

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

University of Connecticut  
College of Agriculture, Health, and Natural Resources  
Department of Allied Health Sciences  
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**EDUCATION**

Post-doctoral Fellowship 2008-2010	Brown Medical School NIH F32 NRSA (NIDDK), Obesity Research
Clinical Internship 2007-2008	Brown Medical School Behavioral Medicine and Obesity Research
Doctor of Philosophy 2008	Kent State University Clinical Psychology (specialization in Health Psychology)
Master of Arts 2004	Kent State University Clinical Psychology (specialization in Health Psychology)
Bachelor of Arts 2002	State University of New York at Binghamton Psychology

**ACADEMIC APPOINTMENTS**

2014-present	Associate Professor (without tenure), Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
2014-present	Adjunct Professor, Department of Psychiatry and Human Behavior, Brown Medical School, Providence, RI.
2010-2014	Assistant Professor (Research), Department of Psychiatry and Human Behavior, Brown Medical School, Providence, RI.

**MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS**

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

## **HONORS & AWARDS**

- 2013-2017 Distinguished Faculty, NIH OBSSR / NHLBI Summer Institute on the Design and Conduct of Randomized Clinical Trials Involving Behavioral Interventions. Coordinator: Catherine Stoney, PhD, Program Director, Division of Prevention and Population Sciences, NHLBI.
- 2016 Research Excellence Citation Award, Society of Behavioral Medicine.
- 2013 Award for Excellence in Science with a Focus on eHealth / mHealth, The Obesity Society.
- 2012-2013 Research Mentor Award, Brown Medical School.
- 2012 Award for Excellence in Science with a Focus on eHealth / mHealth, The Obesity Society.
- 2012 Distinguished Fellow, NIH OBSSR / NHLBI 2011 Summer Institute on the Design and Conduct of Randomized Clinical Trials Involving Behavioral Interventions.
- 2009-2012 Loan Repayment Award Recipient, NIH, NIDDK.
- 2008-2010 Ruth L. Kirschstein Fellowship Award (F32), NIH, NIDDK.
- 2007 Pat Simmons Travel Grant, The Obesity Society.
- 2006-2007 Lillian Friedman Fellowship Award, Kent State University.
- 2006-2007 Research Fellowship Award, Kent State University.
- 2006 Best Student Research Presentation, Northeastern Ohio College of Medicine.
- 2006 Best Student Research Award, Kent State University.
- 2005 Distinguished Teaching Award, Kent State University.

## **SCIENTIFIC AND SCHOLARLY SERVICE ACTIVITIES**

### **INTERNATIONAL & NATIONAL ACTIVITIES**

#### **NIH STUDY SECTION**

- 2017 Chair, NIH, Psychosocial Risk and Disease Prevention (ZRG1 RPHB) Study Section, CSR Scientific Review Officer: Weijia Ni.
- 2017 Co-Chair, NIH Psychosocial Risk and Disease Prevention Study Section (PRDP), CSR Scientific Review Officer: Stacey Fitzsimmons.

- 2013-2017 Standing Member, NIH Psychosocial Risk and Disease Prevention Study Section (PRDP), CSR Scientific Review Officer: Stacey Fitzsimmons.
- 2015 Co-Chair, NIH Psychosocial Risk and Disease Prevention Study Section (PRDP), CSR Scientific Review Officer: Stacey Fitzsimmons.
- 2012 Ad-hoc Member, NIH Psychosocial Risk and Disease Prevention Study Section (PRDP), CSR Scientific Review Officer: Stacey Fitzsimmons.

**EDITORIAL / ADVISORY BOARD MEMBERSHIP**

- 2017-present Editorial Board, *Health Psychology*.
- 2016-present Associate Editor, *Journal of Obesity*.
- 2013-2016 Editorial Board, *Journal of Psychology, Neuropsychiatric Disorders, and Brain Stimulation*.
- 2013-2015 Editorial Board, *Journal of Neurology and Psychology*.
- 2012-2014 Scientific Advisory Board, *Journal of Behavioral Health*.
- 2012-2013 Lead Editor, *Journal of Obesity*, Special Supplement: Social Networks and Obesity.

**AD-HOC MANUSCRIPT REVIEW**

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| <i>Appetite</i>                                      | <i>Journal of Epidemiology &amp; Community Health</i> |
| <i>BMC Family Practice</i>                           | <i>Journal of Medical Internet Research</i>           |
| <i>BMC Public Health</i>                             | <i>Journal of Obesity</i>                             |
| <i>BMC Medical Research Methodology</i>              | <i>Journal of Psychosomatic Research</i>              |
| <i>Behavior Therapy</i>                              | <i>Journal of the Society for Clinical Trials</i>     |
| <i>Body Image</i>                                    | <i>New England Journal of Medicine</i>                |
| <i>Clinical Nutrition</i>                            | <i>Nutrients</i>                                      |
| <i>Contemporary Clinical Trials</i>                  | <i>Nutrition Journal</i>                              |
| <i>Diabetes Research and Clinical Practice</i>       | <i>Obesity</i>  |
| <i>European Journal of Clinical Nutrition</i>        | <i>Patient Education and Counseling</i>               |
| <i>Health Education and Behavior</i>                 | <i>Preventive Medicine</i>                            |
| <i>Health Psychology</i>                             | <i>Social Science and Medicine</i>                    |
| <i>International Journal of Obesity</i>              | <i>Surgery for Obesity and Related Diseases</i>       |
| <i>Journal of Behavioral Health</i>                  | <i>Translational Behavioral Medicine</i>              |
| <i>Journal of Behavioral Medicine</i>                | <i>Western Journal of Nursing Research</i>            |
| <i>Journal of Consulting and Clinical Psychology</i> |   |

**OTHER**

- 2016-present Data and Safety Monitoring Officer, NIH-funded grant R01HL128666, “Escalating proportion of weight-loss maintainers via modules prior to weight loss,” PI: Kiernan.

- 2016-present     Data and Safety Monitoring Officer, NIH-funded grant K04 DK100498, “Exercise as a buffer against stress-induced eating,” PI: Unick.
- 2017             Scientific Review Committee, The Obesity Society’s Weight Watchers Karen Miller-Kovach Research Grant.
- 2017             Scientific Review Committee, The Obesity Society’s Early Career Research and Challenge Grants.
- 2017             Scientific Session Co-Chair, Society of Behavioral Medicine, “Daily weighing for weight management.”
- 2017             Scientific Reviewer, Society of Behavioral Medicine, Rapid Submission Abstract Review Committee.
- 2014-2017       Data and Safety Monitoring Officer, NIH grant R34 DK100981, “TEEN JOIN: A scalable weight control intervention for adolescents,” PI: Jelalian.
- 2016             Scientific Reviewer, The Obesity Society’s Abstract Review Committee.
- 2016             Scientific Session Co-Chair, Society of Behavioral Medicine, “Weight loss maintenance.”
- 2015             Scientific Session Chair, Society of Behavioral Medicine, “Weight management and weight loss.”
- 2015             External NIH Grant Reviewer, University of South Carolina.
- 2014             Scientific Session Chair, Society of Behavioral Medicine, “Evaluations of weight loss interventions.”
- 2014             Scientific Reviewer, Society of Behavioral Medicine, Obesity and Eating Disorders Special Interest Group Student Abstract Awards Committee.
- 2014             Scientific Reviewer, Medicine 2.0: Social Media, Mobile Apps, and Internet in Health Medicine and Biomedical Research Conference Abstract Review Committee.
- 2014             Scientific Content Reviewer, NIH/NIDDK’s Weight Control Information Network, “Getting on track: Physical activity and healthy eating for men.”
- 2013-2014       Expert Advisory Board, DietBet, Inc.
- 2013             Scientific Reviewer, Society of Behavioral Medicine, Rapid Submission Abstract Review Committee.
- 2013             Scientific Content Reviewer, NIH/NIDDK’s Weight Control Information Network, “Tips to help you get active.”
- 2013             Scientific Reviewer, The Obesity Society’s Abstract Review Committee.

- 2012 Scientific Reviewer, Society of Behavioral Medicine, Rapid Submission Abstract Review Committee.
- 2012 Technical Expert, John Hopkins University Evidence-based Practice Center, comparative effectiveness review on approaches to weight maintenance in adults.
- 2012 Scientific Reviewer, Harvard Medical School's 5th World Congress on Social Media, Mobile Apps, and Internet, Conference Abstract Review Committee.
- 2012 External NIH Grant Reviewer, University of Houston.

**UNIVERSITY ACTIVITIES**

- 2017-present Member, Writing Course Committee, Department of Allied Health Sciences, University of Connecticut.
- 2016-present Advisory Board Member, Grant Proposal Incubator, Institute for Collaboration on Health, Intervention, and Policy, University of Connecticut.
- 2016-present Member, Courses and Curriculum Programming Committee, Department of Allied Health Sciences, University of Connecticut.
- 2015-present Chair, Departmental Seminar Series, Department of Allied Health Sciences, University of Connecticut.
- 2017 Scientific Reviewer, USDA Hatch Grant, College of Agriculture, Health, and Natural Resources, University of Connecticut.
- 2017 Scientific Reviewer, Student Research Forum, College of Agriculture, Health, and Natural Resources, University of Connecticut.
- 2015-2017 Member, Specialty Course Committee, Department of Allied Health Sciences, University of Connecticut.
- 2015-2017 Member, Instructor Assistant and Research Courses Committee, Department of Allied Health Sciences, University of Connecticut.
- 2016 Speaker Host, Institute for Collaboration on Health, Intervention, and Policy Seminar Series, University of Connecticut.
- 2016 Member, Biostatistics Adjunct Search Committee, Department of Allied Health Sciences, University of Connecticut.
- 2016 Member, Center for Environmental Health and Health Promotion Conference Committee, University of Connecticut.
- 2016 Member, Assistant Professor in Residence Search Committee, Department of Allied Health Sciences, University of Connecticut.

- 2016 Scientific Reviewer, Institute for Collaboration on Health, Intervention, and Policy Research Grant Review Committee, University of Connecticut.
- 2016 Member, Dietetics Assistant Professor in Residence Search Committee, Department of Allied Health Sciences, University of Connecticut.
- 2015-2016 Co-Chair, Center for Health Intervention and Prevention Research Grant Review Committee, University of Connecticut.
- 2015-2016 Member, College-wide Retreat Working Group Committee, College of Agriculture, Health, and Natural Resources, University of Connecticut.
- 2014-2016 Member, Department Head Search Committee, Department of Allied Health Sciences, College of Agriculture, Health, and Natural Resources, University of Connecticut.
- 2015 Member, "Health Husky" Weight Management Committee, Allied Health Sciences, University of Connecticut.
- 2015 Scientific Reviewer, Student Research Forum, College of Agriculture, Health, and Natural Resources, University of Connecticut.
- 2015 Scientific Reviewer, Center for Health Intervention and Prevention & Connecticut Children's Hospital Seed Grants, University of Connecticut.
- 2015 Member, Center for Environmental Health and Health Promotion Conference Committee, University of Connecticut.
- 2014-2015 Member, Graduate Certificate Subcommittee, Allied Health Sciences, University of Connecticut.
- 2014 Facilitator, Undergraduate Recruitment Day, Department of Allied Health Sciences, University of Connecticut.
- 2008-2013 Member, Clinical Psychology Internship Admissions Committee - Obesity Research, Brown Medical School, Department of Psychiatry and Human Behavior, Weight Control and Diabetes Research Center.
- 2007-2008 Member, Clinical Psychology Internship Admissions Committee - Behavioral Medicine, Brown Medical School, Department of Psychiatry and Human Behavior.
- 2005-2006 Student Representative, Substance Abuse Faculty Search Committee, Department of Psychology, Kent State University.
- 2005-2006 Member, Clinical Psychology Training Committee, Department of Psychology, Kent State University.

**GRANTS****ACTIVE GRANTS**

- 08/20/2017-05/31/2022 NIH, R01DK111232, "Peer support for weight loss maintenance," \$3,155,862, PI, 30% effort.
- 08/01/2015-07/31/2020 NIH, R01DK056746, "Internet assisted obesity treatment: Enhanced by financial incentives," \$3,444,620, Consultant (MPI: Harvey, West).
- 09/01/2014-08/31/2019 NIH, R01DK103668, "Low intensity weight loss for young adults: Autonomous vs. extrinsic motivation," \$3,086,933, PI of subaward (Gokee LaRose), 10% effort.
- 07/01/2012-06/30/2018 (NCE) NIH, R01DK095771, "A randomized trial testing lay health coaches for obesity treatment," \$2,185,112, PI, 30% effort.

**PENDING GRANTS**

- 04/01/2018-03/31/2021 NIH, R01DK117371, "Understanding key predictors of variability in treatment response among high-risk emerging adults enrolled in behavioral weight loss," \$1,638,940, PI of subaward (Gokee LaRose), 15% effort.  
*Pending review.*
- 09/01/2017-08/31/2021 NIH, R01, R01CA224546, "Stress and health behaviors: Testing a new mediation model of affect regulation," 1,300,000, Co-I (Park, Moore), 10% effort.  
*Pending review.*

**COMPLETED GRANTS**

\* indicates PI is student/mentee

- 10/15/2014-10/14/2015 \* Peter Munk Cardiac Center Innovation Fund, "Financial incentives for exercise adherence in cardiac rehabilitation," \$147,141, Co-Investigator (Mitchell), no allowable effort.
- 09/01/2013-08/15/2014 NIH, U01DK056992, "Action for Health in Diabetes Continuation (Look AHEAD)," \$851,685, Co-I (Wing), 15% effort.
- 08/01/2012-07/31/2013 NIH, U01DK056992, "Study of Health Outcomes of Weight Loss-SHOW Trial," \$1,205,573, Behavioral Specialist (Wing), 15% effort.
- 04/01/2011-08/15/2014 NIH, R01DK087704, "Acceptance-based behavioral intervention for weight loss: A randomized trial,"

	\$1,570,396, Co-I (Wing), 5% effort.
04/01/2010-03/31/2015	NIH, R18DK083284, "Using a statewide initiative to disseminate effective behavioral weight loss strategies," \$1,100,546, PI of subaward (Wing), 20% effort.
09/30/2009-07/31/2011	NIH, RC1HL100002, "Innovative technology to improve patient adherence to weight loss recommendations," \$930,320, Co-I (Wing), 20% effort.
09/28/2009-08/31/2015	NIH, U01CA150387, "Increasing Sleep Duration: A Novel Approach to Weight Control," \$3,729,255, Co-I (Wing), 10% effort.
08/14/2008-08/13/2010	NIH, F32DK082128, "A social comparison intervention to enhance weight loss in obese individuals," \$145,818, PI, 100% effort.
08/15/2001-08/14/2002	SUNY Binghamton, "Self-mutilation and disordered eating," \$1,000, PI, no allowable effort.

## **PUBLICATION LIST**

### **PEER-REVIEWED PUBLICATIONS**

\* indicates student/mentee

# indicates senior author

- 1) Megson, M.\*, Wing, R.R., & **Leahey, T. M.**# (2017). Effects of breakfast eating and eating frequency on body mass index and weight loss outcomes in adults enrolled in an obesity treatment program. *Journal of Behavioral Medicine*. DOI: 10.1007/s10865-017-9828-0. DOI:[10.1007/s10865-017-9828-0](https://doi.org/10.1007/s10865-017-9828-0) [Epub ahead of print]
- 2) Mitchell, M.\*, White, L., Oh, P., Alter, D., **Leahey, T. M.**, Kwan, M., Faulkner, G. (2017) Uptake of an incentive-based mHealth app: Process evaluation of the carrot rewards app. *JMIR mHealth and uHealth*, 5, e70. DOI: [10.2196/mhealth.7323](https://doi.org/10.2196/mhealth.7323)
- 3) Naparstek, J.\*, Wing, R. R., Xu, X.\*, & **Leahey, T. M.**# (2017). Internet-delivered obesity treatment improves symptoms of and risk for depression. *Obesity*, 25, 671-75. DOI: [10.1002/oby.21773](https://doi.org/10.1002/oby.21773)
- 4) **Leahey, T. M.**, LaRose, J., Lanoye, A.\*, Fava, J., & Wing, R. R. (2017). Secondary data analysis from a randomized trial examining the effects of small financial incentives on intrinsic and extrinsic motivation for weight loss. *Health Psychology and Behavioral Medicine*, 5, 129-144. DOI: [10.1097/HCR.0000000000000141](https://doi.org/10.1097/HCR.0000000000000141)
- 5) Xu, X.\*, **Leahey, T.M.**, Boguszewski, K.\*, Krupel, K., Mailloux, K. A.\*, Wing, R. R. (2017). Self-expansion is associated with better adherence and obesity treatment outcomes in adults. *Annals of Behavioral Medicine*, 51, 13-7. DOI: [10.1007/s12160-016-](https://doi.org/10.1007/s12160-016-)



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- 6) Lillis, J., Neimeier, H., Thomas, J., Unick, J., Ross, K., **Leahey, T. M.**, Kendra, K. E., Dorfman, L., Wing, R. R. (2016). A randomized trial of acceptance-based behavioral intervention for weight loss in people with high internal disinhibition. *Obesity*, 24, 2509-14. DOI: [10.1002/oby.21680](https://doi.org/10.1002/oby.21680)
- 7) **Leahey, T. M.**, Fava, J. L., Seiden, A. \*, Fernandes, D., Doyle, C. \*, Kent, K. \*, La Rue, M., Mitchell, M. \*, Wing, R. R. (2016). A randomized controlled trial testing an Internet-delivered cost-benefit approach to weight loss maintenance. *Preventive Medicine*, 92, 51-57. DOI: [10.1016/j.ypmed.2016.04.013](https://doi.org/10.1016/j.ypmed.2016.04.013)
- 8) Mitchell, M. \*, White, L., Kwan, M., Gove, P., **Leahey, T. M.**, & Faulkner, G. (2016). Examining incentives to promote physical activity maintenance among hospital employees not achieving 10,000 steps: A Web-based randomized control trial protocol. *Journal of Medical Internet Research: Research Protocols*, 5, e231. DOI: [10.2196/resprot.6285](https://doi.org/10.2196/resprot.6285)
- 9) Unick, J. L., Dorfman, L., **Leahey, T. M.**, Wing, R. R. (2016). A preliminary investigation into whether early intervention can improve weight loss among those initially non-responsive to an Internet-based behavioral program. *Journal of Behavioral Medicine*, 39, 254-61. DOI: [10.1007/s10865-015-9691-9](https://doi.org/10.1007/s10865-015-9691-9)
- 10) Mitchell, M. \*, Goodman, J. M., Alter, D. A., Oh, P. I., **Leahey, T. M.**, Faulkner, G. E. (2016). The feasibility of financial incentives to increase exercise among Canadian cardiac rehabilitation patients. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 36, 28-32. DOI: [10.1097/HCR.0000000000000141](https://doi.org/10.1097/HCR.0000000000000141)
- 11) Demos, K., **Leahey, T. M.**, Hart, C., Trautvetter, J., Coward, P., Duszlak, J., Wing, R. (2016). A pilot randomized controlled trial testing the effects of a routine-based intervention on outcomes in a behavioral weight loss program. *Obesity Science and Practice*, 1, 110-18. DOI: [10.1002/osp4.16](https://doi.org/10.1002/osp4.16)
- 12) Unick, J. **Leahey, T. M.**, Kent, K. \*, Wing, R. R. (2015). Examination of whether early weight loss predicts 1-year weight loss among those enrolled in an Internet-based weight loss program. *International Journal of Obesity*, 39, 1558-60. DOI: [10.1038/ijo.2015.89](https://doi.org/10.1038/ijo.2015.89)
- 13) Lillis, J., Neimeier, H. M., Middleton, K., Thomas, T. G., **Leahey, T. M.**, Unick J., Kendra, K. E., Wing, R. R. (2015). Weight loss intervention for individuals with high internal disinhibition: Design of the Acceptance Based Behavioral Intervention (ABBI) randomized controlled trial. *BMC Psychology*, 3, 17-27. DOI: [10.1186/s40359-015-0075-2](https://doi.org/10.1186/s40359-015-0075-2)
- 14) **Leahey, T. M.**, Xu, X. \*, Doyle, C. \*, Bihuniak, J., Wing, R. R. (2015). Social networks and social norms are associated with obesity treatment outcomes. *Obesity*, 23, 1550-1554. DOI: [10.1002/oby.21074](https://doi.org/10.1002/oby.21074)
- 15) Rancourt, D. \*, **Leahey, T. M.**, & Crowther, J. H. (2015). Effects of weight-focused social comparisons on diet and activity outcomes in overweight and obese women. *Obesity*, 23, 85-89. DOI: [10.1002/oby.20953](https://doi.org/10.1002/oby.20953)

- 16) **Leahey, T. M.**, Subak L. L., Fava, J., Schembri, M., Thomas, J. G., Xu, X.\*, Krupel, K., Kent, K.\*, Boguszewski, K.\*, Kumar, R., Weinberg, B., & Wing, R. R. (2015). Benefits of adding small financial incentives or optional group meetings to a Web-based statewide obesity initiative. *Obesity*, 23, 70-76. DOI: [10.1002/oby.20937](https://doi.org/10.1002/oby.20937)
- 17) Thomas, J. G., **Leahey, T.M.**, & Wing, R. R. (2015). An automated Internet behavioral weight-loss program by physician referral: A randomized controlled trial. *Diabetes Care*, 38, 9-15. DOI: [10.2337/dc14-1474](https://doi.org/10.2337/dc14-1474)
- 18) Xu, X.\*, Demos, K., **Leahey, T. M.**, Hart, C., Trautvetter, J., Coward, P., Middleton, K., Wing, R.R. (2015). Failure to replicate depletion of self-control. *Plos One*, 9, 1-5. DOI: [10.1371/journal.pone.0109950](https://doi.org/10.1371/journal.pone.0109950)
- 19) Wing, R. R., **Leahey, T. M.**, Espeland, M. (2014). Response to: "Clustering effects in group based-behavioral weight loss trials." *Obesity*, 22, 1771. DOI: [10.1002/oby.20785](https://doi.org/10.1002/oby.20785)
- 20) **Leahey, T. M.**, Rosen, J. (2014). DietBet: A Web-based program that uses social gaming and financial incentives to promote weight loss. *Journal of Medical Internet Research: Serious Games*, 2, 2-8. DOI: [10.2196/games.2987](https://doi.org/10.2196/games.2987)
- 21) **Leahey, T. M.**, Thomas, J. G., Fava, J., Subak, L., Schembri, M., Krupel, K., Weinberg, B., Kumar, R., & Wing, R. R. (2014). Adding evidence-based behavioral weight loss strategies to a statewide wellness campaign: A randomized clinical trial. *American Journal of Public Health*, 104, 1300-1306. DOI: [10.2105/AJPH.2014.301870](https://doi.org/10.2105/AJPH.2014.301870)
- 22) 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. DOI: [10.1002/oby.20526](https://doi.org/10.1002/oby.20526)
- 23) **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. DOI: [10.1016/j.orcp.2012.12.005](https://doi.org/10.1016/j.orcp.2012.12.005)
- 24) 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. DOI: [10.1016/j.eatbeh.2013.06.004](https://doi.org/10.1016/j.eatbeh.2013.06.004)
- 25) 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. DOI: [10.1002/oby.20053](https://doi.org/10.1002/oby.20053)
- 26) **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. DOI: [10.1002/oby.20271](https://doi.org/10.1002/oby.20271)
- 27) 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. DOI: [10.1038/oby.2012.30](https://doi.org/10.1038/oby.2012.30)
- 28) **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. DOI: [10.1038/oby.2012.18](https://doi.org/10.1038/oby.2012.18)
- 29) 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. DOI: [10.1016/j.beth.2011.10.005](https://doi.org/10.1016/j.beth.2011.10.005)
- 30) **Leahey, T. M.**, Bond, D. S., Raynor, H., Roye, D., Pohl, D., Vithiananthan, 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. DOI: [10.1016/j.soard.2011.07.016](https://doi.org/10.1016/j.soard.2011.07.016)
- 31) **Leahey, T. M.**, Thomas, J. G., LaRose, J., & Wing, R. R. (2012). A randomized trial testing a contingency-based weight loss intervention involving social reinforcement. *Obesity, 20*, 324-9. DOI: [10.1038/oby.2011.124](https://doi.org/10.1038/oby.2011.124)
- 32) 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. DOI: [10.3945/ajcn.111.012195](https://doi.org/10.3945/ajcn.111.012195)
- 33) Thomas, J. G., Bond, D. S., Ryder, B., **Leahey, T. M.**, Vithiananthan, 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. DOI: [10.1016/j.soard.2010.10.007](https://doi.org/10.1016/j.soard.2010.10.007)
- 34) **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. DOI: [10.1016/j.beth.2010.07.003](https://doi.org/10.1016/j.beth.2010.07.003)
- 35) **Leahey, T. M.**, LaRose, J., Fava, J., & Wing, R. R. (2011). Social influences are associated with BMI and weight loss intentions in young adults. *Obesity, 19*, 1157-1162. DOI: [10.1038/oby.2010.301](https://doi.org/10.1038/oby.2010.301)
- 36) **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. DOI: [10.1016/j.ypmed.2010.04.004](https://doi.org/10.1016/j.ypmed.2010.04.004)
- 37) 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. DOI: [10.1016/j.soard.2009.08.012](https://doi.org/10.1016/j.soard.2009.08.012)
- 38) 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. DOI: [10.1016/j.soard.2009.07.004](https://doi.org/10.1016/j.soard.2009.07.004)
- 39) Bond, D. S., Phelan, S., **Leahey, T. M.**, Hill, J. O., & Wing, R.R. (2009). Weight-loss maintenance in successful weight losers: Surgical vs. non-surgical methods. *International Journal of Obesity, 33*, 173-180. DOI: [10.1038/ijo.2008.256](https://doi.org/10.1038/ijo.2008.256)

- 40) **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, before or after surgery? *Surgery for Obesity and Related Diseases*, 5, 99-102. DOI: [10.1016/j.soard.2008.10.001](https://doi.org/10.1016/j.soard.2008.10.001)
- 41) **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. DOI: [10.1016/j.cbpra.2008.01.004](https://doi.org/10.1016/j.cbpra.2008.01.004)
- 42) 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. DOI: [10.1002/eat.20537](https://doi.org/10.1002/eat.20537)
- 43) 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. DOI: unavailable.
- 44) **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. DOI: [10.1080/10284150701676156](https://doi.org/10.1080/10284150701676156)
- 45) **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. DOI: [10.1016/j.bodyim.2008.03.002](https://doi.org/10.1016/j.bodyim.2008.03.002)
- 46) **Leahey, T. M.**, Crowther, J. H., & Mickelson, K. D. (2007). The frequency, nature, and effects of naturally occurring appearance-focused social comparisons. *Behavior Therapy*, 38, 132-143. DOI: [10.1016/j.beth.2006.06.004](https://doi.org/10.1016/j.beth.2006.06.004)

### **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.

### **MISCELLANEOUS PUBLICATIONS**

- 1) **Leahey, T. M.** (March, 2016). What are the best motivators for successful and sustained weight loss? *US News and World Report*.
- 2) 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.
- 3) 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.

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

Submitted

\* indicates student/mentee

# indicates senior author

- 1) **Leahey, T. M.**, LaRose, J., Mitchell, M.\*, & Wing, R.R. An examination of the effects of small financial incentives on Web-based obesity treatment outcomes in women from economically disadvantaged backgrounds. Submitted 05/2017 to *American Journal of Preventive Medicine*.
- 2) Williams G.\*, Crowther, J., Ciesla, J., & **Leahey, T. M.**# Appearance-focused social comparisons in the naturalistic environment: Do the effects persist? Submitted 06/2017 to *Journal of Abnormal Psychology*.
- 3) Ross, K., **Leahey, T. M.**, & Kiernan, M. A. Brief Single-Item Physical Activity Measure: Performance across Diverse Research Settings and Health Outcomes. Submitted 05/2017 to *Obesity Science and Practice*.
- 4) Lanoye, A.\*, Grenga, A., **Leahey, T. M.**, Gokee LaRose, J. Motivation for weight loss and association with outcomes in a lifestyle intervention: Comparing young adults to older adults. Submitted 05/2017 to *Journal of Behavioral Medicine*.

#### In Preparation

\* indicates student/mentee

# indicates senior author

- 1) Sacco, S.\*, Park, C., **Leahey, T. M.**# Meaning-making in heart failure interventions: A systematic review.
- 2) **Leahey, T. M.**, Grenga, A., Gay, L., Fernandes, D., Denmat, Z., Doyle, C.\*, Huedo-Medina, T., Sacco, S.\*, Wing, R. R. A randomized trial examining the efficacy of patient-provided coaching for weight management.
- 3) Farenga, G.\*, Wing, R.R., & **Leahey, T. M.**# Effects of sugar-sweetened beverage intake on obesity treatment outcomes.
- 4) **Leahey, T. M.**, Ross, K., & Rosen, J. Weight loss: Is there *really* an “app for that?”

#### INTERNATIONAL / NATIONAL CONFERENCE PAPER & SYMPOSIA PRESENTATIONS

\* indicates student/mentee

# indicates senior author

- 1) **Leahey, T. M.**, Wing, R. R. (April, 2017). Supportive accountability theory: Evidence from an eHealth weight loss maintenance trial. Symposium presentation at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.
- 2) **Leahey, T. M.**, LaRose, J., Rosen, J. (April, 2016). Serious games for weight loss: A novel approach to attract, engage, and promote weight loss in high-risk young adults. Presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.

- 3) LaRose, J., **Leahey, T. M.**, Lanoye, A.\*, Wing, R. (April, 2016). Young adults' performance in an Internet-based weight loss program with modest financial incentives. Presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- 4) Oliver, K., Befort, K., **Leahey, T. M.**, Zhou, E., Cunningham, K. (April, 2016). Careers in behavioral medicine. Panel presentation at the annual meeting of the Society of Behavioral Medicine, Washington, DC.
- 5) Ross, K., **Leahey, T. M.**, Kiernan, M. (April, 2016). Validation of a brief measure of leisure-time physical activity. Symposium presentation at the annual meeting of the Society of Behavioral Medicine, Washington, DC.
- 6) **Leahey, T. M.**, Seiden, A.\*, Rosen, J., Middleton, K. (April, 2015). Weight loss: Is there *really* "an app for that?" Presented at the annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
- 7) **Leahey, T. M.** & Wing, R. R. (April, 2015). A behavioral economics approach to improving adherence in Web-based interventions. Symposium presentation at the annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
- 8) **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.
- 9) **Leahey, T. M.**, 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.
- 10) **Leahey, T. M.**, 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.
- 11) **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.
- 12) **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.
- 13) **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.

- 14) **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.
- 15) 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.
- 16) 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.
- 17) **Leahey, T. M.**, Bond, D. S., Thomas, J. G., Raynor, H., Vithianathan, 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. Presented at the annual meeting of the American Society for Metabolic and Bariatric Surgery, Las Vegas, NV.
- 18) Thomas, J. G., Bond, D. S., **Leahey, T. M.**, Ryder, B., Roye, D., Vithianathan, 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. Presented at the annual meeting of the American Society for Metabolic and Bariatric Surgery, Las Vegas, NV.
- 19) Bond, D. S., Vithianathan, 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. Presented at the annual meeting of the American Society for Metabolic and Bariatric Surgery, Las Vegas, NV.
- 20) **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? Presented at the annual meeting of the American Society for Metabolic and Bariatric Surgery, Grapevine, TX.
- 21) 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. Presented at the annual meeting of the American Society for Metabolic and Bariatric Surgery, Grapevine, TX.
- 22) 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. Presented at the annual meeting of the American Society for Metabolic and Bariatric Surgery, Grapevine, TX.

- 23) Bond, D., Vithiananthan, 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. Presented at the annual meeting of the American Society for Metabolic and Bariatric Surgery, Grapevine, TX.
- 24) **Leahey, T. M.**, Irwin, S. R., St-Hilaire, A., Crowther, J. H., & Akamatsu, T. J. (June, 2006). 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. Presented at the annual meeting of the Northeastern Ohio Colleges of Medicine Department of Psychiatry Research and Scholarly Activities Day, Akron, OH.

### **INTERNATIONAL / NATIONAL CONFERENCE POSTER PRESENTATIONS**

\* indicates student/mentee

# indicates senior author

- 1) Sacco, S.\*, Grenga, A., Huedo-Medina, T., **Leahey, T. M.**# (May, 2017). Total regulatory focus: The influence of promotion and prevention focus on body mass index. Presented at the annual meeting of the Association for Psychological Science, Boston, MA.
- 2) Mitchell, M.\*, White, L., Oh, P., Alter, D. A., **Leahey, T. M.**, Faulkner, G. (April, 2017). Uptake of an incentive-based mHealth application for chronic disease prevention: Process evaluation of the carrot rewards app. Presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.
- 3) **Leahey, T. M.**, LaRose, J., Wing, R. R. (November, 2016). Internet behavioral weight loss treatment plus small financial incentives: A novel approach to promote weight loss in high-risk, lower income populations. Presented at the annual meeting of The Obesity Society, New Orleans, LA.
- 4) Naparstek, J.\*, Wing, R. R., **Leahey, T. M.**# (November, 2016). Internet-delivered obesity treatment improves depression. Presented at the annual meeting of The Obesity Society, New Orleans, LA.
- 5) Megson, M.\*, Wing, R. R., **Leahey, T. M.**# (November, 2016). Effects of breakfast eating and eating frequency on body mass index and weight loss among adults enrolled in a Web-based obesity treatment program. Presented at the annual meeting of The Obesity Society, New Orleans, LA.
- 6) Farenga, G.\*, Wing, R. R., **Leahey, T. M.**# (November, 2016). Effects of sugar sweetened beverage intake on obesity treatment outcomes. Presented at the annual meeting of The Obesity Society, New Orleans, LA.
- 7) Williams, G.\*, Crowther, J., Ciesla, J., **Leahey, T. M.**# (October, 2015). The effects of multiple appearance-focused social comparisons in the natural environment. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
- 8) 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. Presented at the annual meeting of the Society of Behavioral Medicine, San Antonio, TX.



- 9) 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.
- 10) 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.
- 11) 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.
- 12) 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.
- 13) **Leahey, T. M.**, 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.
- 14) Xu, X.\* , **Leahey, T. M.**, Boguszewski, K.\* , Krupel, K., Kent, K.\* , Wing, R. R. (January, 2014). Self-expansion during a behavioral weight loss intervention is associated with better objective adherence and outcomes. Presented at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.
- 15) 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.
- 16) 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.
- 17) 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.
- 18) **Leahey, T. M.** & 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.
- 19) Kuhl, E., Jelalian, E., Hart, C., **Leahey, T. M.**, 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.

- 20) 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.
- 21) Xu, 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.
- 22) 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.
- 23) 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.
- 24) **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.
- 25) 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.
- 26) 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. Presented at the annual meeting of The Obesity Society, San Diego, CA.
- 27) **Leahey, T. M.**, Thomas, J. G., Gokee LaRose, J., & Wing, R. R. (October, 2010). A randomized trail testing the effects of social reinforcement on weight loss. 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). Obesity clusters in young adults but social norms for obesity do not differ between normal weight and overweight/obese young adults. Presented at the annual meeting of The Obesity Society, San Diego, CA.
- 29) **Leahey, T. M.**, Gokee LaRose, J., & Wing, R. R. (October, 2010). Social contacts and social norms affect weight loss intentions in young adults. Presented at the annual meeting of The Obesity Society, San Diego, CA.
- 30) **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.

- 31) **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. Presented at the annual meeting of The Obesity Society, Washington, DC.
- 32) **Leahey, T. M.**, Gokee-LaRose, J., Thomas, G., Wing, R. R. (October, 2009). Social distancing and weight loss in a behavioral intervention. Presented at the annual meeting of The Obesity Society, Washington, DC.
- 33) 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. Presented at the annual meeting of The Obesity Society, Washington, DC.
- 34) 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. Presented at the annual meeting of the Society of Behavioral Medicine, Montreal, Canada.
- 35) Bond, D. S., Phelan, S., **Leahey, T. M.**, Hill, J. O., & Wing, R.R. (March, 2008). Successful long-term weight loss maintenance after bariatric surgery: Can similar weight losses be achieved and maintained through non-surgical methods? Presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.
- 36) **Leahey, T. M.**, & Crowther, J. H. (November, 2007). A naturalistic examination of the effects of body-focused social comparisons with media images. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- 37) Reddy, S. D., Crowther, J. H., **Leahey, T. M.**, Irwin, S., & Gunstad, J. (November, 2007). 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. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- 38) **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. Presented at the annual meeting of The Obesity Society, Phoenix, AZ.
- 39) **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? Presented at the annual meeting of The Obesity Society, Phoenix, AZ.
- 40) Luce, K. H., Crowther, J. H., & **Leahey, T. M.** (August, 2007). Do restrained eaters restrict their caloric intake prior to drinking? Presented at the annual meeting of the American Psychological Association, San Francisco, CA.
- 41) **Leahey, T. M.**, & Crowther, J. H. (November, 2006). The effects of naturally occurring appearance-focused social comparisons on women with depressive symptomatology. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

- 42) **Leahey, T. M.**, Crowther, J. H., & Mickelson, K. D. (November, 2005). An ecological momentary assessment of the effects of appearance-focused social comparisons on women's affect and cognitions. Presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington, DC.
- 43) Swaim, J. C., **Leahey, T. M.**, McMullen, M. J., Williams, C. J., Gilbertson, A. D., Moore, J. L. (August, 2005). Psychological sequelae of non-lethal gunshot incidents. Presented at the annual meeting of the American Psychological Association, Washington, DC.
- 44) **Leahey, T. M.**, Reddy, S. R., & Crowther, J. H. (November, 2004). Changes in body image and body image dissatisfaction across the years. Presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- 45) Reddy, S. D., Karazsia, B., **Leahey, T. M.**, & Crowther, J. H. (November, 2004). Body image amongst men and women: Are there gender differences in the pathways to body dissatisfaction? Presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- 46) Crowther, J. H., **Leahey, T. M.**, Sherwood, N., Dalton, G., Horton, H., & Pole, M. (November, 2003). The role of avoidance coping, self-nurturance, and hunger in bulimia nervosa. Presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.

### **INVITED PRESENTATIONS**

- 1) **Leahey, T. M.** (July, 2013- July, 2017). Recruitment and adherence in RCTs involving behavioral interventions. Annual invited talk given at the NIH OBSSR / NHLBI Summer Institute on the Design and Conduct of Randomized Clinical Trials Involving Behavioral Interventions; Warrenton, VA.
- 2) **Leahey, T. M.** (October, 2015) Leveraging financial incentives and social influence to address current challenges in obesity treatment. Invited talk given at the Yale Chronic Disease and Epidemiology Seminar Series; New Haven, CT.
- 3) **Leahey, T. M.** (October, 2015). Next frontiers in obesity treatment: Disseminating evidence-based strategies and weight loss maintenance. Invited talk given at the UConn Department of Nutrition Seminar Series; Storrs, CT.
- 4) **Leahey, T. M.** (October, 2015). Reducing obesity in the U.S. by using financial incentives and gamification. Invited talk given at the University of Vermont's Center on Behavior and Health Annual Behavior Change Conference; Burlington, VT.
- 5) **Leahey, T.M.** (April, 2015). Harnessing financial incentives and social influence to address current challenges in obesity treatment research. Invited talk given at the 2014-2015 CHIP lecture series, Storrs, CT.
- 6) **Leahey, T. M.** (October, 2014). Behavioral economics for obesity treatment. Invited talk given at the University of Vermont's Center on Behavior and Health Annual Behavior Change Conference; Burlington, VT.
- 7) **Leahey, T. M.** (March, 2014). Behavioral economics and social networks for obesity treatment. Invited talk given at the University of Massachusetts Medical School's Division

of Preventive and Behavioral Medicine Seminar Series; Worcester, MA.

- 8) **Leahey, T. M.** (March, 2014). Financial rewards and social networks for obesity treatment. Invited grand rounds given at the University of Vermont; Burlington, VT.
- 9) **Leahey, T. M.** (April, 2013). Social influence and financial incentives for weight loss and weight loss maintenance. Invited talk given at DietBet, Inc.; New York, NY.
- 10) **Leahey, T. M.** (June, 2012). Social influence and weight control. Invited grand rounds given at New Jersey Medical School; Newark, NJ.
- 11) Kumar, R., **Leahey, T.M.**, & Miller, L (April, 2012). Healthy behaviors are contagious. Invited talk given at Shape Up, Inc.'s nationally-broadcasted Webinar; Providence, RI.
- 12) **Leahey, T. M.** (February, 2012). Obesity and social networks. Invited talk given at the American College of Preventive Medicine; Orlando, FL.
- 13) **Leahey, T. M.** (March, 2010). Keeping the pounds off: Behavioral strategies for long-term weight control. Invited talk given at the United Health Services Hospitals' Weight Management and Diabetes Teaching Day; Binghamton, NY.

## **TEACHING**

### **UNIVERSITY TEACHING ROLES**

- |             |  |
|-------------|--|
| Spring 2017 | <i>Research Methods in Allied Health</i> , 144 undergraduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.  |
| Spring 2017 | <i>Dietetics Research Practicum</i> , 1 undergraduate student, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.          |
| Spring 2017 | <i>Independent Study in Obesity Research</i> , 2 doctoral students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.     |
| Spring 2017 | <i>Master's Thesis Research</i> , 1 master's student, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.                   |
| Fall 2016   | <i>Research Methods in Allied Health</i> , 145 undergraduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.  |
| Fall 2016   | <i>Experiential Learning in Obesity Research</i> , 2 doctoral students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT. |

- Fall 2016 *Independent Study in Obesity Research*, 3 undergraduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Spring 2016 *Independent Study in Obesity Research*, 2 undergraduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Spring 2016 *Honors Thesis in Allied Health Sciences*, 1 honor's student, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Spring 2016 *Dietetics Research Practicum*, 1 undergraduate student, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Spring 2016 *Graduate Professional Development Practicum*, 1 master's student, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Fall 2015 *Independent Study in Obesity Research*, 3 undergraduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Fall 2015 *Graduate Professional Development Practicum*, 1 master's student, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Fall 2006 *Psychological Interventions*, 59 undergraduate students, Department of Psychology, Kent State University, Kent, OH.
- Fall 2006 *Writing in Psychology*, 6 undergraduate students, Department of Psychology, Kent State University, Kent, OH.
- Spring 2005 *Research Methods – Psychology*, 32 undergraduate students, Department of Psychology, Kent State University, Kent, OH.
- Spring 2005 *Writing in Psychology*, 3 undergraduate students, Department of Psychology, Kent State University, Kent, OH.
- Fall 2004 *Abnormal Psychology*, 141 undergraduate students, Department of Psychology, Kent State University, Kent, OH.
- Fall 2004 *Writing in Psychology*, 4 undergraduate students, Department of Psychology, Kent State University, Kent, OH.

### **GUEST LECTURES**

- Spring 2017 *Research Methods in Allied Health: Ethics*, graduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.

- Spring 2017      *Contemporary Nutrition Practice: Workshop in Behavioral Interventions for Obesity Treatment*, undergraduate and graduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Spring 2017      *Introduction to Allied Health Professions: Clinical Health Psychology*, undergraduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Spring 2017      *Health Education and Behavioral Interventions for At-Risk Populations: Self-regulation for Health Behavior Change*, undergraduate and graduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Fall 2016        *Critical Issues in Health Promotion: Obesity Prevalence and Treatment*, undergraduate and graduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Spring 2016      *Contemporary Nutrition Practice: Workshop in Behavioral Interventions for Obesity Treatment*, undergraduate and graduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Spring 2016      *Introduction to Allied Health Professions: Clinical Health Psychology*, undergraduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Spring 2016      *Health Education and Behavioral Interventions for At-Risk Populations: Self-regulation for Health Behavior Change*, undergraduate and graduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Spring 2016      *Current Issues in Health: The Obesity Epidemic and Strategies for Successful Weight Control*, undergraduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Spring 2016      *Graduate Research Methods in Allied Health: Development of theory-based health promotion interventions*, graduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Fall 2015        *Critical Issues in Health Promotion: Obesity Prevalence and Treatment*, undergraduate and graduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Fall 2015        *Program Planning and Evaluation for Health Professionals: Obesity interventions*, graduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.

- Spring 2015 *Graduate Research Methods in Allied Health: Development of theory-based health promotion interventions*, graduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Fall 2014 *Critical Issues in Health Promotion: Obesity Prevalence and Treatment*, undergraduate and graduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Fall 2014 *Program Planning and Evaluation for Health Professionals: Obesity interventions*, graduate students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Fall 2014 *Interdisciplinary Approach to Obesity Prevention: An Introduction to Lifestyle Interventions for Obesity Treatment*, undergraduate honors students, Department of Allied Health Sciences, University of Connecticut, Storrs, CT.
- Fall 2014 *Obesity Prevention Learning Consortium: Translating lifestyle interventions for obesity treatment into real-world settings*, undergraduate and graduate students, Department of Psychology, University of Connecticut, Storrs, CT.
- Spring 2006 *Interventions in Health Psychology: Behavioral Interventions for Bariatric Surgery Patients*, graduate students, Kent State University, Kent, OH.

### **HOSPITAL TEACHING ROLES**

- Fall 2013 *Clinical Psychology Training Consortium, Psychology Intern Core Seminar: Preparing and obtaining an F-32 award*, graduate students, Brown Medical School, Providence, RI.
- Fall 2013 *Behavioral Medicine Psychology Intern Seminar: Obesity Treatment*, graduate students, Brown Medical School, Providence, RI.
- Spring 2013 *Obesity: Behavioral Weight Strategies, Dissemination, and Current Research*, postdoctoral fellows and staff, Weight Control and Diabetes Research Center, Brown Medical School, Providence, RI.
- Spring 2013 *T32 Seminar Series: Combined Interventions for Health Behavior Change*, T32 postdoctoral fellows, Brown Medical School, Providence, RI.
- Fall 2012 *Clinical Psychology Training Consortium, Psychology Intern Core Seminar: Preparing and obtaining an F-32 award*, graduate students, Brown Medical School, Providence, RI.



- Fall 2012 *Behavioral Medicine Psychology Intern Seminar: Obesity Treatment*, graduate students, Brown Medical School, Providence, RI.
- Spring 2012 *Behavioral Medicine Psychology Intern Seminar: Obesity Treatment*, graduate students, Brown Medical School, Providence, RI.
- Fall 2011 *Obesity: Assessment and Prevalence*, postdoctoral fellows and staff, Weight Control and Diabetes Research Center, Brown Medical School, Providence, RI.
- Fall 2011 *Clinical Psychology Training Consortium, Psychology Intern Core Seminar: Preparing and obtaining an F-32 award*, graduate students, Brown Medical School, Providence, RI.
- Spring 2011 *Obesity: Health consequences of obesity and the role of lifestyle interventions*, postdoctoral fellows and staff, Weight Control and Diabetes Research Center, Brown Medical School, Providence, RI.
- Spring 2011 *Behavioral Medicine Psychology Intern Seminar: Obesity Treatment*, graduate students, Brown Medical School, Providence, RI.
- Fall 2010 *Clinical Psychology Training Consortium, Psychology Intern Core Seminar: Preparing and obtaining an F-32 award*, graduate students, Brown Medical School, Providence, RI.

### **CURRENT MENTEES**

#### **Major advisor / primary mentor:**

- 2017-present Shelby Brewer, BS – Master’s Student, University of Connecticut  
2016-present Carnisha Gilder, MS – Doctoral Student, University of Connecticut  
2016-present Shane Sacco, MS – Doctoral Student, University of Connecticut  
2014-present Jacob Naparstek – Honor’s Student, University of Connecticut  
2014-present Marc Mitchell, PhD – Postdoctoral Fellow, University of Toronto

#### **Associate advisor:**

- 2017-present Roman Shrestha, MS – Doctoral Student, University of Connecticut  
2017-present Pramila Karki, BS – Master’s Student, University of Connecticut  
2017-present Chanchala Tiwari, BS – Master’s Student, University of Connecticut  
2016-present Summer Yule, BS – Master’s Student, University of Connecticut  
2016-present Melissa Depaolo, BS – Master’s Student, University of Connecticut  
2016-present Patrice Hubert, MS – Doctoral Student, University of Connecticut  
2014-present Autumn Lanoye, MS – Doctoral Student, Virginia Commonwealth University

### **PREVIOUS MENTEES**

#### **Major advisor / primary mentor:**

2017	Marisa Creatura, MS; Master's Student, University of Connecticut; currently preparing for dietetics licensure exam.
2015-2016	Maureen Megson, BS; Honor's Student, University of Connecticut; currently a graduate student at Massachusetts College of Pharmacy and Health Sciences.
2015-2016	Natasha Dang, MS; Master's Student, University of Connecticut; currently preparing for dietetics licensure exam.
2013-2016	Caroline Doyle, BA; Research Assistant and Mentee, Brown Medical School; currently a clinical psychology graduate student at the University of Arizona.
2012-2014	Xiaomeng (Mona) Xu, PhD; T32 Postdoctoral Fellow, Brown Medical School; currently an Assistant Professor at Idaho State University.
2012-2014	Diana Rancourt, PhD; T32 Postdoctoral Fellow, Brown Medical School; currently an Assistant Professor at the University of South Florida.
2012-2014	Andrew Seiden, BA; Research Assistant and Mentee, Brown Medical School; currently a graduate student at John Hopkins University.
2011-2013	Katherine Boguszewski, BA; Research Assistant and Mentee, Brown Medical School; currently a graduate student at the University of Virginia.
2010-2014	Kimberly Kent, BA; Research Assistant and Mentee Brown Medical School; currently a graduate student at Brown University.

**Associate advisor:**

2015-2016	Kayla Vosburgh, MS; Master's Student, University of Connecticut; currently a dietitian at Flagler Hospital in Jacksonville, FL.
2015-2016	Cheyenne Barclay, MS; Master's Student, University of Connecticut; currently a dietitian at Norwichtown Rehabilitation and Care Center in Norwich, CT.

**ACADEMIC ADVISING**

2016-2017: 9 Undergraduate Students (8 Honors)  
2015-2016: 4 Undergraduate Students (3 Honors)

**COMMUNITY OUTREACH**

- 1) **Leahey, T. M.** (to be presented December, 2017). Behavioral intervention for complications following bariatric surgery. Invited talk to be given at the Hartford Hospital bariatric surgery research meeting; Hartford, CT.
- 2) **Leahey, T. M.** (February, 2014). Impact of obesity on underserved populations. Invited talk given at Lifespan's community's health advocacy meeting; Providence, RI.
- 3) **Leahey, T. M.** (September, 2012). Is health behavior contagious? The effects of social networks on weight, diet, and physical activity. Invited talk given at The Miriam Hospital's women's wellness workshop; Warwick, RI.

- 4) **Leahey, T. M.** (September, 2009). Cutting-edge approaches to prevent and treat obesity. Invited talk given at The Miriam Hospital's women's wellness workshop; Warwick, RI.
- 5) **Leahey, T. M.** (November, 2008). New strategies to prevent and treat obesity. Invited talk given at The Miriam Hospital's community health workshop; Foxboro, MA.
- 6) **Leahey, T. M.** (April, 2008). Weight control in women. Invited talk given at the annual Rhode Island Hospital breast imaging seminar series; Providence, RI.

### **INDUSTRY CONSULTING WORK**

2014-present            Chief Scientist, Waybetter, Inc., New York, NY.

### **MEDIA COVERAGE OF RESEARCH (INTERNATIONAL, NATIONAL, AND LOCAL)**

NPR	Shape Magazine
Wall Street Journal	Allure Magazine
Time Magazine	Cosmopolitan Magazine
ABC news	Woman's Day Magazine
Huffington Post	Fitness Magazine
Forbes	Weight Watchers Magazine
French Tribune (France)	Prevention Magazine
Medical News Today (U.K.)	Good Housekeeping Magazine
Irish Health (Ireland)	Endocrine Today
Sky News (Australia)	Success Magazine
Daily Mail (U.K.)	Woman's World
Terra Brasil	New York Daily News
Asian News International	New York Business Journal
Science Daily	Sarasota Herald Tribune
AARP News	Toronto Star
Jamaica Observer	CJAD 800 Radio, Montreal, Canada
WebMD	Uniradio Informa
Men's Health Magazine	Providence Journal
Women's Health Magazine	UConn Today
Health Magazine	Naturally UConn
Self Magazine	InCHIP Newsletter