

University of Pennsylvania- School of Nursing
Curriculum Vitae

October 2018

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), *Summa cum laude*

POSTGRADUATE TRAINING, FELLOWSHIPS & APPOINTMENTS

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

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 Whittlemore

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 POSITIONS

- 2015-present Family Nurse Practitioner, Center for Weight and Eating Disorders, School of Medicine, University of Pennsylvania
- 2015-2017 Family Nurse Practitioner, Stunkard Weight Management Program, University of Pennsylvania
- 2014-2015 Research Clinician, Program on Weight and Eating Disorders, Yale School of Medicine, New Haven, CT
- 2013-2015 Family Nurse Practitioner, CVS Health, Hamden, CT

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

- 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

- 2018-2021 Neural Response to Food Stimuli: fMRI Changes Following Cognitive Behavioral Therapy for Binge Eating Disorder. (K23NR017209). **Chao, A. M.**

(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 (\$473,679).

- 2017-2020 A Randomized Controlled Trial of Liraglutide 3.0 mg/d for Binge Eating Disorder. Allison, K. C. (PI), Wadden, T. A., Berkowitz, R. I. (Co-I), **Chao, A. M. (Collaborator)**, Novo Nordisk. (\$235,663).
- 2017-2018 Neural Response to External Food Cues in Obese Females with and without Binge Eating Disorder. **Chao, A. M. (PI)**, Wadden, T. A., Gur, R. C. (Co-I), Dr. Dorothy Mereness Endowed Research Fund and the University of Pennsylvania, School of Nursing Faculty Grant Award (\$15,000)
- 2018- 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. **Chao, A. M. (Collaborator)**. Subaward from Wake Forest University. UPenn PI: Wadden, T. A. NIH.
- 2018 Action for Health in Diabetes Extension Study Research Project. Look AHEAD Research Group. (5U01DK05713519). **Chao, A. M. (Collaborator)**. Wadden, T. A. (PI), NIH/NIDDK. (\$310,626).
- 2016-2017 Do Healthcare Providers Recognize Binge Eating Disorder in their Patients? **Chao, A.M. (PI)**, Sommers, M. S., & Wadden, T. A. (Co-I), Shire Pharmaceuticals investigator-initiated grant (\$32,801.12)
- 2016-2017 Examining the Effects of Caloric Restriction and Weight Loss on Neurocognition. Chao, A. M. (PI), Ashare, R.L., & Wadden, T.A. (Co-I), Sigma Theta Tau (\$5,000)
- 2013-2015 Stress, Binge Eating, and Metabolic Abnormalities (F31NR014375), Chao, A (PI), Predoctoral Fellowship, NINR (\$54,901)

PUBLICATIONS

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

1. **Chao, A. M.**, Wadden, T. A., Tronieri, J. S., Berkowitz, R. I. (In press). Alcohol consumption and weight loss during an intensive lifestyle intervention for adults with overweight/obesity and diabetes. *Obesity*.
2. **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., Alfaris, N., & Shaw Tronieri, J. (In press). 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*.

3. Pearl, R. L., Wadden, T. A., **Chao, A. M.**, Walsh, O., Alamuddin, N., Berkowitz, R. I., & Shaw Tronieri, J. (In press). Weight bias internalization and long-term weight loss in patients with obesity. *Annals of Behavioral Medicine*.
4. Pearl, R. L., Wadden, T. A. Allison, K. C., **Chao, A. M.**, Alamuddin, N., Berkowitz, R. I., Walsh, O., & Tronieri, J. S. (2018). Casual attributions for obesity among patients seeking surgical versus behavioral/pharmacological weight loss treatment. *Obesity Surgery*, 28(11), 3724-3728.
5. **Chao, A. M.**, Shaw, J. A., Pearl, R. L., Alamuddin, N., Hopkins, C. M., Bakizada, Z. M., Berkowitz, R. I., & Wadden, T. A. (2018). Effects of addictive-like eating behaviors on weight loss with behavioral obesity treatment. *Journal of Behavioral Medicine*. Epub ahead of print.
6. Chang, P., **Chao, A. M.**, Jang, M., Lu, Y. (In press). Intervention fidelity in qigong randomized controlled trials: A method review. *Journal of Geriatric Nursing*. Epub ahead of print.
7. Shaw Tronieri, J., Wadden, T. A., Alfaris, 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.
8. Shaw Tronieri, J., Wadden, T. A., **Chao, A. M.**, Pearl, R. L., Alamuddin, N., & Berkowitz, R. I. (2018). Weight loss in behavioral treatment predicts later rate of weight loss and response to pharmacotherapy. *Annals of Behavioral Medicine*. Epub ahead of print.
9. 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.
10. Pearl, R. L., Wadden, T. A., Shaw Tronieri, J., **Chao, A. M.**, Alamuddin, N., Bakizada, Z. M., Pinkasavage, E., Berkowitz, R. I. (2018). Socio-familial risk and protective factors for weight bias internalization. *Obesity Facts*, 11, 157-164.
11. 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., & Alfaris, 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.
12. **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.

13. **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.
14. **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.
15. **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.
16. **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.
17. 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.
18. **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.
19. Minges, K. E., Whittemore, 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.
20. **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.
21. **Chao, A.**, White, M., & Grilo, C. (2016). Smoking status and psychosocial factors in binge eating disorder and bulimia nervosa. *Eating Behaviors*, 21, 54-58.
22. **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.
23. **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.
24. Whittemore, R., Liberti, L. S., Jeon, S., **Chao, A.**, Mingos, K. E., Murphy, K., & Grey, M. (2015). Efficacy and implementation of an internet psychoeducational program for teens with type 1 diabetes. *Pediatric Diabetes*, 17(8), 567-575.
 25. **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.
 26. Mingos, 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.
 27. **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.
 28. **Chao, A.**, Whittemore, R., Mingos, 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.
 29. 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.
 30. Jaser, S. S., Whittemore, R., **Chao, A.**, Jeon, S., Faulkner, M. S., & Grey, M. (2013). Mediators of 12-month outcomes of two internet interventions for youth with type 1 diabetes. *Journal of Pediatric Psychology*, 39(3), 306-315.
 31. 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.

Journal Articles: Research, Peer Reviewed Reviews

32. **Chao, A. M.**, Wadden, T. A., & Berkowitz, R. I. (2018). The safety of pharmacologic treatment for pediatric obesity. *Expert Opinion on Drug Safety* 7,1-7.
33. **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.
34. Mingos, 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.

35. Jang, M., **Chao, A.**, & Whittemore, R. (2015). Evaluating intervention programs targeting parents to manage childhood overweight and obesity: A systematic review using the RE-AIM Framework. *Journal of Pediatric Nursing*, 30(6), 877-887.
36. 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.
37. **Chao, A.** (2014). Binge eating in obese adolescents: An evolutionary concept analysis. *Nursing Forum*, 49(3), 189-199.
38. 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.
39. 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.
40. 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.

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

41. 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.

PRESENTATIONS [Past three years only]

1. **Chao, A. M.**, Waddeb, T. A., Pearl, R., Alamuddin, N., Berkowitz, R., & Tronieri, J. S. (September, 2018). Obesity phenotypes predict weight loss and maintenance. Podium presentation at the Council for the Advancement of Nursing Science, Washington, DC.
2. **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.
3. 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.

4. 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.
5. **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.
6. **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.
7. 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.
8. **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.
9. **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.
10. **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.
11. 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.
12. 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.

13. 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.
14. 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.
15. 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.
16. 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.
17. **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.
18. **Chao, A.**, Grilo, C. M., White, M. A., & Sinha, R. (November, 2015). Smoking is associated with higher food cravings. Poster presentation at The Obesity Society Scientific Sessions, Los Angeles, CA.

Chapters in books

1. 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

1. **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*.

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

TEACHING EXPERIENCE

2018	Responsible Conduct of Research Seminar Leader, University of Pennsylvania School of Nursing.
2018	Invited Lecturer, University of Pennsylvania School of Nursing Course Title: Health Care of Women and Primary Care. (N 780; Graduate Course).
2018	Invited Lecturer, Drexel University Physician Assistant Program. Course Title: Biopsychosocial Issues in Patient Care. (Graduate Course).
2018	Invited Lecturer, University of Pennsylvania School of Nursing. Course Title: T32 Seminar for Vulnerable Women, Children, and Families. (Graduate Course).
2016	Invited Lecturer (3 times), University of Pennsylvania School of Nursing Course Title: Obesity & Society (N 313.02; Undergraduate Course)
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)
2009-2010	Nursing Tutor and Mentor, Boston College School of Nursing (Undergraduate)

RECENT LECTURES BY INVITATION

- 2018 Effects of binge eating and addictive-like eating on obesity treatment. Rutgers University-Camden Psychology, 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 Nutrition on the cutting edge. UPenn Alumni Weekend and Penn Nursing Dean's Lecture, Philadelphia, PA.
- 2018 Hedonic hunger: Implications for obesity treatment. Columbia University Seminar on Appetitive Behavior, New York, NY.
- 2017 Lorcaserin and appetitive eating behaviors. Center for Weight and Eating Disorders, University of Pennsylvania, Philadelphia, PA.
- 2017 Binge eating disorder and addictive-like eating: Implications for obesity treatment. Center for Addiction Seminar Series, University of Pennsylvania, Philadelphia, PA
- 2016 Food and the (sexed/gendered?) brain. Penn Neuroscience Public Lecture Series. Food for Thought: The Neuroscience of Eating. 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, New Haven, CT.

MEMBERSHIPS IN PROFESSIONAL & SCIENTIFIC SOCIETIES

- 2012-Present The Obesity Society
- 2011-Present Eastern Nursing Research Society
- 2009-Present Sigma Theta Tau

SELECTED PROFESSIONAL ACTIVITIES

Peer Reviewer (ad hoc)- *Annals of Internal Medicine; Appetite; Archives of Psychiatric Nursing; Brain Imaging & Behavior; Childhood Obesity; Clinical Obesity; Eating Behaviors; Frontiers Psychology; 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; Social Science & Medicine; The Journal of Clinical Psychiatry; Yale Journal of Biology and Medicine*

Abstract Reviewer- *Eastern Nursing Research Society (2018); The Obesity Society (2018)*

Conference Session Moderator- *Council for the Advancement of Nursing Science: State of the Science Congress on Nursing Research (2018)*

Grant Reviewer- University of Pennsylvania Graduate and Professional Student Assembly for the GAPSA-Provost Fellowship for Interdisciplinary Innovation (2018); University of Pennsylvania Office of Nursing Research Faculty Pilot Funding (2018)

SERVICE ACTIVITIES

School of Nursing

- 2018- University of Pennsylvania School of Nursing, Faculty Search Committee, member
- 2015-2016 University of Pennsylvania School of Nursing Committee on Research, member
- 2012-2014 Yale School of Nursing Curriculum Committee, member
- 2012-2013 Yale School of Nursing Doctoral Program Committee, member

School of Medicine

- 2018- Data Safety and Monitoring Board. Psychological Intervention to Reduce Weight Bias Internalization. PI (Pearl, R at UPenn).
- 2017- Center for Weight and Eating Disorders Executive Committee, member

ADDITIONAL TRAINING

- 2018 National Institute of Nursing Research/NIH Precision Health Boot Camp, Washington, DC
- 2018 Hybrid Effectiveness-Implementation Trial Workshop. Philadelphia, PA
- 2015 Certificate of Completion, Cognitive Behavioral Therapy for Eating Disorders, Oxford University, UK
- 2015 Certificate of College Teaching Preparation, Center for Teaching and Learning, Yale University
- 2014 National Institute of Nursing Research/NIH Big Data in Symptoms Research Workshop, Washington, DC