

Harvard Medical School/Harvard School of Dental Medicine

Curriculum Vitae

Date Prepared: May 26, 2017
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Place of Birth: Boston, MA

Education

2003	B.A. <i>Summa cum Laude</i>	Psychological and Brain Sciences (Major); Women's and Gender Studies (Certificate)	Dartmouth College
2005	M.S.	Clinical Psychology	Yale University
2005	M.Phil.	Clinical Psychology	Yale University
2008	Ph.D.	Clinical Psychology (Kelly D. Brownell, Ph.D.)	Yale University

Postdoctoral Training

7/07-6/08	Pre-Doctoral Psychology Internship	Clinical Psychology (Philip G. Levensky, Ph.D.)	McLean Hospital Harvard Medical School
7/08-6/10	Post-Doctoral Research and Clinical Fellow	Clinical Psychology (Anne E. Becker, M.D., Ph.D., Sc.M.)	McLean Hospital Massachusetts General Hospital Harvard Medical School

Faculty Academic Appointments

02/10-05/11	Instructor	Psychology	Harvard Medical School
06/11-12/15	Assistant Professor	Psychology	Harvard Medical School
01/16-	Associate Professor	Psychology	Harvard Medical School

Appointments at Hospitals/Affiliated Institutions

07/10-04/17	Assistant in Psychology	Psychiatry	Massachusetts General Hospital
08/10-12/12	Assistant Psychologist	Psychology	McLean Hospital
05/17-	Psychologist	Psychiatry	Massachusetts General Hospital

Major Administrative Leadership Positions

Local

2004-2005	Co-Chair		Current Works in Clinical Psychology Speaker Series, Department of Psychology, Yale University
2005-2006	Co-Chair		Committee for Graduate Students in Psychology, Department of Psychology, Yale University
2007-2008	Student Assistant Director		Yale Center for Eating and Weight Disorders, Department of Psychology, Yale University
2011-2013	Assistant Director		Eating Disorders Clinical and Research Program, Massachusetts General Hospital
2013-	Co-Director		Eating Disorders Clinical and Research Program, Massachusetts General Hospital
2014-2017	Co-Chair		Psychiatry Grand Rounds Series Massachusetts General Hospital

National and International

2015	Scientific Program Planning Committee Co-Chair		International Conference on Eating Disorders
2015-2019	Director for Annual Meetings (Board Position)		Academy for Eating Disorders

Committee Service

Local

2007-2008	Task Force on Evidence-Based Treatment of Eating Disorders and Obsessive Compulsive Disorder		McLean Hospital Member
2008-2012	Clinical Psychology Internship Candidate Selection Committee		McLean Hospital Member
2008-2010	Steering Committee, McLean Post- Doctoral and Junior Faculty Association		McLean Hospital Member
2010-2012	Panel C of Partners Human Research Committee (Institutional Review		Massachusetts General Hospital Member

	Board)	
2012-2016	Data Safety and Monitoring Board: Augmenting Cognitive-Behavioral Therapy for Panic Disorder with Cognitive Bias Modification (PI: Luana Marques, Ph.D.)	Massachusetts General Hospital Chair
2013	Leveraging Technology Committee (Outpatient Psychiatry Department Care Redesign Initiative)	Massachusetts General Hospital Co-Chair
2013-	Clinical Psychology Internship Candidate Selection Committee	Massachusetts General Hospital Member
2013-	Data Safety and Monitoring Board: Hormonal Factors in the Treatment of of Anorexia Nervosa (5R01MH083657-05; PI: Anne Klibanski, M.D.)	Massachusetts General Hospital Member
2013-	Data Safety and Monitoring Board: IGF-1 and Bone Loss in Women with Anorexia Nervosa (5R01DK052625- 13; PI: Anne Klibanski, M.D.)	Massachusetts General Hospital Member
2013-2015	Data Safety and Monitoring Board: A Pilot Study to Evaluate the Safety and Efficacy of RM-131 in Women with Anorexia Nervosa (PI: Anne Klibanski, M.D.)	Massachusetts General Hospital Member
2013	Data Safety and Monitoring Board: Effects of Anorexia Nervosa on Peak Bone Mass (5R01DK062249-09; PI: Anne Klibanski, M.D.)	Massachusetts General Hospital Member
2013-2014	EPIC Psychiatry Assessment Content Workgroup	Massachusetts General Hospital Member
2013-2014	Departmental Strategic Planning Committee for Psychology	Massachusetts General Hospital Member
2014-2017	Data Safety and Monitoring Board: Implementation of Cognitive Processing Therapy for Post- Traumatic Stress Disorder in Diverse Communities (5K23MH096029-03; PI: Luana	Massachusetts General Hospital Chair

Marques, Ph.D.)

2015-	Psychology Steering Committee	Massachusetts General Hospital Member
2015	Work Group on Patient Engagement, Education and Self-Management	Massachusetts General Hospital Member
2017	Promotions & Reappointments Committee, Department of Psychiatry	Massachusetts General Hospital Member

Professional Societies

2003-	Academy for Eating Disorders	
2011-2014		Member, Awards and Scientific Review Committee
2012-2013		Member, 2013 International Conference on Eating Disorders Scientific Program Planning Committee
2015-2016		Board Liaison, 2016 International Conference on Eating Disorders Scientific Program Planning Committee
2015-2017		Board Liaison, 2017 International Conference on Eating Disorders Scientific Program Planning Committee
2016-2018		Board Liaison, 2018 International Conference on Eating Disorders Scientific Program Planning Committee
2017-2019		Board Liaison, 2019 International Conference on Eating Disorders Scientific Program Planning Committee
2003-2015	American Psychological Association	
2003-2008	Association for Behavioral and Cognitive Therapies	
2011-	Eating Disorders Research Society	

Grant Review Activities

2011	Research Project Grant Review Committee	Ontario Mental Health Foundation Ad Hoc Reviewer
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Editorial Activities

Ad Hoc Reviewer

Acta Psychiatrica Scandinavica
American Journal of Human Biology
Appetite
Australian Journal of Psychology
Behavior Therapy
Behaviour Research and Therapy
Body Image
British Journal of Psychiatry
Clinical Psychology Review
Cognition and Emotion
Eating and Weight Disorders
Eating Behaviors
European Eating Disorders Review
European Journal of Psychiatry
General Hospital Psychiatry
International Journal of Methods in Psychiatric Research
International Journal of Obesity
JAMA Psychiatry
Journal of Adolescent Health
Journal of Anxiety Disorders
Journal of Clinical Child and Adolescent Psychology
Journal of Eating Disorders
Journal of Early Adolescence
Journal of Psychosomatic Research
Journal of Women's Health
Medical Science Monitor
Neuropsychopharmacology
Nutrients
Perceptual & Motor Skills
Preventing Chronic Disease
Primary Care Companion for CNS Disorders
Psychiatry Research
Psychological Medicine
Psychopathology
Psychoneuroendocrinology
Psychosomatics
Psychosomatic Medicine
Social Psychiatry and Psychiatric Epidemiology
Social Science & Medicine
The Lancet
Women & Health
World Journal of Psychiatry

Other Editorial Roles

2011-2014	Book Reviewer	<i>AED Forum (Academy for Eating Disorders quarterly newsletter)</i>
2012-2017	Consulting Editor (Editorial Board)	<i>Journal of Abnormal Psychology</i>

2013-	Editorial Board	<i>International Journal of Eating Disorders</i>
2015-2016	Editorial Advisory Board	<i>Advances in Eating Disorders: Theory, Research & Practice</i>
2016-	Associate Editor	<i>Journal of Medical Psychology</i>
2016-	Associate Editor	<i>International Journal of Eating Disorders</i>
2016-2017	Special Issue Co-Editor	“Evidence-Based Advocacy and Strategic Science in Eating Disorders” <i>International Journal of Eating Disorders</i>

Honors and Prizes

2002	<i>Phi Beta Kappa</i>	Dartmouth College	Top 2% of class within one year of graduation
2003	<i>Summa cum Laude</i>	Dartmouth College	Top 5% of class at graduation
2003	Reynolds Research Fellowship	Dartmouth College	Awarded \$30,000 for one year’s independent research at Oxford University; I voluntarily declined in order to attend Yale University doctoral program
2004	Young Investigator Travel Award	Academy for Eating Disorders and National Institute of Mental Health	One of top student abstracts selected for conference travel funding
2004	Student Travel Award	American Psychological Association	One of top student abstracts selected for conference travel funding
2005	Best Manuscript	Association for Behavioral and Cognitive Therapy’s Obesity and Eating Disorders Special Interest Group	Best annual manuscript published by a graduate student in the area of obesity or eating disorders
2005, 2006	Student Conference Travel Award	Yale Graduate Student Assembly Conference Travel Fund	One of top student abstracts selected for conference travel funding
2011	Durkin-Glatzer Scholarship	Group Psychotherapy Foundation/American Group Psychotherapy Association	Selected for conference travel funding as female early career psychologist with potential to make substantial impact in the field of group psychotherapy
2011	Invited member	Eating Disorders Research Society	Selected as one of the top 185 eating disorder researchers worldwide
2014	<i>IJED</i> “Super	<i>International Journal of Eating</i>	Selected by editor-in-chief Ruth Weissman as a top <i>IJED</i>

	Reviewer”	<i>Disorders</i>	manuscript reviewer in 2013
2014	Fellow	Academy for Eating Disorders	Selected for Academy fellowship based on distinguished contributions to the eating disorder field
2015	IJED “Super Reviewer”	International Journal of Eating Disorders	Selected by editor-in-chief Ruth Weissman as a top IJED manuscript reviewer in 2014

Report of Funded and Unfunded Projects

Funding Information

Past

2000	<u>Disordered Eating in Adolescent Ballet Dancers</u> PI (\$500) First Year Research Grant, Dartmouth College The purpose of this multi-site study was to identify individual and environmental correlates of disordered eating attitudes and behaviors in a high-risk group of adolescent ballet dancers.
2002	<u>National Eating Disorders Screening Program: Case Detection and Treatment Seeking</u> PI (\$500) Burkhardt Fund Research Grant, Dartmouth College This secondary data analysis aimed to assess the effectiveness of college-based eating disorder screening, to identify correlates of symptom self-disclosure and, to promote subsequent treatment seeking.
2003-2006	<u>Pre-Doctoral Fellowship in Clinical Psychology</u> Fellow (\$150,000) Graduate School of Arts and Sciences, Yale University The goal of this fellowship was to provide support for individualized mentorship in eating disorder research, comprehensive training in psychological research methodology, and specialized supervision in the delivery of cognitive-behavioral therapy.
2006-2007	<u>Evaluating the Utility of EDNOS as a Diagnostic Category</u> PI (\$47,114) NIMH F31 MH078394 The purpose of this study was to compare the relative severity of Eating Disorder Not Otherwise Specified versus full syndrome eating disorders in the domains of eating pathology, general psychopathology, and physical health using meta-analytic techniques.
2008-2012	<u>Post-Doctoral and Junior Faculty Research Fellowship in Eating Disorder Classification</u>

PI (\$135,000)

Klarman Family Foundation

The aim of this fellowship was to examine the utility of *DSM-IV* criteria in capturing the full range of disordered eating symptomatology in a residential eating disorders treatment facility, as well as to track treatment outcomes.

2011-2012 Multi-Site *DSM-5* Eating Disorders Field Trial

Co-PI (with Kamryn T. Eddy, Ph.D.) (\$22,000)

Hilda and Preston Davis Foundation

The purpose of this field trial was to evaluate the prevalence and clinical utility of the *DSM-5* Work Group's newly proposed eating disorder diagnostic criteria across three Partners Healthcare-affiliated practice settings that routinely treat patients with eating and weight disorders.

2013-2014 Multi-Site *DSM-5* Eating Disorders Field Trial: Interpretation & Dissemination

Co-PI (with Kamryn T. Eddy, Ph.D.) (\$20,000)

Hilda and Preston Davis Foundation

In May 2013, *DSM-5* criteria became the sole gateway to clinical detection and primary pathway to psychiatric care for individuals with eating disorders. At this critical threshold, the purpose of this grant was to support the targeted dissemination of our Davis-funded field trial findings at conferences and in scientific journals so that clinicians, researchers, and policy-makers could adequately identify and support those who struggle.

2015-2016 Neurobiological and behavioral mechanisms of sensory perception in youth avoidant/restrictive eating

PI (\$14,923)

Mind, Brain, Behavior Interfaculty Initiative Award

DSM-5 recently recognized Avoidant/Restrictive Food Intake Disorder (ARFID) as a new diagnosis, but little is known about its risk mechanisms and pathophysiology. The purpose of this multidisciplinary pilot study is to examine how underlying neurobiological abnormalities in sensory perception may contribute to avoidant/restrictive eating by integrating findings across mind, brain, and behavior in ARFID versus healthy controls.

Current

2013-2016 Education and Outreach in Eating Disorders

Co-PI (with Kamryn T. Eddy, Ph.D.) (\$147,147)

Lawrence J. and Anne Rubenstein Charitable Foundation

This award facilitates the Eating Disorders Clinical and Research Program's education and training mission through support to our Teen Mentor Program, community education events, and graduate and post-graduate summer research fellowship training opportunities.

2014-2018 Homeostatic and Hedonic Food Motivation Underlying Eating Disorder Trajectories

Co-Investigator (PIs: Madhu Misra, M.D., Elizabeth Lawson, M.D., Kamryn T. Eddy, Ph.D.) (\$1,958,931)

National Institute of Mental Health
1R01MH103402

The purpose of this study is to identify homeostatic and hedonic predictors of persistence, remission, and diagnostic crossover in adolescents with low-weight eating disorders. Using the NIMH Research Domain Criteria framework, we will characterize the neural circuitry, neuroendocrine, and behavioral features that underlie the development of hallmark eating disorder features including restricting, binge eating, and purging.

2016-2021 Neurobiological and Behavioral Risk Mechanisms of Youth Avoidant/Restrictive Eating Trajectories

PI (mPIs: Elizabeth Lawson, M.D., Nadia Micali, M.D.) (\$3,210,598)

National Institute of Mental Health
1R01MH108595

DSM-5 recently recognized Avoidant/Restrictive Food Intake Disorder (ARFID) as a new diagnosis, but little is known about its risk mechanisms and pathophysiology. The purpose of this multidisciplinary study is to examine how underlying neurobiological abnormalities in fear circuitry, homeostatic appetite, and sensory perception may contribute to avoidant/restrictive eating by integrating findings across mind, brain, and behavior in youth with avoidant/restrictive eating versus healthy controls.

2016-2017 Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder: A Treatment Development and Pilot Study

PI (\$17,000)

American Psychological Foundation

2016 John and Polly Sparks Early Career Grant

The 2013 recognition of ARFID has enhanced case detection and increased treatment seeking, but currently no evidence-based treatment is available. My colleagues and I have recently developed a novel cognitive-behavioral therapy that targets the three primary maintaining mechanisms of ARFID—phobic avoidance, sensory sensitivity, and low appetite. This proposal supports the manualization and testing of treatment efficacy in reducing symptoms and maintaining mechanisms in a case series of 10 patients.

2016-2018 Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder: A Treatment Development and Pilot Study Including Neuroendocrine Markers

Co-PI (with Kamryn T. Eddy, Ph.D.) (\$99,460)

Hilda and Preston Davis Foundation

The 2013 recognition of ARFID has enhanced case detection and increased treatment seeking, but currently no evidence-based treatment is available. My colleagues and I have recently developed a novel cognitive-behavioral therapy that targets the three primary maintaining mechanisms of ARFID—phobic avoidance, sensory sensitivity, and low appetite. This proposal provides also supports the manualization and testing of treatment efficacy in reducing symptoms and maintaining mechanisms in a case series of 10 patients, including evaluating the impact of the treatment on neuroendocrine hormones.

2016-2018 Reward Processing in Anorexia Nervosa and Avoidant/Restrictive Food Intake Disorder: Behavior, Disorder Hormonal Concentrations, and Brain Activation in Low-Weight Eating Disorders

Co-Mentor (\$176,454)

National Institute of Mental Health

F32MH111127

The purpose of this Ruth L. Kirschstein National Research Service Award (NRSA) Individual Postdoctoral Fellowship is mentor Dr. Kendra Becker in completing a comprehensive examination of reward processing in low-weight females with anorexia nervosa (AN) and avoidant/restrictive food intake disorder (ARFID) compared to controls to determine if low- and high- calorie foods are associated with disparate endocrine responses and brain activation. She aims to identify neurobiological differences in reward neural circuitry between these two disorders as possible targets for treatment intervention.

2017-2018 Long-Term Cortisol as a Biomarker for Low-Weight Eating Disorders

Co-Mentor (PI: Kendra Becker, Ph.D.) (\$7,000)

Harvard Medical School, Department of Psychiatry

Livingston Fellowship Award

Hypercortisolemia may be related to eating pathology independent of body weight and may particularly correspond to binge eating and purging. In this multi-disciplinary study we will examine long-term integrated cortisol from hair samples in females with low-weight eating disorders and healthy controls to evaluate hair cortisol as a potential biomarker for severity and trajectory of low-weight eating disorders independent of body mass index.

Unfunded Projects

Past

2007-2009 Social Transition and Risk for Disordered Eating

PI: Anne E. Becker, M.D., Ph.D., S.M.

National Institute of Mental Health

K23MH068575

The goal of this epidemiologic and narrative data based study was to identify the impact of rapid economic and social transition on disordered eating and obesity—as well as health risk behaviors such as suicide and violence—through survey data and over 300 interviews

in school-going ethnic Fijian adolescent girls ($n = 523$). Although I did not draw funding support, as a post-doctoral fellow under the mentorship of Dr. Anne Becker, I authored or co-authored several abstracts and papers from this data set.

2013-2014 Defining Recovery for Anorexia and Bulimia Nervosa

PIs: Kamryn T. Eddy, Ph.D. (2013-2014), David B. Herzog, M.D. (2011-2012)

National Institute of Mental Health

RO3MH094832

This study was 25-year follow-up of surviving participants from the Massachusetts General Hospital longitudinal study of anorexia and bulimia nervosa. It assessed the long-term outcome of eating disorders and is intended to establish an empirically based definition of eating-disorder recovery. Although I did not draw funding support, in collaboration with my colleague Dr. Kamryn Eddy, I have co-authored several abstracts and papers from this data set.

Report of Local Teaching and Training

Teaching of Students in Courses

Prior to start of current Harvard appointment

- 2004 Psychology, Biology, and Politics of Food
Graduate teaching assistant and guest lecturer to Yale University undergraduates
12 hours/week for 16 weeks
- 2006 Statistics in Psychological Science
Graduate teaching assistant and guest lecturer to Yale University undergraduates
10 hours/week for 16 weeks
- 2006-2007 Eating Disorders
Guest lecturer to third-year students at Yale School of Medicine psychiatry rotation
Two-hour lecture every 12 weeks
- 2007 Abnormal Psychology
Graduate teaching assistant and guest lecturer to Yale University undergraduates
10 hours/week for 16 weeks

Formal Teaching of Residents, Clinical Fellows and Research Fellows (post-docs)

During current Harvard appointment

- 2010- Transdiagnostic Cognitive-Behavioral Therapy for Eating Disorders (lecture)
Third-year psychiatry residents at Massachusetts General Hospital
One-hour workshop each year
- 2010- Transdiagnostic Cognitive-Behavioral Therapy for Eating Disorders (lecture)
Pre-doctoral clinical psychology interns at Massachusetts General Hospital

- Two one-hour workshops each year
- 2015 Cognitive-behavioral therapy for eating disorders
90-minute workshop for psychiatry residents
Cambridge Health Alliance, Cambridge, MA
- 2015 Integrating clinical research with clinical practice
Invited presentation to Psychiatry Department post-doctoral fellows seminar
Department of Psychiatry, Massachusetts General Hospital, Boston, MA
- 2015 How to have a successful career
Workshop for pre-doctoral interns, post-doctoral fellows, and junior faculty
Department of Psychiatry, Massachusetts General Hospital, Boston, MA

Clinical Supervisory and Training Responsibilities

Prior to start of current Harvard appointment

- 2006-2007 Group supervision of junior graduate student therapists
Yale Center for Eating and Weight Disorders, Department of Psychology, Yale University
One group supervision session per week
- 2007-2008 Supervision of second-year psychiatry residents in group cognitive-behavioral therapy
Behavioral Health Partial Hospital Program, McLean Hospital
Co-leadership of one group per week; 30 minutes individual supervision every other week

During current Harvard appointment

- 2010-2011 Supervision of pre-doctoral clinical psychology intern in body image group therapy
Klarman Eating Disorders Center, McLean Hospital
Co-leadership of one group per week; 30 minutes individual supervision every other week
- 2010-2014 Supervision of psychiatry residents in clinical assessment of eating disorder patients
Eating Disorders Clinical and Research Program, Massachusetts General Hospital
Observe and provide individual feedback on three 90-minute evaluations annually
- 2011- Supervision of one to two pre-doctoral clinical psychology interns in individual CBT for eating and anxiety disorders
Eating Disorders Clinical and Research Program, Massachusetts General Hospital
Provide one to two hours of individual supervision per week
- 2012-2016 Supervision of one psychiatry resident in group CBT for eating disorders
Eating Disorders Clinical and Research Program, Massachusetts General Hospital
Provide one hour of individual supervision per week, and one hour of group co-leadership
- 2016-2017 Consultation on eating disorder cases for The Bridge/Massachusetts Department of Mental

Health (DMH)

Various DMH group homes in Western Massachusetts

Provided two hours per month of peer consultation to DMH clinicians on multiply comorbid eating-disorder cases; provided brief cognitive-behavioral therapy to patients

Formally Supervised Trainees

- 2008-2009 J.J. Thompson-McCormick, M.D. (Medical student, University of Southampton; Current: Specialty Registrar in Public Health at U.K. National Health Service)
Supervised multivariate data analysis and scientific writing for a first-author manuscript in the *Asia Pacific Journal of Clinical Nutrition* on the relation between breakfast skipping and obesity.
- 2009-2011 Sarah St. Germain Smith, Ph.D. (Clinical and Research Fellow, Klarman Eating Disorders Center, McLean Hospital; Current: Clinical psychologist in private practice)
Supervised data analysis and scientific writing on clinical characteristics and outcome at the Klarman Eating Disorders Center, resulting in the co-authorship of three manuscripts in the *International Journal of Eating Disorders* and *Eating and Weight Disorders*.
- 2010-2014 Lauren Richards, Ph.D. (Clinical psychology doctoral student, Boston University; Current: Clinical and Research Fellow, Home Base Program, Massachusetts General Hospital)
Supervised data analysis and scientific writing of two International Conference on Eating Disorders paper presentations and a first-author *International Journal of Eating Disorders* manuscript on peer influence on eating pathology among adolescent girls.
- 2010 Christopher Tangren, M.D. (Psychiatry resident, McLean Hospital; Current: Attending Psychiatrist, McLean Hospital; Instructor in Psychiatry, Harvard Medical School)
Supervised scientific writing of co-authored *Psychiatry Research* manuscript on the inter-rater reliability of *DSM-IV* eating disorder diagnoses in naturalistic clinical practice.
- 2011-2012 Robert Hohe, M.A. (Psychology masters student, Technical University of Dresden)
Robert traveled to the U.S. to serve as a research assistant in my lab for three months. I supervised his data collection and analysis of multi-site *DSM-5* field trial data, resulting in a first-author poster presentation at the 2012 International Conference on Eating Disorders.
- 2011 Jessica Kirkland Caldwell, Ph.D. (Pre-doctoral clinical psychology intern, MGH Department of Psychiatry; Current: Staff neuropsychologist, Health System Marquette)
Provided 1 hour/week individual clinical supervision of cognitive-behavioral therapy for one patient with generalized anxiety disorder.
- 2011 Meghan Keough, Ph.D. (Pre-doctoral clinical psychology intern, MGH Department of Psychiatry; Psychologist, Psychiatric Medicine Associates, Seattle, WA)
Provided 1 hour/week individual clinical supervision of cognitive-behavioral therapy for one patient with bulimia nervosa as well as a 10-week group for binge eating and purging.
- 2011-2012 Kate Papp, Ph.D. (Pre-doctoral clinical psychology intern, MGH Department of Psychiatry; Current: Instructor in Neurology, Harvard Medical School/Brigham and Women's Hospital)

Provided 1 hour/week individual clinical supervision of cognitive-behavioral therapy for one patient with anorexia nervosa as well as a 10-week group for binge eating and purging.

2012-2013 Melissa Stone, Psy.D. (Clinical psychology doctoral student, Massachusetts School of Professional Psychology; EDCRP Summer Research Fellow; Current: Clinical and Research Fellow, MGH Boston PainCare Center)

Supervised Melissa as first author on paper presentations at the 2013 and 2014 International Conferences on Eating Disorders. Served as committee member for doctoral dissertation on self-disclosure among eating disorder specialty therapists and its effect on therapeutic alliance.

2012-2014 Angela Lee (Undergraduate student, Harvard University; Current: Program Assistant, Office of Violence Prevention and Response, Massachusetts Institute of Technology)

Served as primary professor for independent study project on the development of “double talk” as a way to retain valued eating disorder symptoms while participating in residential treatment. Angela is now preparing a first-author paper for a medical anthropology journal.

2012- Lazaro Zayas, M.D. (Current: Staff Psychiatrist, MGH Eating Disorders Clinical & Research Program; Instructor in Psychiatry, Harvard Medical School)

Served as senior author on this junior faculty member’s first-author book chapters, and currently supervising original data analysis of psychometric properties of eating disorder assessments in males resulting in an invited first-author conference presentation and an empirical paper in preparation.

2012-2013 Julie Walsh-Messinger, Ph.D. (Pre-doctoral clinical psychology intern, MGH Department of Psychiatry; Current: Adjust faculty, Long Island University/Icahn School of Medicine at Mount Sinai)

Provided 1 hour/week individual clinical supervision of cognitive-behavioral therapy for three patients with attention-deficit disorder and/or major depressive disorder.

2013 Mun Yee Kwan, M.A. (Clinical psychology doctoral student, North Dakota State University; EDCRP Summer Research Fellow)

Supervised this summer research fellow on data analysis and scientific writing of a first-author *Eating Behaviors* manuscript investigating how maladaptive coping strategies predict the onset of bulimic symptoms in male and female undergraduates.

2013 Tiffany Graves, M.A. (Clinical psychology master’s student, Boston University; EDCRP Summer Research Fellow)

Supervised this summer research fellow on a meta-analysis of the relationship between therapeutic alliance and treatment outcome in eating disorders, resulting in a first-author in-preparation manuscript.

2013 Charlotte Delaney (Medical student, Albert Einstein College of Medicine; EDCRP Summer Research Fellow)

Supervised this summer research fellow on analysis of pica and rumination disorder data from our *DSM-5* field trial, resulting in a first-author manuscript in *International Journal of Eating Disorders* on which I served as senior author.

2014 Thomas J. Weigel, M.D. (Associate Medical Director, Klarman Eating Disorders Center,

McLean Hospital; Instructor in Psychiatry, Harvard Medical School)

Mentored this junior faculty member on measure selection, data analysis, and scientific writing for the Klarman arm of McLean's Clinical Measurement Initiative, which has collected clinical outcomes data on all consecutive admissions since 2012.

2014- Andrea S. Hartmann, Ph.D. (Junior Professor of Psychology and Psychotherapy, University of Osnabruck, Germany)

Mentoring this junior faculty member on manuscript writing for projects on pica, rumination disorder, and other specified feeding and eating disorder, both on her own data and those of my *DSM-5* field trial, particularly around issues of English as a second language.

2014 Nassim Tabri, Ph.D. (Post-doctoral research fellow, MGH Eating Disorders Clinical and Research Program)

Nassim worked as a full-time post-doctoral fellow in our lab for six months. I supervised him in longitudinal data analysis of 25-year follow-up data from long-term outcome study of anorexia nervosa and bulimia nervosa, resulting in three co-authored manuscripts currently in preparation or under review.

2013- Helen Burton Murray (Clinical research coordinator, MGH Eating Disorders Clinical and Research Program; Current: Clinical psychology doctoral student, Drexel University)

Helen worked for two years as clinical research coordinator at the EDCRP. I supervised her in statistical analysis and manuscript preparation of data from our *DSM-5* eating disorder field trial and 25-year longitudinal study, resulting in co-authored manuscripts in *Comprehensive Psychiatry*, *International Journal of Eating Disorders*, *Journal of Obesity*, *Psychological Medicine*, and *Psychiatry Research*.

2013-2014 Katherine Koh (Medical student, Harvard Medical School; Current: Adult psychiatry resident, MGH Department of Psychiatry)

Supervised this medical student in scientific writing, resulting in her co-authorship of a *Journal of Obesity* manuscript on the prevalence of *DSM-5* eating disorders in a weight-loss treatment-seeking sample.

2013 Rachel Ross, M.D., Ph.D. (Adult psychiatry resident, MGH Department of Psychiatry; Current: Instructor in Psychiatry, Beth Israel Deaconess Medical Center)

Supervised this psychiatry resident in co-leading a 10-week cognitive-behavioral therapy group for bulimia nervosa and binge eating disorder.

2013- Rachel Liebman, Ph.D. (Staff Psychologist, MGH Eating Disorders Clinical and Research Program)

Provided clinical supervision during pre-doctoral internship, and now provide clinical and research mentorship in her role as EDCRP staff psychologist.

2014 Lauren Hallion, M.A. (Pre-doctoral clinical psychology intern, MGH Department of Psychiatry; Current: Postdoctoral Research Fellow at Anxiety Disorders Center; Institute of Living, Hartford, CT)

Supervised this psychology intern in co-leading a 10-week cognitive-behavioral therapy group for bulimia nervosa and binge eating disorder.

- 2014 Marilou Tromp (Masters student, Department of Pharmaceutical Sciences, Utrecht University, The Netherlands; Pharmacy Intern at Gooische Apotheek Laren)
Marilou traveled to the U.S. to work full-time in our lab for six months. I supervised her literature review and scientific writing on the prevalence of *DSM-5* eating disorders in a residential treatment sample, resulting in the co-authorship of a manuscript in *Psychiatry Research*.
- 2014 Lisa Anderson (Doctoral student, University at Albany, State University of New York; EDCRP summer research fellow)
Supervised the data analysis of an empirical study of the role of fear and disgust in the maintenance of eating disorder psychopathology, which she presented as a first-author paper presentation at the 2015 International Conference on Eating Disorders.
- 2014 Cindy Schmelkin (Medical student, Harvard Medical School; EDCRP summer research fellow)
Supervised the secondary data analysis of a study on disordered eating and social cognitive difficulties, which she presented as a first-author paper presentation at the 2015 International Conference on Eating Disorders.
- 2014 Suzanne Straebler (Doctoral student, University of Oxford, Department of Psychiatry; EDCRP summer research fellow)
Supervised the scientific writing of the introduction of her doctoral dissertation on the dissemination of cognitive-behavioral therapy for eating disorders to novice clinicians.
- 2014 Erica Keen, M.D., Ph.D. (Psychiatry resident, MGH Department of Psychiatry)
Supervised this psychiatry resident in co-leading a 10-week cognitive-behavioral therapy group for bulimia nervosa and binge eating disorder.
- 2014-2015 Christy Denckla (Pre-doctoral clinical psychology intern, MGH Department of Psychiatry)
Provided 1 hour/week individual clinical supervision of cognitive-behavioral therapy for one eating disorder patient and two anxiety disorder patients.
- 2015 Rebecca DeSanti (Medical student, Albany Medical College; EDCRP summer research fellow)
Supervising the preparation of a first-author manuscript on the psychological and biological underpinnings of restrictive versus binge/purge eating patterns in low-weight adolescents.
- 2015 Brittany Bohrer (Doctoral student, University of Kansas; EDCRP summer research fellow)
Supervising the preparation of a first-author chapter on other specified feeding or eating disorder on which I will serve as senior author; supervising data analysis and scientific writing for a project comparing the psychopathology of purging v. non-purging bulimia nervosa to binge eating disorder.
- 2015 Lauren Forrest (Doctoral student, Miami University-Ohio; EDCRP summer research fellow)
Supervised the preparation of a published manuscript on perceived burdensomeness and lack of belongingness to predict suicide risk among individuals in treatment for eating disorders.
- 2015-2017 Kathryn Coniglio (Clinical research coordinator, MGH Eating Disorders Clinical and

Research Program)

Kathryn is currently the clinical research coordinator at the EDCRP. In addition to training her to implement structured interviews as part of our ongoing R01 study and managing the clinic's day-to-day activities, I am providing research mentorship. Specifically she will be presenting a first-author poster at the 2016 International Conference on Eating Disorders and is writing a first-author book chapter on ARFID, pica, and rumination disorder.

- 2015- Kendra Becker, M.S. (Post-doctoral fellow, MGH Department of Psychiatry)
Providing 1 hour/week individual clinical supervision of cognitive-behavioral therapy and family-based treatment for patients with eating disorders; supervising the preparation of an F32 application for post-doctoral study at the MGH EDCRP.
- 2016 Setareh O'Brien, B.A. (EDCRP Summer Research Fellow)
Supervising the data analysis and scientific writing for her first-author manuscript on the effect of adoption and foster care placement on eating disorder symptoms in the Add Health Study.
- 2016 Russell DuBois, M.A. (Doctoral student, Northeastern University, EDCRP Summer Research Fellow)
Supervising the preparation of a first-author manuscript using network analysis to ascertain the strength and centrality of overvaluation of shape and weight relative to other eating-disorder symptoms in our EDCRP clinic sample.
- 2016 YongJoo Kim (Doctoral student, Harvard School of Public Health, EDCRP Summer Research Fellow)
Supervising the scientific writing and literature review for a first-author manuscript on the prevalence and correlates of eating-disorder symptoms in the Korean Youth Risk Behaviors Survey, an epidemiological study of >70,000 Korean boys and girls.

Formal Teaching of Peers

No presentations below were sponsored by outside entities.

- 2014 Eating disorders in the school: What to look for, what to do
Invited 55-minute talk to healthcare professionals
School Mental Health: Treating Students K to 12, Cambridge Health Alliance/Harvard Medical School continuing medical education course, Boston, MA
- 2014 Using social media to build your reputation as a healthcare thought leader
Invited 45-minute talk to healthcare professionals
Achieving Healthcare Leadership & Outcomes through Writing & Publishing, Harvard Medical School continuing medical education course, Cambridge, MA
- 2017 Eating disorder case presentation
(invited) Invited 80-minute breakout session for health professionals
Advances in Pediatric Gastroenterology, Hepatology, and Nutrition 2017, Harvard Medical School continuing medical education course, Cambridge, MA

Local Invited Presentations

Prior to start of current Harvard appointment

- 2006 Should the diagnostic criteria for anorexia nervosa be relaxed?
Single presentation at Current Works in Clinical Psychology
Yale University, Department of Psychology, New Haven, CT
- 2007 The relationship between Eating Disorder Not Otherwise Specified and full syndrome eating disorders: Implications for *DSM-V*
Single presentation at Current Works in Clinical Psychology
Yale University, Department of Psychology, New Haven, CT
- 2008 Now you CBT it, now you don't: The incorporation of change strategies with a patient who just wants to be validated
Single presentation at Borderline Personality Disorders Case Conference
McLean Hospital, Belmont, MA

During current Harvard appointment

- 2009 A latent profile analysis of the typology of bulimic symptoms in an indigenous Pacific population: Evidence of cross-cultural variation in phenomenology
Single presentation at Borderline Personality Disorders Case Conference
McLean Hospital, Belmont, MA
- 2009 How do eating disorder specialist clinicians apply *DSM-IV* diagnostic criteria in routine clinical practice? Implications for enhancing clinical utility in *DSM-5*
Invited presentation at Boston Eating Disorder Working Group
Boston Children's Hospital, Boston, MA
- 2010 Empirically supported classification of eating disorders: From *DSM-IV* to *DSM-5*
Psychiatry grand rounds
Massachusetts General Hospital, Boston, MA
- 2012 Field trial of *DSM-5* eating disorder criteria in a specialty residential treatment setting
Invited presentation at Boston Eating Disorder Working Group
Boston Children's Hospital, Boston, MA
- 2012 Approaches to care for eating disorder patients in general hospital settings
Psychosomatic conference discussant
Massachusetts General Hospital, Boston, MA
- 2012- Eating disorders
Lectures for MGH Academy Psychiatry Boards Review Course

- Massachusetts General Hospital, Boston, MA
- 2012 Psychological assessment of eating disorder patients
Single lecture for MGH internal medicine residents
Massachusetts General Hospital, Boston, MA
- 2012 Klarman Eating Disorders Center: Research update
Single lecture for visiting scholars from Germany's Roseneck Hospital
McLean Hospital, Belmont, MA
- 2012 Beyond anorexia and bulimia: Feeding and eating disorders in *DSM-5*
MGH virtual grand rounds
Massachusetts General Hospital, Boston, MA
- 2013 Management of eating disorders in a residential treatment setting
Invited lecture for Adolescent Residential Treatment Program staff
McLean Hospital, Belmont, MA
- 2013 Treating the psychological features of eating disorders
Single lecture to outpatient dietitians
Massachusetts General Hospital, Boston, MA
- 2013 Amplifying our mental health mission with social media
Invited presentation at Harnessing Tele-health and Social Media in Clinical Practice panel at staff professional development conference entitled Transforming Psychiatry in an Age of Health Care Reform: Building Knowledge and Teamwork
Massachusetts General Hospital, Boston MA
- 2013 Using social media in research: From idea generation to dissemination
Invited presentation to Obsessive Compulsive and Related Disorders Research Team
Massachusetts General Hospital, Boston MA
- 2013 Using social media to recruit research subjects
Invited presentation to Depression Clinical and Research Program
Massachusetts General Hospital, Boston MA
- 2013 Almost Anorexic: Is my or my loved one's relationship with food a problem?
Invited 60-minute talk and roundtable discussion with healthcare professionals
Boston Children's Hospital, Boston, MA
- 2013 Amplifying our mental health mission with social media
Presentation to Psychiatry Department Steering Committee
Massachusetts General Hospital, Boston MA
- 2014 Almost Anorexic: Is my (or my loved one's) relationship with food a problem?

- Invited presentation to patients and staff
Blum Patient and Family Learning Center, Massachusetts General Hospital, Boston, MA
- 2014 Feeding and eating disorders in *DSM-5*
Invited presentation to faculty and staff
Community Psychiatry PRIDE, Massachusetts General Hospital, Chelsea, MA
- 2014 “Once your basic needs are met, everything else is indulgence”: Male anorexia nervosa in the setting of obsessive-compulsive personality disorder
Invited case presentation at departmental “Cross Talk” series
Department of Psychiatry, Massachusetts General Hospital, Boston, MA
- 2015 The neurobiology of hunger and reward in adolescent eating disorder trajectories
Invited presentation with Dr. Kamryn Eddy to Adolescent Medicine eating disorders team
Boston Children’s Hospital, Boston, MA
- 2015 Almost anorexic: New feeding and eating disorder presentations in *DSM-5*
Invited presentation to eating disorder researchers and clinicians
New England Eating Disorders Research Collaborative, Massachusetts General Hospital, Boston, MA
- 2015 Case management of patients with eating disorders
Invited presentation to high-risk care management program nurse managers
Massachusetts General Hospital, Boston, MA
- 2015 Social media how-to for psychology thought leaders
Invited presentation to Psychology Steering Committee
Massachusetts General Hospital, Boston, MA
- 2015 From categories to dimensions: Homeostatic and hedonic food motivation in eating disorders
Division of Adolescent Medicine Grand Rounds
Boston Children’s Hospital, Boston, MA
- 2015 Treatment of eating disorders
Presentation to Nutrition 201 doctoral students
Harvard Chan School of Public Health, Boston, MA
- 2015 My body my choice: Conceptualizing involuntary treatment in anorexia nervosa
Psychosomatic conference discussant
Massachusetts General Hospital, Boston, MA
- 2016 From categories to dimensions: Homeostatic and hedonic food motivation in *DSM-5* eating disorders

- 45-minute lecture for healthcare professionals
Boston Medical Forum, Boston, MA
- 2016 An 11-year-old girl with difficulty eating after a choking incident
MGH Psychiatry Grand Rounds/*New England Journal of Medicine* Clinical Pathology Case Conference
Massachusetts General Hospital, Boston, MA
- 2016 Avoidant/restrictive food intake disorder: Future directions in neurobiology and treatment
Neuroendocrine Research Group
Massachusetts General Hospital, Boston, MA
- 2016 Avoidant/restrictive food intake disorder: Future directions in neurobiology and treatment
Pediatric Neuroendocrine Group
Massachusetts General Hospital, Boston, MA
- 2016 Avoidant/restrictive food intake disorder
MGH Learning and Emotional Assessment Program
Massachusetts General Hospital, Boston, MA
- 2017 Neurobiology and treatment of avoidant/restrictive food intake disorder
Invited presentation to eating disorder researchers and clinicians
New England Eating Disorders Research Collaborative, Massachusetts General Hospital, Boston, MA

Report of Regional, National and International Invited Teaching and Presentations

No presentations below were sponsored by outside entities.

Regional

- 2005 Treatment of anorexia nervosa and bulimia nervosa
Psychiatry grand rounds
Hospital of Saint Raphael, New Haven, CT
- 2010 Empirically supported classification of eating disorders: From *DSM-IV* to *DSM-5*
Medicine grand rounds
Lemuel Shattuck Hospital, Jamaica Plain, MA
- 2010-2011 Eating disorders: Diagnosis, etiology, and treatment
Annual one-hour lecture to undergraduate Abnormal Psychology class
Boston College, Chestnut Hill, MA
- 2010 How can *DSM-5* improvements in eating disorder classification enhance clinical care?
Invited in-service training for professional staff

- Newton-Wellesley Eating Disorders and Behavioral Medicine, Brookline, MA
- 2011 Eating disorders: Best practices in assessment and treatment
Invited one-day training for Massachusetts Department of Mental Health (DMH) staff
Tewksbury State Hospital, Tewksbury, MA
- 2011 Motivational enhancement therapy and therapeutic contracting for patients with treatment-resistant eating disorders
Invited teaching presentation
Mainely Girls Eating Disorder Learning Collaborative, Freeport, ME
- 2011 Transdiagnostic cognitive-behavioral therapy for eating disorders
Invited teaching presentation
Mainely Girls Eating Disorder Learning Collaborative, Freeport, ME
- 2012 Eating disorders: Diagnosis, clinical challenges, and evidence-based treatment
Invited half-day training for professional mental health staff
Advocates Inc., Framingham, MA
- 2012 Eating disorders on campus: Update and new research
Lecture to Massachusetts college administrators and university mental health practitioners
Critical Issues & New Research in Mental Health, Drug and Alcohol Abuse, and Crime on College Campuses conference, Boston, MA
- 2013 Recognizing eating disorders in children and adults
Invited lecture to health professionals
Massachusetts Health Council Biennial Women's Health Forum, Waltham, MA
- 2013 Facebook, Twitter, and Tumblr, oh my! Safe and ethical social media use in eating disorder clinical practice
90-minute workshop
Multiservice Eating Disorder Association conference, Needham, MA
- 2013 Cutting more than just calories: Suicide and non-suicidal self-injury in the eating disorders
Invited 90-minute training for Massachusetts Department of Public Health (DPH) staff
DPH Conference entitled Coming Together to Reduce Suicide and Promote Mental Wellness: Suicide Prevention Across the Lifespan, Framingham, MA
- 2013- Transdiagnostic cognitive behavioral therapy for eating disorders
Annual 50-minute presentation to medical students
Boston University School of Medicine, Boston, MA
- 2013 Cognitive behavioral therapy for body image: Breathing life into the manual
Invited 60-minute presentation to healthcare professionals
Walden Behavioral Care Annual Conference, Waltham, MA

- 2014 Cutting more than just calories: Suicide and non-suicidal self-injury in the eating disorders
Invited 60-minute presentation to healthcare professionals
Greater Boston Regional Suicide Prevention Coalition, Boston, MA
- 2014 Cognitive-behavioral treatment of body image disturbance
Invited presentation to eating disorder specialist clinicians
Arbour-HRI Hospital Eating Disorders Program, Brookline, MA
- 2014 Eating disorders: Assessment and treatment
Grand rounds
Department of Psychiatry, St. Elizabeth's Hospital/Tufts School of Medicine, Brighton, MA
- 2015 Cognitive and behavioral manifestations of body image disturbance
Invited 75-minute workshop with undergraduate eating-disorder peer mentors
Department of Psychology, University of Rhode Island, Kingston, RI
- 2015 Child and adolescent eating disorders: Prevention and treatment
1.25-hour workshop for educators and school-based mental health professionals
Northshore Education Consortium, Wakefield, MA
- 2015 Empirically-based treatments for eating disorders: Practical applications
8-hour workshop for mental health professionals
Center for Professional Innovation, Chelmsford, MA
- 2015 Interactive treatment of eating disorders eating disorders
8-hour workshop for mental health professionals
The Bridge Training Program, Westborough, MA
- 2016 Family-based treatment in an intensive outpatient setting: Commentary and future directions
20-minute discussant for Hannah Monk, PsyD, dissertation defense
William James College, Newton, MA
- 2016 Avoidant/restrictive food intake disorder: New directions in treatment and research
In-service training for professional staff
Renfrew Center, Boston, MA
- 2017 Cognitive-behavioral therapy for avoidant/restrictive food intake disorder (CBT-AR):
Children, adolescents, and adults
90-minute workshop
Multiservice Eating Disorder Association conference, Needham, MA
- 2017 Treatment of eating disorders when patients have comorbid psychopathology, treatment non-response and/or high mortality risk

30-minute lecture for mental health professionals

Department of Mental Health Northeast Area Consolidated Risk Management Team,
Tewksbury, MA

- 2018
(invited) Cognitive and behavioral therapies for eating disorders: Interventions that produce results
8-hour workshop for mental health professionals
The Bridge Training Program, Marlborough, MA

National

- 2005 Evaluating the effects of eating disorder memoirs on readers' eating attitudes and behaviors
Scientific paper presentation (oral abstract)
Association for Behavioral and Cognitive Therapies Convention, Washington, DC
- 2007 Eighty-five percent of what? A critical examination of methods for assessing expected body weight in the diagnosis of anorexia nervosa
Symposium speaker (oral abstract)
Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA
- 2008 The relationship between eating disorder not otherwise specified and officially recognized eating disorders: Meta-analysis and implications for *DSM*
Invited research presentation
DSM-5 Eating Disorders Work Group, American Psychiatric Association Headquarters, Arlington, VA
- 2009 The utility of *DSM-IV* criteria to classify disordered eating in an ethnic Fijian population: A latent profile analysis
Invited research presentation
DSM-5 Eating Disorders Work Group, American Psychiatric Association Headquarters, Arlington, VA
- 2009 Culturally sensitive classification of eating disorders
Symposium speaker (oral abstract)
American Psychological Association Convention, Toronto, Canada
- 2012 "Almost anorexia": Will *DSM-5* changes go far enough to validate patients' diverse experiences and enhance your clinical practice?
Two-hour workshop
Renfrew Center Foundation Conference, Philadelphia, PA
- 2013 An eating disorder by any other name: How EDNOS, OSFED, and other eating syndromes can be just as severe as anorexia nervosa, bulimia nervosa and binge eating disorder
Invited live and archived webinar
National Eating Disorders Association, Washington, DC

- 2014 “Almost Anorexia” at college: Recognition, treatment, and prevention
Invited live and archived webinar
National Eating Disorders Screening Program, Wellesley Hills, MA
- 2014 Cognitive-behavioral strategies for body image disturbance: Helping your patients see beyond “Ed”
Invited two-hour workshop for healthcare professionals
Center for Eating Disorders at Sheppard Pratt, Baltimore, MD
- 2017 The wild ride of ARFID: Embracing diagnostic challenges, exploring new treatments
90-minute workshop for adolescent medicine physicians
Society for Adolescent Health and Medicine Annual Meeting, New Orleans, LA
- 2017 Is weight and shape overvaluation the core psychopathology in eating disorders? A network analysis evaluation of the transdiagnostic model
Symposium speaker (oral abstract)
Association for Psychological Science, Boston, MA
- 2017 Almost anorexic: How to spot and support guests across the eating-disorder spectrum
(invited) Staff training for physicians, psychologists, dietitians, exercise physiologists, and others
Canyon Ranch Health and Wellness Resort, Lenox, MA
- 2017 Avoidant/restrictive food intake disorder: A new feeding or eating disorder distinct from anorexia and bulimia nervosa
(invited) Department of Psychiatry and Behavioral Sciences Grand Rounds
Montefiore Medical Center, Bronx, New York
- 2018 Avoidant/restrictive food intake disorder: Assessment, neurobiology, and treatment
(invited) Pediatric Feeding Disorders Conference
Children’s Hopital of Orange County, Newport Beach, CA

International

- 2004 Ballet dancers and disordered eating: Differences across school type
Scientific paper presentation (oral abstract)
International Conference on Eating Disorders, Orlando, FL
- 2004 America’s toxic food environment
Psychiatry grand rounds
Singapore General Hospital, Singapore
- 2006 Vomiting and fasting are associated with injuries and longer recuperation time among adolescent ballet dancers
Scientific paper presentation (oral abstract)

- International Conference on Eating Disorders, Barcelona, Spain
- 2007 A meta-analytic examination of the *DSM-IV* diagnostic criteria for anorexia nervosa
Scientific paper presentation (oral abstract)
- International Conference on Eating Disorders, Baltimore, MD
- 2007 How to access specialized statistics training as a new investigator
Invited professional development presentation
- International Conference on Eating Disorders, New Investigators Special Interest Group, Baltimore, MD
- 2010 Obesity and eating disorders in the United States
Invited seminar, Department of Dietetics
All India Institute of Medical Sciences, New Delhi, India
- 2010 Gastrointestinal dysfunction in fat-phobic and non-fat-phobic anorexia nervosa
Scientific paper presentation (oral abstract)
Eating Disorders Research Society meeting, Boston, MA
- 2011 Is non-fat-phobic anorexia nervosa a distinct eating disorder subtype? Evidence from a latent profile analysis of Hong Kong treatment-seekers
Scientific paper presentation (oral abstract)
International Conference on Eating Disorders, Miami, FL
- 2012 Newly proposed *DSM-5* criteria reduce the need for “not otherwise specified” diagnoses and can be reliability applied by clinicians in a residential eating disorder treatment setting
Scientific paper presentation (oral abstract)
International Conference on Eating Disorders, Austin, TX
- 2012 Diagnosis and assessment: Alternative approaches
Chair, scientific paper session
International Conference on Eating Disorders, Austin, TX
- 2012 Newly proposed *DSM-5* criteria do not significantly increase eating disorder prevalence in patients seeking treatment for obesity
Scientific paper presentation (oral abstract)
Eating Disorders Research Society meeting, Porto, Portugal
- 2013 Facebook, Twitter, and LinkedIn, oh my! Safe and ethical social media use in eating disorder clinical practice and research
90-minute workshop
International Conference on Eating Disorders, Montreal, Canada
- 2013 Is non-fat-phobic anorexia nervosa an artifact of purposeful symptom denial?
Scientific paper presentation (oral abstract)

- International Conference on Eating Disorders, Montreal, Canada
- 2014 Assessment tools in the toolbox: Options for *DSM-5*
90-minute workshop
- International Conference on Eating Disorders, New York, New York
- 2014 Research-practice integration in the eating disorder field
Invited plenary discussant, Research-Practice Think Tank
- International Conference on Eating Disorders, New York, New York
- 2015 Welcome and conference goals
Program Committee Co-Chair address
- International Conference on Eating Disorders, Boston, MA
- 2015 Food for thought: Cognitive-behavioural therapy for the eating disorders
Moderator (supporting the main speaker, Glenn Waller)
Academy for Eating Disorders (online webinar, >100 attendees)
- 2015 Recovery 2.0: Re-thinking the possibility of symptom change, alternate treatments, and positive quality of life in the chronically ill
Symposium chair
- Eating Disorder Research Society, Taormina, Sicily
- 2016 Go viral or go home: Writing and video-recording a scientific abstract for the *International Journal of Eating Disorders*
Symposium speaker
- International Conference on Eating Disorders, San Francisco, CA
- 2016 Not all therapy relationships are created equal: Applying research data to promote therapeutic alliance and best outcomes in the treatment of eating disorders
Panelist and speaker
- International Conference on Eating Disorders, San Francisco, CA
- 2017 The relation between treatment alliance and outcome in eating disorders: Do patients get better because they like the therapist, or like the therapist because they are getting better?
Invited plenary speaker
- London International Conference on Eating Disorders, London, United Kingdom
- 2017 Show me the (grant) money! Identifying and applying for funding as a student and early career researcher
(invited) Panelist and speaker
- International Conference on Eating Disorders, Prague, Czech Republic
- 2017 Cognitive-behavioral therapy for avoidant/restrictive food intake disorder (CBT-AR): Children, adolescents, and adults

- (invited) Panelist and speaker
International Conference on Eating Disorders, Prague, Czech Republic
- 2017 Assessment of avoidant/restrictive food intake disorder across the lifespan: Join the PARDI!
- (invited) Panelist and speaker
International Conference on Eating Disorders, Prague, Czech Republic
- 2018 Cognitive-behavioral therapy for eating disorders
- (invited) Visiting Professor for one week
University of Monterrey, Monterrey, Mexico

Report of Clinical Activities and Innovations

Current Licensure and Certification

2009- Licensed Psychologist and Health Service Provider #9117 (Massachusetts)

Practice Activities

- | | | | |
|-----------|---|---|--------------------------|
| 2003-2007 | Pre-doctoral psychology practicum providing outpatient group and individual cognitive-behavioral therapy for patients with eating, anxiety, and mood disorders | Yale Center for Eating and Weight Disorders/Yale Anxiety and Mood Services, Department of Psychology, Yale University | 5 clinical hours/week |
| 2007-2008 | Pre-doctoral psychology internship providing cognitive-behavioral therapy, exposure coaching, and case management for patients with personality, mood, psychotic, and eating disorders across a spectrum of inpatient, residential, partial hospital, and outpatient levels of care | Department of Psychology, McLean Hospital | 25 clinical hours/week |
| 2007-2010 | Created unit treatment manuals and led therapy groups for cognitive-behavioral treatment of body image and motivational enhancement therapy for adolescents with anorexia, bulimia, and eating disorder not otherwise specified at a residential eating disorder treatment facility | Klarman Eating Disorders Center, McLean Hospital | 4-6 clinical hours/week |
| 2008- | Provide individual and group | Eating Disorders Clinical and | 6-12 clinical hours/week |

cognitive-behavioral therapy, Research Program,
and family-based treatment, for Massachusetts General
children and adults with feeding Hospital
and eating disorders at an
outpatient specialty clinic

Clinical Innovations

- 2009 Prior to the publication of *DSM-5*, the majority of individuals with eating disorders did not fit into narrow *DSM-IV* classifications. In 2009, my colleagues and I published a systematic review and meta-analysis in *Psychological Bulletin* in which we proposed revised diagnostic criteria. The *DSM-5* Eating Disorders Work Group invited me along with other classification researchers to present our findings in Arlington, VA in both 2008 and 2009. Ultimately published in 2013, the final *DSM-5* criteria included revisions similar to those my colleagues and I proposed. Moreover, current *DSM-5* text guidance supporting the new criteria cites two of my team's peer-reviewed journal articles from *Psychological Medicine* and *International Journal of Eating Disorders*.
- 2013 In July 2013, I published the trade book *Almost Anorexic: Is My (or My Loved One's) Relationship with Food a Problem?* which disseminates to the public the concept that disordered eating can occur at any number on the scale. By illustrating the entire continuum of disordered eating, *Almost Anorexic* helps readers identify whether their own attitudes and behaviors are problematic, and highlights cognitive-behavioral strategies that can help. The book has sold 5,382 copies since its initial publication and been featured in media outlets both nationally (*New York Times*, *Today Show*, *Dr. Oz*) and internationally (*UK Daily Mail*).
- 2017 Along with my colleague, Kamryn Eddy Ph.D., I have developed a novel form of cognitive-behavioral therapy for a new *DSM-5* eating disorder called Avoidant Restrictive Food Intake Disorder (CBT-AR). A forthcoming case report in the *New England Journal of Medicine* illustrates its key principles, we are currently testing its efficacy in a foundation funded pilot study, and we have a contract with Cambridge University Press to publish our treatment manual so that it may be disseminated to clinicians around the world by early 2018.

Report of Education of Patients and Service to the Community

No activities below were sponsored by outside entities.

Activities

- 2005 Eating disorders: What are they and how can you help?
Invited presentation to high school peer leadership group
Hopkins School, New Haven, CT
- 2007 How to help a friend with an eating disorder
Invited speaker on eating disorder panel presentation for college student group (Eating Concerns Hotline and Outreach)
Yale University, New Haven, CT
- 2010 Why young people develop eating disorders, and how treatment can help

- Invited presentation to eighth grade health class
Thurstone Middle School, Westwood, MA
- 2013 Treating the psychological features of eating disorders
Research Advances and Treatment Innovations in Eating Disorders Seminar
Massachusetts General Hospital, Boston MA
- 2013 Almost anorexic: Is my (or my loved one's) relationship with food a problem?
Twitter chat for professionals, patients, and advocates (> 250 views)
Sponsored by the National Eating Disorders Association and Academy for Eating Disorders
- 2014 "The voice of Ed": Externalizing the eating disorder
Twitter chat for professionals, patients, and advocates (>300 views)
Sponsored by the Academy for Eating Disorders
- 2014 The pros and cons of externalizing the eating disorder
Google hangout for professionals, patients, and advocates (>1,000 views)
Sponsored by the National Eating Disorders Association
- 2014 Eating disorder memoirs: Helpful or harmful?
Twitter chat for professionals, patients, and advocates (> 200 views)
Sponsored by the Academy for Eating Disorders
- 2015 Eating disorders treatment and recovery
Free educational day-long program exclusively for patients, families, and community members (120 attendees)
Massachusetts General Hospital, Boston MA
- 2016 Parenting children with eating disorders
Educational program for patients, families, and community members entitled "Managing Your Kids Behavioral Health"
Massachusetts General Hospital, Boston MA
- 2017 Life the life you want with the body you have
(invited) Lecture for health and wellness guests
Canyon Ranch Health and Wellness Resort, Lenox, MA
- 2017 Almost anorexic: Finding balance with eating, exercise, and weight
(invited) Lecture for health and wellness guests
Canyon Ranch Health and Wellness Resort, Lenox, MA

Educational Materials for Patients and the Lay Community

Media Coverage

2007	<i>Reuters Health</i>	News coverage of original scholarship	“Eating-disorder education shows unintended effects” (3/9/07)
2007	<i>Worcester Telegram & Gazette</i>	News coverage of original scholarship	“A thin line: Dancer/psychologist combines roles to examine eating disorders” (12/24/07)
2008	<i>New England Psychologist</i>	News coverage of original scholarship	“Intern’s research looks at eating disorders in ballet world” (3/1/08)
2008	<i>Orange County Register</i>	News coverage of original scholarship	“SCHS grad meshes psychology and ballet in life” (3/5/08)
2009	<i>North by Northwestern</i>	News coverage of original scholarship	“The most common eating disorder you’ve never heard of” (11/2/09)
2010	<i>livescience.com</i>	News coverage of original scholarship	“Eating disorders go untreated as experts debate definitions” (5/23/10)
2011	<i>El Pais (Spain)</i>	News coverage of original scholarship	“The dictatorship of the tutu” (1/18/11)
2011	<i>Shoe Leather Magazine</i>	News coverage of original scholarship	“No EDNOS in Sight” (6/1/11)
2012	<i>CNN.com</i>	Interviewee	“Fat is the new ugly on the playground” (3/16/12)
2012	<i>abcnews.com</i>	Interviewee	“Anorexic takes up baking to gain control over food” (11/4/12)
2013	<i>Daily Mail (UK)</i>	News coverage of book	“Rise of the almost anorexic” (3/25/13)
2013	<i>Yedioth Aharonot (Israel)</i>	News coverage of book	“Almost anorexic” (5/30/14)
2013	<i>Psychology Today</i>	News coverage of book	“Don’t settle for almost recovered” (7/6/13)
2013	<i>MTV ACT Blog</i>	News coverage of book	“Dr. Jennifer Thomas discusses her book ‘Almost Anorexic’” (8/9/13)
2013	<i>Great Falls Tribune</i>	News coverage of book	“New book examines almost anorexia” (8/15/13)
2013	<i>Huffington Post</i>	News coverage of original scholarship	“Almost anorexic” (8/22/13)
2013	<i>Today Show</i>	On-location interview	“Almost anorexic: Ballerina reveals her struggle” (8/22/13)
2013	<i>New York Times</i>	News coverage of recommendations for the field	“Fat and thin find common ground” (10/10/13)
2014	<i>New York Times</i>	News coverage of recommendations for the field	“A big reveal touches a nerve” (2/9/14)

2014	<i>The Dr. Oz Show</i>	Studio guest	“Extreme diets: The thigh gap trend” (2/25/14)
2014	<i>Psychology Today</i>	Interviewee	“A death by design” (11/4/14)
2015	<i>MTV.com</i>	News coverage of original scholarship	“Does Violetta’s ‘Real World’ story sound familiar? We talked to an expert about friends with eating disorders” (2/3/15)
2015	<i>Buzzfeed.com</i>	News coverage of original scholarship	“The most common eating disorder is one you’ve probably never heard of” (2/24/15)
2015	<i>New York Observer</i>	Interviewee	“Are Juice Cleanses, Gluten-Free Diets and Vegetarianism Eating Orders In Disguise?” (6/2/15)
2015	<i>Good Morning America</i>	Interviewee	“The Belly Button Challenge” (6/16/15)
2016	<i>Latina Magazine</i>	Interviewee	“Eating to live, or living to eat? The two most common eating disorders among Latinas are not what you think they are” (5/1/2016)
2016	<i>Boston Globe</i>	Interviewee	“When calories consume you” (7/14/2016)
2016	<i>Self Magazine</i>	Interviewee	“This is the truth about recovering from bulimia” (7/14/2016)
2016	<i>Self Magazine</i>	Interviewee	“Zayn Malik developed an eating disorder while he was in One Direction” (11/1/2016)
2017	<i>WCVB NewsCenter 5</i>	News coverage of original scholarship	“Avoidant/restrictive food intake disorder” (2/26/2017)

Patient educational material

2013	www.massgeneral.org/eatingdisorders	Co-author of educational information on the diagnosis and treatment of eating disorders. Among the top-visited MGH Psychiatry websites in 2013.
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Report of Scholarship

Peer reviewed publications in print or other media

Research investigations published in scientific journals

1. Thomas GS, Prill NV, Majmundar H, Fabrizi RR, **Thomas JJ**, Hayashida C, Kothapalli S, Payne, JL, Payne MM, Miyamoto MI. Treadmill exercise during adenosine infusion is safe, results in fewer adverse reactions, and improves myocardial perfusion image quality. *J Nucl Cardiol* 2000; 7: 439-446.
2. Thomas GS, Miyamoto MI, Morello AP, Majmundar H, **Thomas JJ**, Sampson C, Hachamovitch R, Shaw LJ. Technetium^{99m} based myocardial perfusion imaging predicts clinical outcome in the

community outpatient setting: The Nuclear Utility in the Community (“NUC”) Study. *J Am Coll Cardiol* 2004; 43: 213-223.

3. Becker AE, **Thomas JJ**, Franko DL, Herzog DB. Interpretation and use of weight information in the evaluation of eating disorders: Counselor response to weight information in a national eating disorders educational and screening program. *Int J Eat Disord* 2005; 37: 38-43.
4. Becker AE, **Thomas JJ**, Franko DL, Herzog DB. Disclosure patterns of eating and weight concerns to clinicians, educational professionals, family, and peers. *Int J Eat Disord* 2005; 38: 18-23.
5. **Thomas JJ**, Keel PK, Heatherton TF. Disordered eating attitudes and behaviors in ballet students: Examination of environmental and individual risk factors. *Int J Eat Disord* 2005; 38: 263-268.
6. **Thomas JJ**, Judge AM, Brownell KD, Vartanian LR. Evaluating the effects of eating disorder memoirs on readers’ eating attitudes and behaviors. *Int J Eat Disord* 2006; 39: 418-425.
7. Franko DL, Becker AE, **Thomas JJ**, Herzog DB. Cross-ethnic differences in eating disorder symptoms and related distress. *Int J Eat Disord* 2007; 40: 156-164.
8. Schwartz MB, **Thomas JJ**, Bohan KM, Vartanian LR. Intended and unintended effects of an eating disorder educational program: The impact of presenter identity. *Int J Eat Disord* 2007; 40: 187-192.
9. **Thomas JJ**, Roberto CA, Brownell KD. Eighty-five percent of what? Discrepancies in the weight cut-off for anorexia nervosa substantially affect the prevalence of underweight. *Psychol Med* 2009; 39: 833-843.
10. **Thomas JJ**, Vartanian LR, Brownell KD. The relationship between eating disorder not otherwise specified (EDNOS) and officially recognized eating disorders: Meta-analysis and implications for DSM. *Psychol Bull* 2009; 135: 407-433.
11. Becker AE, **Thomas JJ**, Pike KM. Should non-fat-phobic anorexia nervosa be included in DSM-V? *Int J Eat Disord* 2009; 42: 620-635.
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 18. Delinsky SS, **Thomas JJ**, St. Germain SA, Weigel TJ, Levendusky PG, Becker AE. Motivation to change among residential treatment patients with an eating disorder: Assessment of multi-dimensionality of motivation and its relation to treatment outcome. *Int J Eat Disord* 2011; 44: 340-348.
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 21. Hartmann AS, **Thomas JJ**, Wilson AC, Wilhelm S. Insight impairment in body image disorders: Delusionality and overvalued ideas in anorexia nervosa versus body dysmorphic disorder. *Psychiatry Res* 2013; 210: 1129-1135.
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 25. Keshaviah A, Edkins K, Hastings E, Krishna M, Franko DL, Herzog DB, **Thomas JJ**, Murray HB, Eddy KT. Re-examining premature mortality in anorexia nervosa: A meta-analysis redux. *Compr Psychiatry* 2014; 55: 1773-84.
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29. Hartmann AS, **Thomas JJ**, Rosenfield EH, Wilhelm S. Accept, distract, or reframe? An experimental comparison of strategies for reducing intrusive body image thoughts in anorexia nervosa and body dysmorphic disorder. *Psychiatry Res* 2015; 225:643-50.
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45. Murray HB, Tabri N, **Thomas JJ**, Herzog DB, Franko D, Eddy KT. Will I get fat? 22-year weight trajectories of individuals with eating disorders. *Int J Eat Disord*. In press.
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Other peer-reviewed publications

1. Becker AE, Keel PK, Anderson-Fye EP, **Thomas JJ**. Genes and/or jeans?: Genetic and socio-cultural contributions to risk for eating disorders. *J Addict Dis* 2004; 23: 81-103.
2. Hrabosky JI, **Thomas JJ**. Elucidating the relationship between obesity and depression: Recommendations for future research. *Clin Psychol Sci Pract* 2008; 15: 28-34.

3. **Thomas JJ**, Weigel, TJ, Lawton B, Levendusky PG, Becker AE. The cognitive-behavioral treatment of body image disturbance in a congenitally blind patient with anorexia nervosa. *Am J Psychiatry* 2012; 169: 16-20.
4. **Thomas JJ**, Hartmann AS, Killgore WDS. Non-fat-phobic eating disorders: Why we need to investigate implicit associations and neural correlates. *Int J Eat Disord* 2013; 46: 416-419.
5. **Thomas JJ**, Roberto CR, Berg KC. Classics Revisited: The Eating Disorder Examination: A Semi-structured Interview for the Assessment of the Specific Psychopathology of Eating Disorders. *Advances in Eating Disorders: Theory, Research, and Practice* 2014; 2:190-203.
6. Weissman RS, Becker AE, Bulik CM, Frank GW, Klump KL, Steiger H, Strober M, **Thomas JJ**, Waller G, Timothy BT. Speaking of that: Terms to avoid or reconsider in the eating disorders field. *Int J Eat Disord* 2016; 49:349-353.
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8. **Thomas JJ**, Lee S, Becker AE. Updates in the epidemiology of eating disorders in Asia and the Pacific. *Curr Opin Psychiatry* 2016; 29: 354-362.
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10. **Thomas JJ**, Lawson EA, Micali N, Misra M, Deckersbach T, Eddy KT. Avoidant/restrictive food intake disorder: A three-dimensional model of neurobiology with implications for etiology and treatment. *Current Psychiatry Reports*. In press.

Letters to the Editor

1. Eddy KT, Keshaviah A, Edkins K, Hastings E, Krishna M, Franko DL, Herzog DB, **Thomas JJ**, Murray HB. Reply to “Comment on ‘Re-examining premature mortality in anorexia nervosa: A meta-analysis redux’ by Keshaviah et al. [Compr Psychiatry, 55 (2014) 1773-1784].” *Compr Psychiatry* 2015; 61:133-134.

Non-peer reviewed scientific or medical publications/materials in print or other media

Reviews, chapters, monographs, and editorials

1. Judge AM, **Thomas JJ**, Becker AE. Ethnic disparities in overweight and obesity in the U.S.: A review of socio-cultural contributions. In: Melrose L, ed. *New Developments in Obesity Research*. New York: Nova Science Publishers; 2006: 85-119.
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3. **Thomas JJ.** EDNOS. In: Keller KL, ed. *Encyclopedia of Obesity*. Thousand Oaks, CA: Sage; 2008: 223-224.
4. **Thomas JJ.** Toxic environment. In: Keller KL, ed. *Encyclopedia of Obesity*. Thousand Oaks, CA: Sage; 2008: 748-750.
5. **Thomas JJ,** Schwartz MB, Brownell KB. Vulnerability to eating disorders in adulthood. In: Ingram R, Price J, eds. *Vulnerability to Psychopathology: Risk across the Lifespan (2nd edition)*. New York: Guilford; 2009: 454-488.
6. Keel PK, Eddy KT, **Thomas JJ,** Schwartz MB. Vulnerability to eating disorders across the lifespan. In: Ingram R, Price J, eds. *Vulnerability to Psychopathology: Risk across the Lifespan (2nd edition)*. New York: Guilford; 2009: 489-496.
7. Becker AE, **Thomas JJ,** Russell KS, Israel EJ. Patients with an eating disorder. In: Stern TA, Fricchione GL, Cassem NH, Jellinek MS, Rosenbaum JF, eds. *Massachusetts General Hospital Handbook of General Hospital Psychiatry (6th edition)*. Philadelphia: Saunders/Elsevier; 2010: 189-210.
8. **Thomas JJ,** Vartanian LR. Eating disorder not otherwise specified: Theoretical and empirical advances since the publication of a meta-analysis covering 1987-2007. In: Striegel-Moore RH, Wonderlich SA, Walsh BT, Mitchell JE, eds. *Developing an Evidence-Based Classification of Eating Disorders: Scientific Findings for DSM-5*. Arlington, VA: American Psychiatric Association; 2011: 19-34.
9. Becker AE, **Thomas JJ,** Pike KM. Should non-fat-phobic anorexia nervosa be included in DSM-V? In: Striegel-Moore RH, Wonderlich SA, Walsh BT, Mitchell JE, eds. *Developing an Evidence-Based Classification of Eating Disorders: Scientific Findings for DSM-5*. Arlington, VA: American Psychiatric Association; 2011: 299-334.
 **This manuscript was an invited re-publication of reference #11 under “Research investigations published in scientific journals.”
10. **Thomas JJ,** Crosby RD, Wonderlich SA, Striegel-Moore RH, Becker AE. A latent profile analysis of the typology of bulimic symptoms in an indigenous Pacific population: Evidence of cross-cultural variation in phenomenology. In: Striegel-Moore R, Wonderlich S, Walsh BT, Mitchell JE, eds. *Toward an Evidence-Based Classification of Eating Disorders*. Arlington, VA: American Psychiatric Association; 2011: 365-386.
 **This manuscript was an invited re-publication of reference #17 under “Research investigations published in scientific journals.”
11. Nevins CM, Eddy KT, **Thomas JJ.** Diagnostic crossover. In: Barbarich-Marsteller NC, ed. *Anorexia: Symptoms, Treatment and Neurobiology*. New York: Nova; 2012: 1-22.
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13. **Thomas JJ**, Becker AE. Case 10.3: Headaches and fatigue. In: Barnhill J, Kupfer D, Regier D, eds. *DSM-5 Book of Clinical Cases*. Arlington, VA: American Psychiatric Association; 2014: 200-203.
14. **Thomas JJ**, Mickley D, Derenne J, Klibanski A, Murray HB, Eddy KT. Eating disorders: Evaluation and management. In: Stern TE, Fava M, Wilens TE, Rosenbaum JF, eds. *Comprehensive Clinical Psychiatry (2nd edition)*. Philadelphia: Saunders/Elsevier; 2015: 412-427.
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17. **Thomas JJ**, Roberto CA, Berg KA. Assessment measures, then and now— A look back at seminal measures and a look forward to the brave new world. In: Sysko R, Glasofer D, Attia E, Walsh BT, eds. *Handbook of Assessment and Treatment of Eating Disorders*. Arlington, VA: American Psychiatric Association; 2016: 137-156.
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19. **Thomas JJ**. Assessment of feeding and eating disorders. *Eating Disorders & Obesity: A Comprehensive Handbook*. 3rd edition. In: Brownell KD, Walsh BT, eds. New York: Guilford; in press. 2017: 279-283.
20. **Thomas JJ**, Klump K, Weissman RS. Introduction to the special issue on evidence-based advocacy and strategic science. *Int J Eat Disord*; 2017; 50:169.
21. Brennan MM, Nevins CM, **Thomas JJ**. Eating Disorders. In: Stoudemire A, Fogel BS, Greenberg D, eds. *Psychiatric Care of the Medical Patient (3rd edition)*. New York: Oxford University Press; 2015: 656-677.
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23. Bohrer BK, **Thomas JJ**. Other specified feeding or eating disorder (OSFED). *Encyclopedia of Feeding and Eating Disorders*. Wildes JE, Wade, T, eds. SpringerMeteor; in press.
24. Coniglio KA, **Thomas JJ**. Pica, rumination disorder, and avoidant/restrictive food intake disorder. In Martin A, Volkmar FR (Eds.), *Lewis's Child & Adolescent Psychiatry: A Comprehensive Textbook*. 5th edition. In press. Philadelphia: Lippincott Williams & Wilkins.

25. Zayas LV, **Thomas JJ**, Becker AE. Eating disorders. In: Stern TA, Herman JB, Gorrindo TL, eds. *Massachusetts General Hospital Psychiatry Update and Board Preparation, Fourth Edition*. MGH Psychiatry Academy; in press.
26. Murray HB, **Thomas JJ**. Rumination disorder in adults: A cognitive-behavioral formulation and treatment. In: Anderson L, Murray S, Kaye W, eds. *Handbook of Complex and Atypical Eating Disorders*. Oxford University Press. in press.
27. **Thomas JJ**, Israel EJ, Zayas LV, Russell KS, Coniglio K, Fox, R. Patients with disordered eating. In: Stern TA, Fricchione GL, Cassem NH, Jellinek MS, Rosenbaum JF, eds. *Massachusetts General Hospital Handbook of General Hospital Psychiatry (7th edition)*. Philadelphia: Saunders/Elsevier; in press.

Books

1. **Thomas JJ**, Schaefer J. *Almost Anorexic: Is My (Or My Loved One's) Relationship with Food a Problem?* Center City, MN: Hazelden/Harvard Health Publications; 2013.
2. **Thomas JJ**, Eddy KT. *Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder: Children, Adolescents, and Adults*. Cambridge, UK: Cambridge University Press; in preparation.

Professional Educational Materials or Reports

1. **Thomas JJ**. Book Review Corner: Restoring Our Bodies, Reclaiming Our Lives: Guidance and Reflection on Recovery from Eating Disorders. *AED Forum* 2011; 19(2).
2. **Thomas JJ**. Book Review Corner: 50 Ways to Soothe Yourself without Food. *AED Forum* 2011; 19(3).
3. **Thomas JJ**. Book Review Corner: Eating Disorders and the Brain. *AED Forum* 2011; 19(4).
4. **Thomas JJ**. Book Review Corner: A Collaborative Approach to Eating Disorders. *AED Forum* 2012; 20(1).
5. **Thomas JJ**. The end of an era for AED's flagship journal: *IJED* editor-in-chief Michael Strober passes the baton. *AED Forum* 2012; 20(1).
6. **Thomas JJ**. Book Review Corner: Brave Girl Eating: A Family's Struggle with Anorexia. *AED Forum* 2012; 20(2).
7. **Thomas JJ**. The next generation for AED's flagship journal: Ruth Striegel to become *IJED*'s next editor-in-chief. *AED Forum* 2012; 20(2).
8. **Thomas JJ**. Book Review Corner: The Woman in the Mirror: How to Stop Confusing What You Look Like with Who You Are. *AED Forum* 2012; 20(3).

9. **Thomas JJ.** Book Review Corner: Night Eating Syndrome: Research, Assessment, and Treatment. *AED Forum* 2012; 20(4).
10. **Thomas JJ.** Book Review Corner: Food To Eat. *AED Forum* 2013; 21(1).
11. **Thomas JJ.** Pamela Keel: Our next AED President. *AED Forum* 2013; 21(1).
12. **Thomas JJ.** Book Review Corner: Animal Models of Eating Disorders. *AED Forum* 2013; 21(3).
13. **Thomas JJ.** Book Review Corner: Overcoming Binge Eating. *AED Forum* 2014; 21(4).
14. **Thomas JJ.** Book Review Corner: A Clinician's Guide to Binge Eating Disorder. *AED Forum* 2014; 22(1).
15. **Thomas JJ.** Glenn Waller: Our next AED President. *AED Forum* 2014; 22(1).

Theses

1. **Thomas JJ.** Evaluating the effects of eating disorder memoirs on readers' eating attitudes and behaviors. Master of Science Thesis in Clinical Psychology at Yale University Graduate School of Arts and Sciences; 2005.
2. **Thomas JJ.** Should the diagnostic criteria for anorexia nervosa be relaxed? A meta-analysis. Master of Philosophy Thesis in Clinical Psychology at Yale University Graduate School of Arts and Sciences; 2005.
3. **Thomas JJ.** A meta-analysis of the differences between EDNOS and bulimic spectrum eating disorders. Doctoral Dissertation in Clinical Psychology at Yale University Graduate School of Arts and Sciences; 2008.

Abstracts, Poster Presentations, and Exhibits Presented at Professional Meetings (past 3 years only)

1. Zayas LV, Murray HB, Abel MR, Klosterman E, Bean P, Weltzin T, **Thomas JJ.** Sex differences in eating pathology of anorexia nervosa and bulimia nervosa across new *DSM-5* severity categories. Invited paper presentation in "Assessment of Males" Special Interest Group Panel at the International Conference on Eating Disorders, Boston, MA; 2015.
2. Hartmann AS, Murray HB, Eddy KT, **Thomas JJ.** Pica and rumination disorder: The understudied feeding disorders—frequencies from consecutive intakes to an outpatient eating disorder clinic. Poster presentation at the International Conference on Eating Disorders, Boston, MA; 2015.
3. Murray HB, Plessow F, Mancuso CJ, Gray E, Baskaran C, Slattery M, Tolley C, Franko DL, Misra M, Lawson EA, Eddy KT, **Thomas JJ.** What lies beneath: Can we unmask implicit desire for thinness in non-fat phobic eating disorders? Poster presentation at the annual Eating Disorders Research Society meeting, Taormina, Sicily, Italy; 2015.
4. Coniglio KA, Eddy KT, Franko DL, Becker KR, Zayas LV, **Thomas JJ.** Won't stop or can't stop? Food restriction as a habitual behavior among individuals with eating disorders. Poster presentation at the annual International Conference on Eating Disorders, San Francisco, CA; 2016

5. Davis Becker KR, Coniglio KA, **Thomas JJ**, Eddy KT. Reasons for restriction: Avoidant and restrictive food intake disorder versus anorexia nervosa. Poster presentation at the annual International Conference on Eating Disorders meeting, San Francisco, CA; 2016.
6. Davis Becker KR, **Thomas JJ**, Coniglio, KA, Franko DL, Zayas LV, Germaine L, Eddy KT. Global or local processing style: Explaining the relationship between trait anxiety and binge eating. Paper presentation at the annual International Conference on Eating Disorders meeting, San Francisco, CA; 2016.
7. Franko DL, **Thomas JJ**, Murray HB, Tabri N, Thompson-Brenner H, Herzog DB, Coniglio KA, Eddy KT. What is the symptom picture and quality of life in long-term anorexia nervosa? Paper presentation at the International Conference on Eating Disorders meeting, San Francisco, CA; 2016.
8. Graves TA, Tabri N, Thompson-Brenner H, Franko DL, Eddy KT, Bourion-Bedes S, Brown A, Constantino MJ, Flückiger C, Forsberg S, Hildebrandt T, Isserlin L, Couturier J, Paulsson Karlsson G, Mander J, Teufel M, Mitchell JE, Crosby RD, Prestano C, Satir DA, Simpson S, Sly R, Lacey JH, Stiles-Shields C, Tasca GA, Waller G, Zaitsoff SL, Rienecke R, Le Grange D, **Thomas JJ**. A meta-analysis of the relation between therapeutic alliance and treatment outcome in eating disorders. Paper presentation at the International Conference on Eating Disorders, San Francisco, CA; 2016.
9. Kandemir N, Becker K, Slattery M, Tulsiana S, Singhala V, **Thomas JJ**, Coniglio K, Lee H, Eddy KT, Klibanski A, Misra M. Impact of low weight severity and menstrual status on bone in adolescents with anorexia nervosa. Poster presentation at American Society for Bone and Mineral Research, Atlanta, Georgia; 2016.
10. Pulumo R, Coniglio K, Lawson EA, Micali N, Asanza E, Eddy KT, **Thomas JJ**. DSM-5 Presentations of avoidant/restrictive food intake disorder: Are categories mutually exclusive or overlapping? Poster presentation at the Eating Disorders Research Society meeting, New York, NY; 2016.
11. Coniglio KA, Becker KR, Eddy KT, **Thomas JJ**. Factorial integrity and validation of the Eating Pathology Symptoms Inventory (EPSI). Poster presentation at the Eating Disorders Research Society meeting, New York, NY; 2016.
12. Eddy KT, **Thomas JJ**, Mancuso CJ, Coniglio KA, Slattery M, Baskaran C, Plessow F, Becker KR, Pulumo R, Holsen L, Murray HB, Franklin R, Deckersbach T, Misra M, Lawson EA. Reduced homeostatic and hedonic appetite in adolescents with low weight eating disorders: Candidate neurodevelopmental maintaining mechanisms? Paper presentation at the 2017 Eating Disorders Research Society meeting, New York, NY.
13. Sysko R, Gianini L, Roberto CA, Attia E, Walsh BT, **Thomas JJ**, Eddy KT, Grilo C, Weigel T. Examining the psychological and functioning correlates of DSM-5 eating disorder severity specifiers. Paper presentation at the 2016 Eating Disorders Research Society meeting, New York, NY.
14. Bryant-Waugh R, **Thomas JJ**, Eddy, KT, Micali N, Melhuish L, Cooke L. The development of the Pica, ARFID, and Rumination Disorder Interview (PARDI). Poster presentation at the annual Eating Disorders Research Society conference, New York, NY; 2016.
15. Eddy KT, **Thomas JJ**, Micali N, Holsen L, Deckersbach T, Misra M, Lawson EA. Integrating fMRI and endocrine data across adolescent eating disorder presentations to inform conceptualization of neurodevelopmental maintaining mechanisms. Pre-conference symposium presentation at the 2016 Eating Disorders Research Society meeting, New York, NY.
16. Coniglio KA, Cooper AR, Becker KR, Franko DL, Zayas LV, Eddy KT, **Thomas JJ**. Time to eat! Less regular eating patterns in individuals who binge and/or purge. Paper presentation at the 2017 International Conference on Eating Disorders, Prague, Czech Republic.

17. DuBois RH, Rodgers RF, Franko DL, Eddy KT, **Thomas JJ**. Weight and shape overvaluation as a core symptom in eating disorder psychopathology: A transdiagnostic and disorder-specific network analysis . Paper presentation at the 2017 International Conference on Eating Disorders, Prague, Czech Republic.
18. Becker KR, Tabri N, Coniglio KA, Fischer S, Plessow F, Franko DL, Eddy KT, **Thomas JJ**. Body dissatisfaction predicts engagement in non-compensatory purging among eating disorder patients who have a greater tendency to be intolerant of negative emotions. Oral paper presentation at the 2017 International Conference on Eating Disorders, Prague, Czech Republic.
19. Plessow F, Baskaran C, Becker K, Mancuso CJ, Izquierdo AM, Coniglio KA, Asanza E, Slattery M, **Thomas JJ**, Eddy KT, Misra M, Lawson EA. Estrogen status is associated with delay of gratification in girls and young women with low-weight eating disorders. Poster to be presented at the 99th Annual Meeting of the Endocrine Society. April 2017; Orlando, FL, USA.
20. Tabri N, Wohl MJA, Eddy KT, **Thomas JJ**. (2017, May). When financial success defines the self: The consequences of overvalued ideation about financial success for disordered gambling. In N. Tabri (Chair), *Overvalued ideation as a transdiagnostic feature across psychiatric disorders*. Symposium to be conducted at the 29th Annual Convention of the Association for Psychological Science in Boston, MA.

Narrative Report

I am a clinical psychologist serving as Co-Director of the MGH Eating Disorders Clinical and Research Program (EDCRP) along with my fellow Co-Director, Dr. Kamryn Eddy. Our multidisciplinary clinical and research team comprises 15 active members including psychologists, psychiatrists, post-doctoral fellows, nurse practitioners, and research assistants. My primary area of excellence is clinical expertise and innovation, and my significant supporting activities are teaching, investigation, institutional service, and community education.

Area of Excellence: Clinical Expertise and Innovation

Prior to the 2013 publication of *DSM-5*, the majority of individuals with eating disorders did not fit into narrow *DSM-IV* classifications. In 2009 my colleagues and I published a *Psychological Bulletin* systematic review and meta-analysis in which we proposed revised diagnostic criteria. The *DSM-5* Eating Disorders Work Group invited me along with other classification researchers to present our data in Arlington, VA in both 2008 and 2009. The final 2013 *DSM-5* criteria included revisions similar to those we proposed, and *DSM-5* text guidance cites two of my team's peer-reviewed journal articles from *Psychological Medicine* and *International Journal of Eating Disorders*. In order to enhance public access to these findings, in 2013 I partnered with writer Jenni Schaefer (who has recovered from anorexia nervosa) to publish the trade book *Almost Anorexic: Is My (Or My Loved One's) Relationship with Food a Problem?* which sold 5,382 copies in its first year of print. In 2014, I was named one of 142 Fellows of the Academy for Eating Disorders.

I have also, along with Dr. Eddy, developed a novel form of cognitive-behavioral therapy for a new *DSM-5* eating disorder called Avoidant Restrictive Food Intake Disorder (CBT-AR). A forthcoming case report in the *New England Journal of Medicine* illustrates its key principles, we are currently testing its efficacy in a foundation funded pilot study, and we have a contract with Cambridge University Press to publish our treatment manual so that it may be disseminated to clinicians around the world by early 2018.

The MGH EDCRP, which I co-direct, provides consultation and treatment for patients locally, regionally, nationally, and internationally. Under my co-leadership, the program provide clinical services to

approximately 200 patients per year. We have implemented clinical innovations that have enhanced access to care, including a time-limited therapeutic approach and novel treatment modalities (guided self-help, group cognitive-behavioral therapy, and family-based treatment). We have also provided consultation and training to other MGH departments, including Adolescent Medicine and Nutrition, to coordinate the multi-disciplinary implementation of evidence-based interventions such as cognitive-behavioral therapy and family-based treatment.

Teaching and Education

I am frequently invited to give lectures on eating disorder diagnosis and treatment both regionally and nationally. As Co-Chair for the 2015 International Conference on Eating Disorders (ICEDs), I co-lead the planning for a conference which this spring drew 1,100 attendees, including 30% from outside the U.S. Now, as Director of Annual Meetings for the Academy for Eating Disorders, I oversee planning for all upcoming ICEDs. Each year, the EDCRP's Summer Fellowship Program attracts applicants both nationally and internationally to study intensively with our research team. I also supervise graduate students, post-doctoral fellows, and junior faculty in study design, multivariate data analysis, and scientific writing. Currently I serve as co-mentor for a NIMH F32 post-doctoral fellowship for Dr. Kendra Becker. To date, 15 of my mentees have authored or co-authored empirical papers, book chapters, or conference presentations with me. I also provide clinical supervision for MGH psychology interns and psychiatry residents.

Significant Supporting Activities

Investigation: My clinical research program has focused on the development of an eating disorder typology that better reflects clinical reality. I am principal investigator on an NIMH R01 on the neurobiology of avoidant/restrictive food intake disorder and have also received funding from private foundations (Klarman Family Foundation; Hilda and Preston Davis Foundation; American Psychological Foundation). I have published >80 scientific articles and book chapters. I also serve as Associate Editor for the *International Journal of Eating Disorders*; and contribute as *ad hoc* reviewer for over 30 other journals. In 2011, I was invited to join the Eating Disorders Research Society, which had just 185 members worldwide.

Administration and Institutional Service: In addition to co-leading the EDCRP, I have held multiple service and leadership roles at MGH. After serving on the Partners Human Research Committee for 3 years, I now sit on multiple Data Safety and Monitoring Boards in Psychiatry and Neuroendocrinology, 2 of which I chair. I also currently co-chair the MGH Psychiatry Department Grand Rounds series.

Education of Patients and Service to the Community: My eating disorder research has been highlighted in media outlets both nationally (*Dr. Oz*, *Today Show*, *Good Morning America*, *New York Times*, *Cosmopolitan*, *Huffington Post*) and internationally in the United Kingdom (*UK Daily Mail*), Spain (*El Pais*), and Israel (*Yedioth Aharonot*). I also educate the community via Web 2.0. The YouTube video series that I created in 2013 describing the core concepts of *Almost Anorexic* received a total of 26,269 views in the first year, and I have co-lead several Twitter chats and webinars for patients and families sponsored by national organizations (Academy for Eating Disorders, National Eating Disorders Association).