

**Curriculum Vitae
Part I**

PERSONAL DATA

Ariana M. Chao, PhD, CRNP, FNP-BC

Johns Hopkins University School of Nursing
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EDUCATION

| Year | Degree | Institution | Location |
|-------------|---------------------------------|--|-------------------|
| 2017 | Post-Doctoral Fellowship | University of Pennsylvania School of Nursing | Philadelphia, PA |
| 2015 | PhD (Nursing Science) | Yale University | New Haven, CT |
| 2011 | MSN (Family Nurse Practitioner) | Boston College | Chestnut Hill, MA |
| 2010 | BSN, <i>summa cum laude</i> | Boston College | Chestnut Hill, MA |

CURRENT LICENSE AND CERTIFICATION

| Year | Source | Type |
|--------------|--------------------------------------|---|
| 2023-present | State of Maryland | Certified Registered Nurse Practitioner |
| 2023-present | State of Maryland | Registered Nurse |
| 2023-2024 | State of Virginia | Registered Nurse |
| 2017 | University of Oxford | Certificate of Completion for Cognitive Behavioral Therapy-E for Eating Disorders |
| 2015 | Yale University | Teaching Certificate |
| 2015-present | State of Pennsylvania | Certified Registered Nurse Practitioner |
| 2015-present | State of Pennsylvania | Prescriptive authority |
| 2015-present | State of Pennsylvania | Registered Nurse |
| 2015-present | American Nurses Credentialing Center | Family Nurse Practitioner |
| 2015-present | Drug Enforcement Administration | DEA |

PROFESSIONAL EXPERIENCE

| Year | Position | Institution | Location |
|--------------|-------------------------------------|---|------------------|
| 2024-present | Associate Professor | Johns Hopkins University School of Nursing | Baltimore, MD |
| 2024-present | Obesity Medicine Nurse Practitioner | Healthy Weight, Eating, and Activity Program, Johns Hopkins University School of Medicine | Baltimore, MD |
| 2024-present | Associate Faculty | Welch Center | Baltimore, MD |
| 2023-2024 | Faculty Associate | Johns Hopkins University School of Nursing | Baltimore, MD |
| 2023-present | Adjunct Associate Professor | University of Pennsylvania School of Nursing | Philadelphia, PA |

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| 2023-present | Special Volunteer | National Institutes of Health, National Institute on Alcohol, Abuse, and Alcoholism (NIAAA) | Bethesda, MD |
| 2017-2023 | Assistant Professor, standing faculty tenure track | University of Pennsylvania School of Nursing, Department of Biobehavioral Health Sciences | Philadelphia, PA |
| 2017-2023 | Assistant Professor of Nursing in Psychiatry, secondary appointment | Perelman School of Medicine at the University of Pennsylvania, Department of Psychiatry | Philadelphia, PA |
| 2019-2023 | Medical Director | Perelman School of Medicine at the University of Pennsylvania, Department of Psychiatry, Center for Weight and Eating Disorders | Philadelphia, PA |
| 2021-2022 | Director of Enrichment Programs | Perelman School of Medicine at the University of Pennsylvania/Children's Hospital of Philadelphia, Penn Center for Nutritional Science and Medicine (PenNSAM) | Philadelphia, PA |
| 2018-present | Senior Fellow | University of Pennsylvania, Leonard Davis Institute of Health Economics | Philadelphia, PA |
| 2015-2017 | T32 Postdoctoral Fellow | University of Pennsylvania School of Nursing | Philadelphia, PA |
| 2011-2015 | T32 and F31 Predoctoral Fellow | Yale University School of Nursing | New Haven, CT |
| 2011-2015 | Graduate Research Assistant | Yale University School of Nursing | New Haven, CT |
| 2007-2010 | Undergraduate Research Assistant | Boston College William F. Connell School of Nursing | Chestnut Hill, MA |

HONORS AND AWARDS

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|------|---|
| 2024 | Yale School of Nursing Decade Award |
| 2024 | International Journal of Eating Disorders Mentor to Early Career Paper awardee (Jessica Abene) Best Review Paper by an Early Career Scholar |
| 2022 | Council for the Advancement of Nursing Science, Abstract of Distinction |
| 2021 | University of Pennsylvania, Department of Biobehavioral Health Sciences, Junior Faculty Research Award |
| 2020 | University of Pennsylvania School of Nursing's Dean's Award for Undergraduate Scholarly Mentorship |
| 2020 | Eastern Nursing Research Society Rising Star Research Award |
| 2018 | University of Pennsylvania, Department of Biobehavioral Health Sciences, Junior Faculty Research Award |
| 2017 | The Obesity Society Journal Symposium Winner |
| 2017 | The Obesity Society Early Career Travel Award |
| 2016 | The Obesity Society Early Career Abstract Award (Clinical Management Section) |
| 2015 | American Association of Colleges of Nursing, Excellence in Advancing Nursing Science Award, Honorable Mention |
| 2014 | Bloomberg Faculty of Nursing Emerging Scholar |
| 2013 | McLeod-Blue-Skye Conference Travel Award |

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| 2013 | Yale Graduate Conference Travel Fellowship |
| 2012-2014 | Jonas Nurse Leaders Scholar |
| 2013 | Yale School of Nursing Conference Travel Grant |
| 2011 | Boston College William F. Connell Commencement Award |
| 2010 | Boston College William F. Connell Undergraduate Commencement Award |
| 2010 | Sigma Theta Tau Alpha Chi Chapter Spirit of Sigma Award |
| 2008 | American Psychiatric Nurses Association Travel Award |

RESEARCH

Sponsored Projects

Education

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|-----------|---|
| 2015-2017 | National Research Service Award (NRSA) Institutional Postdoctoral Fellowship, Research on Vulnerable Women, Children, and Families (T32NR007100), Marilyn Sommers/Barbara Medoff-Cooper (PIs), Chao (Fellow) , National Institute of Nursing Research (NINR)/National Institutes of Health (NIH) |
| 2013-2015 | NRSA Individual Predoctoral Fellowship, Stress, Binge Eating, and Metabolic Abnormalities (F31NR014375), Chao (PI) , Sponsor: Margaret Grey, Co-Sponsors: Rajita Sinha and Robin Whittemore, NINR/NIH |
| 2012-2014 | Predoctoral Fellowship, Chao (Fellow) , Jonas Nurse Scholars |
| 2011-2013 | NRSA Institutional Predoctoral Research Training Grant, Yale University. Research Training: Self and Family Management (T32NR008346), Nancy Reynolds (PI), Chao (Fellow) , NINR/NIH |

Research

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|-----------------|--|
| 03/2024-03/2025 | Changes in dietary quality with second-generation anti-obesity medications: A pilot observational cohort study. Chao (PI) , Johns Hopkins University Internal Pilot Grant, 0% effort, total costs \$10,000. |
| 12/2023-12/2028 | Maryland New Nursing Faculty Fellowships. Chao (PI) , 0% effort, total costs \$50,000 |
| 09/2023-06/2028 | Stepped care for weight loss maintenance (R01NR020197), Chao (PI) , Aryal (Co-I), Mehta (Co-I), Wadden (Co-I), NINR/NIH, 20% effort, total costs \$1,608,779 |
| 06/2022-05/2025 | Liverwatch, Serper (PI), Chao (Co-I) , Mehta (Co-I), Pennsylvania Department of Health, 5% effort |
| 09/2022-09/2024 | Food supplementation interventions to improve weight loss for adults with food insecurity and obesity (R56NR02046601), Chao (PI) , Aryal (Co-I), Roberto (Co-I), Wadden (Co-I), NINR/NIH, 10% effort, total costs \$356,299 |
| 01/2022-12/2023 | Produce Rx: Improving weight and cardiovascular risk in adults with food insecurity and obesity, Chao (PI) , The Edna G. Kynett Memorial Foundation, total costs \$25,000 |

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| 09/2022-10/2027 | A phase 3, randomized, double-blind, placebo-controlled study to investigate the effect of tirzepatide on the reduction of morbidity and mortality in adults with obesity (SURMOUNT-MMO; I8F-MC-GPIJ), Amaro (UPenn PI), Chao (Sub-I) , Eli Lilly and Company, total costs \$331,797 |
| 09/2022-09/2027 | A research study to see how well CagriSema helps people with excess body weight lose weight (REDEFINE 1), Wadden (PI), Chao (Sub-I) , Amaro (Sub-I), Novo Nordisk, total costs \$649,166 |
| 06/2020-06/2023 | Efficacy and safety of tirzepatide once weekly versus placebo after an intensive lifestyle program in participants without type 2 diabetes who have obesity or are overweight with weight-related comorbidities: A randomized, double-blind, placebo-controlled trial (SURMOUNT-3), Chao (UPenn PI) , Wadden (Sub-I), Amaro (Sub-I), Pandula (Sub-I), Eli Lilly and Company, total costs \$811,408 |
| 11/2019-05/2023 | A randomized controlled trial examining the neurocognitive benefits of a nationally available weight management program, Chao (PI) , Wadden (Co-I), WW International, Inc., total costs \$305,572 |
| 09/2021-05/2023 | Efficacy and safety of oral semaglutide 50 mg once daily in subjects with overweight or obesity (OASIS 1), Wadden (PI), Chao (Sub-I) , Amaro (Sub-I), Novo Nordisk, total costs \$279,396 |
| 09/2020-11/2023 | The effect of epitomee capsule on body weight in patients with overweight and obesity with and without prediabetes, Wadden (PI), Chao (Co-I) , Berkowitz (Co-I), Amaro (Co-I), Epitomee Medical, \$351,540 |
| 04/2018-03/2022 (NCE) | Neural response to food stimuli: fMRI changes following cognitive behavioral therapy for binge eating disorder (K23NR017209), Chao (PI) , Mentor: Thomas A. Wadden. Co-Mentors: Ruben C. Gur, Carlos M. Grilo, Consultants: Therese Richmond, Russell Shinohara, NINR/NIH, 75% effort, total costs \$473,679 |
| 06/2020-03/2022 (NCE) | Neural response to food stimuli: fMRI changes following cognitive behavioral therapy for binge eating disorder. Administrative supplement (K23NR017209-03S1), Chao (PI) , Mentor: Thomas A. Wadden. Co-Mentors: Ruben C. Gur, Carlos M. Grilo, Consultants: Therese Richmond, Russell Shinohara, NINR/NIH, total costs \$46,430 |
| 07/2018-03/2022 | Long-term impact of random assignment to intensive lifestyle intervention on Alzheimer's disease and related dementias: The Action for Health in Diabetes ADRD Study, R01AG058571, Wadden (UPenn PI), Chao (Co-I) , subaward from Wake Forest University, National Institute on Aging/NIH, 1% effort, total costs \$2,659,030 |
| 12/2020-12/2021 | COVID Relief Funds for Obesity Research, Chao (PI) , University of Pennsylvania Vice Provost, total costs \$32,956 |
| 04/2018-04/2020 | Effect and safety of semaglutide 2.4 mg once-weekly as adjunct to intensive behavioural therapy in subjects with overweight or obesity, Phase: 3a, Wadden (PI), Chao (Sub-I) , Amaro (Sub-I), Berkowitz (Sub -I), Tronieri (Sub -I), Novo Nordisk, total costs \$251,315 |
| 10/2018-04/2019 | A randomized controlled trial of liraglutide 3.0 mg/d for binge eating disorder, Allison |

(PI), Wadden (Co-I), Berkowitz (Co-I), **Chao (Co-I)**, Novo Nordisk, 5% effort, total costs \$235,663

- 05/2017-04/2018 Neural response to external food cues in obese females with and without binge eating disorder, **Chao (PI)**, Wadden (Co-I), Gur (Co-I), Dr. Dorothy Mereness Endowed Research Fund and the University of Pennsylvania, School of Nursing Faculty Grant Award, total costs \$15,000
- 07/2018-06/2019 Action for Health in Diabetes Extension Study Research Project. Look AHEAD Research Group, (5U01DK05713519), Wadden (UPenn PI), **Chao (Collaborator)**, NIH/NIDDK, 1% effort, total costs \$420,373
- 05/2016-12/2017 Do healthcare providers recognize binge eating disorder in their patients? **Chao (PI)**, Sommers (Co-I), Wadden (Co-I), Shire Pharmaceuticals, total costs \$32,801
- 06/2016-05/2017 Examining the effects of caloric restriction and weight loss on neurocognition, **Chao (PI)**, Ashare (Co-I), Wadden (Co-I), Sigma Theta Tau, total costs \$5,000

Student/Trainee Funded Research and Fellowships

- 04/2022-12/2022 Examination of health plan coverage for obesity pharmacotherapies and employers' intentions for future coverage, Ben Nathan, Caroline (PI), University of Pennsylvania Center for Undergraduate Research & Fellowships, **Chao (Co-Faculty Advisor)**, Patti Williams (Co-Faculty Advisor), total costs \$2,000
- 04/2022-12/2022 Examination of health plan coverage for obesity pharmacotherapies and employers' intentions for future coverage, Ben Nathan, Caroline (PI). Wharton Student Research Subsidy, **Chao (Co-Faculty Advisor)**, Patti Williams (Co-Faculty Advisor), total costs \$3,000
- 09/2021-05/2023 Health Policy Research Scholars, Cooper, Ashley (PI), Robert Wood Johnson Foundation, **Chao (Faculty Mentor)**, total costs \$124,000
- 04/2021-03/2022 The impact of COVID-19 on binge eating among patients with obesity, Gardizy, Ariana (PI), University of Pennsylvania School of Nursing, Office of Nursing Research, **Chao (Faculty Mentor)**, total costs \$4,500
- 12/2020-04/2020 Psychosocial factors and technology use: Relationships with disordered eating among college students during the COVID-19 pandemic, Bronfman, Kyra (PI). The Ernest M. Brown, Jr. College Alumni Society Undergraduate Research Grant, **Chao (Faculty Mentor)**, total costs \$500
- 04/2020-03/2021 Perceptions of obesity pharmacology among nurse practitioners, Bottcher, Katelyn (PI), University of Pennsylvania School of Nursing, Office of Nursing Research, **Chao (Faculty Mentor)**, total costs \$5,000
- 05/2020-08/2020 Penn Undergraduate Research Mentorship Award, Wei, Xueting (Mentee), University of Pennsylvania Center for Undergraduate Research & Fellowships, **Chao (Faculty Mentor)**, total costs \$5,000

- 05/2019-08/2020 Penn Undergraduate Research Mentorship Award, Luong, Vivian (Mentee), University of Pennsylvania Center for Undergraduate Research & Fellowships, **Chao (Faculty Mentor)**, total costs \$5,000
- 11/2018-10/2019 Transitions in care from hospital to home for patients with eating disorders, Di Vitantonio, Kathryn (PI), University of Pennsylvania School of Nursing, Office of Nursing Research, **Chao (Faculty Mentor)**, total costs \$2,000

PRACTICE

- 2024-present Obesity medicine nurse practitioner, Healthy Eating, Activity, and Weight Program, Johns Hopkins University School of Medicine, Department of General Internal Medicine
- 2017-present Nurse Practitioner, Perelman School of Medicine at the University of Pennsylvania, Department of Psychiatry, Center for Weight and Eating Disorders
- 2015-2017 Family Nurse Practitioner, Stunkard Weight Management Program, Hospital of the University of Pennsylvania
- 2014-2015 Research Clinician, Yale School of Medicine, Program on Weight and Eating Disorders
- 2013-2015 Family Nurse Practitioner, CVS Health
- 2018-2011 Clinical Assistant, Inpatient Medicine and Intermediate Care Program, Boston Children's Hospital

SCHOLARSHIP

Publications

Peer Reviewed Journal Articles (*data-based; students/mentee)

1. **Chao, A. M.**, Amaro, A., Moore, M., & Wadden, T. A. (in press). Evolving approaches for pharmacological therapy of obesity. *Annual Review of Pharmacology and Toxicology*.
2. ***Chao, A. M.**, Agarwal, K., Zhou, Y., Grilo, C. M., Gur, R. C., Joseph, P., Shinohara, R. T., Richmond, T., & Wadden, T. A. (in press). Neural responses to food cues in binge eating disorder following cognitive behavioral therapy. *International Journal of Eating Disorders*.
3. **Chao, A. M.**, Moore, M., & Wadden, T. A. (in press). The past, present, and future of behavioral obesity treatment. *International Journal of Obesity*.
4. **Chao, A. M.**, Paul, A., Hodgkins, J. V., & Wadden, T. A. (in press). A guideline directed approach to obesity treatment. *Diabetes Spectrum*
5. Sexton, C., Kral, T., Spatz, D., & **Chao, A. M.** (2024). Comparison of the effect of direct breastfeeding, expressed human milk, and infant formula feeding on infant weight trajectories: A systematic review. *Breastfeeding Medicine*, 19(4):235-247.

6. *Chew, H.S., Loong, S., Chew, N.W., Tam, W.S., Lim, S.L., Tam, W. S., Chin, Y. H., **Chao, A. M.**, Dimitriadis, G. K., Gao, Y., So, B. Y., Shabbir, A., & Yuan, K. (in press). Effectiveness of an artificial intelligence-assisted app on improving eating behaviors: A mixed-method evaluation. *Journal of Medical Internet Research*.
7. *Ben Nathan, C., Ben Nathan, J., Chou, Y., Joshi, S. M., Gallagher, C., & **Chao, A. M.** (in press). Benefits managers' attitudes towards obesity treatment coverage. *Obesity Research & Clinical Practice*.
8. *Lavenburg, L., Schaubel, D., **Chao, A. M.**, Reese, P., & Cohen, J. B. (in press). The 10-year effects of intensive lifestyle intervention on kidney outcomes. *Kidney Medicine*.
9. *Hachey, S., Hamilton, C., Goins, B., Underwood, P., **Chao, A. M.**, & Dolin, C. D. (in press). Nutrition education and nutrition knowledge amongst Obstetrics and Gynecology residents. *American Journal of Women's Health*.
10. ***Chao, A. M.**, Wadden, T. A., Cao, W., Zhou, Y., Maldonado, D., Cardel, M. I., Foster, G. D., & Loughead, J. (2023). A randomized controlled trial examining the effects of behavioral weight loss treatment on food cue reactivity. *Nursing Research*, 267, 114228.
11. *Wadden, T., **Chao, A. M.**, Machineni, S., Kushner, R., Ard, J., Srivastava, G., Halpern, B., Zhang, S., Chen, J., Bunck, M. C., Ahmad, N. N., Forrester, T., for the SURMOUNT-3 investigators. (2023). Tirzepatide after intensive lifestyle intervention in adults with overweight or obesity: the SURMOUNT-3 phase 3 trial. *Nature Medicine*, 29, 2909-2918.
12. Wadden, T. A., **Chao, A. M.**, Moore, M., Tronieri, J. S., Gilden, A., Amaro, A., Leonard, S., & Jakicic, J. M. (2023). The role of lifestyle modification with second-generation anti-obesity medications: Comparisons, questions, and therapeutic opportunities. *Current Obesity Reports*, 12(4), 453-473.
13. Krasnovsky, L., Crowley, A. P., Naeem, F., Wang, L., Wu, G. D., & **Chao, A. M.** (2023). A systematic review of nutritional biomarkers associated with food security. *Nutrients*, 15(16), 3576.
14. Paul, A. M., Ghanta, A., & **Chao, A. M.** (2023). Features of addiction in binge-eating disorder: Considerations for screening and treatment. *Substance Abuse and Rehabilitation*, 14, 77-87.
15. Bach, R., Hui, A., & **Chao, A. M.** (2023). A systematic review of interventions for obesity among adults with food insecurity. *The Journal of Cardiovascular Nursing*.
16. ***Chao, A. M.**, Zhou, Y., Erus, G., Davatzikos, C., Cardel, M. I., Foster, G. D., & Wadden, T. A. (2023). A randomized controlled trial examining the effects of behavioral weight loss treatment on hippocampal volume and neurocognition. *Physiology & Behavior*, 267.
17. *Chew, H.S., Loong, S., Chew, N.W., Tam, W.S., Lim, S.L., **Chao, A. M.**, Dimitriadis, G. K., Gao, Y., So, B. Y., & Shabbir, A. (2023). Socio-demographic, behavioral and psychological factors associated with high BMI among adults in Southeast Asian Multi-Ethnic Society: a structural equation model. *Nutrients*, 15(8),1826.
18. *Abene, J. A., Yong, J., Minuk, J., Lindenfeldar, G., Chen, Y., & **Chao, A. M.** (2023). Food insecurity and binge eating: A systematic review and meta-analysis. *International Journal of Eating Disorders*, 56(7), 1301-1322.

19. *Bronfman, K., & Chao, A. M. (2023). Psychosocial factors, technology use, and disordered eating in college students during the COVID-19 pandemic. *Journal of Psychosocial Nursing and Mental Health Services*, 61(10), 29-38.
20. *Wing, R. R., Howard, M. J., Olson, K. L., Unick, J., Chao, A. M., Wadden, T. A., Wagenknect, L. E. (2023). Weight changes during the COVID-19 shutdown in older individuals with type 2 diabetes: the Look AHEAD study. *Obesity*, 31(3), 871-882.
21. Le Roux, C. W., Zhang, S., Aronne, L. J., Kushner, R. F., Chao, A. M., Machineni, S., Dunn, J., Chigusta, F. B., Ahmad, N. N., & Bunck, M. C. (2023). Tirzepatide for the treatment of obesity: rationale and design of the SURMOUNT development program. *Obesity*, 31(1), 96-110.
22. *Gardizy, A., Lindenfeldar, G., Paul, A., & Chao, A. M. (2023). Binge-spectrum eating disorders, mood, and food insecurity in young adults with obesity. *Journal of the American Psychiatric Nurses Association*. Online ahead of print.
23. *Calandra, J. M., Shofer, F. S., Chao, A. M. & Swanson, R. (2022). Nutrition education, understanding and counseling practices among psychiatrists: A survey study. *Cureus*. 14(9). e28756.
24. Chao, A. M., Tronieri, J. S., Amaro, A., & Wadden, T. A. (2022). Clinical insight on semaglutide for chronic weight management in adults: Patient selection and special considerations. *Drug Design, Development and Therapy*, 16, 4449-4461.
25. *Chao, A. M., Abene, J., Allison, K. C., Pearl, R. L., Wadden, T. A., Williams, N. N., & Tronieri, J. S. (2022). Binge eating disorder and eating self-efficacy in adults seeking bariatric surgery. *Clinical Obesity*, 12(4), e12531.
26. *Allison, K. C., Chao, A. M., Bruzas, M. B., McCuen-West, C., Jones, E., McAllister, C., Gruber, K., Berkowitz, R. I., Wadden, T. A., & Tronieri, J. S. (2022). A pilot randomized controlled trial of liraglutide 3.0 mg for binge eating disorder. *Obesity Science & Practice*.
27. *Bruzas, M. B., Tronieri, J. S., Chao, A. M., Jones, E., McAllister, C., Gruber, K., McCuen-Wurst, C., Berkowitz, R. I., & Wadden, T. A. (2022). Binge size and loss of control as correlates of eating behavior and psychopathology among individuals with binge eating disorder and higher weight. *Journal of Behavioral Medicine*, 45(4), 603-612.
28. *Joseph, P., Zhou, Y., Brooks, B., McDuffie, C., Agarwal, K., & Chao, A. M. (2022). Relationships among alcohol drinking patterns, macronutrient composition, and caloric intake: National Health and Nutrition Examination Survey 2017-2018. *Alcohol and Alcoholism*, 57(5), 559-565.
29. *Wagenknect, L., Chao, A. M., Wing, R. R., Wadden, T. A., McCaffery, J., Hayden, K., Lafferrere, B., Howard, M., Clark, J., Yanovski, S., & Johnson, K. (2022). Impact of COVID-19 on life experiences as reported by a diverse cohort of older adults with diabetes and obesity: The Look AHEAD Study. *Obesity*, 30, 1268-1278.
30. *Chao, A. M., Wadden, T. A., Clark, J. M., Hayden, K. M., Howard, M. J., Johnson, K. C., Laferrere, B., McCaffery, J. M., Wing, R. R., Yanovski, S. Z., Wagenknect, L. E., & The Look AHEAD Research Group. (2022). Changes in symptoms of depression, loneliness, and insomnia in US older adults during the COVID-19 pandemic: The Look AHEAD Study. *Diabetes Care*, 45(1), 74-82.

31. ***Chao, A. M., Zhou, Y., Wei, X., Wisdom-Goulbourne, T., Dowd, M., & Compher, C.** (2022). Nutrition education in primary care adult and family nurse practitioner programs. *Nurse Educator, 47*(1), 47-50.
32. **Wei, X., Cooper, A., Cernoch, C. A., Huntoon, G., Hodek, B., Lee, I. S., Christian, H. & Chao, A. M.** (2022). Intermittent energy restriction for weight loss: A systematic review of cardiometabolic, inflammatory and appetite outcomes. *Biological Research for Nursing, 24*(3), 410-428.
33. **Page, S. P., Souders, M., Kral, T. V. E., Chao, A. M., & Pinto-Martin, J.** (2022). Correlates of feeding difficulties among children with Autism Spectrum Disorder: A systematic review. *Journal of Autism and Developmental Disorders, 52*(1), 255-274.
34. Schulte, E., **Chao, A. M.,** Allison, K. C. (2021). Advances in the neurobiology of food addiction. *Current Behavioral Neuroscience Reports, 8*, 103-112.
35. **Chao, A. M.,** Amaro, A., Tronieri, J. S., & Wadden, T. A. (2021). Semaglutide for treatment of obesity. *Trends in Cardiovascular Medicine, 12*, S1050-1738.
36. **Chao, A. M.,** Quigley, K., & Wadden, T. A. (2021). Mechanistic and clinical insights into dietary interventions for obesity. *Journal of Clinical Investigation, 131*(1).
37. **Moustafa, A.,** Quigley K., Wadden, T. A., Berkowitz, R. I. & **Chao, A. M.** (2021). A systematic review of loss of control eating and weight loss in children and adolescents. *Obesity, 29*(8), 1258-1271.
38. **Gupta, S. R., Zhou, Y.,** Wadden, T. A., Berkowitz, R. I. & **Chao, A. M.** (2021). A systematic review of genetic predictors of weight loss after bariatric surgery. *Obesity Surgery, 31*(10), 4612-4623.
39. **Cooper, A., Gupta, S., Moustafa, A., & Chao, A. M.** (2021). Sex/gender differences in obesity prevalence, medical comorbidities, and treatment outcomes. *Current Obesity Reports, 10*(4), 458-466.
40. ***Bottcher, K., & Chao, A. M.** (2021). Perceptions of obesity pharmacotherapy by nurse practitioners. *Journal of the American Association of Nurse Practitioners, 34*(4), 618-623.
41. *Look AHEAD Research Group, Wadden, T. A., **Chao, A. M.,** et al., (2021). Changes in symptoms of depression and health-related quality of life in the Look AHEAD Study in the six years following termination of the intensive lifestyle intervention. *Obesity, 29*(8), 1294-1308.
42. ***Chao, A. M., Zhou, Y., Franks, A. T., Brooks, B., & Joseph, P. V.** (2021). Associations of taste perceptions with tobacco use, marijuana use, and body mass index: Findings from the National Health and Nutrition Examination Survey. *Chemical Senses, 46*.
43. *Espeland, M. A., Yassine, H., Hayden, K. D., Hugenschmidt, C., Bennett, W. L., **Chao, A.,** Neiberg, R., Kahn, S., & Luchsinger, J. A. for the Action for Health in Diabetes (Look AHEAD) Research Group (2021). Sex-related differences in cognitive trajectories in older individuals with type 2 diabetes and overweight or obesity. *Alzheimer's & Dementia: Translational Research & Clinical Interventions, 7*(1), e12160.
44. ***Dou, Z., Stefanovski, D., Galligan, D., Lindem, M., Rozin, P., Chen, T., & Chao, A. M.** (2021). Household food dynamics and food system resilience amid the COVID-19 pandemic: A cross-national comparison of China and the United States. *Frontiers in Sustainable Food Systems.*

45. **Chao, A. M.**, Wadden, T. A., Berkowitz, R. I., Quigley, K., & Silvestry, F. (2020). The risk of cardiovascular complications with current obesity drugs. *Expert Opinion on Drug Safety, 19*(9), 1095-1104.
46. **Chevinsky, J. D.**, Wadden, T. A., & **Chao, A. M.** (2020). Binge eating disorder in patients with diabetes: Diagnostic and management challenges. *Diabetes, Metabolic Syndrome, and Obesity: Targets and Therapy, 14*(13), 1117-1131.
47. ***Chao, A. M.**, Fogelman, N., Hart, R., Grilo, C. M., & Sinha, R. (2020). A laboratory-based study of the priming effects of food cues and stress on hunger and food intake in individuals with obesity. *Obesity, 28*(11), 2090-2097.
48. ***Di Vitantonio, K. M.**, & **Chao, A. M.** (2020). Factors associated with readmission in patients with eating disorders. *Eating and Weight Disorders, 8*.
49. ***Chao, A. M.**, **Luong, V.**, Dowd, M., & Compher, C. (2020). A national survey of faculty perceptions of nutrition in nursing education. *Journal of Nursing Education, 59*(10), 566-569.
50. *Tronieri, J. S., Wadden, T. A., Walsh, O., Berkowitz, R. I., Alamuddin, N. & **Chao, A. M.**, (2020). Mindful eating, general mindful awareness, and acceptance as predictors of weight loss. *Mindfulness, 11*, 2818-2827.
51. *Tronieri, J. S., Wadden, T. A., Walsh, O., Berkowitz, R. I., Alamuddin, N. & **Chao, A. M.**, (2020). Measures of adherence as predictors of early and total weight loss with intensive behavioral therapy for obesity combined with liraglutide 3.0 mg. *Behaviour Research and Therapy, 131*, 103639.
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Non-Peer Reviewed

1. Wadden, T. A., Kushner, R. F. & **Chao, A. M.** (2024). Bariatric surgery produces long-term benefits in patients with type 2 diabetes, supporting its expanded use and coverage. *JAMA*.
2. **Chao, A. M.** (2024). Making changes that last: Focus on obesity treatment. *My American Nurse*.
3. Pickler, R. H., Abshire, D. A., **Chao, A. M.**, Chlan, L. L., Stanfill, A. G., Hacker, E.D., Kawar, L. N., McCarthy, A. M., Talsma, A., for the Council for the Advancement of Nursing Science (CANS) Science Committee. (2020). Nursing science and COVID-19. *Nursing Outlook, 68*(5), 685-688.
4. **Chao, A.** & Clark, A. (2013). Focus: Nursing. Introduction. *Yale Journal of Biology and Medicine, 86*(1), 1-3.
5. **Chao, A.** (2013). From BSN to MSN to PhD. Alpha Chi, Sigma Theta Tau International Newsletter.

Books

Book Chapters

1. **Chao, A. M.**, & Grilo, C. M. (in press). Psychological, behavioral, and pharmacological treatments for binge eating disorder: Implications of addiction perspectives. In A. Gearhardt, & K. Brownell (Eds.), *Handbook of Food and Addiction*.
2. **Chao, A. M.**, Quigley, K., & Wadden, T. A. (2022). The behavioral treatment of obesity. In P. G. Kopelman, I. D. Caterson, & W. Dietz (Eds.), *Clinical Obesity in Adults and Children, Fourth Edition*.

3. **Chao, A. M.**, Quigley, K., & Wadden, T. A. (2021). Behavioral treatment. In R. Kushner, D. Bessesen, & A. Tsai (Eds.), *Primary Care: Obesity*. Wolters Kluwer.
4. Berkowitz, B. & **Chao, A. M.** (2018). Pharmacological treatment of pediatric obesity. In T.A. Wadden & G.A Bray (Eds.), *Handbook of Obesity Treatment (2nd ed.)*. New York, NY: The Guilford Press.

Conference Meetings/Presentations [*Invited]

International

- 2024 ***Chao, A. M.** Loneliness is a real heartbreaker: The psychological toll of loneliness. American Diabetes Association, Orlando, FL [Podium]
- 2024 Gibble, T. H., Cao, D., Forrester, T. D., Brumm, J. F., & **Chao, A. M.** Tirzepatide improved mental and psychosocial function in adults with obesity and overweight in the SURMOUNT-3 trial. American Diabetes Association, Orlando, FL [Poster]
- 2024 **Chao, A. M.** Giving weight to incretin-based pharmacotherapy for obesity-related sleep apnea, SLEEP, Houston, TX [Podium]
- 2024 **Chao, A. M.**, Taylor, R., Mojdami, D., Forrester, T., Chigutsa, F. B., & Malik, R. Body weight reduction with tirzepatide by sex: A subgroup analysis of the SURMOUNT clinical trials, ENDO, Boston, MA [Podium]
- 2024 ***Chao, A. M.** A new era in obesity treatment: GLP-1-Based medications and beyond, Institute for the Advancement of Food and Nutrition Sciences, webinar [Podium]
- 2024 ***Chao, A. M.** The benefits & risks of weight loss drugs for body weight management. Institute for Food Technologists Food Policy Impact, Washington, DC [Podium]
- 2023 ***Chao, A. M.** & Garvey, T. Safety and efficacy of tirzepatide for chronic weight management: SURMOUNT-1 and SURMOUNT-2. Obesity Medicine Association, San Antonio, TX [Podium]
- 2023 **Chao, A. M.** SURMOUNT-3 efficacy results. Dallas, TX [Podium]
- 2023 **Chao, A. M.** Taking action on social determinants of health in obesity treatment. Obesity Medicine Association, New York, NY [Podium]
- 2023 Hachey, S., Hamilton, C., Goins, B., Underwood, P., **Chao, A. M.**, & Dolin, C. D. Nutrition education and nutrition knowledge amongst Obstetrics and Gynecology residents. Society for Maternal Fetal Medicine, San Francisco, CA [Poster]
- 2020 ***Chao, A. M.** Incorporating behavioral health into the PCP's office. Obesity Medicine Association. Virtual [Keynote]
- 2020 **Chao, A. M.**, Wadden, T. A., Walsh, O. A., Gruber, K. A., Alamudding, N., Berkowitz, R. I., & Tronieri, J. S. Changes in health-related quality of life with intensive behavioral therapy combined with liraglutide 3.0 mg/d. The Obesity Society, Las Vegas, NV [Podium]
- 2020 Bruzas, M.B., Tronieri, J.S., **Chao, A.M.**, Jones, E., McAllister, C., Gruber, K.A., McCuen-Wurst, C., Berkowitz, R., Wadden, T.A., & Allison, K.C. Does size matter? Binge size vs loss of control as predictors of eating behavior and psychopathology. The Obesity Society, Las Vegas, NV [Poster]
- 2019 ***Chao, A. M.**, & Berkowitz, R. I. Weight off your mind – weight management in patients with psychiatric conditions. The Obesity Society, Las Vegas, NV [Keynote]
- 2018 ***Chao, A. M.** Meal replacements for weight loss in diabetes: Lessons learned of the LookAhead Trial. Diabetes and Nutrition Study Group of the European Association for the Study of Diabetes, Opatija, Croatia [Invited speaker]
- 2018 **Chao, A. M.**, Wadden, T. A., Tronieri, J. S., & Berkowitz, R. I. Alcohol intake and weight loss during an intensive lifestyle intervention for adults with overweight/obesity and diabetes. The Obesity Society, Nashville, TN [Podium]
- 2018 Tronieri, J. S., Wadden, T. A., Walsh, O., Berkowitz, R. I., Alamuddin, N., Gruber, K., Leonard, S., Bakizada, Z. M., & **Chao, A. M.** Effect of liraglutide on appetite, liking, and preoccupation with food in

- a randomized controlled trial. The Obesity Society, Nashville, TN [Poster]
- 2018 Wadden, T. A., Walsh, O., Berkowitz, R. I., **Chao, A. M.**, Alamuddin, N., Gruber, K., Leonard, S., Mugler, K., Bakizada, Z., & Tronieri, J. S. Intensive behavioral therapy for obesity combined with liraglutide 3.0 mg: A randomized controlled trial. The Obesity Society, Nashville, TN [Poster]
- 2017 **Chao, A. M.**, Shaw, J. A., Pearl, R. L., Alamuddin, N., Hopkins, C. M., Bakizada, Z. M., Berkowitz, R. I., & Wadden, T. A. Binge eating disorder and food addiction: Effects on weight loss and attrition during behavioral obesity treatment. International Conference for Eating Disorders, Prague, Czech Republic [Podium]
- 2017 **Chao, A. M.**, Wadden, T. A., Gorin, A. A., Tronieri, J. S., Pearl, R. L., Bakizada, Z. M., Yanovski, S. Z., & Berkowitz, R. I. Binge eating and weight loss outcomes in individuals with type 2 diabetes: 4-year results from the Look AHEAD Study. The Obesity Society, Washington, DC [Podium]
Selected as one of the top 5 entries to be included in the Annual Obesity Journal Symposium.
- 2017 **Chao, A. M.**, Tronieri, J. S., Pearl, R. L., Bakizada, Z. M., Alamuddin, N., Pinkasavage, E., Alfaris, N., Berkowitz, R. I., & Wadden, T. A. Effect of stress on weight and eating behaviors during a weight-loss intervention using portion-controlled foods. The Obesity Society, Washington, DC [Poster]
- 2017 Tronieri, J. S., Wadden, T. A., Berkowitz, R. I., **Chao, A. M.**, Pearl, R. L., Alfaris, N., Bakizada, Z. M., Pinkasavage, E., Gruber, K. A., Walsh, O., & Alamuddin, N. Lorcaserin plus lifestyle modification for weight loss maintenance. The Obesity Society, Washington, DC [Podium]
- 2016 **Chao, A.M.**, Alfaris, N., Shaw, J.A., Bakizada, Z.M., Alamuddin, N., Pearl, R.L., Hopkins, C.M., Pinkasavage, E., Berkowitz, R.I., & Wadden, T.A. Relationship of food cravings to weight loss and attrition during obesity treatment. The Obesity Society, New Orleans, LA [Poster]
- 2016 Alamuddin, N., Bakizada, Z.M., Pearl, R.L., **Chao, A.M.**, Shaw, J.A., Hopkins, C.M., Pinkasavage, E., Berkowitz, R.I., & Wadden, T.A. Relationship between HbA_{1c}, insulin resistance and degree of weight loss in African Americans with obesity seeking weight loss. The Obesity Society, New Orleans, LA [Poster]
- 2016 Bakizada, Z.M., Hopkins, C.M., **Chao, A.M.**, Alfaris, N., Pearl, R.L., Alamuddin, N., Shaw, J.A., Pinkasavage, E., Berkowitz, R.I., & Wadden, T.A. Relationship between baseline depressive symptoms and weight loss in a group behavioral weight loss program. The Obesity Society, New Orleans, LA [Poster]
- 2016 Hopkins, C.M., **Chao, A.M.**, Alfaris, N., Shaw, J.A., Bakizada, Z.M., Alamuddin, N., Pearl, R.L., Pinkasavage, E., Berkowitz, R.I., & Wadden, T.A. Neither short nor poor sleep precludes clinically-meaningful weight loss. The Obesity Society, New Orleans, LA [Poster]
- 2016 Pearl, R.L., Alamuddin, N., Alfaris, N., Shaw, J.A., **Chao, A.M.**, Bakizada, Z.M., Hopkins, C.M., Pinkasavage, E., Berkowitz, R.I., & Wadden, T.A. Weight bias internalization associated with increased risk for metabolic syndrome. The Obesity Society, New Orleans, LA [Poster]
- 2016 Shaw, J.A., Bakizada, Z.M., **Chao, A.M.**, Pearl, R.L., Alamuddin, N., Hopkins, C.M., Pinkasavage, E., McMorrow, P., Berkowitz, R.I., & Wadden, T.A. General mindfulness, eating-specific mindfulness, and acceptance as predictors of weight loss. The Obesity Society, New Orleans, LA [Poster]
- 2016 Shaw, J.A., Pinkasavage, E., Bakizada, Z.M., Alamuddin, N., Hopkins, C.M., **Chao, A.M.**, Pearl, R.L., McMorrow, P., Berkowitz, R.I., & Wadden, T.A. "Last Supper" predicts greater rate of weight loss in treatment, but not enough to offset initial gains. The Obesity Society, New Orleans, LA [Poster]
- 2015 **Chao, A.**, Grilo, C. M., White, M. A., & Sinha, R. Smoking is associated with higher food cravings. The Obesity Society, Los Angeles, CA [Poster]
- 2015 **Chao, A.**, Whittemore, R., Murphy, K., Dumser, S., Minges, K., & Grey, M. Health-related quality of life (HrQoL) in teens with T1D: Parent versus teen-report. The American Diabetes Association Scientific Sessions, Boston, MA [Poster and featured on guided-audio tour]
- 2015 Whittemore, R., Murphy, K., Dumser, S., Jeon, S., **Chao, A.**, Minges, K., & Grey, M. Implementation and efficacy of two internet interventions for teens with T1D. The American Diabetes Association Scientific Sessions, Boston, MA [Poster and featured on guided-audio tour]
- 2014 **Chao, A.**, Grilo, C., & Sinha, R. Food cravings, binge eating, and eating disorder psychopathology.

- International Conference on Eating Disorders, New York, NY [Poster]
- 2014 **Chao, A.**, Whittemore, R., Minges, K. E., Dumser, S., & Grey, M. Discussion board use in an Internet-based program for teens with type 1 diabetes. American Diabetes Association Scientific Sessions, San Francisco, CA [Poster]
- 2013 Whittemore, R., **Chao, A.**, Grey, M., & The TeenCope Study Group. Internet psycho-education programs improve outcomes in youth with type 1 diabetes: A randomized, crossover study. International Society for Research on Internet Interventions Scientific Meeting, Evanston, IL [Podium presentation by Chao, A.]
- 2013 **Chao, A.**, Whittemore, R., Minges, K. E., Murphy, K., & Grey, M. Developmental stage at diagnosis and duration of diabetes: Implications for young adolescents with type 1 diabetes. American Diabetes Association Scientific Sessions, Chicago, IL [Poster presentation and featured on guided-audio tour]
- 2013 Minges, K. E., Whittemore, R., **Chao, A.**, Murphy, K., & Grey, M. Overweight/obese girls with type 1 diabetes (T1D) at high risk for adverse behavioral health outcomes. American Diabetes Association Scientific Sessions, Chicago, IL [Poster]

National

- 2024 *Wadden, T. A., & **Chao, A. M.** Cornerstone or just another brick in the wall: The role of lifestyle modification with the new anti-obesity medications, NIDDK/NIH Office of Obesity Research Speaker Series, virtual [Podium]
- 2024 ***Chao, A. M.** Obesity and eating disorders. Columbia Cornell Obesity Medicine, New York, NY [Podium]
- 2024 ***Chao, A. M.** The landscape of behavioral interventions in obesity medicine. Columbia Cornell Obesity Medicine, New York, NY [Podium]
- 2023 ***Chao, A. M.** Obesity and weight management: Considerations for rehabilitation. Shirley Ryan Abilitylab [Podium]
- 2023 Andrews, M. E., Eltman, N. R., Shofer, F., **Chao, A. M.**, & Swanson, R. L. Modifiable risk factors and dementia risk: A survey study of veterans with traumatic brain injury exposure. Association of Academic Psychiatrists, Anaheim, CA [Poster]
- 2022 ***Chao, A. M.** Obesity and mental health: Exploring the connection. MidAtlantic Business Group on Health, virtual [Podium]
- 2022 ***Chao, A. M.** Health disparities: Obesity in rural settings. Rural Health Policy Institute. National Rural Health Association, virtual [Podium]
- 2022 ***Chao, A. M.** Obesity and mental health. Black Women's Health Imperative, virtual [Invited speaker]
- 2022 ***Chao, A. M.** Academic jobs. Robert Wood Johnson Foundation Health Policy Research Scholars Summer Institute, virtual [Roundtable Discussion Faculty]
- 2022 ***Chao, A. M.** Beyond the body. HealthyWomen, virtual [Invited panelist]
- 2022 **Chao, A. M.**, Wadden, T. A., Cao, W., Zhou, Y., Maldonado, D., Cardel, M. I., Foster, G. D., & Loughead, J. A randomized controlled trial examining the effects of behavioral weight loss on food cue reactivity. Council for the Advancement of Nursing Science, Washington, DC [Podium]
Selected as an abstract of distinction
- 2021 ***Chao, A. M.** Obesity and mental health. National Alliance of Healthcare Purchasers Annual Forum. Washington, DC [Podium]
- 2021 ***Chao, A. M.** The interaction between obesity and mental health. Society for Human Resource Management, virtual [Podium]
- 2021 ***Chao, A. M.** Obesity and mental health: understanding the connection. Black Women's Health Imperative, National Alliance on Mental Illness, and HealthyWomen, virtual [Podium]
- 2021 ***Chao, A. M.** Obesity- when diet & exercise are not enough. Black Women's Health Imperative and HealthyWomen, virtual [Invited panelist]
- 2018 **Chao, A. M.**, Wadden, T., Pearl, R., Alamuddin, N., Berkowitz, R. I., & Tronieri, J. Obesity phenotypes predict weight loss and maintenance. Council for the Advancement of Nursing Science, Washington,

- DC [Podium]
- 2018 Tronieri, J. S., Wadden, T. A., **Chao, A. M.**, Pearl, R. L., Alamuddin, N., & Berkowitz, R. I. Is early weight loss a treatment-specific or general predictor of weight loss success? Society of Behavioral Medicine, New Orleans, LA [Poster]
- 2018 Pearl, R. L., Wadden, T. A., Tronieri, J. S., **Chao, A. M.**, Alamuddin, N., & Berkowitz, R. I. Does weight loss reduce weight stigma? Results from a long-term weight loss maintenance trial. Society of Behavioral Medicine, New Orleans, LA [Poster]
- 2016 **Chao, A. M.**, Shaw, J. A., Pearl, R. L., Alamuddin, N., McMorrow, P., Hopkins, C. M., Bakizada, Z. M., Berkowitz, R. I., Sommers, M. S., & Wadden, T. A. Relationship between food addiction and quality of life in obese persons seeking weight loss treatment. Society of Behavioral Medicine Annual Meeting, Washington, DC [Poster]
- 2015 Park, C., Dixon, J., **Chao, A.**, Minges, K. E., Jang, M., Grey, M., & Whittemore, R. Demographic, personal and behavioral correlates of dietary patterns in diverse adolescents. Society of Behavioral Medicine Annual Meeting, San Antonio, TX [Poster]
- 2014 **Chao, A.**, Park, C., Whittemore, R., Dumser, S., Murphy, K., Minges, K. E., & Grey, M. General life and diabetes-related stressors in youth with type 1 diabetes. Society of Behavioral Medicine Annual Meeting, Philadelphia, PA [Poster]
- 2014 Minges, K. E., Salmon, J., Owen, N., Dunstan, D. W., **Chao, A.**, & Whittemore, R. Barriers and facilitators to reduce screen time in youth: A qualitative metasynthesis. Society of Behavioral Medicine Annual Meeting, Philadelphia, PA [Poster]
- 2013 **Chao, A.**, Grilo, C., & Sinha, R. Stress and its relationship to binge eating behavior. Society of Behavioral Medicine Annual Meeting, San Francisco, CA [Poster]
- 2013 Minges, K., **Chao, A.**, Grey, M., & Whittemore, R. Health behaviors and weight status in adolescence. Society of Behavioral Medicine Annual Meeting, San Francisco, CA [Poster]

Regional

- 2024 ***Chao, A. M.**, GLP-1 agonists: A new frontier in the treatment of obesity. Leveraging incretin hormones for weight loss in individuals with obesity: STEP & OASIS trials. Columbia Appetitive Seminar GLP-1 Symposium, New York, NY [Podium]
- 2024 ***Chao, A. M.**, Cardiovascular risks and benefits of anti-obesity medications. Preventative Cardiovascular Nurses Association, Maryland Chapter, Baltimore, MD [Podium]
- 2024 **Chao, A. M.**, Paul, A., Ghanta, A., Albarracin, W., & Bialy, K. A pilot randomized controlled trial of a produce prescription program for adults with food insecurity and obesity. Eastern Nursing Research Society, Boston, MA [Podium]
- 2024 **Chao, A. M.**, Greene, N., & Joseph, P. V. Reported use of nutritional labels: Associations with caloric intake in US adults. Eastern Nursing Research Society, Boston, MA [Podium]
- 2024 ***Chao, A. M.** Eastern Nursing Research Society Funding Panel. Eastern Nursing Research Society Boston, MA [Podium]
- 2023 **Chao, A. M.**, Agarwal, K., Zhou, Y., Grilo, C., Gur, R., Joseph, P., Shinohara, R., Richmond, T., & Wadden, T. Neural responses to food cues following cognitive behavioral therapy for binge-eating disorder. Eastern Nursing Research Society, Philadelphia, PA [Podium]
- 2023 Abene, J., Tong, J., Minuk, J., Lindenfeldar, G., Chen, Y., & **Chao, A. M.** Food insecurity and binge eating: A systematic review and meta-analysis. Eastern Nursing Research Society, Philadelphia, PA [Podium]
- 2023 Sexton, C., Kral, T., Spatz, D., & **Chao, A. M.** Impact of expressed human milk on infant weight trajectories: A systematic review. Eastern Nursing Research Society, Philadelphia, PA [Poster]
- 2022 ***Chao, A. M.** The science of obesity. Kentuckiana Health Collaborative [Podium]
- 2022 **Chao, A. M.**, Zhou, Y., & Wadden, T. A. A randomized controlled trial examining the effects of behavioral weight loss treatment on neurocognition and eating behaviors, Eastern Nursing Research Society, Providence, RI [Podium]

- 2022 Sexton, C., Zhou, Y., Bach, R., & **Chao, A. M.** Perceived food environment and addictive-like eating behaviors in adults with obesity. Eastern Nursing Research Society, Providence, RI [Podium]
- 2021 ***Chao, A. M.** Precision approaches for obesity treatment. Intellectual curiosity initiative. University of Pennsylvania [Podium]
- 2021 ***Chao, A. M.** The treatment of obesity. Nutrition Education Service Team and Rodin College House at the University of Pennsylvania [Podium]
- 2021 ***Chao, A. M.** Precision science and obesity treatment. Pless Center for Nursing Research at New York University Rory Meyers College of Nursing. New York, NY [Podium]
- 2019 **Chao, A. M.,** Fogelman, N., Hart, R., Grilo, C. M., & Sinha, R. A laboratory-based study of the priming effects of food cues and stress on hunger and highly palatable food intake, Eastern Nursing Research Society, Providence, RI [Podium]
- 2019 **Chao, A. M.,** Wadden, T. A., Walsh, O. A., Gruber, K. A., Alamuddin, N., Berkowitz, R. I., & Tronieri, J. S. Perceptions of a large amount of food based on binge-eating disorder diagnosis, Eastern Nursing Research Society, Providence, RI [Podium]
- 2018 **Chao, A. M.,** Wadden, T. A., Tronieri, J. S., & Berkowitz, R. I. Food cravings and weight loss with an intensive lifestyle intervention in overweight or obese adults with type 2 diabetes, Eastern Nursing Research Society, Newark, NJ [Podium]
- 2017 **Chao, A. M.,** Jastreboff, A. M., White, M. A., Grilo, C. M., & Sinha, R. Stress, cortisol, and appetite-related hormones: Prospective prediction of 6-month changes in food cravings and weight. Eastern Nursing Research Society Scientific Sessions, Philadelphia, PA [Podium]
- 2015 **Chao, A.,** & Sinha, R. Examining the relationships between eating phenotypes and physiological and self-reported stress. Eastern Nursing Research Society Scientific Sessions, Washington, DC [Podium]
- 2015 Jang, M., Minges, K.E., **Chao, A.,** Park, C., Grey, M., & Whittemore, R. Types of sedentary behavior in adolescents and correlations with Body Mass Index (BMI). Eastern Nursing Research Society Scientific Session, Washington, DC [Poster]
- 2014 **Chao, A.,** & Sinha, R. Examining the relationships between chronic stress, food cravings, short sleep duration, and BMI. Eastern Nursing Research Society Scientific Sessions, Philadelphia, PA [Podium]
- 2013 **Chao, A.,** & Whittemore, R. Self-management interventions for the treatment of adolescent obesity. Eastern Nursing Research Society Scientific Sessions, Boston, MA [Poster]
- 2013 Whittemore, R., **Chao, A.,** Jang, M., & Minges, K. E. Methodological advances in knowledge synthesis to transform nursing research and practice. Eastern Nursing Research Society Scientific Sessions, Boston MA [Poster]
- 2012 Jang, M., Whittemore, R., **Chao, A.,** Liptak, L., Popick, R., & Grey, M. High school students' participation and satisfaction with a school-based Internet obesity prevention program. Eastern Nursing Research Society Scientific Sessions, New Haven, CT [Podium]
- 2012 **Chao, A.,** Jang, M., Whittemore, R., & Grey, M. Gender and race/ethnicity differences in dietary and exercise behavior of urban adolescents. Eastern Nursing Research Society Scientific Sessions, New Haven, CT [Podium]

Local

- 2024 ***Chao, A. M.,** Lifestyle modification and anti-obesity medications. Obesity Medicine Fellowship talk. Johns Hopkins University, Baltimore, MD [Podium]
- 2024 ***Chao, A. M.** Benefits of lifestyle modification with new-generation anti-obesity medications. Welch Center Grand Rounds, Johns Hopkins University, Baltimore, MD [Podium]
- 2023 **Chao, A. M.** Tirzepatide reduces appetite. Johns Hopkins University, Obesity Journal seminar [Podium]
- 2023 ***Chao, A. M.,** Cristobal, L., De Brito, A., & Reynolds, H. Diversity, equity, inclusion, and belonging panel. Yale Nursing Centennial Celebration, New Haven, CT [Podium]
- 2023 ***Chao, A. M.** Next generation behavioral and pharmacological obesity treatments. Johns Hopkins

- University, PhD Dissertation seminar, Baltimore, MD [Podium]
- 2023 *Chao, A. M. Weight management: Principles and practice. Kentucky Prediabetes Learning Collaborative, Kentucky Department of Public Health [Podium]
- 2023 *Chao, A. M. Food as medicine for weight management. Johns Hopkins University Diabetes/Obesity Journal Club [Podium]
- 2023 *Chao, A. M & Gardizy, A. Processes and pathways to binge eating. Florida International University [Podium]
- 2023 *Chao, A. M., & Wadden, T. A. Weight management: something old, something new. University of Pennsylvania Club of Boston. Penn Sages 2023 Winter Program [Podium]
- 2022 *Chao, A. M., Dowd, M., & Petros, M. Nutrition & Health: Botswana Government- Penn Nursing Exchange, Global Bites [Invited panelist]
- 2022 *Chao, A. M. Eating phenotypes: Implications for obesity treatment. Penn Center for Nutritional Science and Medicine (PenNSAM) [Podium]
- 2021 *Chao, A. M. Tackling childhood obesity in primary care settings. Family Medicine Community Health Fellowship at the University of Pennsylvania School of Medicine [Invited Panelist]
- 2020 *Chao, A. M. Teaching in a "research-intensive environment." Center for Teaching and Learning seminar series. University of Pennsylvania. Philadelphia, PA [Invited Panelist]
- 2020 *Chao, A. M. Lessons learned from research in the Covid era: Ramping down, ramping up & going virtual. Office of Nursing Research, University of Pennsylvania School of Nursing. Philadelphia, PA [Invited Panelist]
- 2020 *Chao, A. M. Navigating the alphabet of NIH award mechanisms. University of Pennsylvania School of Nursing Office of Nursing Research Colloquium. Philadelphia, PA [Invited Panelist]
- 2019 *Chao, A. M. Binge eating and addictive-like eating: Implications for obesity treatment. Rutgers-Camden Psychology Readings in Psychology Seminar, Camden, NJ [Podium]
- 2019 *Chao, A. M. Obesity in patients with psychiatric disorders. McLean Hospital Nurses' Day Conference. Belmont, MA [Podium]
- 2019 *Chao, A. M. Weight management: Principles and practice. University of Pennsylvania School of Nursing Annual Preceptor Event. Philadelphia, PA [Podium]
- 2019 *Chao, A. M. Precision science for obesity treatment: Nutrition on the cutting edge. University of Pennsylvania School of Nursing Alumni Webinar. Philadelphia, PA [Podium]
- 2018 *Chao, A. M. Binge eating and addictive-like eating: Effects on obesity treatment. Monell Chemical Senses Center, Philadelphia, PA [Podium]
- 2018 *Chao, A. M. Effects of binge eating and addictive-like eating on obesity treatment. Rutgers-Camden Psychology Brown Bag Seminar, Camden, NJ [Podium]
- 2018 *Chao, A. M. University of Pennsylvania Alumni Weekend Nursing Penn Nursing Dean's Lecture. Nutrition on the Cutting Edge. Precision Science for Obesity Treatment, Philadelphia, PA [Podium]
- 2018 *Chao, A. M. Hedonic hunger: Implications for obesity treatment. Columbia University's Seminar on Appetitive Behavior, New York, NY [Podium]
- 2017 *Chao, A. M. Lorcaserin and appetitive eating behaviors. Center for Weight and Eating Disorders, University of Pennsylvania Perelman School of Medicine. Philadelphia, PA [Podium]
- 2017 *Chao, A. M. Binge eating disorder and addictive-like eating: Implications for obesity treatment. Center for Addiction Seminar Series, University of Pennsylvania Perelman School of Medicine, Philadelphia, PA [Podium]
- 2016 *Chao, A. M. Food and the (sexed/gendered?) brain. Penn Neuroscience Public Lecture Series. Food for Thought: The Neuroscience of Eating, Philadelphia, PA. Ted-style talks presented to a public forum [Podium]
- 2015 *Chao, A. M. Building my roots as a scholar. State of the Science in Self-Management Symposium. Yale University School of Nursing [Podium]

Other

1. Academy for Eating Disorders Medical Care Standard Committee. (2021). Eating disorders: A guide to medical care.
2. **Chao, A.**, Jang, M., Minges, K. E., Park, C., & Whittemore, R. (2014). Reply to letter to the editor. *Heart & Lung: The Journal of Acute and Critical Care*.

EDITORIAL ACTIVITIES

Proposal Review Activities

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| 2024 | Reviewer for the National Institutes of Nursing Research Study Section of the National Institutes of Health, Special Panel for the National Institute of Nursing Research/NIH Clinical-community linkages to address unmet social needs and adverse social determinants of health to advance health equity among populations experiencing health disparities: The bridge-to-care initiative |
| 2024 | Ad-Hoc Reviewer for the National Institutes of Health, Clinical Management in General Care Settings |
| 2023 | Grant reviewer, Tel Aviv University Center |
| 2023 | Grant reviewer, Robert Wood Johnson Foundation Health Policy Research Scholars (US) |
| 2022 | Grant reviewer, Research and Innovation Fund, Paracelsus Medical University (Salzburg, Austria) |
| 2020, 2021, 2022 | University of Pennsylvania Public Interest Technology Grant |
| 2020 | University of Pennsylvania Center for Nutritional Science and Medicine |
| 2018-2019 | University of Pennsylvania Office of Nursing Research |
| 2018 | University of Pennsylvania Graduate and Professional Student Assembly (GAPSA) applications for the GAPSA-Provost Fellowship for Interdisciplinary Innovation |

Peer Review Activities

Abstracts

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| 2018-2021 | Reviewer, <i>The Obesity Society</i> |
| 2017-2018 | Reviewer, <i>Eastern Nursing Research Society</i> |

Journals, Ad hoc Reviewer

Annals of Internal Medicine; Appetite; Archives of Psychiatric Nursing; Brain Imaging & Behavior; Childhood Obesity; Clinical Obesity; Eating Behaviors; Frontiers Psychology; Gastroenterology; Hormones & Behavior; Journal of Behavioral Medicine; Journal of Consulting and Clinical Psychology; Journal of Health Psychology; Journal of Nursing Scholarship; Journal of School Nursing; International Journal of Obesity; Nature Medicine; Nursing Research; Obesity Reviews; Obesity Science & Practice; Obesity Surgery; PLOS ONE; Physiology & Behavior; Research in Nursing & Health; Scientific Reports; Social Science & Medicine; The Journal of Clinical Psychiatry; Yale Journal of Biology and Medicine

PROFESSIONAL ACTIVITIES

Society/Association Memberships and Leaderships

Council for the Advancement of Nursing Science

2020-present Representative, Science Committee

2018, 2022, 2023 Session Moderator, State of the Science Congress on Nursing Research

Eastern Nursing Research Society

2023-present Chair, Awards Committee

2022-2023 Funding/publishing panel coordinator, Scientific Sessions

2022-present Member, Conference Planning Committee

2021-present Member, Awards Committee

2011-present Member

Academy for Eating Disorders

2020-2023 Member, Medical Care Standards Committee

American Nurses Association

2021-present Member

Society of Behavioral Medicine

2014-2018 Member

The Obesity Society

2012-present Member

Sigma Theta Tau

2009-2018 Member

Advisory Panels

Boehringer Ingelheim

2023 Advisory Board

Eli Lilly and Company

2022 Advisory Board

Consultations

Eli Lilly and Company

2022 Consulting

WW International, Inc

2018 White paper

Guidelines

2023 American Psychological Association's Guideline Update Panel for the Behavioral Treatment of Obesity and Overweight in Children and Adolescents

CURRICULUM VITAE

Part II

EDUCATIONAL ACTIVITIES

Classroom Instruction

Johns Hopkins University

Summer 2024 N886, Problem Discovery, Instructor, 9 students

Johns Hopkins School of Nursing

Spring 2024-present Research Honors student mentor, Rheanna Milardo

Fall 2023 NR.210.803 Nursing Inquiry for Evidence-based Practice, 17 students, 30% effort

University of Pennsylvania School of Nursing

Spring 2023 NURS8970 Nursing Doctoral Research Residency, Instructor, 1 Student

Spring 2023 NURS3770 Weight Management: Principles and Practices of Obesity Treatment, Instructor, 18 Students

Spring 2023 NURS389 Research/Inquiry-Based Service Residency, Preceptor, 1 Student

Fall 2022 NURS8970 Nursing Doctoral Research Residency, Instructor, 2 Students

Fall 2022 NURS6230 Nutrition Counseling Skills for the Healthcare Professional, Course Director and Instructor, 21 Students

Fall 2022 NURS646 Primary Care: Diagnosis and Management of Adults Across the Lifespan, Invited Guest Lecturer on Obesity Treatment

Fall 2022 UPenn Center for Weight and Eating Disorders Clinical Didactics, Invited Guest Lecturer on Obesity Pharmacotherapy

Spring 2022 NURS3770 Weight Management: Principles and Practices of Obesity Treatment, Instructor, 23 Students

Fall 2021 NURS389 Research/Inquiry-Based Service Residency, Preceptor, 2 Students

Spring 2021 NURS6230 Nutrition Counseling Skills for the Healthcare Professional, Course Director and Instructor, 14 Students

Fall 2020 NURS389 Research/Inquiry-Based Service Residency, Preceptor, 9 Students

Spring 2020 NURS646 Primary Care: Diagnosis and Management of Adults Across the Lifespan, Invited Guest Lecturer on Obesity Treatment

Spring 2020 NURS389 Research/Inquiry-Based Service Residency, Preceptor, 4 Students

Fall 2019 NURS389 Research/Inquiry-Based Service Residency, Preceptor, 6 Students

Spring 2019 NURS3770 Weight Management: Principles and Practices of Obesity Treatment, Instructor, 8 Students

Spring 2019 NURS646 Primary Care: Diagnosis and Management of Adults Across the Lifespan, Invited Guest Lecturer on Obesity Treatment

Spring 2019 NURS389 Research/Inquiry-Based Service Residency, Preceptor, 2 Students

Fall 2018 NURS389 Research/Inquiry-Based Service Residency, Preceptor, 1 Student

Spring 2018 NURS3770 Weight Management: Principles and Practices of Obesity Treatment, Instructor, 7 Students

Spring 2018 NURS780 Health Care of Women and Primary Care, Invited Guest Lecturer on Obesity Treatment

Spring 2018 T32 Seminar for Vulnerable Women, Children, and Families, Invited Guest Lecturer

Fall 2017 NURS230 Statistics for Research and Measurement, Invited Guest Lecturer for Meet the

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| | Professor |
| 2016-2020 | NURS313 Obesity & Society, Invited Guest Lecturer (3 times) on Behavioral and Pharmacological Obesity Treatment |
| 2016 | NURS312 Nutritional Aspects of Disease, Invited Guest Lecturer on Eating Disorders |

Yale University

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| Spring 2014 | NURS 641 Primary Care of Adolescents, Graduate Teaching Fellow |
| Fall 2013 | NURS 717 The Contexts of Care, Graduate Teaching Fellow |
| Fall 2013 | NURS529 Statistics for Clinical Nursing Research, Guest Lecturer |

External

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| Spring 2020 | Psychology 327 Obesity: Psychology, Physiology, and Health, Invited Guest Lecturer, Haverford College |
| Spring 2019 | Biopsychosocial Issues in Patient Care, Invited Guest Lecturer, Drexel University, Physician Assistant Program |
| Spring 2018 | Biopsychosocial Issues in Patient Care, Invited Guest Lecturer, Drexel University, Physician Assistant Program |

New Course Development

NURS6230 Nutrition Counseling Skills for the Healthcare Professional (with Monique Dowd)

NURS3770 Weight Management: Principles and Practices of Obesity Treatment

ACADEMIC SERVICE

Committees and Task Forces

Johns Hopkins School of Nursing

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| 2023 | APG PhD Prospective Student Screening Committee |
| 2023 | Research Oversight Council Meeting: focus on SON Strategic Goal Setting for Research |

External

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| 2023-present | Safety Officer, Transdiagnostic intervention to reduce internalized health-related stigma PI (Pearl, R, University of Florida) |
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University of Pennsylvania

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| 2023-present | Safety Officer, Semaglutide treatment, appetite, and eating behavior: Long-term effects PI (Tronieri, J at UPenn) |
| 2022-2023 | Chair, School of Nursing Awards and Nominations Committee |
| 2020-2023 | Faculty Fellow, Rodin College House |
| 2020-2023 | Member, Public Interest Technology University Network Steering Committee |
| 2020-2022 | Member, University of Pennsylvania Senate Committee on Faculty and the Academic Mission |
| 2022 | Member, Assistant Professor Biobehavioral Health Sciences Department Reading Committee |
| 2021-2022 | Member, School of Nursing Awards and Nominations Committee |

2021-2022 Member, School of Nursing Personnel Committee
 2021 Member, School of Nursing Personnel Committee Composition Taskforce
 2020-2021 Member, Biobehavioral Health Sciences Department Chair Search Committee
 2020-2021 Member, Biobehavioral Health Sciences Practice Faculty Search Committee
 2020-2021 Faculty Member, Nursing PhD Partnership for Development (POD)
 2019-present Member, School of Nursing PhD Progressions Committee
 2019-2022 Member, Data Safety and Monitoring Board, Study Safety Officer. Psychological Intervention to Reduce Weight Bias Internalization (Be Wiser). PI (Pearl, R at UPenn).
 2018-present Member, Institute for Diabetes, Obesity, and Metabolism
 2018-2021 Member, School of Nursing Faculty Search Committee
 2018-2020 Study Safety Officer, Data Safety and Monitoring Board. Psychological Intervention to Reduce Weight Bias Internalization (Be Wise). PI (Pearl, R at UPenn).
 2019 Small group facilitator, F31 Workshop
 2018 Presenter, Responsible Conduct of Research
 2017-present Member, Center for Weight and Eating Disorders' Executive Committee
 2015-2016 Member, School of Nursing Committee on Research

Yale University

2014-2015 Member, Yale University Pediatric Protocol Human Investigation Committee
 2011-2015 Nursing Representative, Yale Graduate Student Assembly
 2013 McDougal Graduate Student Life Center Health and Wellness Fellow
 2012-2014 Yale School of Nursing Curriculum Committee
 2012-2014 Yale Graduate and Professional Student Senator

MENTORING AND ADVISEMENT

Student Advisement

2022-2023 5 BSN; 1BS; 3 PhD
 2021-2022 6 BSN; 1 BS; 1 DNP; 2 PhD
 2020-2021 6 BSN; 1 Psychology Honors; 1 DNP; 1 PhD
 2019-2020 7 BSN; 1 Psychology Honors; 1 MPH; 1 PhD
 2018-2019 7 BSN
 2017-2018 3 BSN

Independent Study

| Student | Semester Year | Institution | Level | Course Title |
|----------------|-----------------------|----------------------------|---------------|--------------------------------------|
| Ariana Gardizy | Fall 2022 | University of Pennsylvania | Undergraduate | Psychological Conditions and Obesity |
| Sarah Applebey | Fall 2020 | University of Pennsylvania | Graduate | Rotation Mentor |
| Brianna Brooks | Fall 2018/Spring 2019 | University of Pennsylvania | Undergraduate | Biochemistry Research Program |

Scholarly Project

| Project Type | Student | Institution | Year | Title | Role |
|--------------|---------|-------------|------|-------|------|
|--------------|---------|-------------|------|-------|------|

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|--|-----------------------|--|-----------|--|--------------|
| Thesis for Joseph Wharton Scholars Program | Caroline Ben Nathan | University of Pennsylvania | 2022 | Benefits Managers' Attitudes Toward Obesity Treatment Coverage | Co-Advisor |
| BSN Student-Initiated Research | Ariana Gardizy | University of Pennsylvania | 2021-2022 | The Impact of COVID-19 on Binge Eating Among Patients with Obesity | Mentor |
| DNP Scholarly Project | Lori McLeer Maloney | University of Pennsylvania School of Nursing | 2021-2022 | An Educational Intervention to Reduce Sugar-Sweetened Beverage Consumption in Adults with Type 2 Diabetes Mellitus and Overweight or Obesity | Faculty Lead |
| Fellowship | Mpho Petros | Botswana | 2021 | Mandela Washington Fellowship for Young African Leaders | Mentor |
| BSN Student-Initiated Research | Katelyn Bottcher | University of Pennsylvania | 2020-2021 | Perceptions of Obesity Pharmacology among Nurse Practitioners | Mentor |
| Honors Thesis in Psychology | Kyra Bronfman | University of Pennsylvania | 2020-2021 | Psychosocial Factors and Technology Use: Relationships with Disordered Eating among College Students during the COVID-19 Pandemic | Mentor |
| MPH Capstone | Elizabeth Rovit | University of Pennsylvania | 2020 | Food Insecurity and Adverse Maternal Gestational Outcomes: A Systematic Review | Mentor |
| BSN Student-Initiated Research | Xueting Wei | University of Pennsylvania | 2020 | Penn Undergraduate Research Mentorship Award/A Systematic Review of Intermittent Fasting for Weight Loss | Mentor |
| BSN Student-Initiated Research | Vivian Luong | University of Pennsylvania | 2019-2020 | Penn Undergraduate Research Mentorship Award | Mentor |
| BSN Student-Initiated Research | Kathryn Di Vitantonio | University of Pennsylvania | 2018-2019 | Transitions in Care from Hospital to Home for Patients with Eating Disorders | Mentor |

Predocctoral Mentorship

2022-present Jessica Abene, University of Pennsylvania School of Nursing
Hillman Nurse Scholar

2022-present Courtney Sexton, University of Pennsylvania School of Nursing
Nurse Faculty Loan Program Recipient

2020-present Ashley Cooper, University of Pennsylvania School of Nursing
Penn Presidential PhD Fellow
Faculty Mentor for Robert Wood Johnson Foundation Health Policy Research Scholars
program

2020 Sapna Gupta, Drexel University Medical Student

Dissertation Member

| Exam | Student | Institution | Year | Title | Role |
|-----------------------|-----------------|--|-------------|--|---------------------|
| Thesis Committee | Kristen Holder | Johns Hopkins School of Public Health | 2024 | Eating Disorders in the US: Examining Disparities in Hospitalizations and Comorbidities | Member |
| Dissertation | Shayleigh Page | University of Pennsylvania School of Nursing | 2023 | Exploring Child, Caregiver, and Family Factors that Influence Family Management of Autism Spectrum Disorder | Reader |
| Dissertation Proposal | Ashley Cooper | University of Pennsylvania School of Nursing | Spring 2023 | Socioecological Factors Associated with Weight Status in College Educated Black Women | Member (Co-advisor) |
| Qualifying Exam | Courtney Sexton | University of Pennsylvania School of Nursing | Fall 2022 | A Systematic Review of Expressed Breast Milk on Infant Weight Change | Chair (Co-advisor) |
| Candidacy Exam | Shayleigh Page | University of Pennsylvania School of Nursing | 2022 | Exploring Child, Caregiver, and Family Factors that Influence Family Management of Autism Spectrum Disorder | Reader |
| Dissertation Defense | Olivia Arnold | University of Pennsylvania School of Nursing | 2021 | Low Blood Lead Levels, Parental Education, Physiological Stress, and Neurocognition: A Cohort Study | Reader |
| Dissertation Defense | Unnamed | The University of Western Australia | 2021 | Stress, Food Cravings, and Consumption: An Exploration of Influencing Factors and the Role of Physical Exercise in Alleviating Stress-Induced Eating | Reader |
| Candidacy Exam | Olivia Arnold | University of Pennsylvania | 2020 | Investigating the Associations among | Reader |

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|----------------------|----------------|--|------|---|--------|
| | | School of Nursing | | Childhood Low-Level Exposure, Social Risk Factors, and Adolescent Neurocognitive Outcomes | |
| Qualifying Exam | Shayleigh Page | University of Pennsylvania School of Nursing | 2020 | The Correlates of Food Selectivity Among Children with Autism Spectrum Disorder | Reader |
| Dissertation Defense | Jaclynn Elkind | University of Pennsylvania School of Nursing | 2020 | Brain, Behavior, and Risk Factors of Obesity in Emerging Adult Women | Member |
| Candidacy Exam | Jaclynn Elkind | University of Pennsylvania School of Nursing | 2019 | Brain, Behavior, and Risk Factors of Obesity in Emerging Adult Women | Member |

Post-doctoral Mentorship

2024-present Kacey Chae, MD, Johns Hopkins School of Medicine, T32 Training Program in Health Service and Outcomes Research for Aging Populations

Date: June 25, 2024