

**UNIVERSITY OF PENNSYLVANIA – SCHOOL OF NURSING**  
Curriculum Vitae

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

**BUSINESS ADDRESS**

University of Pennsylvania, School of Nursing  
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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), <i>Summa cum laude</i>

**POSTGRADUATE TRAINING & FELLOWSHIPS APPOINTMENTS**

2022-present	Amplify@Leonard Davis Institute of Health Economics, a specialized program that increases the reach and impact of policy-relevant research
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: <b>Chao</b> (PI); Sponsor: Margaret Grey, Co-Sponsors: Rajita Sinha and Robin Whittemore

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

### **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**

2022 Council for the Advancement of Nursing Science, Abstract of Distinction

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

### **Past/Present Funded Research Grants**

- 2022-present      Food Supplementation Interventions to Improve Weight Loss for Adults with Food Insecurity and Obesity. R56NR020466-01. National Institute of Nursing Research/National Institutes of Health.
- 2022-present      A Phase 3, Randomized, Double-Blind, Placebo-Controlled Study to Investigate the Effect of Tirzepatide on the Reduction of Morbidity and Mortality in Adults with Obesity (SURMOUNT-MMO). (I8F-MC-GPIJ). Amaro (UPenn PI). **Chao (Sub-I)**. Eli Lilly and Company.
- 2022-present      Produce Rx: Improving Weight and Cardiovascular Risk in Adults with Food Insecurity and Obesity. **Chao (PI)**. The Edna G. Kynett Memorial Foundation.
- 2022-present      A Research Study to See How Well CagriSema Helps People with Excess Body Weight Lose Weight (REDEFINE 1). Wadden (PI). **Chao (Sub-I)**, Amaro (Sub-I). Novo Nordisk.

- 2021-present Research Study to Investigate How Well Semaglutide Tablets Taken Once Daily Work in People who are Overweight or Living with Obesity (OASIS 1). Wadden (PI). **Chao (Sub-I)**, Amaro (Sub-I). Novo Nordisk.
- 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 EpiTomee 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). EpiTomee 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 for birth of child in 2019.
- 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-Faculty 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**

h-index=20; i10-index: 61 (Google Scholar)

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

1. Wing, R. R., Howard, M. J., Olson, K. L., Unick, J., **Chao, A. M.**, Wadden, T. A., Wagenknecht, L. E. (in press). Weight changes during COVID shutdown in older individuals with type 2 diabetes: the Look AHEAD study.
2. Gardizy, A., Lindenfeldar, G., Paul, A., & **Chao, A. M.** (in press). Binge-spectrum eating disorders, mood, and food insecurity in young adults with obesity. *Journal of the American Psychiatric Nurses Association*.
3. Bronfman, K., & **Chao, A. M.** (in press). Relationships of psychosocial factors and technology use with disordered eating in college students during the COVID-19 pandemic. *Journal of Psychosocial Nursing and Mental Health Services*.
4. Calandra, J. M., Shofer, F. S., **Chao, A. M.** & Swanson, R. (In press). Nutrition education, understanding and counseling practices among psychiatrists: A survey study. *Cureus*. 14(9).
5. **Chao, A. M.**, Abene, J., Allison, K. C., Pearl, R. L., Wadden, T. A., Williams, N. N., & Tronieri, J. S. (2022). Binge eating disorder and eating self-efficacy in adults seeking bariatric surgery. *Clinical Obesity*, 12(4), e12531.
6. 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. (2022). A pilot randomized controlled trial of liraglutide 3.0 mg for binge eating disorder. *Obesity Science & Practice*.
7. Bruzas, M. B., Tronieri, J. S., **Chao, A. M.**, Jones, E., McAllister, C., Gruber, K., McCuen-Wurst, C., Berkowitz, R. I., & Wadden, T. A. (2022). Binge size and loss of control as correlates of eating behavior and psychopathology among individuals with binge eating disorder and higher weight. *Journal of Behavioral Medicine*, 45(4), 603-612.
8. Joseph, P., Zhou, Y., Brooks, B., McDuffie, C., Agarwal, K., & **Chao, A. M.** (2022). Relationships among alcohol drinking patterns, macronutrient composition, and caloric intake: National Health and Nutrition Examination Survey 2017-2018. *Alcohol and Alcoholism*, 57(5), 559-565.

9. 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. (2022). 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*, 30, 1268-1278.
10. **Chao, A. M.**, Wadden, T. A., Clark, J. M., Hayden, K. M., Howard, M. J., Johnson, K. C., LaFerrere, 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.
11. **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.
12. Bottcher, K., & **Chao, A. M.** (2021). Perceptions of obesity pharmacotherapy by nurse practitioners. *Journal of the American Association of Nurse Practitioners*, 34(4), 618-623.
13. 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.
14. **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. *Chemical Senses*, 46.
15. 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.
16. 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*.
17. **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.
18. Di Vitantonio, K. M., & **Chao, A. M.** (2020). Factors associated with readmission in patients with eating disorders. *Eating and Weight Disorders*, 8.



19. **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.
20. 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.
21. 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.
22. **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.
23. **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.
24. **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
25. 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. PMCID: PMC6800068. doi:10.1002/oby.22359
26. **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. PMCID: PMC6609473. doi: 10.1002/eat.23076
27. 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. PMCID: PMC6571049. doi: 10.1016/j.metabol.2019.03.005

28. 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*. PMCID: PMC6766432. doi: 10.1038/s41366-019-0348-6
29. **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. PMCID: PMC6610653. doi: 10.1111/jnu.12468
30. **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. PMCID: PMC6309276. doi: 10.1002/oby.22316
31. 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. PMCID: PMC6432947. doi: 10.1002/oby.22411
32. **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. PMCID: PMC6711180. doi: 10.1007/s10865-018-9958-z
33. 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. PMCID: PMC6639144. doi: 10.1080/08964289.2018.1556202
34. 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. PMCID: PMC6162161. doi: 10.1007/s11695-018-3490-7
35. 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. PMCID: PMC6304379. doi: 10.3389/fpsyg.2018.02576
36. 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. PMCID: PMC6636884. doi: 10.1093/abm/kay084

37. **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. PMCID: PMC6711178. doi: 10.1111/cob.12279
38. 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. PMCID: PMC6083055. doi: 10.3389/fpsyg.2018.01335
39. 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. PMCID: PMC5970047. doi: 10.1002/oby.22187
40. 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. PMCID: PMC6374712. doi:10.1093/abm/kay036
41. 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. PMCID: PMC5842103. doi: 10.1111/cob.12235
42. 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. PMCID: PMC5981623. doi: 10.1159/000488534
43. 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
44. **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. PMCID: PMC5702628. doi: 10.3389/fnut.2017.00057
45. **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. PMCID: PMC5678986. doi: 10.1002/oby.21975

46. **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. PMCID: PMC5373497. doi: 10.1002/oby.21790
47. **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. PMCID: PMC5269607. doi: 10.1016/j.comppsy.2016.11.009
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#### **Journal Articles: Research, Peer-Reviewed Reviews**

64. **Chao, A. M.**, Tronieri, J. S., Amaro, A., & Wadden, T. A. (in press). Clinical insight on semaglutide for chronic weight management in adults: Patient selection and special considerations. *Drug Design, Development and Therapy*.
65. Schulte, E., **Chao, A. M.**, Allison, K. C. (2021). Advances in the neurobiology of food addiction. *Current Behavioral Neuroscience Reports*, 8, 103-112.
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68. **Chao, A. M.**, Amaro, A., Tronieri, J. S., & Wadden, T. A. (2021). Semaglutide for treatment of obesity. *Trends in Cardiovascular Medicine*, 12, S1050-1738.
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74. 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.
75. **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

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78. **Chao, A. M.**, Wadden, T. A., & Berkowitz, R. I. (2019). Obesity in adolescents with psychiatric disorders. *Current Psychiatry Reports*, 21(1), 3.
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84. 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. PMCID: PMC4456186. doi: 10.1037/hea0000172
85. **Chao, A.** (2014). Binge eating in obese adolescents: An evolutionary concept analysis. *Nursing Forum*, 49(3), 189-199. PMCID: PMC4083009. doi: 10.1111/nuf.12054
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88. 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]**

89. Le Roux, C. W., Zhang, S., Aronne, L. J., Kushner, R. F., **Chao, A. M.**, Machineni, S., Dunn, J., Chigusta, F. B., Ahmad, N. N., & Bunck, M. C. (in press). Tirzepatide for the treatment of obesity: rationale and design of the SURMOUNT development program. *Obesity*.
90. Shaw Tronieri, J., Alfari, 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**

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

#### **Chapters in Books**

1. **Chao, A. M.**, & Grilo, C. M. (in press). Psychological, Behavioral, and Pharmacological Treatments for Binge-Eating Disorder: Implications of Addiction Perspectives. In Gearhardt, A., & Brownell, K. (Eds.), *Handbook of Food and Addiction*.
2. **Chao, A. M.**, Quigley, K., & Wadden, T. A. (2022). The behavioral treatment of obesity. In Kopelman, P. G., Caterson, I. D., & Dietz, W. (Eds.), *Clinical Obesity in Adults and Children, Fourth Edition*.
3. **Chao, A. M.**, Quigley, K., & Wadden, T. A. (2021). Behavioral treatment. In Kushner, R., Bessesen, D., & Tsai, A (Eds.), *Primary Care: Obesity*. Wolters Kluwer.
4. Berkowitz, B. & **Chao, A. M.** (2018). Pharmacological treatment of pediatric obesity. In T.A. Wadden & G.A Bray (Eds.), *Handbook of Obesity Treatment (2<sup>nd</sup> 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., Kavar, 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.**, Wadden, T. A., Cao, W., Zhou, Y., Maldonado, D., Cardel, M. I., Foster, G. D., & Loughhead, J. (September, 2022). A randomized controlled trial examining the effects of behavioral weight loss on food cue reactivity. Podium presentation at the Council for the Advancement of Nursing Science, Washington, DC.
2. \*∞**Chao, A. M.**, Zhou, Y., & Wadden, T. A. (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. \*∞Sexton, C., Zhou, Y., Bach, R., & **Chao, A. M.** (March, 2022). Perceived food environment and addictive-like eating behaviors in adults with obesity. Podium presentation at Eastern Nursing Research Society, Providence, Rhode Island.
4. \*∞**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.
5. \*∞Bruzas, 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.
6. \*∞**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.

7. \*∞**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.
8. \*∞**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.
9. \*∞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.
10. \*∞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.
11. \*∞**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.
12. \*∞**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.
13. \*∞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.
14. \*∞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.
15. \*∞**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.*

16. \*∞**Chao, A. M.**, Tronieri, J. S., Pearl, R. L., Bakizada, Z. M., Alamuddin, N., Pinkasavage, E., Alfari, 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.
17. \*∞Tronieri, J. S., Wadden, T. A., Berkowitz, R. I., **Chao, A. M.**, Pearl, R. L., Alfari, 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.
18. \*∞**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.
19. \*∞**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.
20. \*∞**Chao, A.M.**, Alfari, 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.
21. \*∞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.
22. \*∞Bakizada, Z.M., Hopkins, C.M., **Chao, A.M.**, Alfari, 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.
23. \*∞Hopkins, C.M., **Chao, A.M.**, Alfari, 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.
24. \*∞Pearl, R.L., Alamuddin, N., Alfari, 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.

25. \*∞Shaw, J.A., Bakizada, Z.M., **Chao, A.M.**, Pearl, R.L., Alamuddin, N., Hopkins, C.M., Pinkasavage, E., McMorro, 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.
26. \*∞Shaw, J.A., Pinkasavage, E., Bakizada, Z.M., Alamuddin, N., Hopkins, C.M., **Chao, A.M.**, Pearl, R.L., McMorro, 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.
27. \*∞**Chao, A. M.**, Shaw, J. A., Pearl, R. L., Alamuddin, N., McMorro, 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]

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| 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. Rutgers-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**

- 2023        Doctoral Research Residency Mentor, Jessica Abene
- 2022        Doctoral Research Residency Mentor, Courtney Sexton
- 2022        Doctoral Research Residency Mentor, Ashley Cooper
- 2022        Invited Lecturer, University of Pennsylvania School of Nursing.  
Course Title: Primary Care: Diagnosis and Management of Adults Across the Lifespan (NURS 646, Graduate).
- 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, 2022 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**

- 2022- Eastern Nursing Research Society Scientific Sessions. Funding/Publishing Panel Coordinator.
- 2022 Council for the Advancement of Nursing Science State of the Science Congress on Nursing Research. Session Moderator, Washington, DC.
- 2022 PenNSAM Symposium: Bridging the Gap Between Dietary Biomarker and Population Science Research. Session Moderator, Virtual.
- 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**

2022 Research and Innovation Fund” at Paracelsus Medical University, Salzburg, Austria

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**

2022 Roundtable Discussion Faculty Mentor, Robert Wood Johnson Foundation Health Policy Research Scholars Summer Institute

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-present	Chair, School of Nursing Awards and Nominations Committee
2022	Assistant Professor BHS Department Reading Committee, University of Pennsylvania School of Nursing
2021-2022	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**

2019-2022	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-present Member, PhD Dissertation Proposal Defense, Ashley Cooper, UPenn Nursing  
 2022 Reader, PhD Dissertation Proposal Defense, Shayleigh Page, UPenn Nursing  
 2021-present Advisor, PhD Student, Courtney Sexton, UPenn Nursing  
 Chair, Qualifying Exam  
 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**

2022-2023	7 students
2021-2022	6 students
2020-2021	6 students
2019-2020	7 students
2018-2019	7 students
2017-2018	3 students