). Behavioral treatment. In Kushner, R., Bessesen, D., & Tsai, A (Eds.), *Primary Care: Obesity*. Wolters Kluwer.
3. Berkowitz, B. & **Chao, A. M.** (2018). Pharmacological treatment of pediatric obesity. In T.A. Wadden & G.A Bray (Eds.), *Handbook of Obesity Treatment (2nd ed.)*. New York, NY: The Guilford Press.

Other publications and editorials

1. Pickler, R. H., Abshire, D. A., **Chao, A. M.**, Chlan, L. L., Stanfill, A. G., Hacker, E.D., Kawar, L. N., McCarthy, A. M., Talsma, A., for the Council for the Advancement of Nursing Science (CANS) Science Committee. (2020). Nursing Science and COVID-19. *Nursing Outlook*.
2. **Chao, A.**, Jang, M., Minges, K. E., Park, C., & Whittemore, R. (2014). Reply to letter to the editor. *Heart & Lung: The Journal of Acute and Critical Care*.

3. **Chao, A.** & Clark, A. (2013). Focus: Nursing. Introduction. *Yale Journal of Biology and Medicine*, 86(1), 1-3.
4. **Chao, A.** (2013). From BSN to MSN to PhD. Alpha Chi, Sigma Theta Tau International Newsletter.

Select Abstracts [* indicates data based, ∞ indicates peer reviewed]

1. *∞**Chao, A. M.**, Zhou, Y., & Wadden, T. A. (March, 2022). Perceived food environment and addictive-like eating behaviors in adults with obesity. Podium presentation at Eastern Nursing Research Society, Providence, Rhode Island.
2. *∞Sexton, C., Zhou, Y., Bach, R., & **Chao, A. M.** (March, 2022). A randomized controlled trial examining the effects of behavioral weight loss treatment on neurocognition and eating behaviors. Podium presentation at Eastern Nursing Research Society, Providence, Rhode Island.
3. *∞**Chao, A. M.**, Wadden, T. A., Walsh, O. A., Gruber, K. A., Alamudding, N., Berkowitz, R. I., & Tronieri, J. S. (November, 2020). Changes in health-related quality of life with intensive behavioral therapy combined with liraglutide 3.0 mg/d. Podium presentation at Obesity Week, Las Vegas, NV.
4. *∞Bruzaz, M.B., Tronieri, J.S., **Chao, A.M.**, Jones, E., McAllister, C., Gruber, K.A., McCuen-Wurst, C., Berkowitz, R., Wadden, T.A., Allison, K.C. Does size matter? Binge size vs loss of control as predictors of eating behavior and psychopathology. Poster presented at Obesity Week, Las Vegas, NV, November 5, 2020.
5. *∞**Chao, A. M.**, Fogelman, N., Hart, R., Grilo, C. M., & Sinha, R. (April, 2019). A laboratory-based study of the priming effects of food cues and stress on hunger and highly palatable food intake. Podium presentation at the Eastern Nursing Research Society, Providence, RI.
6. *∞**Chao, A. M.**, Wadden, T. A., Walsh, O. A., Gruber, K. A., Alamuddin, N., Berkowitz, R. I., & Tronieri, J. S. (April, 2019). Perceptions of a large amount of food based on binge-eating disorder diagnosis. Podium presentation at the Eastern Nursing Research Society, Providence, RI.
7. *∞**Chao, A. M.**, Wadden, T. A., Tronieri, J. S., Berkowitz, R. I. (November, 2018). Alcohol intake and weight loss during an intensive lifestyle intervention for adults with overweight/obesity and diabetes. Podium presentation at Obesity Week, Nashville, TN.
8. *∞Tronieri, J. S., Wadden, T. A., Walsh, O., Berkowitz, R. I., Alamuddin, N., Gruber, K., Leonard, S., Bakizada, Z. M., & **Chao, A. M.** (November, 2018). Effect of liraglutide on appetite, liking, and preoccupation with food in a randomized controlled trial. Poster presentation at Obesity Week, Nashville, TN.

9. *∞Wadden, T. A., Walsh, O., Berkowitz, R. I., **Chao, A. M.**, Alamuddin, N., Gruber, K., Leonard, S., Mugler, K., Bakizada, Z., & Tronieri, J. S. (November, 2018). Intensive behavioral therapy for obesity combined with liraglutide 3.0 mg: A randomized controlled trial. Poster presentation at Obesity Week, Nashville, TN.
10. *∞**Chao, A. M.**, Wadden, T., Pearl, R., Alamuddin, N., Berkowitz, R. I., & Tronieri, J. (September 2018). Obesity phenotypes predict weight loss and maintenance. Podium presentation at the Council for the Advancement of Nursing Science, Washington, DC.
11. *∞**Chao, A. M.**, Wadden, T. A., Tronieri, J. S., & Berkowitz, R. I. (April, 2018). Food cravings and weight loss with an intensive lifestyle intervention in overweight or obese adults with type 2 diabetes. Podium presentation at the Eastern Nursing Research Society, Newark, NJ.
12. *∞Tronieri, J. S., Wadden, T. A., **Chao, A. M.**, Pearl, R. L., Alamuddin, N., & Berkowitz, R. I. (April, 2018). Is early weight loss a treatment-specific or general predictor of weight loss success? Poster presentation at the Society of Behavioral Medicine, New Orleans, Louisiana.
13. *∞Pearl, R. L., Wadden, T. A., Tronieri, J. S., **Chao, A. M.**, Alamuddin, N., & Berkowitz, R. I. (April, 2018). Does weight loss reduce weight stigma? Results from a long-term weight loss maintenance trial. Poster presentation at the Society of Behavioral Medicine, New Orleans, Louisiana.
14. *∞**Chao, A. M.**, Wadden, T. A., Gorin, A. A., Tronieri, J. S., Pearl, R. L., Bakizada, Z. M., Yanovski, S. Z., & Berkowitz, R. I. (October, 2017). Binge eating and weight loss outcomes in individuals with type 2 diabetes: 4-year results from the Look AHEAD Study. Podium presentation at Obesity Week, Washington, DC.
Selected as one of the top 5 entries to be included in the Annual Obesity Journal Symposium.
15. *∞**Chao, A. M.**, Tronieri, J. S., Pearl, R. L., Bakizada, Z. M., Alamuddin, N., Pinkasavage, E., Alfaris, N., Berkowitz, R. I., & Wadden, T. A. (October, 2017). Effect of stress on weight and eating behaviors during a weight-loss intervention using portion-controlled foods. Poster presentation at Obesity Week, Washington, DC.
16. *∞Tronieri, J. S., Wadden, T. A., Berkowitz, R. I., **Chao, A. M.**, Pearl, R. L., Alfaris, N., Bakizada, Z. M., Pinkasavage, E., Gruber, K. A., Walsh, O., & Alamuddin, N. (October, 2017). Lorcaserin plus lifestyle modification for weight loss maintenance. Podium presentation at Obesity Week, Washington, DC.
17. *∞**Chao, A. M.**, Shaw, J. A., Pearl, R. L., Alamuddin, N., Hopkins, C. M., Bakizada, Z. M., Berkowitz, R. I., & Wadden, T. A. (June, 2017). Binge eating disorder and food addiction: Effects on weight loss and attrition during behavioral obesity treatment. Podium presentation at the International Conference for Eating Disorders, Prague, Czech Republic.

18. *∞**Chao, A. M.**, Jastreboff, A. M., White, M. A., Grilo, C. M., & Sinha, R. (April, 2017). Stress, cortisol, and appetite-related hormones: Prospective prediction of 6-month changes in food cravings and weight. Podium presentation at the Eastern Nursing Research Society Scientific Sessions, Philadelphia, PA.
19. *∞**Chao, A.M.**, Alfaris, N., Shaw, J.A., Bakizada, Z.M., Alamuddin, N., Pearl, R.L., Hopkins, C.M., Pinkasavage, E., Berkowitz, R.I., & Wadden, T.A. (November, 2016). Relationship of food cravings to weight loss and attrition during obesity treatment. Poster presentation at the Obesity Society Annual Meeting, New Orleans, LA.
20. *∞Alamuddin, N., Bakizada, Z.M., Pearl, R.L., **Chao, A.M.**, Shaw, J.A., Hopkins, C.M., Pinkasavage, E., Berkowitz, R.I., & Wadden, T.A. (November, 2016). Relationship between HbA1C, insulin resistance and degree of weight loss in African Americans with obesity seeking weight loss. Poster presentation at the Obesity Society Annual Meeting, New Orleans, LA.
21. *∞Bakizada, Z.M., Hopkins, C.M., **Chao, A.M.**, Alfaris, N., Pearl, R.L., Alamuddin, N., Shaw, J.A., Pinkasavage, E., Berkowitz, R.I., & Wadden, T.A. (November, 2016). Relationship between baseline depressive symptoms and weight loss in a group behavioral weight loss program. Poster presentation at the Obesity Society Annual Meeting, New Orleans, LA.
22. *∞Hopkins, C.M., **Chao, A.M.**, Alfaris, N., Shaw, J.A., Bakizada, Z.M., Alamuddin, N., Pearl, R.L., Pinkasavage, E., Berkowitz, R.I., & Wadden, T.A. (November, 2016). Neither short nor poor sleep precludes clinically-meaningful weight loss. Poster presentation at the Obesity Society Annual Meeting, New Orleans, LA.
23. *∞Pearl, R.L., Alamuddin, N., Alfaris, N., Shaw, J.A., **Chao, A.M.**, Bakizada, Z.M., Hopkins, C.M., Pinkasavage, E., Berkowitz, R.I., & Wadden, T.A. (November, 2016). Weight bias internalization associated with increased risk for metabolic syndrome. Poster presentation at the Obesity Society Annual Meeting, New Orleans, LA.
24. *∞Shaw, J.A., Bakizada, Z.M., **Chao, A.M.**, Pearl, R.L., Alamuddin, N., Hopkins, C.M., Pinkasavage, E., McMorrow, P., Berkowitz, R.I., & Wadden, T.A. (November, 2016). General mindfulness, eating-specific mindfulness, and acceptance as predictors of weight loss. Poster presentation at the Obesity Society Annual Meeting, New Orleans, LA.
25. *∞Shaw, J.A., Pinkasavage, E., Bakizada, Z.M., Alamuddin, N., Hopkins, C.M., **Chao, A.M.**, Pearl, R.L., McMorrow, P., Berkowitz, R.I., & Wadden, T.A. (November, 2016). “Last Supper” predicts greater rate of weight loss in treatment, but not enough to offset initial gains. Poster presentation at the Obesity Society Annual Meeting, New Orleans, LA.
26. *∞**Chao, A. M.**, Shaw, J. A., Pearl, R. L., Alamuddin, N., McMorrow, P., Hopkins, C. M., Bakizada, Z. M., Berkowitz, R. I., Sommers, M. S., & Wadden, T. A. (March, 2016) Relationship between food addiction and quality of life in obese persons seeking weight loss

treatment. Poster presentation at the Society of Behavioral Medicine Annual Meeting, Washington, DC.

RECENT LECTURES BY INVITATION, SPEECHES, AND WORKSHOPS [*indicates invited presentation]

- 2022 *Obesity and mental health. Black Women’s Health Imperative. Virtual meeting.
- 2022 *Beyond the body. HealthyWomen. Virtual meeting.
- 2022 *Nutrition & Health: Botswana Government- Penn Nursing Exchange, Global Bites. Virtual meeting.
- 2022 *Health disparities: Obesity in rural settings. Rural Health Policy Institute. National Rural Health Association. Virtual meeting.
- 2022 *Obesity and mental health: Exploring the connection. MidAtlantic Business Group on Health. Virtual meeting.
- 2022 *The science of obesity. Kentuckiana Health Collaborative. Virtual meeting.
- 2022 *Eating phenotypes: Implications for obesity treatment. Penn Center for Nutritional Science and Medicine (PenNSAM). Virtual meeting.
- 2021 *The interaction between obesity and mental health. Society for Human Resource Management. Virtual meeting.
- 2021 *The treatment of obesity. Nutrition Education Service Team and Rodin College House at the University of Pennsylvania.
- 2021 *Obesity and mental health. National Alliance of Healthcare Purchasers Annual Forum. Washington, DC.
- 2021 *Obesity and mental health: understanding the connection. Black Women’s Health Imperative, National Alliance on Mental Illness, and HealthyWomen.
- 2021 *Obesity- when diet & exercise are not enough. Black Women’s Health Imperative and HealthyWomen.
- 2021 *Precision approaches for obesity treatment. Intellectual curiosity initiative. University of Pennsylvania.
- 2021 *Pless Center for Nursing Research at New York University Rory Meyers College of Nursing. New York, NY.

- 2021 *Tackling childhood obesity in primary care settings. Panel presenter for the Family Medicine Community Health Fellowship at the University of Pennsylvania School of Medicine.
- 2020 *Teaching in a “research-intensive environment.” Center for Teaching and Learning seminar series. University of Pennsylvania. Philadelphia, PA
- 2020 *Lessons Learned from Research in the Covid Era: Ramping Down, Ramping Up & Going Virtual. Office of Nursing Research, University of Pennsylvania School of Nursing. Philadelphia, PA
- 2020 *Incorporating behavioral health into the PCP’s office. Obesity Medicine Association Keynote Lecture. Phoenix, Arizona.
- 2020 *Navigating the Alphabet of NIH Award Mechanisms. University of Pennsylvania School of Nursing Office of Nursing Research Colloquium. Philadelphia, PA.
- 2019 *Weight off your mind – weight management in patients with psychiatric conditions. The Obesity Society Key Lecture. Las Vegas, NV.
- 2019 *Binge eating and addictive-like eating: Implications for obesity treatment. Rutger’s-Camden Psychology Readings in Psychology Seminar, Camden, NJ.
- 2019 *Obesity in patients with psychiatric disorders. McLean Hospital Nurses’ Day Conference. Belmont, MA.
- 2019 *Weight management: Principles and practice. University of Pennsylvania School of Nursing Annual Preceptor Event. Philadelphia, PA.
- 2019 *Precision science for obesity treatment: Nutrition on the cutting edge. University of Pennsylvania School of Nursing Alumni Webinar. Philadelphia, PA.
- 2018 *Binge eating and addictive-like eating: Effects on obesity treatment. Monell Chemical Senses Center, Philadelphia, PA.
- 2018 *Effects of binge eating and addictive-like eating on obesity treatment. Rutger’s-Camden Psychology Brown Bag Seminar, Camden, NJ.
- 2018 *Meal replacements for weight loss in diabetes: Lessons learned of the LookAhead Trial. Diabetes and Nutrition Study Group of the European Association for the Study of Diabetes, Opatija, Croatia
- 2018 *UPenn Alumni Weekend Nursing Penn Nursing Dean’s Lecture. Nutrition on the Cutting Edge. Precision Science for Obesity Treatment, Philadelphia, PA.

- 2018 *Hedonic hunger: Implications for obesity treatment. Columbia University's Seminar on Appetitive Behavior, New York, NY.
- 2017 *Lorcaserin and appetitive eating behaviors. Center for Weight and Eating Disorders, University of Pennsylvania Perelman School of Medicine. Philadelphia, PA.
- 2017 *Binge eating disorder and addictive-like eating: Implications for obesity treatment. Center for Addiction Seminar Series, University of Pennsylvania Perelman School of Medicine, Philadelphia, PA.
- 2016 *Food and the (sexed/gendered?) brain. Penn Neuroscience Public Lecture Series. Food for Thought: The Neuroscience of Eating, Philadelphia, PA. Ted-style talks presented to a public forum.
- 2015 *Building my roots as a scholar. State of the Science in Self-Management Symposium. Yale University School of Nursing.

TEACHING EXPERIENCE

- 2022 Guest Lecture, Obesity Pharmacotherapy. UPenn Center for Weight and Eating Disorders Clinical Didactics.
- 2018, 2019, 2022 Course Director, University of Pennsylvania School of Nursing.
Course Title: Weight Management Principles and Practice of Obesity Treatment. (NURS 377, Undergraduate).
- 2021 Course Director, University of Pennsylvania School of Nursing.
Course Title: Nutrition Counseling Skills for the Healthcare Professional (NURS 623, Graduate).
- 2020 Invited Lecturer, Haverford College
Course Title: Obesity: Psychology, physiology, and health (Psychology 327, Undergraduate).
- 2020 Invited Lecturer, University of Pennsylvania School of Nursing.
Course Title: Primary Care: Diagnosis and Management of Adults Across the Lifespan (NURS 646, Graduate).
- 2019 Invited Lecturer, University of Pennsylvania School of Nursing.
Course Title: Primary Care: Diagnosis and Management of Adults Across the Lifespan (NURS 646, Graduate).
- 2018 Invited Lecturer, University of Pennsylvania School of Nursing.
Course Title: Health Care of Women and Primary Care. (NURS 780, Graduate).

- 2018, 2019 Invited Lecturer, Drexel University, Physician Assistant Program.
Course Title: Biopsychosocial Issues in Patient Care. (BIPC, Graduate).
- 2018 Invited Lecturer, University of Pennsylvania School of Nursing.
Course Title: T32 Seminar for Vulnerable Women, Children, and Families.
(Graduate).
- 2017 Meet the Professor, University of Pennsylvania School of Nursing.
Course Title: Statistics for Research and Measurement (NURS 230;
Undergraduate)
- 2016-2020 Invited Lecturer (3 times), University of Pennsylvania School of Nursing,
Course Title: Obesity & Society (N 313.02; Undergraduate)
- 2016 Invited Lecturer, University of Pennsylvania School of Nursing
Course Title: Nutritional Aspects of Disease (N 312.01; Undergraduate)
- 2014 Graduate Teaching Fellow, Yale School of Nursing
Course Title: Primary Care of Adolescents (NURS 641; Graduate)
- 2013 Graduate Teaching Fellow, Yale School of Nursing
Course Title: The Contexts of Care (NURS 717; Graduate)
- 2013 Guest Lecturer, Yale School of Nursing
Course Title: Statistics for Clinical Nursing Research (NURS 529; Graduate)
- 2011 Graduate Teaching Assistant, Boston College School of Nursing
Course Title: Nursing Research Theory (NU 520; Graduate)
- 2010-2011 Graduate Assistant, Boston College School of Nursing
Course Title: Freshman Professional Development Seminar (NU010;
Undergraduate)

MEETING/CONFERENCE ORGANIZING ROLES

- 2018 Council for the Advancement of Nursing Science State of the Science Congress
on Nursing Research. Session Moderator, Washington, DC.

MEMBERSHIPS IN PROFESSIONAL & SCIENTIFIC SOCIETIES & OFFICES HELD

- 2021-Present American Nurses Association
- 2014-2018 The Society of Behavioral Medicine
- 2009-2018 Sigma Theta Tau

2012-Present The Obesity Society

2011-Present Eastern Nursing Research Society

SELECTED PROFESSIONAL ACTIVITIES

Ad-hoc Peer Reviewer

Annals of Internal Medicine; Appetite; Archives of Psychiatric Nursing; Brain Imaging & Behavior; Childhood Obesity; Clinical Obesity; Eating Behaviors; Frontiers Psychology; Gastroenterology; Hormones & Behavior; Journal of Behavioral Medicine; Journal of Consulting and Clinical Psychology; Journal of Health Psychology; Journal of Nursing Scholarship; Journal of School Nursing; International Journal of Obesity; Nursing Research; Obesity Reviews; Obesity Science & Practice; Obesity Surgery; PLOS ONE; Physiology & Behavior; Research in Nursing & Health; Scientific Reports; Social Science & Medicine; The Journal of Clinical Psychiatry; Yale Journal of Biology and Medicine

Abstract Reviewer

2018-2021 The Obesity Society

2017-2018 Eastern Nursing Research Society

Grant Reviewer

2020, 2021, 2022 University of Pennsylvania Public Interest Technology Grant

2020 Penn Center for Nutritional Science and Medicine

2018-2019 Penn Nursing Office of Nursing Research

2018 University of Pennsylvania Graduate and Professional Student Assembly (GAPSA) applications for the GAPSA-Provost Fellowship for Interdisciplinary Innovation (2018)

SERVICE ACTIVITIES

International

2021-present Medical content reviewer, HealthWomen.org and Black Women's Health Imperative

2020-present Member, Medical Care Standards Committee, Academy for Eating Disorders

National

2020-present Representative, Science Committee, Council for the Advancement of Nursing Science

Regional

2021-present Member, Awards Committee, Eastern Nursing Research Society

University

2020-present Member, Senate Committee on Faculty and the Academic Mission, University of Pennsylvania

2020-present Faculty Fellow, Rodin College House, University of Pennsylvania

School of Nursing

2022 Assistant Professor BHS Department Reading Committee, University of Pennsylvania School of Nursing

2021-present Member, School of Nursing Awards and Nominations Committee

2021-2022 Member, School of Nursing Personnel Committee

2021 Member, School of Nursing Personnel Committee Composition Taskforce

2020-2021 Member, University of Pennsylvania School of Nursing, Biobehavioral Health Sciences Department Chair Search Committee

2020-2021 Member, University of Pennsylvania School of Nursing, Biobehavioral Health Sciences Practice Faculty Search Committee

2020-2021 Faculty Member, Nursing PhD Partnership for Development (POD)

2019-present Member, University of Pennsylvania School of Nursing, PhD Progressions Committee

2018-2021 Member, University of Pennsylvania School of Nursing, Faculty Search Committee

2019 Small group facilitator, University of Pennsylvania School of Nursing School F31 Workshop

2018 Presenter, University of Pennsylvania School of Nursing Responsible Conduct of Research

2015-2016 Member, University of Pennsylvania School of Nursing Committee on Research

School of Medicine

2019-present Data Safety and Monitoring Board, Study Safety Officer. Psychological Intervention to Reduce Weight Bias Internalization (Be Wiser). PI (Pearl, R at UPenn).

2018-2020 Data Safety and Monitoring Board, Study Safety Officer. Psychological Intervention to Reduce Weight Bias Internalization (Be Wise). PI (Pearl, R at UPenn).

2017-present Center for Weight and Eating Disorders Executive Committee, member

DOCTORAL DISSERTATION COMMITTEES AND POST DOCS MENTORED

2022 Reader, PhD Dissertation Proposal Defense, Shayleigh Page, UPenn Nursing
2021-present Advisor, PhD Student, Courtney Sexton, UPenn Nursing
Nurse Faculty Loan Program Recipient
2021 Reader, PhD Dissertation Defense, Olivia Arnold, UPenn Nursing
2021 Reader, PhD Dissertation Defense, The University of Western Australia
2020-present Advisor, PhD Student, Ashley Cooper, UPenn Nursing
Penn Presidential PhD Fellow
Faculty Mentor for Robert Wood Johnson Foundation Health Policy Research Scholars program
2020-present Advisor and Penn Nursing Faculty Lead, DNP Student, Lori Maloney, UPenn Nursing
2020 Rotation Mentor, PhD Student, Sarah Applebey, UPenn Neuroscience
2020 Reader, PhD Dissertation Qualifying Exam, Olivia Arnold, UPenn Nursing
2020 Reader, PhD Dissertation Qualifying Exam, Shayleigh Page, UPenn Nursing
2020 Member, PhD Dissertation Committee, Jaclynn Elkind, UPenn Nursing
2019 Member, Jaclynn Elkind, Dissertation Qualifying Exam, UPenn Nursing

MENTORED PROFESSIONALS

2022-present Caroline Ben Nathan, Joseph Wharton Scholars Program, University of Pennsylvania, advisor
2021 Mpho Petros, Mandela Washington Fellow from Botswana
2021 Research Residency (N389), 2 students
2020 Research Residency (N389), 4 students
2020 Xueting Wei, PURM Student, University of Pennsylvania School of Nursing
2020 Katelyn Bottcher, BSN Student, University of Pennsylvania School of Nursing
2020 Kyra Bronfman, Psychology Honors Student, University of Pennsylvania
2020 Research Residency (N389), 9 students
2020 Elizabeth Rovit, MPH Student, UPenn, Capstone Mentor
2020 Sapna Gupta, Medical Student, Drexel, Intern
2019 Research Residency (N389), 8 students
2019 Vivian Luong, BSN Student, Penn Undergraduate Research Mentoring Program, University of Pennsylvania School of Nursing (submatriculated into Psych NP program at Penn)
2018-2019 Kathryn Di Vitantonio, ABSN student and NURS 389 student, University of Pennsylvania School of Nursing
2018-2019 Valentina Rodriguez, SAS undergraduate, University of Pennsylvania
2018-2019 Brianna Brooks, SAS undergraduate student and supervisor for Biochemistry 404, University of Pennsylvania (PhD student in nutritional sciences at Columbia University)

2018 Research Residency (N389), 2 students
2018 Monique Magyar, SAS undergraduate student, University of Pennsylvania
2018 Sydney Morris, SAS undergraduate student, University of Pennsylvania
2016-2018 Adithi Rajagopalan, Graduate Student, Counseling and Mental Health Services
Program, University of Pennsylvania Graduate School of Education (PhD Student
in Clinical Psychology at Penn State)
2016-2017 Haeun Kim, BSN student, University of Pennsylvania School of Nursing
2016-2017 Mnali Patel, SAS undergraduate student, University of Pennsylvania

University of Pennsylvania BSN Faculty Advisor

2021-2022 6 students
2020-2021 6 students
2019-2020 7 students
2018-2019 7 students
2017-2018 3 students