

**CURRICULUM VITAE**  
**Tricia M. Leahey, Ph.D.**

University of Connecticut  
College of Agriculture and Natural Resources  
Department of Allied Health Sciences  
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[tricia.leahey@uconn.edu](mailto:tricia.leahey@uconn.edu)

**EDUCATION**

Undergraduate:	State University of New York at Binghamton
Major Field:	Psychology
Degree:	Bachelor of Arts, 2002
Honors:	Dean's Academic Honor List University-wide Recognition Award Member of Psi Chi Undergraduate Research Grant
Graduate:	Kent State University
Major Field:	Clinical Psychology
Minor Field:	Health Psychology
Degrees:	Master of Arts, 2004 Doctor of Philosophy, 2008
Honors:	Distinguished Teaching Award, 2005 Northeastern Ohio College of Medicine Best Student Research Presentation, 2006 Best Student Research Award, 2006 Research Fellowship Award, 2006-2007 Lillian Friedman Fellowship Award, 2006-2007 Graduate Student Senate Travel Award, 2004-2007
Internship:	Brown Medical School Clinical Psychology Training Consortium
Specialty:	Behavioral Medicine, specialization in obesity research
Attended:	2007-2008
Honors:	The Obesity Society's Pat Simon's Travel Grant, 2007

**POSTGRADUATE TRAINING**

Fellowship:	Brown Medical School
Specialty:	NIH F32 NRSA (NIDDK), Obesity research
PI:	Leahey
Attended:	2008-2010

## **POSTGRADUATE HONORS & AWARDS**

NIH Ruth L. Kirschstein Award (F32), 2008-2010

NIH OBSSR / NHLBI 2011 Summer Institute on the Design and Conduct of Randomized Clinical Trials Involving Behavioral Interventions, selected Fellow

NIH Loan Repayment Program, NIDDK, 2009-2012

The Obesity Society's Annual Poster Award for Excellence in Science with a Focus on eHealth / mHealth, 2012

Research Mentor Award, Brown Alpert Medical School's Department of Psychiatry and Human Behavior, 2012-2013

Invited Faculty Member, NIH OBSSR / NHLBI 2013 Summer Institute on the Design and Conduct of Randomized Clinical Trials Involving Behavioral Interventions. Coordinator: Peter Kaufmann, PhD, Deputy Chief, Clinical Applications and Prevention Branch, NHLBI.

The Obesity Society's Annual Poster Award for Excellence in Science with a Focus on eHealth / mHealth, 2013

Invited Faculty Member, NIH OBSSR / NHLBI 2014 Summer Institute on the Design and Conduct of Randomized Clinical Trials Involving Behavioral Interventions. Coordinator: Peter Kaufmann, PhD, Deputy Chief, Clinical Applications and Prevention Branch, NHLBI.

## **ACADEMIC APPOINTMENTS**

Instructor  
Department of Psychology  
Kent State University  
Kent, Ohio  
2004-2006

Lecturer  
Department of Psychology  
Kent State University  
Kent, Ohio  
2006

Assistant Professor (Research)  
Department of Psychiatry and Human Behavior  
Brown Medical School  
Providence, Rhode Island  
2010-2014

Adjunct Professor  
Department of Psychiatry and Human Behavior  
Brown Medical School  
Providence, Rhode Island

2014-present

Associate Professor  
Department of Allied Health Sciences  
University of Connecticut  
Storrs, Connecticut  
2014-present

### **HOSPITAL APPOINTMENTS**

Behavioral Specialist  
Department of Psychiatry  
SUMMA Health Systems  
Akron, OH  
2006-2007

Staff Psychologist  
Centers for Behavioral and Preventive Medicine  
The Miriam Hospital  
Providence, RI  
2010-2014

### **OTHER APPOINTMENTS**

#### **GRANT REVIEWS**

Ad-hoc Member, NIH Psychosocial Risk and Disease Prevention Study Section (PRDP), R01, R03, and R21 mechanisms (May, 2012). CSR Scientific Review Officer, Stacey Fitzsimmons.

Invited External NIH Grant Reviewer, University of Houston, 2012.

Standing Member, NIH Psychosocial Risk and Disease Prevention Study Section (PRDP), R01, R03, and R21 mechanisms (August, 2013-July, 2017). CSR Scientific Review Officer, Stacey Fitzsimmons.

#### **EDITORIAL BOARD MEMBERSHIP / SCIENTIFIC REVIEWER**

Member, Standing Reviewer, *The Journal of the American Dietetic Association*, 2012-present.

Scientific Advisory Board, *Journal of Behavioral Health*, 2012-present.

Technical Expert, Comparative effectiveness review on approaches to weight maintenance in adults, John Hopkins University Evidence-based Practice Center, 2012.

Invited Member, Harvard Medical School's 5th World Congress on Social Media, Mobile Apps, and Internet/Web 2.0 Conference Abstract Review Committee, 2012.

Lead Editor, Special Section: Social networks and obesity, *Journal of Obesity*, 2012-2013.

Invited Member, Society of Behavioral Medicine Rapid Submission Abstract Review Committee, 2012, 2013.

Editorial Board, *Journal of Psychology and Brain Disorders*, 2013-present.

Editorial Board, *Journal of Neurology and Psychology*, 2013-present.

Invited Scientific Reviewer, NIH/NIDDK's Weight Control Information Network: *Tips to Help you Get Active*, 2013.

Invited Abstract Reviewer, The Obesity Society, 2013.

Expert Advisory Board, DietBet, Inc., 2013-2014.

Invited Scientific Session Co-Chair, Society of Behavioral Medicine, Evaluations of weight loss interventions, 2014.

Obesity and Eating Disorders Special Interest Group Awards Committee Abstract Reviewer, Society of Behavioral Medicine, 2014.

Invited Abstract Reviewer, Medicine 2.0: Social Media, Mobile Apps, and Internet/Web 2.0 in Health Medicine and Biomedical Research Conference, 2014.

Invited Scientific Reviewer, NIH/NIDDK's Weight Control Information Network: *Getting on Track: Physical Activity and Healthy Eating for Men*, 2014.

Chief Scientist, Waybetter, Inc., 2014-present

Invited Scientific Session Co-Chair, Society of Behavioral Medicine, Weight management and weight loss, 2015.

Ad-Hoc Reviewer

*Appetite*

*BMC Medical Research Methodology*

*Behavior Therapy*

*Body Image*

*Clinical Nutrition*

*Contemporary Clinical Trials*

*Diabetes Research and Clinical Practice*

*European Journal of Clinical Nutrition*

*Health Education and Behavior*

*Health Psychology*

*International Journal of Obesity*

*Journal of Behavioral Health*

*Journal of Behavioral Medicine*

*Journal of Consulting and Clinical Psychology*

*Journal of Medical Internet Research*

*Journal of Obesity*

*Journal of Psychosomatic Research*

*Journal of the Society for Clinical Trials*

*New England Journal of Medicine*

*Nutrients*

*Nutrition Journal*

*Obesity*

*Patient Education and Counseling*

*Preventive Medicine*

*Social Science and Medicine*

*Surgery for Obesity and Related Diseases*

*Translational Behavioral Medicine*

*Western Journal of Nursing Research*

**HOSPITAL COMMITTEES**

Clinical Psychology Internship Admissions Committee – Behavioral Medicine Track  
Brown Medical School  
Department of Psychiatry and Human Behavior  
Providence, Rhode Island  
2007-2008

Clinical Psychology Internship Admissions Committee – Obesity Research  
Brown Medical School  
Department of Psychiatry and Human Behavior  
Weight Control and Diabetes Research Center  
Providence, Rhode Island  
2008-2013

### **UNIVERSITY COMMITTEES**

Clinical Training Committee Student Representative  
Kent State University  
Department of Psychology  
Kent, Ohio  
2005-2006

Substance Abuse Faculty Search Committee Student Representative  
Kent State University  
Department of Psychology  
Kent, Ohio  
2005-2006

Department Head Search Committee  
University of Connecticut  
Department of Allied Health Sciences  
Storrs, Connecticut  
2014-2015

Graduate Certificate Subcommittee  
University of Connecticut  
Department of Allied Health Sciences  
Storrs, Connecticut  
2014-2015

### **MEMBERSHIP IN SOCIETIES**

The Obesity Society, 2007-present  
Society of Behavioral Medicine, 2011-present  
American Psychological Association, 2001-present

### **PUBLICATION LIST**

## PEER-REVIEWED PUBLICATIONS

- 1) **Leahey, T. M.**, Crowther, J. H., & Mickelson, K. D. (2007). An ecological momentary assessment of the frequency, nature, and effects of naturally occurring appearance-focused social comparisons. *Behavior Therapy*, 38, 132-143. (PMID: 17499080)
- 2) **Leahey, T. M.** & Crowther, J. H. (2008). An ecological momentary assessment of comparison target as a moderator of the effects of appearance-focused social comparisons. *Body Image*, 5, 307-311. (PMID: 18585108)
- 3) **Leahey, T. M.**, Myers, T., Gunstad, J., Glickman, E., Spitznagel, M., Alexander, T., & Juvancic-Heltzel, J (2008). AB40 is associated with cognitive function, body fat, and physical fitness in healthy older adults. *Nutritional Neuroscience*, 10, 205-209. (PMID: 19284028)
- 4) Stanek, K., Gunstad, J., **Leahey, T.M.**, Glickman, E., Alexander, T., Spitznagel, M., Juvancic-Heltzel, J., & Murray, L. (2008). Serum brain-derived neurotrophic factor is associated with reduced appetite in healthy older adults. *Journal of Nutrition Health and Aging*, 12, 183-185. (PMID: 18309438)
- 5) Crowther, J. H., Arney, M., Luce, K. L., Dalton, G., & **Leahey, T. M.** (2008). The point prevalence of bulimia nervosa over 15 years. *International Journal of Eating Disorders*, 41, 491-497. (PMID: 18433014)
- 6) **Leahey, T. M.**, Crowther, J. H., & Irwin, S. R. (2008). A Cognitive-behavioral Mindfulness Group Therapy Intervention for the Treatment of Binge Eating in Bariatric Surgery Patients. *Cognitive and Behavioral Practice*, 15, 364-75.
- 7) Marquez, B., **Leahey, T. M.**, & Wing, R.R. (2009). Overweight and obesity in Rhode Island: Developing programs to combat the obesity epidemic. *Medicine and Health: Rhode Island*, 92, 45-47. (PMID: 19288683)
- 8) Bond, D.S., **Leahey, T. M.**, Vithiananthan, S., & Ryder, B. (2009). Bariatric surgery for severe obesity: The role of patient behavior. *Medicine and Health: Rhode Island*, 92, 58-60. (PMID: 19288687)
- 9) **Leahey, T. M.**, Bond, D.S., Irwin, S.R, Crowther, J.H., & Wing, R.R. (2009). When is the best time to deliver a behavioral intervention to bariatric surgery patients, pre- or post-operatively? *Surgery for Obesity and Related Diseases*, 5, 99-102. (PMID: 19071068)
- 10) Bond, D. S., Phelan, S., **Leahey, T. M.**, Hill, J. O., & Wing, R.R. (2009). Weight loss maintenance in successful weight losers. *International Journal of Obesity*, 33, 173-180. (PMCID: PMC2624545)
- 11) Bond, D. S., Vithiananthan, S., **Leahey, T. M.**, Thomas, J. G., Sax, H. C., Pohl, D., Ryder, B., Roye, D. G., Giovanni, J., Wing, R. R. (2009). Prevalence and degree of sexual dysfunction in a sample of women seeking bariatric surgery. *Surgery for Obesity and Related Diseases*, 5, 698-704. (PMCID: 2788038)
- 12) Bond, D. S., Jakicic, J. M., Vithiananthan, S., Thomas, G., **Leahey, T. M.**, Sax, H. C., Pohl, D., Roye, D., Ryder, B. A., Wing, R. R. (2010). Objective quantification of physical

activity in bariatric surgery candidates and normal-weight controls. *Surgery for Obesity and Related Diseases*, 6, 72-78. (PMCID: PMC2818132)

- 13) **Leahey, T. M.**, Crane, M., Pinto, A. M., Weinberg, B., Kumar, R., & Wing, R. R. (2010). Effect of teammates on changes in physical activity in a statewide campaign. *Preventive Medicine*, 51, 45-49. (PMCID: PMC20394768)
- 14) **Leahey, T. M.**, Gokee LaRose, J., Fava, J., & Wing, R. R. (2011). Social influences are associated with BMI and weight loss intentions in young adults. *Obesity*. (PMCID: PMC3079776)
- 15) **Leahey, T. M.**, Crowther, J. H., & Ciesla, J. (2011). An ecological momentary assessment of the effects of weight and shape social comparisons on women with eating pathology, high body dissatisfaction, and low body dissatisfaction. *Behavior Therapy*, 42, 197-210. (PMCID: PMC3491066)
- 16) Thomas, J. G., Bond, D. S., Ryder, B., **Leahey, T. M.**, Vithianathan, S., Roye, D., & Wing, R. R. (2011). Ecological momentary assessment of recommended postoperative eating and activity behaviors. *Surgery for Obesity and Related Diseases*, 7, 206-212. (PMID: 21130703)
- 17) McCaffery, J. M., Franz, C. E., Jacobson, K., **Leahey, T. M.**, Xian, H., Wing, R. R., Lyons, M. J., Kremen, W. S. (2011). Effects of social contact and zygosity on 21-year weight change in male twins. *American Journal of Clinical Nutrition*, 94, 404-9.
- 18) **Leahey, T. M.**, Thomas, J. G., Gokee LaRose, J., & Wing, R. R. (2012). A randomized trial testing a contingency-based weight loss intervention involving social reinforcement. *Obesity*, 20, 324-9.
- 19) **Leahey, T. M.**, Bond, D. S., Raynor, H., Roye, D., Pohl, D., Vithianathan, S., Ryder, B., Sax, H. C., & Wing, R. R. (2012). Effects of bariatric surgery on food cravings: Do food cravings and the consumption of craved foods "normalize" after surgery? *Surgery for Obesity and Related Diseases*, 8, 84-91. (PMID: 21925967)
- 20) Niemeier, H. M., **Leahey, T. M.**, Palm, K., Brown, R., & Wing, R. R. (2012). An acceptance-based behavioral intervention for weight loss: A pilot study. *Behavior Therapy*, 43, 427-35. (PMCID: PMC3535069)
- 21) **Leahey, T.M.**, Kumar, R., Weinberg, B., Wing, R.R. (2012). Teammates and social influence affect weight loss outcomes in a team-based weight loss competition. *Obesity*, 20, 1413-8. (PMCID:3676749)
- 22) Gokee LaRose, J., **Leahey T. M.**, Weinberg, B., Kumar, R., & Wing, R. R. (2012). Young adults' performance in a low-intensity weight loss campaign. *Obesity*, 20, 2314-6. (PMCID:3671910)
- 23) **Leahey, T.M.** & Wing, R.R. (2013). A randomized controlled pilot study testing three types of health coaches for obesity treatment: Professional, peer, and mentor. *Obesity*, 21, 928-34. (PMCID: PMC3484232)
- 24) Gokee LaRose, J., **Leahey, T. M.**, Hill, J. O., & Wing, R. R. (2013). Differences in motivations and weight loss behaviors in young adults and older adults in the National Weight Control Registry. *Obesity*, 21, 449-53. (PMCID: 3630273)

- 25) Luce, K. H., Crowther, J. H., **Leahey, T. M.**, Buchholz, L. J. (2013). Do restrained eaters restrict their caloric intake prior to drinking alcohol? *Eating Behaviors*, 14, 361-5. (PMID: Pending)
- 26) **Leahey, T.M.**, Xu, X., Unick, J., Wing, R. R. (2014). A preliminary investigation of the role of self-control in behavioral weight loss treatment. *Obesity Research and Clinical Practice*, 8, 115-200. (PMCID: Pending)
- 27) Wing, R.R., **Leahey, T.M.**, Jeffery, R., Coday, M., Hill, J. O., Johnson, K. C., Espeland, M. A., & the Look AHEAD Research Group (2014). Do weight loss and adherence cluster within behavioral treatment groups? *Obesity*, 22, 638-44. (PMCID: Pending)
- 28) **Leahey, T.M.**, Thomas, J. G., Fava, J., Subak, L., Schembri, M., Krupel, K., Weinberg, B., Kumar, R., & Wing, R. R. (in press). Adding evidence-based behavioral weight loss strategies to a statewide wellness campaign: A randomized clinical trial. *American Journal of Public Health*.
- 29) **Leahey, T. M.**, Rosen, J. (in press). DietBet, Inc.: A web-based social gaming, financial incentive initiative for weight loss. *Journal of Medical Internet Research: Serious Gaming*.
- 30) Xu, X., Demos, K., **Leahey, T.M.**, Hart, C., Trautvetter, J., Coward, P., Middleton, K., Wing, R.R. (in press). Failure to replicate depletion of self-control. *Plos One*.
- 31) Thomas, J. G., **Leahey, T.M.**, & Wing, R. R. (in press). Innovative technology to improve patient adherence to physician weight loss recommendations. *Diabetes Care*.
- 32) **Leahey, T.M.**, Thomas, J. G., Krupel, K., Weinberg, B., Kumar, R., & Wing, R. R. Small financial incentives cost-effectively improve outcomes in a statewide obesity initiative: A randomized clinical trial.
- 33) Rancourt, D., **Leahey, T. M.**, & Crowther, J. H. An ecological momentary assessment of the effects of social comparison processes on weight control thoughts and behaviors in overweight and obese women.

#### **NON PEER-REVIEWED PUBLICATIONS**

- 1) Wing, R. R., **Leahey, T. M.**, Espeland, M. Response to: "Clustering effects in group based-behavioral weight loss trials." *Obesity*, in press.

#### **BOOKS AND BOOK CHAPTERS**

- 1) Crowther, J. H., & **Leahey, T. M.** (2010). Eating disorders. In C. S. Clauss-Ehlers (Ed.), *The Encyclopedia of Cross-cultural School Psychology*. New York: Springer Publishers.

#### **PUBLICATIONS SUBMITTED OR IN PREPARATION**

Under Review



- 1) Mitchell, M., Goodman, J., Alter, D., Oh, P., **Leahey, T.M.**, & Faulkner, G.E. A feasibility study of financial incentives to increase exercise among Canadian cardiac rehabilitation patients.
- 2) **Leahey, T. M.**, Xu, X., Doyle, C., Bihuniak, J., Wing, R. R. Effects of social networks and social norms on obesity treatment outcomes.
- 3) Unick, J. **Leahey, T.M.**, Kent, K., Wing, R. R. Examination of whether initial weight loss predicts 1-year weight loss among those enrolled in an internet-based weight loss program.

#### In Preparation

- 1) **Leahey, T. M.** & Wing, R. R., Behavioral economics approach to weight loss maintenance: A randomized controlled trial.

#### **ABSTRACTS**

- 1) Crowther, J. H., **Leahey, T. M.**, Sherwood, N., Dalton, G., Horton, H., & Pole, M. (2003, November). *The role of avoidance coping, self-nurturance, and hunger in bulimia nervosa*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.
- 2) **Leahey, T. M.**, Reddy, S. R., & Crowther, J. H. (2004, November). *Changes in body image and body image dissatisfaction across the years*. Presentation given at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- 3) Reddy, S. D., Karazsia, B., **Leahey, T. M.**, & Crowther, J. H. (2004, November). *Body image amongst men and women: Are there gender differences in the pathways to body dissatisfaction?* Presentation given at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- 4) **Leahey, T. M.**, Crowther, J. H., & Mickelson, K. D. (2005, November). *An ecological momentary assessment of the effects of appearance-focused social comparisons on women's affect and cognitions*. Presentation given at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.
- 5) Swaim, J. C., **Leahey, T. M.**, McMullen, M. J., Williams, C. J., Gilbertson, A. D., Moore, J. L. (2005, August). *Psychological sequelae of non-lethal gunshot incidents*. Presentation given at the annual meeting of the American Psychological Association, Washington, DC.
- 6) **Leahey, T. M.**, & Crowther, J. H. (2006, November). *The effects of naturally occurring appearance-focused social comparisons on women with depressive symptomatology*. Presentation given at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- 7) **Leahey, T. M.**, Irwin, S. R., St-Hilaire, A., Crowther, J. H., & Akamatsu, T. J. (2006, June). *A preliminary look at the development and effectiveness of a group therapy for the treatment of disordered eating in morbidly obese patients seeking weight-reduction surgery*. Presentation given at the annual meeting of the Northeastern Ohio Colleges of Medicine Department of Psychiatry Research and Scholarly Activities Day, Akron, OH.

- 8) **Leahey, T. M.**, & Crowther, J. H. (2007, November). *A naturalistic examination of the effects of body-focused social comparisons with media images*. Presentation given at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- 9) Reddy, S. D., Crowther, J. H., **Leahey, T. M.**, Irwin, S., & Gunstad, J. (2007, November). *Binge eating in morbidly obese individuals undergoing bariatric surgery: A comparison of the Eating Disorder Examination Questionnaire and the Questionnaire on Eating and Weight Patterns Revised*. Presentation given at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- 10) Luce, K. H., Crowther, J. H., & **Leahey, T. M.** (2007, August). *Do restrained eaters restrict their caloric intake prior to drinking?* Presentation given at the annual meeting of the American Psychological Association, San Francisco, CA.
- 11) **Leahey, T.M.**, Crowther, J.H., Wing, R.R. (October, 2007). A naturalistic assessment of the effects of weight comparisons on diet, exercise, and motivation to lose weight. Presentation given at the annual meeting of The Obesity Society, Phoenix, AZ.
- 12) **Leahey, T.M.**, Bond, D., Irwin, S., Crowther, J.H., Wing, R.R. (October, 2007). When is the best time to deliver a behavioral intervention to bariatric surgery patients, pre- or post-surgery? Presentation given at the annual meeting of The Obesity Society, Phoenix, AZ.
- 13) Bond, D. S., Phelan, S., **Leahey, T. M.**, Hill, J. O., & Wing, R.R. (2008, March). Successful long-term weight loss maintenance after bariatric surgery: Can similar weight losses be achieved and maintained through non-surgical methods? Presentation given at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.
- 14) Crane, M., Kumar, R., Weinberg, B., Pinto, A., Gorin, A., Fava, J., **Leahey, T.M.**, & Wing R. (April, 2009). Increasing physical activity through a state-wide campaign. Presentation given at the annual meeting of the Society of Behavioral Medicine, Montreal, Canada.
- 15) **Leahey, T. M.**, Bond, D., Thomas, J., Raynor, H., Roye, D., Pohl, D., Vithianathan, S., Ryder, B., Sax, H., & Wing, R. R. (June, 2009). Do food cravings and the consumption of craved food “normalize” after bariatric surgery? Presentation given at the annual meeting of the American Society for Metabolic and Bariatric Surgery, Grapevine, TX.
- 16) Bond, D., Jakicic, J., **Leahey, T.M.**, Thomas, J., Vithianathan, S., Pohl, D., Roye, D., Ryder, B., Sax, H., Wing, R.R. (June, 2009). Objective quantification of amount and intensity of physical activity in bariatric surgery candidates and age- and sex-matched normal weight controls. Presentation given at the annual meeting of the American Society for Metabolic and Bariatric Surgery, Grapevine, TX.
- 17) Thomas, J., Bond, D., Pohl, D., Roye, D., Vithianathan, S., Ryder, B., **Leahey, T.M.**, Raynor, H., Sax, H., Wing, R. (June, 2009). Internal disinhibition predicts weight loss immediately following bariatric surgery. Presentation given at the annual meeting of the American Society for Metabolic and Bariatric Surgery, Grapevine, TX.
- 18) Bond, D., Vithianathan, S., Sax, H., Pohl, D., Ryder, B., **Leahey, T.M.**, Thomas, J., Wing, R.R. (June, 2009). Prevalence and degree of sexual dysfunction in women seeking bariatric surgery. Presentation given at the annual meeting of the American Society for Metabolic and Bariatric Surgery, Grapevine, TX.

- 19) **Leahey, T. M.**, Crane, M., Pinto, A. M., Weinberg, B., Kumar, R., Fava, J., & Wing, R. R. (October, 2009). Choose your team wisely: Team characteristics affect change in steps during a state-wide physical activity campaign. Presentation given at the annual meeting of The Obesity Society, Washington, DC.
- 20) **Leahey, T. M.**, Gokee-LaRose, J., Thomas, G., Wing, R. R. (October, 2009). Social distancing and weight loss in a behavioral intervention. Presentation given at the annual meeting of The Obesity Society, Washington, DC.
- 21) Bond, D., Jakicic, J. M., Thomas, G., **Leahey, T. M.**, Vithiananthan, S, Pohl, D., Roye, D.G., Ryder, B. A., Sax, H.C., Wing, R. R. (October, 2009). Evaluation of objectively-measured and self-reported pre- to post-operative changes in physical activity among bariatric surgery patients. Presentation given at the annual meeting of The Obesity Society, Washington, DC.
- 22) **Leahey, T. M.**, Bond, D. S., Thomas, J. G., Raynor, H., Vithiananthan, S. Roye, D., Pohl, D., Ryder, B., Sax, H. C., & Wing, R. R. (June, 2010). Bariatric surgery is not associated with long-term changes in food preferences. Presentation given at the annual meeting of the American Society for Metabolic and Bariatric Surgery, Las Vegas, NV.
- 23) Thomas, J. G., Bond, D. S., **Leahey, T. M.**, Ryder, B., Roye, D., Vithiananthan, S., Sax, H. C., Pohl, D., & Wing, R. R. (June, 2010). Evaluation of post-operative adherence to recommended eating and activity behaviors in patients' natural environment via ecological momentary assessment. Presentation given at the annual meeting of the American Society for Metabolic and Bariatric Surgery, Las Vegas, NV.
- 24) Bond, D. S., Vithiananthan, S., **Leahey, T. M.**, Thomas, J. G., Pohl., D., Ryder, B. A., Roye, D., Giovanni, J., Sax, H. C., & Wing, R. R. (June, 2010). Significant resolution of female sexual dysfunction following bariatric surgery. Presentation given at the annual meeting of the American Society for Metabolic and Bariatric Surgery, Las Vegas, NV.
- 25) McCaffery, J. M., Franz, C. E., **Leahey, T. M.**, Wing, R. R., Lyons, M. J., & Kremen, W. S. (October, 2010). Twenty year weight gains in young adult Vietnam-era twins: The effects of frequency of contact. Presentation given at the annual meeting of The Obesity Society, San Diego, CA.
- 26) **Leahey, T. M.**, Thomas, J. G., Gokee LaRose, J., & Wing, R. R. (October, 2010). A randomized trial testing the effects of social reinforcement on weight loss. Presentation given at the annual meeting of The Obesity Society, San Diego, CA.
- 27) **Leahey, T. M.**, Gokee LaRose, J., & Wing, R. R. (October, 2010). Obesity clusters in young adults but social norms for obesity do not differ between normal weight and overweight/obese young adults. Presentation given at the annual meeting of The Obesity Society, San Diego, CA.
- 28) **Leahey, T. M.**, Gokee LaRose, J., & Wing, R. R. (October, 2010). Social contacts and social norms affect weight loss intentions in young adults. Presentation given at the annual meeting of The Obesity Society, San Diego, CA.
- 29) **Leahey, T. M.**, Gokee LaRose, J., Thomas, J. G., & Wing, R. R. (October, 2010). Social comparisons among members of a behavioral weight loss program are associated with weight loss outcomes. Presented at the annual meeting of The Obesity Society, San Diego, CA.

- 30) Smith, K. E., Crowther, J. C., Irwin, S. R., Zografakis, J., & **Leahey, T. M.** (November, 2010). The Eating Disorder Examination Questionnaire with bariatric surgery populations. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- 31) McCaffery, J. M., Franz, C. E., Jacobson, K., **Leahey, T. M.**, Xian, H., Wing, R. R., Lyons, M. J., & Kremen, W. S. (June, 2011). Twenty-one year weight change in young adult Vietnam-era twins: Effects of genetics and frequency of contact. Presented at the annual meeting of the Behavior Genetics Association, Newport, RI.
- 32) Williams, N. M., Smith, K. E., **Leahey, T. M.**, Crowther, J. H. (November, 2011). The point prevalence of eating pathology across time: Examination of the Eating Disorder Diagnostic Scale from 2005-2011. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- 33) O'Brien, E., **Leahey, T. M.**, Fava, J, Subak, L. L., Stone, K., Hart, C. N., Cairns, A., Demos, K., & Wing, R. R. (October, 2011). Sleep duration does not predict weight loss outcomes and does not change following a behavioral weight loss program. Presented at the annual meeting of The Obesity Society, Orlando, FL.
- 34) **Leahey, T.M.** & Wing, R. R. (October, 2011). A randomized trial testing three types of health coaches for obesity treatment. Presented at the annual meeting of The Obesity Society, Orlando, FL.
- 35) **Leahey, T. M.**, Kumar, R., Weinberg, B.M., & Wing, R. R. (October, 2011). Is weight loss contagious? The effects of teammates on individual weight change during a team-based, statewide campaign. Presented at the annual meeting of The Obesity Society, Orlando, FL.
- 36) Gokee LaRose, J., **Leahey, T. M.**, Weinberg, B., Kumar, R., & Wing, R.R. (October, 2011). Young Adults' Performance in a Low Intensity Weight Loss Campaign Presented at the annual meeting of The Obesity Society, Orlando, FL.
- 37) **Leahey, T.M.**, Thomas, J. G., Weinberg, B., Kumar, R., & Wing, R. R. (April, 2012). The dissemination of behavioral weight loss strategies through a community-based campaign. Presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA.
- 38) Xiaomeng, X., **Leahey, T.M.**, Wing, R.R. (September, 2012). The power of tenacity: Behavioral perseverance is associated with successful weight loss and increases in physical activity. Presented at the annual meeting of The Obesity Society, San Antonio, TX.
- 39) **Leahey, T.M.**, Thomas, J. G., Weinberg, B., Kumar, R., & Wing, R. R. (September, 2012). Internet-based behavioral weight loss program and optional group sessions improve outcomes in a community-based weight loss campaign. Presented at the annual meeting of The Obesity Society, San Antonio, TX.
- 40) Thomas, J. G., **Leahey, T.M.**, Gettens, K., & Wing, R. R. (September, 2012). Innovative technology to improve patient adherence to physician weight loss recommendations. Presented at the annual meeting of The Obesity Society, San Antonio, TX.

- 41) **Leahey, T. M.**, Thomas, J. G., Krupel, K., Boguszewski, K., Kent, K., Kumar, R., Weinberg, B., & Wing, R. R. (March, 2013). Modest financial incentives and optional group sessions enhance outcomes in an internet behavioral weight loss dissemination initiative. Presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.
- 42) Williams, G. A., Crowther, J. H., Bucholz, L. J., Coifman, K., **Leahey, T. M.**, Ciesla, J. (November, 2013). Characteristics of affect in bulimia nervosa. Presented at the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- 43) Himes, S. M., Vithiananthan, S., Wing, R. R., **Leahey, T. M.** (November, 2013). Project HELP: A 5 Week Behavioral Intervention to Reduce Excessive Vomiting and Gastrointestinal Complications in Post-operative Lap-Band Patients. Presented at the annual meeting of The Obesity Society, Atlanta, GA.
- 44) Lillis, J., Wing, R. R., Thomas, G., **Leahey, T. M.**, Unick, J. L., Kendra, K. E., Niemeier, H., Samuels, A. I., Dorfman, L. (November, 2013). The impact of obesity stigma on health behaviors among treatment seeking adults. Presented at the annual meeting of The Obesity Society, Atlanta, GA.
- 45) **Leahey, T.** & Rosen, J. (November, 2013). DietBet, Inc.: Web-based social gaming and financial incentives for weight loss. Presented at the annual meeting of The Obesity Society, Atlanta, GA.
- 46) Kuhl, E., Jelalian, E., Hart, C., **Leahey, T.**, Wing, R. (November, 2013). Influence of children on weight outcomes for adults participating in an Internet behavioral weight loss intervention. Presented at the annual meeting of The Obesity Society, Atlanta, GA.
- 47) **Leahey, T.**, Thomas, G., Subak, L., Schembri, M., Krupel, K., Xu, X., Boguszewski, K., Kent, K., Kumar, R., Weinberg, B., Wing, R. (November, 2013). Small financial incentives cost-effectively improve outcomes in a statewide Internet obesity program. Presented at the annual meeting of The Obesity Society, Atlanta, GA.
- 48) Xu, X., **Leahey, T.M.**, Boguszewski, K, Krupel, K., Kent, K., Wing, R.R. Self-expansion during a behavioral weight loss intervention is associated with better objective adherence and outcomes (2014). Presented at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.
- 49) **Leahey, T.**, Seiden, A., Pierre, D., Kumar, R., Wing, R. (April, 2014). Professional or lay coaching plus financial incentives for weight loss maintenance. Presented at the annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.
- 50) **Leahey, T.**, LaRose, J., Wing, R. (April, 2014). Effects of modest financial incentives on intrinsic and extrinsic motivation for weight loss. Presented at the annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.
- 51) Doyle, C., **Leahey, T. M.**, Hart, C. (November, 2014). Sleep-timing discrepancies and light exposure are not associated with BMI in a treatment seeking overweight / obese population. Presented at the annual meeting of The Obesity Society, Boston, MA.
- 52) **Leahey, T. M.**, Seiden, A., Pierre, D., Doyle, C., Kent, K., Schembri, M., Subak, L., Kumar, R., Wing, R. R. (November, 2014). A randomized controlled trial examining a

cost-benefit approach to weight loss maintenance. Presented at the annual meeting of The Obesity Society, Boston, MA.

- 53) Lillis, J., Unick, J., Niemeier, H., Kendra, K., Thomas, J., **Leahey, T. M.**, Wing, R. R. (November, 2014). The role of avoidance-based coping in the psychosocial functioning of weight loss treatment seeking adults. Presented at the annual meeting of The Obesity Society, Boston, MA.
- 54) Unick, J., Dorfman, L., **Leahey, T.M.**, Wing, R. R. (November, 2014). A preliminary investigation into whether early intervention can improve weight loss among those initially non-responsive to an Internet-based behavioral program. Presented at the annual meeting of The Obesity Society, Boston, MA.
- 55) Williams, G.A., Crowther, J. H., Ciesla, J.A., Leahey, T.M. (November, 2014). Affect following appearance-focused social comparisons: Do the effects last? Presented at the annual meeting of the Association of Behavior and Cognitive Therapies, Philadelphia, PA.
- 56) Lanoye A., Grenga A., **Leahey, T.M.**, LaRose J.G. (April, 2015). Weight loss motives and relationship to outcomes in a lifestyle intervention: Young v. older adults. To be presented at the annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
- 57) **Leahey, T.M.**, Seiden, A, Rosen, J., Middleton, K. Weight loss: Is there *really* “an app for that?” To be presented at the annual meeting of the Society of Behavioral Medicine, San Antonio, TX.

### **INVITED PRESENTATIONS**

- 1) **Leahey, T. M.** (April, 2008). Weight control in women. Invited presentation given at the annual Rhode Island Hospital Breast Imaging Seminar Series; Providence, RI.
- 2) **Leahey, T. M.** (November, 2008). New strategies to prevent and treat obesity. Invited presentation given at The Miriam Hospital’s Community Health Workshop; Foxboro, MA.
- 3) **Leahey, T. M.** (September, 2009). Cutting-edge approaches to prevent and treat obesity. Invited presentation given at The Miriam Hospital’s Women’s Wellness Workshop; Warwick, RI.
- 4) **Leahey, T. M.** (March, 2010). Keeping the pounds off: Behavioral strategies for long-term weight control. Invited presentation given at the United Health Services Hospitals’ Weight Management and Diabetes Teaching Day; Binghamton, NY.
- 5) **Leahey, T. M.** (February, 2012). Obesity and social networks. Invited presentation given at the American College of Preventive Medicine; Orlando, FL.
- 6) Kumar, R., **Leahey, T.M.**, & Miller, L (April, 2012). Healthy behaviors are contagious. Invited by Shape Up, Inc. to present research findings in nationally-broadcasted webinar.
- 7) **Leahey, T. M.** (June, 2012). Social influence and weight control. Invited Grand Rounds given at New Jersey Medical School; Newark, NJ.

- 8) **Leahey, T. M.** (September, 2012). Is health behavior contagious? The effects of social networks on weight, diet, and physical activity. Invited presentation given at The Miriam Hospital's Women's Wellness Workshop; Warwick, RI.
- 9) **Leahey, T. M.** (April, 2013). Social influence and financial incentives for weight loss and weight loss maintenance. Invited presentation given at DietBet, Inc.; New York, NY.
- 10) **Leahey, T. M.** (July, 2013; July, 2014). Recruitment and adherence in RCTs involving behavioral interventions. Invited presentation given at the NIH OBSSR / NHLBI 2011 Summer Institute on the Design and Conduct of Randomized Clinical Trials Involving Behavioral Interventions; Warrenton, VA.
- 11) **Leahey, T. M.** (February, 2014). Impact of obesity on underserved populations. Invited presentation to be given at The Lifespan Community's Health Advocacy Meeting; Providence, RI.
- 12) **Leahey, T. M.** (March, 2014). Behavioral economics and social networks for obesity treatment. Invited presentation given at the University of Massachusetts Medical School's Division of Preventive and Behavioral Medicine Seminar Series; Worcester, MA.
- 13) **Leahey, T. M.** (March, 2014). Financial rewards and social networks for obesity treatment. Invited presentation given at the University of Vermont's Psychiatry Grand Rounds; Burlington, VT.
- 14) **Leahey, T. M.** (October, 2014). Behavioral economics for obesity treatment. Invited presentation to be given at the University of Vermont's Vermont Center on Behavior and Health Annual Behavior Change Conference; Burlington, VT.
- 15) **Leahey, T.M. & Wing, R. R.** (April, 2015). A behavioral economics approach to improving adherence in Web-based interventions. Invited symposium presentation to be given at the annual meeting of the Society of Behavioral Medicine, San Antonio, TX.

## **GRANTS**

### **AWARDED GRANTS**

- 1) SUNY Binghamton Undergraduate Research Grant: Unnumbered  
 "Self-mutilation and disordered eating"  
 08/15/01-08/14/02  
 \$1,000  
 Principal Investigator
- 2) NIDDK: F32 DK082128  
 "A social comparison intervention to enhance weight loss in obese individuals"  
 08/14/08 – 08/13/11  
 \$145,818  
 Principal Investigator
- 3) NHLBI: RC1 HL100002  
 "Innovative technology to improve patient adherence to weight loss recommendations"  
 09/30/09-07/31/11  
 \$930,320

Co-Investigator

- 4) NIDDK: U01 DK056992  
“Study of Health Outcomes of Weight Loss-SHOW Trial”  
09/30/99 – 07/31/13
- 5) NIDDK: R18 DK083248  
“Using a statewide initiative to disseminate effective behavioral weight loss strategies”  
04/01/10 – 03/31/15  
\$1,100,546  
Co-Investigator
- 6) NCI: U01 CA150387  
“Increasing Sleep Duration: A Novel Approach to Weight Control”  
09/28/09-08/31/14  
\$3,729,255  
Co-Investigator (2010-2014), Consultant (2014-present)
- 7) NIDDK: R01 DK087704  
“Acceptance-based behavioral intervention for weight loss: A randomized trial”  
04/01/11 – 08/15/15  
\$1,570,396  
Co-Investigator
- 8) NIDDK: R01 DK095771  
“A randomized trial testing lay health coaches for obesity treatment”  
07/01/12 – 06/30/17  
\$2,185,112  
Principal Investigator
- 9) NIH: U01  
“Action for Health in Diabetes Continuation (Look AHEAD)”  
09/01/13-08/15/14  
\$1,751,270  
Co-Investigator
- 10) NIH: R01  
“Low intensity weight loss for young adults: Autonomous vs. extrinsic motivation”  
09/01/2014-08/31/2019  
\$3,531,253  
Co-Investigator

**PENDING GRANTS**

- 1) PMCC Innovation Fund  
“Financial incentives for exercise adherence in cardiac rehabilitation”  
\$147,141  
Role: Co-Investigator



- 2) NIH: R01  
 “A behavioral economics approach to weight loss maintenance”  
 07/01/2015-06/30/2010  
 \$3,555,194  
 Principal Investigator
- 3) NIH: R01  
 “Internet assisted obesity treatment: Enhanced by financial incentives”  
 04/01/2015-03/31/2020  
 Consultant

## **UNIVERSITY & HOSPITAL TEACHING ROLES**

### **COURSES**

Course name: Abnormal Psychology  
 Description: Instructor of introductory course in abnormal psychology  
 Year: 2004  
 No. of times: 1  
 To whom: Undergraduates  
 No. of students: 150 in class  
 Where: Kent State University

Course name: Research Methods  
 Description: Instructor of introductory course in behavioral research methods  
 Year: 2005  
 No. of times: 1  
 To whom: Undergraduates  
 No. of students: 40 in class  
 Where: Kent State University

Course name: Behavioral Interventions  
 Description: Instructor of introductory course in behavioral interventions and psychotherapy  
 Year: 2006  
 No. of times: 1  
 To whom: Undergraduates  
 No. of students: 35 in class  
 Where: Kent State University

Course name: Writing in Psychology  
 Description: Instructor of introductory course in scientific writing  
 Years: 2004 – 2006  
 No. of times: 3  
 To whom: Undergraduates  
 No. of students: 3-4, depending on the year  
 Where: Kent State University

### **INVITED LECTURES**

Course name: Interventions in Health Psychology  
Description: Behavioral interventions for bariatric surgery patients  
Year: 2006  
No. of times: 1  
To whom: Graduate students  
No. of students: 12 in class  
Where: Kent State University

Course name: Clinical Psychology Training Consortium, Psychology Intern  
Core Seminar  
Description: Preparing and obtaining an F-32 award  
Year: 2010-2013  
No. of times: 3  
To whom: Clinical psychology interns  
No. of students: 20-25 in class, depending on the year  
Where: Brown Medical School

Course name: Obesity Prevention Learning Consortium  
Description: Translating lifestyle interventions for obesity treatment into real-  
world settings  
Year: 2014  
No. of times: 1  
To whom: Advanced undergraduate and graduate students  
No. of students: 20 in class  
Where: University of Connecticut

Course name: Critical Issues in Health  
Description: Overview of current health issues and treatments  
Year: 2014  
No. of times: 1  
To whom: Advanced undergraduate and graduate students  
No. of students: 20 in class  
Where: University of Connecticut

Course name: Program Evaluation and Assessments  
Description: Developing and examining the effectiveness of health interventions  
Year: 2014  
No. of times: 1  
To whom: Graduate students  
No. of students: 20 in class  
Where: University of Connecticut

Course name: Interdisciplinary Approach to Obesity Prevention  
Description: Obesity interventions  
Year: 2014  
No. of times: 1  
To whom: Graduate students  
No. of students: 25 in class  
Where: University of Connecticut

### **HOSPITAL TEACHING ROLES**

Course name: Psychology Intern Seminar: Behavioral Medicine Track  
Description: Obesity presentation to clinical psychology interns  
Year: 2010-2014  
No. of times: 5  
To whom: Clinical psychology interns  
No. of students: 4-7 in class, depending on the year  
Where: Brown Medical School

Course name: Obesity  
Description: Obesity: Assessment and Prevalence  
Year: 2011  
No. of times: 1  
To whom: Postdoctoral fellows and staff at the Weight Control and Diabetes Research Center  
No. of students: 35 in class  
Where: The Miriam Hospital / Brown Medical School

Course name: Obesity  
Description: Health consequences of obesity and the role of lifestyle interventions  
Year: 2011  
No. of times: 1  
To whom: Postdoctoral fellows and staff at the Weight Control and Diabetes Research Center  
No. of students: 35 in class  
Where: The Miriam Hospital / Brown Medical School

Course name: Obesity  
Description: Behavioral weight loss: Key strategies, dissemination, and current research  
Year: 2013  
No. of times: 1  
To whom: Postdoctoral fellows and staff at the Weight Control and Diabetes Research Center  
No. of students: 35 in class  
Where: The Miriam Hospital / Brown Medical School

Course name: T32 Seminar Series  
Description: Combined interventions for health behavior change  
Year: 2013  
No. of times: 1  
To whom: T32 postdoctoral fellows  
No. of students: 25 in class  
Where: Brown Medical School

### **CURRENT MENTEES**

Caroline Doyle, BA – Research Assistant and Mentee

## **PREVIOUS MENTEES**

Xiaomeng (Mona) Xu, PhD – T32 Postdoctoral Fellow

Current position: Tenure track faculty at Idaho State University

Diana Rancourt, PhD – T32 Postdoctoral Fellow

Current position: Tenure track faculty at University of South Florida

Andrew Seiden, BA – Research Assistant and Mentee

Current position: Graduate student at John Hopkins University

Katherine Boguszewski, BA – Research Assistant and Mentee

Current position: Graduate student at University of Virginia

Kimberly Kent, BA – Research Assistant and Mentee

Current position: Graduate student at Brown University

## **MEDIA COVERAGE**

NPR

Wall Street Journal

Time Magazine

ABC news

Huffington Post

French Tribune (France)

Medical News Today (U.K.)

Irish Health (Ireland)

Sky News (Australia)

Daily Mail (U.K.)

Asian News International

Science Daily

WebMD

The Doctors TV show

Men's Health Magazine

Women's Health Magazine

Health Magazine

Self Magazine

Shape Magazine

Allure Magazine

Cosmopolitan Magazine

Woman's Day Magazine

Fitness Magazine

Weight Watchers Magazine

Prevention Magazine

Real Simple Magazine

Good Housekeeping Magazine

Endocrine Today

Oxygen Magazine

Success Magazine

Woman's World

Providence Journal

Associated Press (OH, WI, MA, CT, RI, IN, VA, MI, TX, NY, CO, IA, FL)