

CARLY R PACANOWSKI, PHD RD

ASSISTANT PROFESSOR

UNIVERSITY OF DELAWARE | DEPARTMENT OF BEHAVIORAL HEALTH AND NUTRITION
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EDUCATION

NIH T32 MH082761 Postdoctoral Fellow 09.2015 - 06.2016

Neuropsychiatric Research Institute, Fargo, ND

Midwest Regional Training Grant in Eating Disorders

Director: Scott J. Crow; Site director: Stephen A. Wonderlich

Mentors: Ross D. Crosby, Jason Lavender, James M. Mitchell, Dianne R. Neumark-Sztainer

NIH T32 DK083250 Postdoctoral Fellow 08.2013 - 08.2015

University of Minnesota, Minneapolis, MN

Minnesota Obesity Prevention Training Grant

Director: Robert W. Jeffery

Mentors: Jennifer A. Linde, Dianne R. Neumark-Sztainer, Robert W. Jeffery

Doctor of Philosophy, Human Nutrition 08.2013

Cornell University Division of Nutritional Sciences, Ithaca, NY

Dissertation: Self-weighing and visual feedback for weight control in adults

Chair: David Levitsky; Human Nutrition

Registered Dietitian 08.2009

Cornell University Dietetic Internship, Ithaca & Rochester, NY

Bachelor of Science, Applied Nutrition 12.2006

The Pennsylvania State University, State College, PA

Major: Nutritional Sciences

Minors: Psychology, Architectural History

Cumulative GPA: 3.95; Graduated with Highest Distinction

CURRENT POSITION

Assistant Professor, Nutrition 09.2016 – present

Behavioral Health and Nutrition, University of Delaware

SUMMARY

- **33 publications in peer-reviewed journals** including: *International Journal of Obesity*, *International Journal of Eating Disorders*, *Psychoneuroendocrinology*, and *Health Psychology*
- **40 professional presentations (16 at international conferences)**
- **PI or Co-PI of 3 externally funded and 5 internally funded research projects**, not including student support
- **Co-creator/director of the DEDE Research Group** (currently involves 2 PhD; 2 MS; 3 students with their BS; 4 undergraduate students; and has graduated 3 MS and 9 undergraduate students)
- **Chaired/currently chairing: 2 PhD committees; 4 Masters' committees; 1 undergraduate thesis, 3 funded undergraduate summer research projects; member on 3 additional Masters' committees**
- **Taught:** capstone senior dietetics course Community Nutrition with honors section; Graduate-level Obesity; Nutrition throughout the Lifespan, Nutrition Concepts

PEER-REVIEWED PUBLICATIONS

1. Healy S, **Pacanowski CR**, Obrunsnikova I. This cage that I'm stuck inside": autistic adults' perceptions of weight management, body weight, and body image. In press. *Autism*.
2. Hahn S, **Pacanowski CR**, Loth KA, Miller J, Eisenberg ME, Neumark-Sztainer, D. Self-weighing among young adults: who weighs themselves and for whom does weighing affect mood? A cross-sectional study of a population-based sample. In press. *Journal of Eating Disorders*.
3. **Pacanowski CR**, Diers L, Crosby R, Mackenzie M, Neumark-Sztainer D. Yoga's impact on risk and protective factors for disordered eating: a pilot prevention trial. *Eating Disorders: the Journal of Treatment and Prevention*. 2020. 28(4): 513-541. [PMID: 32964818](#).
4. *Sala M, Linde JA, Crosby RD, **Pacanowski CR**. State body dissatisfaction predicts momentary positive and negative affect but not weight control behaviors: an ecological momentary assessment study. *Eat Weight Disord*. 2020. [PMID: 33070265](#).
5. *Sala M, Linde JA, Crosby RD, **Pacanowski CR**. Affect and engagement in healthy and unhealthy weight control behaviors in college women: An ecological momentary assessment study. *Eat Behav*. 2020. [PMID: 33272884](#).
6. **Pacanowski CR** & Levitsky DA. Self-Weighing and visual feedback facilitates self-directed learning in adults who are overweight and obese. *Journal of Nutrition Education and Behavior*. 2019. [PMID: 31561967](#).
7. **Pacanowski CR**, Crosby RD, Grilo CM. Self-weighing behavior in individuals with binge-eating disorder. *Eating disorders*. 2019. 1-8. [PMID: 31675284](#).
8. Jaremka LM & **Pacanowski CR**. Social anxiety symptoms moderate the link between obesity and metabolic function. *Psychoneuroendocrinology*. 2019. 110:104425. [PMID: 31542635](#)
9. Levitsky DA, Sewall A, Zhong Y, Barre L, Shoen S, Agaronnik N, ... & **Pacanowski C**. Quantifying the imprecision of energy intake of humans to compensate for imposed energetic errors: A challenge to the physiological control of human food intake. *Appetite*. 2019. 133: 337-343. [PMID: 30476522](#).
10. Healy S, **Pacanowski CR**, Williams E. Weight management interventions for youth with autism spectrum disorder: a systematic review. *International Journal of Obesity*. 2019; 43(1):1-12. [PMID: 30305689](#).
11. **Pacanowski CR**, Mason TB, Crosby RD, Mitchell J, Wonderlich SA, Crow SJ, Peterson CB. Weight change over the course of binge eating disorder treatment: relationship to binge episodes and psychological factors. *Obesity*. 2018; 26(5): 838-844. [PMCID:PMC5915913](#).
12. Neumark-Sztainer D, MacLehose RF, Watts AW, **Pacanowski CR**, Eisenberg ME. Yoga and body image: Findings from a large population-based study of young adults. *Body Image*. 2017; 24:69-75. [PMCID: PMC5869146](#).
13. **Pacanowski CR**, Linde JA, Faulconbridge LF, Coday M, Safford MM, Chen H, Yanovski SZ, Ewing LJ, Wing R, Jeffery RW. Psychological status and weight variability over 8 years: results from Look AHEAD. *Health Psychology*. 2018; 37(3): 238-246. [PMCID: PMC5841595](#).
14. Wilkinson L, **Pacanowski CR**, Levitsky D. Three-year follow-up of participants from a randomized controlled trial. *Journal of Obesity*. 2017: 4956326. [PMCID: PMC5625756](#).
15. Mason TB, **Pacanowski CR**, Lavender JM, Crosby RD, Wonderlich SA, Engel SG, Mitchell JE, Crow SJ, & Peterson CB. Evaluating the ecological validity of the Dutch Eating Behavior Questionnaire among obese adults using ecological momentary assessment. *Assessment*. 2017. [PMID: 28703009](#).
16. Goldschmidt AB, Crosby RD, Cao L, Pearson CM, Utzinger L, **Pacanowski CR**, Mason TB, Berner LA, Engel SG, Wonderlich SA, Peterson CB. Contextual factors associated with eating in the absence of hunger among obese adults. *Eating Behaviors*. 2017; 26: 33-39. [PMCID: PMC5735853](#).

17. **Pacanowski CR**, Diers L, Crosby RD, Neumark-Sztainer D. Yoga in the treatment of eating disorders within a residential program: a randomized controlled trial. *Eating Disorders: The Journal of Treatment and Prevention*. 2017; 25(1): 37-51. [PMCID: PMC5982102](#).
18. **Pacanowski CR**, Pisetsky EM, Berg KC, Crosby RD, Crow S, Linde JA, Mitchell JE, Engel S, Klein MH, Smith TL, LeGrange D, Wonderlich SA, Peterson CB. Self-weighing behavior in individuals with eating disorders. *International Journal of Eating Disorders*. 2016; 49(8):817-21. [PMCID: PMC5604338](#).
19. Bertz F, **Pacanowski C**, Levitsky D. Frequent self-weighing with electronic graphic feedback to prevent age-related weight gain in young adults. *Obesity*. 2015; 23(10):2009-14. [PMCID: PMC4751025](#).
20. **Pacanowski CR**, Loth KA, Hannan PJ, Linde JA, Neumark-Sztainer D. Self-weighing throughout adolescence and young adulthood: implications for well-being. *Journal of Nutrition Education and Behavior*. 2015; 47(6):506-515. [PMCID: PMC4644499](#).
21. **Pacanowski CR**, Levitsky DA. Frequent self-weighing and visual feedback for weight loss in overweight adults. *Journal of Obesity*. 2015;2015:763680. [PMCID: PMC4443883](#).
22. **Pacanowski CR**, Linde JA, Neumark-Sztainer D. Self-weighing: helpful or harmful for psychological well-being? A review of the literature. *Current Obesity Reports*. 2015; 4(1):65-72. [PMCID: PMC472944](#).
23. Cioffi CE, Levitsky DA, **Pacanowski CR**, Bertz F. A nudge in a healthy direction: the effect of nutrition labels on food purchasing behaviors in university dining facilities. *Appetite*. 2015; 92:7-14. [PMID: 25913685](#).
24. Senso MM, Sherwood NE, Flatt SW, **Pacanowski CR**, Pakiz B, Thomson CA, Rock CL. Mediation of weight loss and weight loss maintenance through dietary disinhibition and restraint. *J Obes Weight Loss Ther*. 2015; 5(2):253. [PMCID: PMC4852882](#).
25. Linde JA, Jeffery RW, Crow SJ, Brelje KL, **Pacanowski CR**, Gavin KL, Smolenski DJ. The tracking study: description of a randomized controlled trial of variations on weight tracking frequency in a behavioral weight loss program. *Contemporary Clinical Trials*. 2015; 40:199-211. [PMCID: PMC4314442](#).
26. *Gavin KL, Linde JA, **Pacanowski CR**, French SA, Jeffery RW. Weighing frequency among working adults: cross-sectional analysis of two community samples. *Preventive Medicine Reports*. 2015; 2:44-46. [PMCID: PMC4314712](#).
27. **Pacanowski CR**, Sobal J, Levitsky DA, Sherwood NE, Keeler CL, Miller AM, Acosta AR, Hansen N, Wang PL, Guilbert SR, Paroly AL, Comness M, Vermeylen FM. Does measuring body weight impact subsequent response to eating behavior questions? *J Am Coll Nutr*. 2015; 34(3):199-204. [PMCID: PMC4732267](#)
28. **Pacanowski CR**, Bertz F, Levitsky DA. Daily self-weighing to control body weight in adults: A critical review of the literature. *SAGE Open*. 2014; 4(4):1-16. [PMCID: PMC4846305](#).
29. **Pacanowski CR**, Senso MM, Oriogun K, Crain LA, Sherwood NE. Binge eating behavior and weight loss maintenance over a 2-year period. *Journal of Obesity*. 2014; 2014:249315. [PMCID: PMC4033559](#).
30. Levitsky DA, **Pacanowski CR**. Effect of skipping breakfast on subsequent energy intake. *Physiology & Behavior*. 2013; 119(2):9-16. [PMID: 23672851](#).
31. Levitsky DA, **Pacanowski CR**. Free will and the obesity epidemic. *Public Health Nutrition*. 2012; 15(1):126-141. [PMID: 21923977](#).
32. Levitsky DA, Iyer S, **Pacanowski CR**. Number of foods available at a meal determines the amount consumed: an experimental study. *Eating Behaviors*. 2012; 13:183-7. [PMID: 22664394](#).
33. Levitsky DA, **Pacanowski CR**. Losing weight without dieting: Use of commercial foods as meal replacements for lunch produces an extended energy deficit. *Appetite*. 2011; 57(2):311-7. [PMID: 21600254](#).

MANUSCRIPTS UNDER REVIEW

- a. Seeney A, Skubisz C, **Pacanowski CR**. Testing theory-based communication interventions to reduce disordered eating behaviors. *Journal of Communication in Healthcare*.
- b. *Sala M, Evangelista B, Lessard L, **Pacanowski CR**. Mindfulness and binge eating symptoms. *The International Journal of Health, Wellness, & Society*

SELECT MANUSCRIPTS IN PREPARATION/READY TO BE SUBMITTED

- a. **Pacanowski CR**, Gavin K, Wolfson, J, Crow S, Linde JA. Affective profiles in adults seeking treatment for weight loss: Results from the Tracking Study.
- b. ***Pacanowski CR**, Donovan K, Orsega-Smith E. Exploring the effects of daily self-weighing: behavioral and psychological responses to the scale among college females.
- c. **Pacanowski CR**, Dominic G, Crosby RD, Engel SG, Cao L, Linde JA. Daily self-weighing results in greater negative affect lability in emerging adult women: a randomized trial.

*indicates mentored work

BOOK CHAPTER

Cook-Cottone C (ed). *Yoga for Positive Embodiment in Eating Disorder Prevention and Treatment*. London: Routledge, 2022. ISBN: 978-1-032-06323-2. Planned publication date: October 2021

WHITE PAPER & PUBLIC HEALTH ADVOCACY

Letter to National Institutes of Health re: Nutrition Research on behalf of the Academy for Eating Disorders (International Organization) along with two advocacy organizations. Role: **Co-chair** of one of two of the Academy's Special Interest Groups selected to craft 6-page letter with references, facts, and figure urging NIH to include eating disorders research as part of the Nutrition Research Agenda. Sent: December 2018.

Letter to Late Night Talk Show Hosts re: weight stigma. On behalf of the International Academy for Eating Disorders' Epidemiology and Public Health SIG, public advocacy letter urged late night hosts to consider vulnerable populations in their audiences and discontinue comedic representations of body size and weight. Accumulated over 350 International Signatories from organizations, advocacy groups, and research institutions. Sent October 2020.

PROFESSIONAL PRESENTATIONS

INTERNATIONAL PRESENTATIONS

1. **Pacanowski CR** & Skubisz C. Prevalence and correlates of disordered eating at a large state university. Poster, *International Conference on Eating Disorders*. Virtual. 06.2021.
2. Gardner M, Roux C, Jain SP (session- chairs). **Role: Invited Knowledge Expert**. Shining a Light on Maladaptive Consumption: The Journey so Far and the Roads Less Traveled. Knowledge Session, *Association for Consumer Research*. Virtual. 10.2020.
3. Skubisz C, Seeney A, **Pacanowski CR**. Testing theory-based communication interventions to reduce disordered eating behaviors. Oral Presentation, *International Communication Association Conference*. Virtual. 05.2020.

4. Duncan A, Weissman R, von Ranson K, Field A, Loth K, Neumark-Sztainer D, Austin SB, **Pacanowski CR**, Sonnevile K. What we're missing in eating disorders research (and prevention, treatment and advocacy): The epidemiologist's perspective. Symposium, *Eating Disorder Research Society*. Chicago, IL USA. 09.2019.
This conference alternates between a US and international location.
5. *Sala M, Linde JA, Crosby, RD, **Pacanowski, CR**. Body satisfaction predicts positive and negative affect: An ecological momentary assessment study. Poster, *Eating Disorder Research Society*. Chicago, IL USA. 09.2019.
This conference alternates between a US and international location.
6. Bohrer B, Hail L, Loth K, **Pacanowski C**, Austin B, Katzman D. Lebow J, & Moran A. If you are not counted, you don't count: Best practices in population-level assessment of disordered eating and eating disorders. Panel, hosted by Assessment and Diagnosis SIG and Epidemiology and Public Health SIGs. *International Conference on Eating Disorders*. New York, NY USA. 09.2019.
This conference alternates between a US and international location.
7. **Pacanowski CR**, Dominick G, Linde J, Crosby R, Engel S. A randomized trial of the impact of daily self-weighing on affective reactivity using ecological momentary assessment. Oral Presentation, *International Conference on Eating Disorders*. New York, NY USA. 03.2019.
This conference alternates between a US and international location.
8. **Pacanowski CR**, Diers L, Crosby RD, Mackenzie M, Neumark-Sztainer D. Can yoga improve risk factors for eating disorders in college women who do not already practice? A pilot RCT. Oral Presentation, *International Conference on Eating Disorders*. Chicago, IL USA. 04.2018.
This conference alternates between a US and international location.
9. **Pacanowski CR**, Mason TB, Crosby RD, Mitchell JE, Crow SJ, Wonderlich SA, Peterson CB. Weight change over the course of binge eating disorder treatment: relationship to eating behavior and psychological factors. Oral Presentation, *International Conference on Eating Disorders*. Prague, Czech Republic. 06.2017.
10. **Pacanowski CR**, Crosby RD, Grilo CM. Self-weighing in binge eating disorder. Poster, *International Conference on Eating Disorders*. San Francisco, CA USA. 05.2016.
This conference alternates between a US and international location.
11. **Pacanowski CR**, Loth KA, Hannan PJ, Linde JA, Neumark-Sztainer D. Self-weighing throughout adolescence and young adulthood: Implications for well-being. Poster, *International Conference on Eating Disorders*. Boston, MA USA. 04.2015.
This conference alternates between a US and international location.
12. **Pacanowski CR**, Berg KC, Crosby RD, Pissetsky EM, Peterson CB, Crow S, Linde JA, Mitchell JE, Engel S, Klein MH, Smith TL, LeGrange D, Wonderlich SA. Self-weighing and reaction to prescribed weighing in eating disorders. Poster, *Eating Disorders Research Society*. San Diego, CA USA. 10.2014.
This conference alternates between a US and international location.
13. **Pacanowski CR**, Bertz F, Levitsky DA. Predictors of success of daily self-weighing to prevent age-related weight gain. Poster, *Society for the Study of Ingestive Behaviors*. Seattle, WA USA. 07-8.2014.
This conference alternates between a US and international location.
14. **Pacanowski CR**, Levitsky DA (presenter). Effect of being weighed on responses to eating behavior questions. Poster, *Society for the Study of Ingestive Behaviors*. New Orleans, LA USA. 08.2013.
This conference alternates between a US and international location.

15. Klos LA (organizer), Lynch AI, **Pacanowski CR**. To weigh or not to weigh: an exploration of body weight monitoring and its relationship to body image and weight management within various populations. Symposium, *International Society for Behavioral Nutrition and Physical Activity*. Austin, TX USA. 05.2012.
This conference alternates between a US and international location.
16. **Pacanowski CR**, Levitsky DA. Caloric titration method for weight loss in obese and overweight adults: preliminary 6 month results. Poster, *Society for the Study of Ingestive Behavior*. Clearwater, FL USA. 07.2011.
This conference alternates between a US and international location.

NATIONAL/REGIONAL PRESENTATIONS

1. Invited talk at Nike. Berg KC, Pisetsky E, Loth K, **Pacanowski CR**. Talking to kids about food and their bodies: what the science tells us. 06. 2020. *Nike*, Seattle WA. Cancelled due to COVID-19.
2. *Katcher J, Suminski R, **Pacanowski CR**. An intuitive eating intervention improves dietary restraint, body appreciation, and intuitive eating in female undergraduates: A pilot study. *Accepted for Nutrition*. June 2021.
3. Li I, **Pacanowski CR**, Cao L, Chai SC. Evaluation of Self-reported Stress reduction from Ashwagandha and B Vitamin Supplementation Using Ecological Momentary Assessment (EMA). Poster, *Nutrition*. Virtual. 06.2020
4. Chai SC, Li I, **Pacanowski CR**, Brewer B. Effects of Four-Week Supplementation of Ashwagandha and B-Vitamins on Mood and Stress relief. Poster, *Nutrition*. Virtual. 05-06.2020
5. *Davis CA, **Pacanowski CR**. The prevalence of eating disorders among anxiety, mood, and personality disorders. Poster, Undergraduate Research Program Summer Scholars. Newark, DE USA 09.2019.
6. *Li I, Katcher J, Liberatore C, Callahan N, Mansoori S, Barish N, **Pacanowski CR**, Chai SC. The combined effect of Ashwagandha and B Vitamins on stress relief: Preliminary results from a pre- and post-intervention study. Poster, College of Health Sciences Research Day. Newark, DE USA. 02. 2019.
7. *Davis C, Kirschner K, **Pacanowski C**. What is the Relationship Between Physiological Stress and Psychological Stress Self-Reported Stress (SRS)? Poster, University of Delaware Research Experience for Undergraduates (REU) presentation. STAR, Newark, DE 10.2018.
8. **Pacanowski CR**, Linde JA, Engel S, Dominick G, Crosby RD. Self-weighing: an ecological momentary assessment (SW EMA): design and acceptability. Poster, *Society for Behavioral Medicine*. New Orleans, LA USA. 04.2018.
9. Dominick G, **Pacanowski CR**. Results of a 12-Week Fitbit Intervention on Changes in Daily Step Counts in Low-Income Mothers. Poster, *Society for Behavioral Medicine*. New Orleans, LA USA. 04.2018.
10. *Fraczkowski A, Kirschner, K, **Pacanowski C**, Dominick G. Measuring Stress Response to Daily Self-Weighing. Poster, American College of Sports Medicine Mid-Atlantic Regional Conference. Harrisburg, PA. 11.2017.
11. **Pacanowski CR**, Loth KA, Hannan PJ, Linde JA, Neumark-Sztainer D. Self-weighing throughout adolescence and young adulthood: implications for well-being. National Webinar, *Society for Nutrition Education and Behavior Journal Club* 7. 11.2016.
12. **Pacanowski CR**, & Diers L. Yoga in the treatment of eating disorders within a residential program: A randomized controlled trial. Presented at The Emily Program in Minneapolis, MN and webcast to six sites across the USA; 2.5 hour continuing education presentation for Psychologists. 05.2016.
13. Wilkinson L, **Pacanowski CR**, Levitsky DA. Self-weighing and visual feedback has long term effects on weight gain prevention in adults. Poster, *Experimental Biology*. San Diego, CA USA. 04.2016.
14. Wilkinson L, **Pacanowski CR**, Levitsky DA. Self-weighing and visual feedback has long term effects on weight gain prevention in adults. Poster, Cornell University Nutrition Graduate Student Organization Spring Poster Symposium. Ithaca, NY USA. 04. 2016.

15. *Gavin KL, Linde JA, **Pacanowski CR**, French SA, Jeffery RW, Ho YY. Weighing frequency among working adults: Cross-sectional analysis of two community samples. Poster, University of Minnesota Obesity Research Day. Minneapolis, MN USA. 11.2015.
16. *Merek S, Linde J, **Pacanowski CR**, Crow S, Neumark-Sztainer, D. Effects of Yoga on Eating Disorder Pathology: A Randomized Controlled Trial. Poster, University of Minnesota Obesity Research Day, Minneapolis, MN USA. 11.2015.
17. **Pacanowski CR**, Gavin KL, Crow SJ, Wolfson JA, Linde JA. Affective profiles in adults seeking treatment for weight loss: Results from the Tracking Study. Poster, University of Minnesota Obesity Research Day, Minneapolis, MN USA. 11.2015.
18. Linde JA, **Pacanowski CR**, Gavin KL. The Tracking Study: Post-intervention weight change by weighing frequency condition. Oral Presentation, *Society of Behavioral Medicine*. San Antonio, TX USA. 04.2015.
19. Neumark-Sztainer D, Diers L, **Pacanowski CR**. Yoga in the treatment of eating disorders. Presentation for the Eating Disorder Journal Club, Department of Psychiatry, University of Minnesota Minneapolis, MN USA. 03.2015.
20. Bertz F, **Pacanowski CR**, Levitsky DA. Self-weighing to prevent age-related weight gain in young adults. Poster, *Experimental Biology*. San Diego, CA USA. 04.2014.
21. **Pacanowski CR**, Levitsky DA. Effectiveness of losing weight slowly for producing and maintaining weight loss in obese and overweight adults: 24 month results. Poster, *Experimental Biology*. Boston, MA USA. 04.2013.
22. **Pacanowski CR**, Levitsky DA. Caloric titration method for weight loss in obese and overweight adults: 12 month results. Poster, *Experimental Biology*. Boston, MA USA. 04.2012.
23. **Pacanowski CR**. Can technology facilitate self-directed learning in adults? Poster, *Cornell University Center for Teaching Excellence's Symposium*. Ithaca, NY USA. 04.2011.
24. **Pacanowski CR**. Worksite Wellness: What Works? Poster, New York State Dietetic Association Annual Meeting 05.2009.

* indicates mentored work

GRANTSMANSHIP (funded proposals)

PI, Co-PI, or Proposals with a Significant Role

Funder: Patient-Centered Outcomes Research Institute (PCORI) Eugene Washington PCORI Engagement Awards

Title: Building Capacity for PCOR about COVID-19 Vaccination in the Long-Term Care Workforce

Role: Key Personnel (Pacanowski and Skubisz are the only investigators)

Collaborator: PI (Skubisz)

Time period: 08.2021 - present

Funder: Center for Innovative Health Research (CIHR) RHODIUM Research Grant

Title: Physiological and psychological response to a novel eating disorder and obesity prevention program for college women

Role: Co-PI (Pacanowski & Lebed)

Time period: 03.2020 – present

Funder: Center for Innovative Health Research (CIHR) RHODIUM Research Grant

Title: Physiological and psychological response to a novel eating disorder and obesity prevention program for college women

Role: Co-PI (Pacanowski & Mackenzie)

Collaborators: Skubisz; Jaremka

Time period: 03.2019 – present

Funder: Center for Innovative Health Research (CIHR)
Title: Disordered Delaware (DEDE) research group
Role: Co-PI (Pacanowski & Skubisz)
Time period: 05.2018 – present

Funder: Food Sciences Corporation
Title: Evaluating the efficacy of ashwagandha taffy on stress relief: a pre- and post- intervention study
Role: Co-PI (Chai & Pacanowski)
Time period: 05.2018 – present

Funder: University of Delaware Research Foundation (UDRF)
Title: Self-weighing's psychological effects: a randomized controlled trial using ecological momentary assessment
Role: PI
Collaborators: Dominick
Time period: 06.2017 – present

Funder: UDRF - Research Experience for Undergraduates (REU)
Title: Student project and poster on the relationship between psychological and physiological stress
Role: PI/Mentor
Student: Catherine Davis
Time period: 06.2018-10.2018

Funder: General University Research (GUR) Program
Title: Daily self-weighing: an ecological momentary assessment
Role: PI
Collaborators: Dominick
Time period: 06.2018 – 10.2018

Funder: Delaware INBRE Summer Scholars Program
Title: Student project to gain experience with biomarker collection, assessment, and the research process.
Role: PI/mentor
Student: Adrienne Fraczkowski
Time period: 05.2017 – 08.2017

Funder: University of Minnesota School of Public Health
Title: Can yoga reduce body image concerns in females, thereby reducing risk of obesity and eating disorders?
Role: PI
Collaborators: Mackenzie; Diers; Neumark-Sztainer
Time period: 01.2017 – 12.2017

Funder: The Emily Program Foundation
Title: Yoga in the treatment of eating disorders, a randomized controlled trial
Role: PI
Collaborators: Diers; Neumark-Sztainer
Time period: 01.2014 – 12.2015

Funder: General University Research (GUR) Program
Title: Adaptation, acceptability, and feasibility of an automated smart scale intervention for weight management among young adults with intellectual and developmental disabilities
Role: Co-investigator (PI Healy)
Time period: 04.2019 – present

Other**Funder:** College of Health Sciences; Strategic Support**Title:** Funding for yoga instructor to receive specific training in MN for research intervention study at UD**Role:** PI**Time period:** 01.2019 – 06.2019**SELECT RESEARCH EXPERIENCE****Research at the Neuropsychiatric Research Institute 08.2016 - 06.2016**

Worked with leaders in the fields of Eating Disorders and Bariatric Surgery to understand relationships between psychopathology and body weight, expanded upon understandings of statistics by working closely with the data center

Research with Dianne Neumark-Sztainer 01.2014 - present

Worked with a team of investigators and partnered with a community organization to plan, fund, implement, and direct a randomized controlled trial on yoga in eating disorder treatment; co-authored a grant submitted to a national organization

Research with Jennifer Linde 08.2013 - present

Worked with a team of researchers, interventionists, and study coordinator to collect data and teach group sessions for an NIH-funded trial assessing self-weighing frequency in weight loss

Research with David Levitsky 12.2009 - present

Co-planned and implemented all stages of a 2-year longitudinal randomized trial assessing the efficacy of self-weighing and visual feedback on weight loss in obese and overweight adults; launched an ongoing 3.5-year trial assessing self-weighing in preventing weight gain in young adults; conducted priming studies, supervised feeding trials, co-authored a NIH grant

Research with Marla Lujan 06.2009 - 09.2009

Recruited participants, completed human subject forms and procedures, collected and managed confidential health data from individuals participating in a study to classify follicle dynamics in women of different weight categories and menstrual patterns

Dietetic Internship Research Project: Worksite Wellness: What Works? As part of the Collaboration for Health, Activity, and Nutrition in Children's Environments (CHANCE) Research Group 06.2008 - 05.2009

Conducted and analyzed qualitative interviews using ATLAS Ti 5.0; results presented in December 2008 and at the New York State Dietetic Association conference 5. 2009

Undergraduate Thesis Research 09.2005 - 12.2006

Developed surveys, interviewed participants and trained personnel to interview participants

General Clinical Research Center metabolic kitchen Research Assistant 12.2005 - 12.2006

Ensured that the kitchen was run and sanitized in a manner compliant with ServSafe principles, prepared and weighed food for participants and packed weekend meal

TEACHING EXPERIENCE**COURSES TAUGHT AT UNIVERSITY OF DELAWARE**

Course and Semesters	Description
Community Nutrition (NTDT 460) Fall 2016, 2017, 2018, 2019(honors section each fall) Spring 2017, 2018, 2020, 2021	Required <u>senior dietetics capstone</u> course, includes 30 hours of experience with a community organization, fulfilling UD's requirement for Discovery Learning Experience. In addition to managing between 20 and 25 sites for student placements, students write a community nutrition grant proposal with peers. I work with UD's Center for Teaching and Learning to promote active learning, self- and peer-reliant problem solving, and critical thinking in this course. Implemented trial of a distance site to address needs of growing workforce.
Obesity (NTDT 610) Spring 2017, 2021	Facilitated graduate students from a variety of fields including Nutrition, Behavioral Health, Kinesiology, Disability Studies, Nursing, Exercise Science,

	etc. in learning social science perspectives and nontraditional thinking about obesity. Thoughtfully developed this graduate course over a full semester from a multidisciplinary perspective, seeking input from expert researchers in the obesity field. Researchers were also skyped in to class after students read their published work. The diversity of class constitution promoted rich discussion with diverse perspectives on crucial issues in the field of obesity and relationship to practice
Nutrition throughout the Lifespan (NTDT305) Spring 2018	Worked with a colleague to revamp the course, lectures, projects, etc. and taught a section of undergraduate students from a variety of majors and from sophomore through senior standing.
Nutrition Concepts (NTDT 200) Spring 2020	Lecture-style didactic intro-level class for majors and nonmajors across the university, fulfilling a general health science requirement.

INVITED/GUEST LECTURES AT UD

1. **Lecture Title: Conducting a Randomized Controlled Trial in the Real World**

Course: Research Methods and Statistics for Behavioral Sciences (BHAN 326)

Course Instructor: L. Lessard

Semester, Year: Spring, 2017

2. **Lecture Title: Best Practices in Scientific Writing**

Course: Survey Research Methods (BHAN 609)

Course Instructor: L. Lessard

Semester, Year: Fall, 2018

3. **Lecture Title: Best Practices in Scientific Writing**

Course: Survey Research Methods (BHAN 609)

Course Instructor: L. Lessard

Semester, Year: Fall, 2019

4. **Lecture Title: Internal vs external cues for the prevention of obesity and eating disorders.**

Course: Graduate Seminar (BHAN 860)

Course Instructor: J. Trabulsi & F. Patterson

Semester, Year: Fall, 2019

5. **Lecture Title (scheduled): A Randomized Trial of Daily Self-Weighing on Affective Lability using Ecological Momentary Assessment**

Course: Graduate Seminar (BHAN 860)

Course Instructor: J. Trabulsi & F. Patterson

Semester, Year: Fall, 2021

Cornell University, Graduate Teaching Assistant, 08.2008 – 12.2012

Methods in Nutritional Science (NS 3320) Fall 2008

Implementation of Nutrition Care (NS 4420) Fall 2010

Applied Dietetics in Food Service Systems (NS 4880) Spring 2010, 2011

Nutrition, Health and Society (NS 1150) Fall 2009, 2011, 2012

Distance Education Summer 2010, 2011, 2012, 2013; Winter 2012

INVITED/GUEST LECTURES

Ithaca College: Human Nutrition

Two lectures on Fats: Spring 2012

The Pennsylvania State University, Undergraduate Teaching Assistant & Coordinator 06.2006 – 12.2006

Introductory Principles of Nutrition (NUTR 251) Summer 2006, Fall 2006

SELECT MENTORING EXPERIENCE**University of Delaware (*select* students)**

Student	Program	Capacity of work together/next step for student
Diane Vizthum	PhD in Nutritional Sciences	<ul style="list-style-type: none"> ● Chair, PhD Dissertation
Julia Katcher	PhD in Nutritional Sciences	<ul style="list-style-type: none"> ● Chair, PhD Dissertation ● Chair, MS Thesis
Brielle Evangelista	Master of Science in Human Nutrition	<ul style="list-style-type: none"> ● Chair, MS Thesis ● Position as pediatric oncology dietitian UVA medical center
Alexa Nichols	Master of Science in Human Nutrition	<ul style="list-style-type: none"> ● Chair, MS Scholarly Project ● Accepted dietetic internship
Kelley Donovan	Master of Science in Health Promotion	<ul style="list-style-type: none"> ● Chair, MS Thesis ● Working in health behavior education
Adrienne Fraczkowski	Bachelor of Science in Nutrition and Biology	<ul style="list-style-type: none"> ● Chair, Undergraduate Thesis ● Faculty Mentor: NIH INBRE Summer Scholar ● Accepted, Philadelphia College of Osteopathic Medicine
Catherine Davis	Bachelor of Science in Dietetics	<ul style="list-style-type: none"> ● Faculty mentor: UDRF research experience for undergraduates; summer scholars ● Accepted, UD Master of Science in Human Nutrition

The University of Minnesota

mentored 1 doctoral student, 1 MPH student (wrote letter for Public Health PhD program), 2 undergraduate students (wrote letters of recommendation for MPH and clinical psychology PhD programs) in a research capacity

Cornell University

mentored between 25 and 30 undergraduate students in a research setting

SERVICE & PUBLIC SCIENCE

- Behavioral Health & Nutrition department representative, American Association of University Professors: 2021 - present
- Academy for Eating Disorders (AED): 2013 - present
 - **Scientific Review Committee:** 2015-2019
 - **Co-Chair: Epidemiology and Public Health Special Interest Group:** 2018-2021
- **Reviewer:** *Obesity, International Journal of Eating Disorders, Preventive Medicine, Appetite, Eating and Weight Disorders*, and other high-impact scholarly journals.
- **Editorial Board Member:** *Eating Behaviors*: 2017 - present
- Invited guest: Get Up And Do Something (GUADS) national podcast; Host: Angelina Seeney ; Title: Episode 6: [Rejecting the Diet Culture & Accepting Lifelong Health](#): 2018
- [UD Lecture and a Movie Series: Eating Disorders](#) panelist, presented in Newark Theater, sold out: 2018
- UD [Center for Interdisciplinary Development, Evaluation, and Research](#) (CIDER) member: 2017 -2020
- Presented to Newark High School students re: UD Nutrition and Dietetics as part of CHS Dean's health professions class: 2017
- UD Behavioral Health and Nutrition Graduate Programs Committee: 2016 - present

- UD College of Health Sciences' Grant Writer Search Committee member: 2016
- National Podcast, [Self-weighing throughout adolescence and young adulthood: implications for well-being](#). *Society for Nutrition Education and Behavior* — 2016
- National Webinar, Self-weighing throughout adolescence and young adulthood: implications for well being. *Society for Nutrition Education and Behavior Journal Club 7* — 2016
 - Offered as a Continuing Professional Education unit for Registered Dietitians
- New York Times, Well, “Diary of a ‘Supertracker’” by Albert Sun: 11.2015
- University of Minnesota's Weekly Health Sciences Headlines: Science in the News
- Frequent self-weighing by young women linked to depression. Everyday Health, Reuters, TIME Huffington Post, Health Day, Medical News Today, U.S. News & World Report, Latinos Health, Express Tribune, Youth Health, Tech Times, Health Talk, Gulf Times: 11.2015
- 5 weight-loss counseling points for pharmacists. Pharmacy Times: 07.2015
- Daily weigh-ins sustain weight loss. Pharmacy Times: 06.2015
- Family affairs with Susan Hetherington. ABC Brisbane: 11.2015
- Podcast interview & Press Release on “Self-weighing throughout adolescence and adulthood: implications for well-being” with *Journal of Nutrition Education and Behavior*: 2015
- Washington Post, To Your Health. “Cornell researchers: Actually, you should weigh yourself every day” by Ariana Cha: 06.2015
- David Allison's Obesity and Energetics Offerings, Methods Section: “Does Measuring Body Weight Impact Subsequent Response to Eating Behavior Questions?": 04.2015
- Cornell University Graduate and Professional Student Assembly: Student Advocacy Committee - Mental Health and Wellness: 2011 – 2013
- Volunteer; Registered Dietitian at the Ithaca Free Clinic, Ithaca, NY: 2011 - 2013
- Volunteer; EnHANCE study Anthropometrist: 08-09.2011; 12.2011; 04.2012
- Invited panelist; “Demystifying Grad Life: Advisory Upperclassmen Panel”, hosted by (Cornell University Nutrition Graduate Student Organization): 10.2012
- NPR's The Academic Minute: “Food at Meetings”: 12.2011
- Guest on Science Cabaret on Air hosted by Jenny Nelson (“an eclectic mix of science, art and entertainment at 7PM Sundays on WICB 91.7 Ithaca”) “A waist is a terrible thing to mind. Or is it?": 05.2011
- Faculty Liaison for Nutrition Graduate Student Organization (NGSO): 2010-2011
- Volunteer; Cornell's “Expand Your Horizons” Program, a conference introducing 7-9th grade girls to math and science; 1:1 chaperone: 2010
- Invited panelist; discussion for current Cornell University Didactic Program in Dietetics students, hosted by Emily Gier: 2009

HONORS, AWARDS & PROFESSIONAL DEVELOPMENT

- Recipient: CIHR's “Send a colleague away” to purchase Grant Dynamo self-writing program: 2019
- David Allison and Kevin Fontaine's [3rd Short Course R25HL124208 Strengthening Causal Inference in Behavioral Obesity Research](#), The University of Alabama at Birmingham: 07.2017
- Supported by the University of Delaware Vice Provost for Diversity to participate in the [National Center for Faculty Development & Diversity's Faculty Success Program](#): 01.2017 - 05.2017
 - Faculty Achievement Program Small Group: 09.2018 - present
- Nutrition Graduate Student Organization (NGSO): 2007 – 2013
- American Society for Nutrition (ASN): 2010-13
- Registered Dietitian/Registered Dietitian Nutritionist: Commission on Dietetic Registration: 2009-present
 - Academy of Nutrition and Dietetics Certificate of Training in Adult Weight Management in Philadelphia, PA: 10.2012
- Society for the Study of Ingestive Behavior (SSIB): 2011-12
- The Pennsylvania State University: Kappa Omicron Nu Honor Society: 2004 - 2006
 - Presented information at the general meeting 10.2006 pertaining to research experience: Working at Penn State's General Clinical Research Center
- The Pennsylvania State University: National Society of Collegiate Scholars
- Cornell University Graduate School Conference Grant. *Experimental Biology*: 04.2013

- Cornell University Division of Nutritional Sciences Fellowship: 01.2013 - 05.2013
- Cornell University Human Ecology Alumni Association Student Grant. *International Society of Behavioral Nutrition and Physical Activity*: 05.2012
- Cornell University Graduate School Conference Grant. *Experimental Biology*: 04.2012
- Cornell University Graduate School Conference Grant. *Society for the Study of Ingestive Behavior*: 07.2011
- Future Faculty Teaching Certificate Program Fellowship (renamed the Graduate Research and Teaching Fellowship Program); Cornell Center for Teaching Excellence: 08.2010-05.2011
- Cornell University Fellowship: 08.2007-5.2008
- Cornell University Giff Fellowship: 05.2008 – 08.2008
- The Pennsylvania State University Schreyer Honors College Scholar
Thesis “Types of Foods Consumed and Perceptions of the Mediterranean Diet in Italy” 12.2006