

**CURRICULUM VITAE
JOHN GRAHAM THOMAS**

Weight Control and Diabetes Research Center
The Miriam Hospital
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EDUCATION

Undergraduate:	Trinity College, Hartford, CT
Major Field:	Psychology
Degree:	Bachelor of Science, 2002
Honors:	Award for Excellence in Psychology Dean's Academic Honor List
Graduate:	Drexel University, Philadelphia, PA
Major Field:	Clinical Psychology
Degree:	Doctor of Philosophy
Attended:	September 2004-June 2009
Honors:	Drexel University College of Arts and Sciences: Award for Outstanding Doctoral Researcher American Association for the Advancement of Science: Award for Excellence in Science
Internship:	Alpert Medical School of Brown University, Providence, RI Clinical Psychology Training Consortium
Level:	Resident
Specialty:	Clinical Psychology, Specialization in Behavioral Medicine
Attended:	July 2008-June 2009
Honors:	First Prize for Psychology Intern Research

POSTGRADUATE TRAINING

Fellowship:	Alpert Medical School of Brown University Weight Control & Diabetes Research Center Providence, RI
Level:	American Diabetes Association (ADA) Research Fellow
Attended:	July 2009-June 2010

POSTGRADUATE HONORS AND AWARDS

Award:	Faculty Mentoring Award The Alpert Medical School of Brown University Department of Psychiatry and Human Behavior (DPHB)
Received:	2024
Award:	Citation Award Society of Behavioral Medicine
Received:	2023
Award:	Integrated Health Research Award American Society for Metabolic and Bariatric Surgery (ASMBS)
Received:	2019
Award:	Psychology Research Mentor Award The Alpert Medical School of Brown University Department of Psychiatry and Human Behavior (DPHB)
Received:	2019
Award:	The Obesity Society First Annual Poster Award for Excellence in Science with a Focus on eHealth and mHealth
Received:	2012
Award:	NIH Mobile Health (mHealth) Fellow
Received:	2011
Award:	Award for Doctoral Graduate Showing the Most Promise for Enhancing Drexel University's Reputation in the Social Sciences
Received:	2009

ACADEMIC APPOINTMENTS

Position:	Professor (Research)
University:	Alpert Medical School of Brown University The Miriam Hospital
Department:	Psychiatry & Human Behavior Term: 2021-Present
Position:	Associate Professor (Research)
University:	Alpert Medical School of Brown University The Miriam Hospital
Department:	Psychiatry & Human Behavior
Term:	2016-2021

Position: Assistant Professor (Research)
University: Alpert Medical School of Brown University
The Miriam Hospital
Department: Psychiatry & Human Behavior
Term: 2010-2016

Position: Adjunct Professor
University: Drexel University
Department: Clinical Psychology
Term: 2008

Position: Adjunct Professor
University: Drexel University
Department: Behavioral Health Counseling
Term: 2007

HOSPITAL APPOINTMENTS

Position: Associate Center Director
Hospital: The Miriam Hospital
Department: Weight Control and Diabetes Research Center
Term: 2019-Present

Position: Staff Psychologist
Hospital: The Miriam Hospital
Department: Centers for Behavioral and Preventive Medicine
Weight Control and Diabetes Research Center
Term: 2010-Present

OTHER APPOINTMENTS

Position: Founder and Co-chair
Committee: Diversity Science Committee
Organization: Miriam Hospital Weight Control and Diabetes Research Center
Term: 2023-Present

Position: Director
Committee: Executive Leadership Committee for T32 HL076134 (Training in Behavioral and Preventative Medicine)
Organization: Miriam Hospital Weight Control and Diabetes Research Center
Term: 2024-Present

Position: Scientific Advisory Board Member and Consultant
Organization: Medifast, Inc.
Term: 2022-Present

Position:	Associate Director
Committee:	Executive Leadership Committee for T32 HL076134 (Training in Behavioral and Preventative Medicine)
Organization:	Miriam Hospital Weight Control and Diabetes Research Center
Term:	2021-2024
Position:	Administrative Coordinator
Committee:	Executive Leadership Committee for T32 HL076134 (Training in Behavioral and Preventative Medicine)
Organization:	Miriam Hospital Weight Control and Diabetes Research Center
Term:	2015-2021
Position:	Standing Member
Committee:	Psychosocial Risk and Disease Prevention (PRDP) Study Section
Organization:	National Institutes of Health (NIH)
Term:	2020-2024
Position:	Coordinator of the Research Fellowship Program Seminar
Organization:	Brown University Clinical Psychology Training Consortium
Term:	2020-Present
Position:	Ad Hoc Member
Committee:	Psychosocial Risk and Disease Prevention (PRDP) Study Section
Organization:	National Institutes of Health (NIH)
Term:	2019
Position:	Behavioral Medicine Track Postdoctoral Fellowship Coordinator
Organization:	Brown University Clinical Psychology Training Consortium
Term:	2017-2020
Position:	Scientific Advisory Board Member and Consultant
Organization:	Slimming World
Term:	2017-2019
Position:	Media Spokesperson
Organization:	The Obesity Society
Term:	2016-Present
Position:	Chair
Committee:	eHealth/mHealth Section (EMS) Steering Committee
Organization:	The Obesity Society
Term:	2016-2017

Position:	Ad Hoc Member
Committee:	Special Emphasis Panel: Pragmatic Research in Healthcare Settings to Improve Diabetes and Obesity Prevention and Care
Organization:	National Institute of Diabetes and Digestive and Kidney Diseases National Institutes of Health (NIH)
Term:	2016
Position:	Chair
Committee:	eHealth/mHealth Section (EMS) Steering Committee
Organization:	The Obesity Society
Term:	2015-2016
Position:	Consultant
Organization:	Virta Health
Term:	2015
Position:	Consultant
Organization:	Applied VR
Term:	2015
Position:	Editorial Board Member
Journal:	<i>Obesity Science & Practice</i>
Term:	2014-Present
Position:	Secretary/Treasurer
Committee:	eHealth/mHealth Section (EMS) Steering Committee
Organization:	The Obesity Society
Term:	2014-2015
Position:	Councilor
Committee:	eHealth/mHealth Section (EMS) Steering Committee
Organization:	The Obesity Society
Term:	2013-2014
Position:	Scientific Meeting Abstract Reviewer
Organization:	The Obesity Society
Term:	2013-Present
Position:	Committee Member
Committee:	Scientific Planning Committee for the 2014 Meeting
Organization:	International Conference on Eating Disorders
Term:	2013-2014
Position:	Consultant
Organization:	Weight Watchers International
Term:	2012-2014

Position: Ad-Hoc Reviewer
 Journals: *Annals of Behavioral Medicine, Appetite, Behavior Research and Therapy, Health Psychology, Journal of Abnormal Psychology, Journal of Medical Internet Research, Obesity, Preventing Chronic Disease, Psychological Science, Psychosomatic Medicine*
 Term: 2008-Present

UNIVERSITY COMMITTEES

Committee: Department of Psychiatry and Human Behavior (DPHB)
 Academic Faculty Appointments and Promotions Committee
 University: Brown University, Providence, RI
 Position: Member
 Term: 2021-Present

Committee: Department of Psychiatry and Human Behavior (DPHB)
 Training Committee
 University: Brown University, Providence, RI
 Position: Member
 Term: 2010-Present

Committee: Psychology Training Program Technology Committee
 University: Brown University, Providence, RI
 Position: Co-chair
 Term: 2010-2019

Committee: Psychology Department Colloquium Committee
 University: Drexel University, Philadelphia, PA
 Position: Chair
 Term: 2006-2007

Committee: Psychology Department Faculty Committee
 University: Drexel University, Philadelphia, PA
 Position: Student Representative
 Term: 2005-2006

Committee: American Psychological Association of Graduate Students
 University: Drexel University, Philadelphia, PA
 Position: University Representative
 Term: 2005-2006

MEMBERSHIPS IN SOCIETIES

Academy for Eating Disorders
American Academy of Health Behavior
American Association for the Advancement of Science
American Society for Metabolic and Bariatric Surgery
Association for Contextual Behavioral Science
The Obesity Society
Psi Chi (Psychology Honors Society)
The Society for Behavioral Medicine

PUBLICATIONS LIST

ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

1. **Thomas JG**, Milner HR, Haberlandt KF. Forward and backward recall: different response time patterns, same retrieval order. *Psychol Sci*. 2003;14:169-74.
<http://www.ncbi.nlm.nih.gov/pubmed/12661680>
2. Gould MS, Velting D, Kleinman M, Lucas C, **Thomas JG**, Chung M. Teenagers' attitudes about coping strategies and help-seeking behavior for suicidality. *J Am Acad Child Adolesc Psychiatry*. 2004;43:1124-33.
<http://www.ncbi.nlm.nih.gov/pubmed/15322416>
3. Haberlandt KF, Lawrence H, Krohn T, Bower K, **Thomas JG**. Pauses and durations exhibit a serial position effect. *Psychon Bull Rev*. 2005;12:152-8.
<http://www.ncbi.nlm.nih.gov/pubmed/15945208>
4. Haberlandt KF, **Thomas JG**, Lawrence H, Krohn T. Transposition asymmetry in immediate serial recall. *Memory*. 2005;13:274-82.
<http://www.ncbi.nlm.nih.gov/pubmed/15948612>
5. Gould MS, Marrocco FA, Kleinman M, **Thomas JG**, Mostkoff K, Cote J, Davies M. Evaluating the iatrogenic risk of youth suicide screening programs: a randomized controlled trial. *JAMA*. 2005;293:1635-43.
<http://www.ncbi.nlm.nih.gov/pubmed/15811983>
6. Lowe MR, **Thomas JG**, Safer DL, Butryn ML. The relationship of weight suppression and dietary restraint to binge eating in bulimia nervosa. *Int J Eat Disord*. 2007;40:640-4.
<http://www.ncbi.nlm.nih.gov/pubmed/17607698>
7. Butryn ML, **Thomas JG**, Lowe MR. Reductions in internal disinhibition during weight loss predict better weight loss maintenance. *Obesity*. 2009;17:1101-3.
<http://www.ncbi.nlm.nih.gov/pubmed/19180064>
8. Lowe MR, Butryn ML, Didie ER, Annuziato RA, **Thomas JG**, Crerand CE, Ochner CN, Coletta MC, Bellace D, Wallaert M, Halford J. The Power of Food Scale: a new measure of the psychological influence of the food environment. *Appetite*. 2009;53:114-8.
<http://www.ncbi.nlm.nih.gov/pubmed/19500623>

9. Bond DS, Vithiananthan S, Leahey TM, **Thomas JG**, Sax HC, Pohl D, Ryder BA, Roye GD, Giovanni J, Wing RR. Prevalence and degree of sexual dysfunction in a sample of women seeking bariatric surgery. *Surg Obes Relat Dis*. 2009;5:698-704. <http://www.ncbi.nlm.nih.gov/pubmed/19733514>
10. Bond DS, Jakicic JM, Leahey T, **Thomas JG**, Vithiananthan S, Sax, HC, Pohl D, Roye D, Ryder BA, Wing RR. Objective quantification of physical activity in bariatric surgery candidates and normal weight controls. *Surg Obes Relat Dis*. 2010; 6:72-8. <http://www.ncbi.nlm.nih.gov/pubmed/19837009>
11. Herzog DB, **Thomas JG**, Kass AE, Eddy KT, Franko DL, Lowe MR. Weight suppression predicts weight change over 5 years in bulimia nervosa. *Psychiatry Res*. 2010;177:330-4. <http://www.ncbi.nlm.nih.gov/pubmed/20398944>
12. Wing RR, Crane MM, **Thomas JG**, Kumar R, Weinberg B. Improving weight loss outcomes of community interventions by incorporating behavioral strategies. *Am J Public Health*. 2010;100:2513-9. <http://www.ncbi.nlm.nih.gov/pubmed/20966375>
13. Bond DS, Vithiananthan S, Nash JM, **Thomas JG**, Wing RR. Improvement of migraine headaches in severely obese patients after bariatric surgery. *Neurology*. 2011;76:1135-8. <http://www.ncbi.nlm.nih.gov/pubmed/21444898>
14. **Thomas JG**, Butryn ML, Stice E, Lowe MR. A prospective test of the relation between weight change and risk for bulimia nervosa. *Int J Eat Disord*. 2011;44:295-303. <http://www.ncbi.nlm.nih.gov/pubmed/21472748>
15. **Thomas JG**, Bond DS, Ryder BA, Leahey TM, Vithiananthan S, Roye GD, Wing RR. Ecological momentary assessment of recommended postoperative eating and activity behaviors. *Surg Obes Relat Dis*. 2011;7:206-12. <http://www.ncbi.nlm.nih.gov/pubmed/21130703>
16. Fabricatore AN, Wadden TA, Ebbeling CB, **Thomas JG**, Stallings VA, Schwartz SS, Ludwig DS. Targeting dietary fat or glycemic load in the treatment of obesity and type 2 diabetes: a randomized controlled trial. *Diabetes Res Clin Pract*. 2011;92:37-45. <http://www.ncbi.nlm.nih.gov/pubmed/21208675>
17. Wadden TA, Faulconbridge LF, Jones-Corneille LR, Sarwer DB, Fabricatore AN, **Thomas JG**, Wilson GT, Alexander MG, Pulcini ME, Webb VL, Williams NN. Binge eating disorder and the outcome of bariatric surgery at one year: a prospective, observational study. *Obesity*. 2011;19:1220-8. <http://www.ncbi.nlm.nih.gov/pubmed/21253005>
18. **Thomas JG**, Doshi S, Crosby RD, Lowe MR. Ecological momentary assessment of obesogenic eating behavior: combining person-specific and environmental predictors. *Obesity*. 2011;19:1574-9. <http://www.ncbi.nlm.nih.gov/pubmed/21273995>
19. Volger S, Vetter ML, Dougherty M, Panigrahi E, Egner R, Webb V, **Thomas JG**, Sarwer DB, Wadden TA. Patients' preferred terms for describing their excess weight: discussing obesity in clinical practice. *Obesity*. 2012;20:147-50. <http://www.ncbi.nlm.nih.gov/pubmed/21760637>

20. Leahey TM, **Thomas JG**, LaRose JG, Wing RR. A randomized trial testing a contingency-based weight loss intervention involving social reinforcement. *Obesity*. 2012;20:324-9.
<http://www.ncbi.nlm.nih.gov/pubmed/21593802>
21. Bond DS, **Thomas JG**, Ryder BA, Vithiananthan S, Pohl D, Wing RR. Ecological momentary assessment of the relationship between intention and physical activity behavior in bariatric surgery patients. *Int J Behav Med*. 2013;20(1):82-7.
<http://www.ncbi.nlm.nih.gov/pubmed/22203518>
22. Faulconbridge LF, Wadden TA, **Thomas JG**, Jones-Corneille LR, Sarwer DB, Fabricatore AN. Changes in depression and quality of life in obese individuals with binge eating disorder: bariatric surgery versus lifestyle modification. *Surg Obes Relat Dis*. 2013;9(5):790-6.
<http://www.ncbi.nlm.nih.gov/pubmed/23260806>
23. Bond DS, **Thomas JG**, Unick JL, Raynor HA, Vithiananthan S, Wing RR. Self-reported and objectively measured sedentary behavior in bariatric surgery candidates. *Surg Obes Relat Dis*. 2013;9(1):123-8.
<http://www.ncbi.nlm.nih.gov/pubmed/23265767>
24. **Thomas JG**, Wing RR. Health-E-Call, a smartphone-assisted behavioral obesity treatment: pilot study. *JMIR Mhealth Uhealth*. 2013;1(1):e3.
<http://www.ncbi.nlm.nih.gov/pubmed/25100672>
25. Bond DS, O'Leary KC, **Thomas JG**, Lipton RB, Papandonatos GD, Roth J, Rathier L, Daniello R, Wing RR. Can weight loss improve migraine headaches in obese women? Rationale and design of the Women's Health and Migraine (WHAM) randomized controlled trial. *Contemp Clin Trials*. 2013;35(1):133-44.
<http://www.ncbi.nlm.nih.gov/pubmed/23524340>
26. Lowe MR, Butryn ML, **Thomas JG**, Coletta M. Meal replacements, reduced energy density eating and weight loss maintenance in primary care patients: a randomized controlled trial. *Obesity*. 2014;22(1):94-100.
<http://www.ncbi.nlm.nih.gov/pubmed/23894101>
27. **Thomas JG**, Bond DS, Phelan S, Hill JO, Wing RR. Weight-loss maintenance for 10 years in the National Weight Control Registry. *Am J Prev Med*. 2014;46(1):17-23.
<http://www.ncbi.nlm.nih.gov/pubmed/24355667>
28. Catenacci VA, Odgen L, Phelan S, **Thomas JG**, Hill J, Wing RR, Wyatt H. Dietary habits and weight maintenance success in high versus low exercisers in the national weight control registry. *J Phys Act Health*. 2013;11(8):1540-8.
<http://www.ncbi.nlm.nih.gov/pubmed/24385447>
29. Leahey TM, **Thomas JG**, Fava JL, Subak LL, Schembri M, Krupel K, Kumar R, Weinberg B, Wing RR. Adding evidence-based behavioral weight loss strategies to a statewide wellness campaign: a randomized clinical trial. *Am J Public Health*. 2014;104(7):1300-6.
<http://www.ncbi.nlm.nih.gov/pubmed/24832424>
30. Goetter EM, Herbert JD, Forman EM, Yuen EK, **Thomas, JG**. An open trial of videoconference-mediated exposure and ritual prevention for obsessive-compulsive disorder. *J Anxiety Disord*. 2014;28(5): 460-2.
<http://www.ncbi.nlm.nih.gov/pubmed/24873883>

31. Catenacci VA, Pan Z, **Thomas JG**, Ogden LG, Roberts SA, Wyatt HR, Wing RR, Hill JO. Low/no calorie sweetened beverage consumption in the National Weight Control Registry. *Obesity*. 2014;22(10):2244-51.
<http://www.ncbi.nlm.nih.gov/pubmed/25044563>
32. Bond DS, **Thomas JG**, Raynor HA, Moon J, Sieling J, Trautvetter J, Leblond T, Wing RR. *B-MOBILE*: A smartphone-based intervention to reduce sedentary time in overweight/obese individuals: a within-subjects experimental trial. *PLoS One*. 2014; 9(6):e.100821.
<http://www.ncbi.nlm.nih.gov/pubmed/24964010>
33. Bond DS, Vithiananthan S, **Thomas JG**, Trautvetter J, Unick JL, Jakicic JM, Pohl D, Ryder BA, Roye GD, Sax HC, Wing RR. Bari-Active: a randomized controlled trial of a preoperative intervention to increase physical activity in bariatric surgery patients. *Surg Obes Relat Dis*. 2015;11(1):169-77.
<http://www.ncbi.nlm.nih.gov/pubmed/25304832>
34. Bond DS, **Thomas JG**, King WC, Vithiananthan S, Trautvetter J, Unick JL, Ryder BA, Pohl D, Roye GD, Sax HC, Wing RR. Exercise improves quality of life in bariatric surgery candidates: results from the Bari-Active randomized controlled trial. *Obesity*. 2015;23(3):536-42.
<http://www.ncbi.nlm.nih.gov/pubmed/25404659>
35. Bond DS, **Thomas JG**, O'Leary KC, Lipton RB, Peterlin BL, Roth J, Rathier L, Wing RR. Objectively-measured physical activity in obese women with and without migraine. *Cephalalgia*. 2015;35(10):886-93.
<http://www.ncbi.nlm.nih.gov/pubmed/25475207>
36. **Thomas JG**, Spitalnick JS, Hadley W, Bond DS, Wing RR. Development of and feedback on a fully automated virtual reality system for online training in weight management skills. *J Diabetes Sci Technol*. 2015;9(1):145-8.
<http://www.ncbi.nlm.nih.gov/pubmed/25367014>
37. **Thomas JG**, Leahey TM, Wing RR. An automated Internet behavioral weight loss program by physician referral: a randomized, controlled trial. *Diabetes Care*. 2015;38(1):9-15.
<http://www.ncbi.nlm.nih.gov/pubmed/25404659>
38. Leahey TM, Subak LL, Fava F, Schembri M, **Thomas JG**, Xu X, Krupel K, Kent K, Boguszewski K, Kumar R, Weinberg B, Wing R. Benefits of adding small financial incentives or optional group meetings to a Web-based statewide obesity initiative. *Obesity*. 2015;23(1):70-6.
<http://www.ncbi.nlm.nih.gov/pubmed/25384463>
39. Evans EW, Lipton, RB, Peterlin BL, Raynor HA, **Thomas JG**, O'Leary KC, Pavlovic JM, Wing RR, Bond DS. Dietary intake patterns and diet quality in a nationally representative sample of women with and without migraine. *Headache*. 2015;55(4):550-61.
<http://www.ncbi.nlm.nih.gov/pubmed/25758250>
40. Unick JL, O'Leary KC, Dorfman L, **Thomas JG**, Strohacker K, Wing RR. Consistency in compensatory eating responses following acute exercise in inactive, overweight and obese women. *Br J Nutr*. 2015;113(7):1170-7.
<http://www.ncbi.nlm.nih.gov/pubmed/25778833>

41. Bond DS, Buse DC, Lipton RB, **Thomas JG**, Rathier L, Roth J, Pavlovic JM, Evans EW, Wing RR. Clinical pain catastrophizing in women with migraine and obesity. *Headache*. 2015;55(7):923-33.
<http://www.ncbi.nlm.nih.gov/pubmed/26087348>
42. Lillis J, Niemeier HM, Ross KM, **Thomas JG**, Leahey T, Kentra KE, Wing RR. Weight loss intervention for individuals with high internal disinhibition: design of the Acceptance Based Behavioral Intervention (ABBI) randomized controlled trial. *BMC Psychol*. 2015;3(1):17.
<http://www.ncbi.nlm.nih.gov/pubmed/26019869>
43. **Thomas JG**, Bond DS. Behavioral response to a just-in-time adaptive intervention (JITAI) to reduce sedentary behavior in obese adults: implications for JITAI optimization. *Health Psychol*. 2015;34(Suppl):1261-7.
<http://www.ncbi.nlm.nih.gov/pubmed/26651467>
44. Bond DS, **Thomas JG**. Measurement and intervention on physical activity and sedentary behaviors in bariatric surgery patients: emphasis on mobile technology. *Eur Eat Disord Rev*. 2015;23(6):470-8.
<http://www.ncbi.nlm.nih.gov/pubmed/26331982>
45. Engel SG, Crosby RD, **Thomas JG**, Bond DS, Lavender JM, Mason T, Steffen KJ, Green DD, Wonderlich SA. Ecological momentary assessment in eating disorder and obesity research: a review of the recent literature. *Curr Psychiatry Rep*. 2016;18(4):37.
<http://www.ncbi.nlm.nih.gov/pubmed/26893235>
46. **Thomas JG**, Seiden A, Koffarnus MN, Bickel WK, Wing RR. Delay reward discounting and grit in men and women with and without obesity. *Obes Sci Pract*. 2015;1(2):131-5.
<http://www.ncbi.nlm.nih.gov/pubmed/27774256>
47. Luke AK, Evans EW, Bond DS, **Thomas JG**. Associations between omega fatty acid consumption and depressive symptoms among individuals seeking behavioral weight loss treatment. *Obes Sci Pract*. 2016;2(1):75-82.
<http://www.ncbi.nlm.nih.gov/pubmed/27812381>
48. Lillis J, **Thomas JG**, Niemeier HM, Wing RR. Internal disinhibition predicts 5-year weight regain in the National Weight Control Registry (NWCR). *Obes Sci Pract*. 2016;2(1):83-7.
<http://www.ncbi.nlm.nih.gov/pubmed/27812382>
49. **Thomas JG**, Pavlovic JM, Lipton RB, Rathier L, O'Leary KC, Buse DC, Evans EW, Bond DS. Ecological momentary assessment of the relationship between headache pain intensity and pain interference in women with migraine and obesity. *Cephalalgia*. 2016;36(13):1228-37.
<http://www.ncbi.nlm.nih.gov/pubmed/26742779>
50. Ross KM, **Thomas JG**, Wing RR. Successful weight loss maintenance associated with morning chronotype and better sleep quality. *J Behav Med*. 2016;39(3):465-71.
<http://www.ncbi.nlm.nih.gov/pubmed/26660638>
51. Bond DS, **Thomas JG**, Vithiananthan S, Webster J, Unick JL, Ryder BA, Pohl D. Changes in enjoyment, self-efficacy and motivation during a randomized trial to promote habitual physical activity adoption in bariatric surgery candidates. *Surg Obes Relat Dis*. 2016;12(5):1072-9.
<http://www.ncbi.nlm.nih.gov/pubmed/27246138>

52. Chao AM, Wadden TA, Faluconbridge LF, Sarwer DB, Webb VL, Shaw J, **Thomas JG**, Hopkins CM, Bakizada ZM, Alamuddin N, Williams NN. Binge eating disorder and the outcome of bariatric surgery in a prospective, observational study: two year results. *Obesity*. 2016;24(11):2327-33.
<http://www.ncbi.nlm.nih.gov/pubmed/27616677>
53. Bradley LE, Forman EM, Kerrigan SG, Goldstein SP, Butryn ML, **Thomas JG**, Herbert JD, Sarwer DB. Project HELP: a remotely-delivered behavioral intervention for weight regain after bariatric surgery. *Obes Surg*. 2016;27(3):586-98.
<http://www.ncbi.nlm.nih.gov/pubmed/27586525>
54. Lillis J, Niemeier HM, **Thomas JG**, Unick J, Ross KM, Leahey TM, Kendra KE, Dorfman L, Wing RR. A randomized trial of an acceptance-based behavioral intervention for weight loss in people with high internal disinhibition. *Obesity*. 2016;24(12):2509-14.
<http://www.ncbi.nlm.nih.gov/pubmed/27804255>
55. Goldschmidt AB, Conceição EM, **Thomas JG**, Mitchell JE, Raynor HA, Bond DS. Conceptualizing and studying binge and loss of control eating in bariatric surgery patients—time for a paradigm shift? *Surg Obes Relat Dis*. 2016;12:1622-5.
<http://www.ncbi.nlm.nih.gov/pubmed/27894714>
56. Forman EM, Butryn ML, Manasse SM, Crosby RD, Goldstein SP, Wyckoff EP, **Thomas JG**. Acceptance-based versus standard behavioral treatment for obesity: results from the mind your health randomized controlled trial. *Obesity*. 2016;24(10):2050-6.
<http://www.ncbi.nlm.nih.gov/pubmed/27670400>
57. Lillis J, **Thomas JG**, Seng EK, Lipton RB, Pavlovic J, Rather L, Roth J, O’Leary K, Bond DS. Importance of pain acceptance in relation to headache disability and pain interference in women with migraine and overweight/obesity. *Headache*. 2017;57(5):709-18.
<http://www.ncbi.nlm.nih.gov/pubmed/28295273>
58. Goldstein CM, **Thomas JG**, Wing RR, Bond DS. Successful weight loss maintainers use health-tracking smartphone applications more than a nationally-representative sample: comparison of the National Weight Control Registry to Pew Tracking for Health. *Obes Sci Pract*. 2017;27;3(2):117-26.
<http://www.ncbi.nlm.nih.gov/pubmed/28702210>
59. Bond DS, Pavlović JM, Lipton RB, **Thomas JG**, Digre KB, Roth J, Rathier L, O’Leary KC, Evans EW, Wing RR. Sexual dysfunction in women with migraine and overweight/obesity: relative frequency and association with migraine severity. *Headache*. 2017;57(3):417-27.
<http://www.ncbi.nlm.nih.gov/pubmed/28028805>
60. Bond DS, **Thomas JG**, Vithiananthan S, Unick J, Webster J, Roye GD, Ryder BA, Sax HC. Intervention-related increases in preoperative physical activity are maintained 6-months after bariatric surgery: results from the Bari-active trial. *Int J Obes*. 2017;41(3):467-70.
<http://www.ncbi.nlm.nih.gov/pubmed/28025574>

61. Bond DS, Raynor HA, **Thomas JG**, Unick J, Webster J, Ryder B, Vithiananthan S. Greater adherence to recommended morning physical activity is associated with greater total intervention-related physical activity changes in bariatric surgery patients. *J Phys Act Health*. 2017;14(6):492-8.
<http://www.ncbi.nlm.nih.gov/pubmed/28253045>
62. Galioto R, O'Leary KC, **Thomas JG**, Demos K, Lipton RB, Gunstad J, Pavlović JM, Rother J, Rather L, Bond DS. Lower inhibitory control interacts with greater pain catastrophizing to predict greater pain intensity in women with migraine and overweight/obesity. *J Headache Pain*. 2017;18(1):41.
<http://www.ncbi.nlm.nih.gov/pubmed/28357702>
63. Forman EM, Schumacher LM, Crosby R, Manasse SM, Goldstein SP, Butryn ML, Wyckoff EP, **Thomas JG**. Ecological momentary assessment of dietary lapses across behavioral weight loss treatment: characteristics, predictors, and relationships with weight change. *Ann Behav Med*. 2017;51(5), 741-53.
<http://www.ncbi.nlm.nih.gov/pubmed/28281136>
64. Demos KE, McCaffery JM, **Thomas JG**, Mailloux KA, Hare TA, Wing RR. Identifying the mechanisms through which behavioral weight-loss treatment improves food decision-making in obesity. *Appetite*. 2017;114:91-100.
<http://www.ncbi.nlm.nih.gov/pubmed/28315419>
65. **Thomas JG**, Raynor HA, Bond DS, Luke AK, Cardoso CC, Foster GD, Wing RR. Weight loss in Weight Watchers Online with and without an activity tracking device compared to control: a randomized trial. *Obesity*. 2017;25(6):1014-21.
<http://www.ncbi.nlm.nih.gov/pubmed/28437597>
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151. Baillot A, Bernard P, Eddine JN, **Thomas JG**, Schumacher LM, Papasavas PK, Vithiananthan S, Jones D, Bond DS. Associations of weather and air pollution with objective physical activity and sedentary time before and after bariatric surgery: a secondary analysis of a prospective cohort study. *Environ Res Commun*. 2024 Aug;6(8):085003.
<http://www.ncbi.nlm.nih.gov/pubmed/39469319>
152. Grosicki GJ, **Thomas JG**, Dhurandhar NV, Lofton H, Heymsfield SB, Jonnalagadda SS. Glucagon-like peptide-1 receptor agonists discontinuation is higher in individuals with overweight and obesity without type 2 diabetes. *Diabetes Obes Metab*. 2024; 1-4.
<http://www.ncbi.nlm.nih.gov/pubmed/39743934>
153. Christian C, Bell V, **Thomas JG**, Haedt-Matt AA, Engel SG, Hart CN, Saletin JM, Goldstein SP, Cusack CE, Goldschmidt AB. Momentary associations across specific affective states and dysregulated eating experiences among children and adolescents with loss of control eating symptoms. *Int J Eat Disord*. 2025;58(3):542-553.
<http://www.ncbi.nlm.nih.gov/pubmed/39690879>
154. Hossain D, **Thomas JG**, McCrory MA, Higgins J, Sazonov E. A Systematic Review of Sensor-Based Methods for Measurement of Eating Behavior. *Sensors*. 2025;25(10):2966.
<http://www.ncbi.nlm.nih.gov/pubmed/>
155. Sequeira SL, McKone KMP, Diab EM, **Thomas JG**, Wolff J, Nesi J. Characterizing adolescent social media experiences and links to momentary affect. *J Adolesc*. In Press.
<http://www.ncbi.nlm.nih.gov/pubmed/40474493>
156. Goldstein CM, Goldstein SP, Ladd BT, Wing RR, **Thomas JG**. Differences in self-monitoring technology use and perceptions between National Weight Control Registry Participants maintaining and regaining weight. *J Technol Behav Sci*. 2025;10(2):450-460.
<http://www.ncbi.nlm.nih.gov/pubmed/40950752>
157. **Thomas JG**, Goldstein CM, Bond DS, Lillis J, Hekler E, Goldstein SP, Butryn ML, Cao Z, Wing RR. evaluation of five novel intervention components in online obesity treatment: outcomes of a randomized factorial experiment. *Obesity*. In Press.
<http://www.ncbi.nlm.nih.gov/pubmed/40968617>

OTHER PEER-REVIEWED PUBLICATIONS

1. **Thomas JG**, Wing RR. Maintenance of long-term weight loss. *Med Health RI*. 2009;92:53-7.
<http://www.ncbi.nlm.nih.gov/pubmed/19288686>
2. **Thomas JG**, Bond DS, Hill J, Wing RR. The National Weight Control Registry (NWCR): a study of “successful losers”. *American College of Sports Medicine Health & Fitness Journal*. 2011;15:8-12.
Not catalogued on PubMed.
3. **Thomas JG**, Bond DS, Sarwer DB, Wing RR. Technology for behavioral assessment and intervention in bariatric surgery. *Surg Obes Relat Dis*. 2011;7:548-57.
<http://www.ncbi.nlm.nih.gov/pubmed/21514246>
4. **Thomas JG**, Bond DS. Review of innovations in digital health technology to

- promote weight control. *Curr Diab Rep* 2014;14(5):485-94.
<http://www.ncbi.nlm.nih.gov/pubmed/24664797>
5. Bradley LE, **Thomas JG**, Hood MM, Corsica JA, Mackenzie CK, Sarwer DB. Remote assessments and behavioral interventions in post-bariatric surgery patients. *Surg Obes Relat Dis.* 2018;14(10):1632-44.
<http://www.ncbi.nlm.nih.gov/pubmed/30149949>
 6. Fedele DA, McConville A, Moon J, **Thomas JG**. Topical review: Design considerations when creating pediatric mobile health interventions: applying the IDEAS framework. *J Pediatr Psychol.* 2019;44(3):343-8.
<http://www.ncbi.nlm.nih.gov/pubmed/30346561>

BOOKS AND BOOK CHAPTERS

1. Lowe MR, **Thomas JG**. Measures of restrained eating: conceptual evolution and psychometric update. In Allison DB, Baskin ML (eds). *Handbook of assessment methods for eating behaviors and weight-related problems: Measures, theory, and research* (pp. 137-186). 2009; Sage Publications: Thousand Oaks, CA.
2. **Thomas JG**, Bond DS. Technology to assess and intervene on weight-related behaviors with bariatric surgery patients. In: Still C, Sarwer DB, Blankenship J, eds. *The ASMBS Textbook of Bariatric Surgery Volume 2: Integrated Health*. New York, NY: Springer; 2014:55-63.

PUBLICATIONS SUBMITTED OR IN PREPARATION

1. **Thomas JG**, Goldstein CM, Bond DS, Lillis J, Hekler EB, Goldstein SP, Butryn ML, Cao Z, Wing RR. Evaluation of 5 novel intervention components in online obesity treatment: Outcomes of a randomized factorial experiment informed by the Multiphase Optimization Strategy. (In Preparation).

ABSTRACTS

1. **Thomas JG**, Haberlandt KF (2000). Response times in directional recall. Poster presented at the annual meeting of the Eastern Psychological Association Conference, Baltimore, MA.
2. Haberlandt KF, **Thomas JG** (2001). Transposition errors in serial recall. Paper presented at the annual meeting of the Eastern Psychological Association Conference, Washington, DC.
3. Hodges H, Heilbrun K, **Thomas JG** (2007). Psychopathy as a predictor of instrumental violence among civil psychiatric patients. Poster presented at the annual Drexel University Research Symposium, Philadelphia, PA.
4. **Thomas JG**, Wallaert M, Lowe MR (2007). What motivates restrained eating in normal weight women?: Implicit evaluative associations of restrained and unrestrained eaters to underweight, normal weight, and overweight bodies. Paper presented at the annual meeting of the International Conference on Eating Disorders, Baltimore, MD.
5. Butryn ML, Tappe K, **Thomas JG**, Lowe MR (2007) Innovative nutritional approaches to prevention of weight gain and weight regain. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

6. **Thomas JG**, Butryn ML, Lowe MR, Stice E (2008). The weight trajectory of adolescent prior to and immediately following a diagnosis of Bulimia Nervosa. Poster presented at the annual meeting of The Eating Disorders Research Society, Montreal, Quebec.
7. **Thomas JG**, Markowitz J, Tappe K, Chernyak Y, Ochner C, Butryn M, Lowe M (2008) Telephone-based weight loss maintenance interventions for patients referred from primary care clinics. Poster presented at the annual meeting of The Obesity Society, Phoenix, AZ.
8. Sarwer DB, **Thomas JG**, Markowitz J, Eisenberg M, Sywulak L (2008) Medical weight management prior to bariatric surgery: Preliminary results. Poster presented at the annual meeting of The Obesity Society, Phoenix, AZ.
9. Butryn ML, **Thomas JG**, Lowe MR (2008) Reductions in internal disinhibition during weight loss predict better weight loss maintenance. Poster presented at the annual meeting of The Obesity Society, Phoenix, AZ.
10. Leahey TM, Gokee-Larose J, **Thomas JG**, Wing RR (2009). Social distancing and weight loss in a behavioral intervention. Poster presented at The Obesity Society conference, Washington, DC.
11. **Thomas JG**, Doshi S, Crosby R, Lowe MR (2009) Ecological momentary assessment of obesogenic eating behavior: Person-specific and environmental predictors. Paper presented at The Obesity Society conference, Washington, DC.
12. **Thomas JG**, Bond DS, Pohl D, Roye D, Vithiananthan S, Ryder B, Leahey TM, Raynor H, Sax HC, Wing RR (2009) Internal disinhibition predicts weight loss immediately following bariatric surgery. Poster presented at The American Society for Metabolic and Bariatric Surgery conference. Grapevine TX.
13. Leahey TM, Bond DS, **Thomas JG**, Raynor H, Roye D, Pohl D, Vithiananthan S, Ryder B, Sax HC, Wing RR (2009) Do food cravings and the consumption of craved foods “normalize” after bariatric surgery? Paper presented at the American Society of Metabolic and Bariatric Surgery conference. Grapevine, TX.
14. Bond DS, Vithiananthan S, Sax HC, Pohl D, Ryder B, Leahey T, **Thomas JG**, Wing RR (2009). Prevalence and degree of sexual dysfunction in women seeking bariatric surgery. Paper presented at the American Society of Metabolic and Bariatric Surgery conference. Grapevine, TX.
15. Bond DS, Jakicic JM, Leahey TM, **Thomas JG**, Vithiananthan S, Pohl D, Roye D, Ryder B, Sax HC, Wing RR (2009). Objective quantification of amount and intensity of physical activity in bariatric surgery candidates and age- and sex-matched normal weight controls. Paper presented at the American Society for Metabolic and Bariatric Surgery conference. Grapevine, TX.
16. Bond DS, Jakicic JM, **Thomas JG**, Leahey TM, Vithiananthan S, Pohl D, Roye GD, Ryder BA, Sax HC, Wing RR (2009). Evaluation of objectively measured and self-reported pre- to post-operative changes in physical activity among bariatric surgery patients. Paper presented at The Obesity Society conference. Washington, DC.
17. Bond DS, Vithiananthan S, Leahey TM, **Thomas JG**, Pohl D, Ryder BA, Roye GD, Giovanni J, Sax HC, Wing RR (2010). Significant resolution of female sexual dysfunction following bariatric surgery. Paper presented at The American Society for Metabolic and Bariatric Surgery. Las Vegas, NV.

18. **Thomas JG**, Bond DS, Leahey TM, Ryder B, Roye D, Vithiananthan S, Sax, HC, Pohl D, Wing RR (2010). Evaluation of post-operative adherence to recommended eating and activity behaviors in patients' natural environment via Ecological Momentary Assessment (EMA). Paper presented at The American Society for Metabolic and Bariatric Surgery conference. Las Vegas, NV.
19. Leahey TM, Bond DS, **Thomas JG**, Raynor HA, Vithiananthan S, Roye GD, Pohl D, Ryder B, Sax, HC, Wing RR (2010). Bariatric surgery is not associated with long-term changes in food preferences. Poster presented at The American Society for Metabolic and Bariatric Surgery conference, Las Vegas, NV.
20. Crane M., **Thomas JG**, Kumar R, Weinberg B, Wing RR (2010). Behavioral online enhancements improve Shape Up RI weight loss outcomes. Paper presented at The Society for Behavioral Medicine conference, Seattle, WA.
21. Kass AE, Lowe MR, Eddy KT, **Thomas JG**, Franko DL, Sears MS, Thompson-Brenner H, Herzog DB (2010). Does weight suppression prospectively predict eating disorder outcome in bulimia nervosa patients? Paper presented at the International Conference on Eating Disorders, Salzburg, Germany.
22. **Thomas JG**, Wing RR (2010). Beyond text-messaging: The development and early outcomes of a next-generation mobile phone intervention for weight control. Poster presented at the at The Obesity Society conference. San Diego, CA.
23. Leahey TM, **Thomas JG**, Gooke LaRose J, Wing RR (2010). A randomized trial testing the effects of social reinforcement on weight loss. Paper presented at the at The Obesity Society conference. San Diego, CA.
24. Leahey TM, Gooke Larose J, **Thomas JG**, Wing RR (2010). Social comparisons among members of a behavioral weight loss program are associated with weight loss outcomes. Poster presented at the at The Obesity Society conference. San Diego, CA.
25. **Thomas JG** (2011). Technology for assessment and intervention with bariatric surgery patients. Paper presented in symposium presented at The American Society for Metabolic and Bariatric Surgery conference, Orlando, FL.
26. **Thomas JG**, Bond DS, Phelan S, Hill JO, Wing RR (2011). Ten-year weight change in the national weight control registry. Paper presented at The Obesity Society conference. Orlando, FL.
27. **Thomas JG**, Wing RR (2011). Health-E-Call: Feasibility, acceptability, and efficacy of a next-generation mobile phone intervention for weight control. Poster presented at The Obesity Society conference. Orlando, FL.
28. Leahey TM, **Thomas JG**, Weinberg B, Kumar R, Wing, RR (2012). Internet behavioral weight loss program and optional group sessions improve outcomes in a community-based weight loss campaign. Paper presented at The Obesity Society conference. San Antonio, TX.
29. Demos KE, McCaffery JM, Rangel A, Hare TA, **Thomas JG**, Wing RR (2012). Self-control in food choice decision-making changes after participating in a behavioral weight loss intervention. Poster presented at The Obesity Society conference. San Antonio, TX.
30. Bond DS, **Thomas JG**, Unick JL, Raynor H, Vithiananthan S, Trautvetter J, Wing RR (2012). Comparison of exercise-related psychological factors in severely obese individuals seeking bariatric surgery vs. lifestyle treatment. Poster presented at The Obesity Society conference. San Antonio, TX.
31. Leahey TM, **Thomas JG**, Weinberg B, Kumar R, Wing RR (2012) The dissemination of behavioral weight loss strategies through a community-based campaign. Paper presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA.

32. **Thomas JG**, Leahey TM, Gettens KM, Wing RR (2012). Innovative technology to improve patient adherence to weight loss recommendations. Poster presented at The Obesity Society conference. San Antonio, TX.
33. **Thomas JG** (2012). Tipping the scale with technology: Smartphones and the Internet for weight loss. Paper presented in symposium at the Association for Behavioral and Cognitive Therapies conference. Baltimore, MD.
34. **Thomas JG**, Bond DS, Sarwer DB (2013). Advances in behavioral weight-control technology: Implications for adjunctive behavioral interventions in the bariatric surgery population. Paper presented at the American Society for Metabolic and Bariatric Surgery conference. Atlanta, GA.
35. Bond DS, Lipton RB, **Thomas JG**, O’Leary KC, Roth J, Rathier L, Papandonatos GD, Daniello R, Wing RR (2013). Can weight loss improve migraine headaches in obese women? Rationale and design of the WHAM randomized controlled trial. Poster presented at the NIH Pain Consortium’s 8th Annual Symposium on Advances in Pain Research. NIH Campus, Bethesda, MD.
36. Bond DS, Trautvetter J, **Thomas JG**, Unick JL, Vithiananthan S, Jakicic JM, Pohl D, Giovanni J, Ryder BA, Roye GD, Wing RR (2013). Bari-Active: a randomized controlled trial of a preoperative behavioral intervention to increase physical activity in bariatric surgery patients. Paper presented at the annual meeting of the American Society of Metabolic and Bariatric Surgery (ASMBS)/Obesity Week 2013, Atlanta, GA.
37. Leahey TM, **Thomas JG**, Krupel K, Boguszewski K, Kent K, Kumar, Weinberg B, Wing RR (2013). Modest financial incentives and optional group sessions enhance outcomes in an Internet behavioral weight loss dissemination initiative. Paper presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.
38. **Thomas JG**, Spitalnick JS, Hadley W, Bond DS, Wing RR (2014). Experience Success: Virtual reality to enhance internet weight loss. Paper presented in symposium at the annual meeting of the IEEE Engineering in Medicine and Biology Society, Chicago, IL.
39. O’Leary KC, **Thomas JG**, Wing RR, Lipton RB, Peterlin BL, Unick JL, Bond DS (2014). Comparison of objectively-measured physical activity in obese women migraineurs and controls. Poster presented at the annual meeting of the American College of Sports Medicine, Orlando, FL.
40. **Thomas JG** (2014). Experience Success: Virtual reality technology to enhance online weight loss programs. Paper presented in symposium at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
41. Lillis J, Unick JL, Niemeier H, Kendra, KE, **Thomas, JG**, Leahey TM., Dorman L, Wing RR (2014). The role of avoidance based coping in the psychological functioning of weight loss treatment seeking adults. Poster presented at the annual meeting of the American Society of Metabolic and Bariatric Surgery (ASMBS)/Obesity Week 2013, Boston, MA.
42. Witt AA, **Thomas JG**, Lowe MR. (2015). Positive and negative affect before, during, and after binge eating episodes in Bulimia Nervosa: An ecological momentary assessment study. Poster to be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
43. Bradley LE, Forman EM, Kerrigan SG, Goldstein SP, Butryn ML, **Thomas JG**, Herbert JD, & Sarwer DS (2015). A pilot study to assess feasibility, acceptability, and effectiveness of a remotely-delivered intervention to address weight regain after bariatric surgery. Paper to be presented at the annual meeting of the American Society of Metabolic and Bariatric Surgery (ASMBS)/Obesity Week 2015, Los Angeles, CA.

44. **Thomas JG**, Moon J, Hoover A, Nilsen WJ, Goldstein CM (2016). The nuts and bolts of bits and bytes: A researcher's primer on working with technologists to build effective and fundable projects. Chair of Panel Discussion held at the annual meeting of the Society of Behavioral Medicine, Washington , DC.
45. Bond DS, Pavlovic JM, Lipton RB, **Thomas JG**, Digre KB, Roth J, Rathier L, Evans EW, O'Leary KC, Wing RR (2016). Rate and degree of sexual dysfunction in women with migraine and overweight/obesity. Poster presented at the American Headache Society 58th Annual Scientific Meeting, San Diego, CA.
46. Bond DS, Lillis J, Seng EK, **Thomas JG**, Pavlovic J, Rathier L, Roth J, O'Leary KC, Evans EW, Lipton RB (2016). Importance of pain acceptance in relation to headache disability and psychosocial symptoms in women with migraine and obesity. Poster presented at the American Headache Society 58th Annual Scientific Meeting, San Diego, CA.
47. Pavlovic JM, Lipton RB, **Thomas JG**, O'Leary KC, Roth J, Rathier L, Evans EW, Bond DS (2016). Smartphone-based ecological momentary assessment of acute headache medication use patterns in women with migraine and obesity. Poster presented at the American Headache Society 58th Annual Scientific Meeting, San Diego, CA.
48. Forman EM, Butryn ML, Manasse SM, Crosby RD, **Thomas JG** (2017). Understanding lapses and impulse management in diet and obesity. Paper presented at the 38th Annual Meeting of the Society of Behavioral Medicine, Sandiego, CA.
49. Bond DS, **Thomas JG**, Lipton RB, Pavlovic JM, O'Leary KC, Roth J, Rathier L, Evans EW, Wing RR (2017). The Women's Health and Migraine Trial (WHAM): A randomized controlled trial of behavioral weight loss as a treatment for migraine in women with overweight/obesity. Poster presented at the 18th Congress of the International Headache Society, Vancouver, BC.
50. Bond DS, **Thomas JG**, Lipton RB, Pavlovic JM, O'Leary KC, Roth J, Rathier L, Evans EW, Wing RR (2017). A randomized trial testing the effects of behavioral weight loss on migraine in women with obesity. Poster presented at the annual meeting of the The Obesity Society(TOS)/Obesity Week 2017, Washington, DC.
51. Goldschmidt AG, Khoury J, Jenkins TM, Bond DS, **Thomas JG**, Utzinger LM, Zeller MH, Mitchel JE (2017). Adolescent loss of control eating and weight loss maintenance 4 years after bariatric surgery. Paper presented at the annual meeting of the The Obesity Society(TOS)/Obesity Week 2017, Washington, DC.
52. Goldstein CM, Thomas DM, Hoover A, Bond DS, **Thomas JG** (2017). Pilot study of energy balance models and bite goals to build adherence to online weight loss treatment. Poster presented at Obesity Week, October 29-November 2, 2017, Washington, DC.
53. Farris SG, **Thomas JG**, Abrantes AM, Lipton RB, Pavlovic J, Smitherman TA, Irby MB, Penzien DB, O'Leary KC, Bond DS (2018). Pain worsening with physical activity during migraine attacks: A prospective evaluation of frequency, consistency, and correlates. Paper presented at the 39th Annual Meeting of the Society of Behavioral Medicine, New Orleans, LA.
54. **Thomas JG**, Bond DS. (2018). Mobile technology for richer assessment of behavioral and psychosocial aspects of bariatric surgery: Preoperative findings. Paper presented in Symposium at the 39th Annual Meeting of the Society of Behavioral Medicine, New Orleans, LA.

55. Goldstein CM, Alshurafa N, Harwell Myers V, Spruijt-Metz D, **Thomas JG**, Goldstein SP, Jake-Schoffman DE, & Wac K (2018). The Digital Health Council & ETCDC present perspectives on effective digital health training in behavioral medicine. Panel presented at the 39th Annual Meeting of the Society of Behavioral Medicine, New Orleans, LA.
56. Farris SG, Abrantes AM., **Thomas JG**, Godley FA, Roth JL, Burr EK, Lipton RB, Bond DS (2019). Anxiety sensitivity is associated with intentional avoidance of physical activity in women with migraine. Poster presented at the 40th Annual Meeting of the Society of Behavioral Medicine, Washington, DC.
57. Bond DS, **Thomas JG**, Lipton RB, Digre KB, Pavlovic J, Roth J, Rathier L, O’Leary KC, Wing RR (2019). Not tonight, I have a (migraine) headache? Sexual function changes in the Women’s Health and Migraine (WHAM) trial. Poster presented at the 40th Annual Meeting of the Society of Behavioral Medicine, Washington, DC
58. Espel-Huynh H, **Thomas JG**, Zhang F, Boswell JF, Juarascio AS, Lowe ML (2019). Comparing two machine learning approaches to predict treatment response patterns in eating disorder treatment. Paper presented at the 40th Annual Meeting of the Society of Behavioral Medicine, Washington, DC.
59. Goldstein SP, Goldstein CM, Bond DS, Wing RR, **Thomas JG** (2019). Behavior-tracking technology use among weight loss maintainers and regainers in the National Weight Control Registry. Paper presented at the 40th Annual Meeting of the Society of Behavioral Medicine, Washington, DC.
60. **Thomas JG**, Bond DS, Raynor HA, Papandonatos GD, Wing RR (2019). Can smartphone-based behavioral obesity treatment produce weight losses equal to gold standard group treatment? Paper presented at the 40th Annual Meeting of the Society of Behavioral Medicine, Washington, DC.
61. **Thomas JG**, Schumacher LM, Vithiananthan S, Webster J, Jones DB, Bond DS (2019). It’s not you, it’s me: Ecological momentary assessment shows affect improves and perceived control of weight shifts from other people to the patient after bariatric surgery. Paper presented at the annual meeting of the American Society of Metabolic and Bariatric Surgery (ASMBS)/Obesity Week 2019, Las Vegas, NV.
62. Goldstein SP, Goldstein CM, Bond DS, Raynor HA, Wing RR, **Thomas JG** (2019). Weight Loss impacts self-monitoring adherence for in-person but not smartphone-delivered treatment. Paper presented at the annual meeting of the American Society of Metabolic and Bariatric Surgery (ASMBS)/Obesity Week 2019, Las Vegas, NV.
63. Espel-Huynh HM, Bond DS, Goldstein CM, **Thomas JG** (2019). Can machine learning be applied to notify the multidisciplinary bariatric surgery team of patient problems before they happen? A proof-of-concept proposal to optimize clinical outcomes. Poster presented at the annual meeting of the American Society of Metabolic and Bariatric Surgery (ASMBS)/Obesity Week 2019, Las Vegas, NV.
64. Goldstein SP, **Thomas JG**, Brick LA, Forman EM (2020). Examining patterns of engagement with a smartphone-based just-in-time adaptive intervention for dietary lapses: Implications for proximal and distal outcomes. Paper accepted for presentation in symposium at the 41st Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.

65. Minami H, Nahvi S, Arnsten J, Brinkman HR, Donnelly R, Stockmal C, Rivera-Mindt M, Wetter DW, Bloom WL, Price LH, Vieira C, McClain LM, Kennedy K, Fine M, McCarthy DE, **Thomas JG**, Hecht J, Brown RA. (2020) Smartphone-assisted mindfulness-based intervention with contingency management for smokers with mood disorders receiving outpatient psychiatric treatment: A pilot randomized controlled trial. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, New Orleans, LA.
66. Fedele DA, **Thomas JG**, McConville AM, McQuaid EL, Voorhees S, Janicke DM, Abu-Hasan M, Chi X, Gurka MJ. (2021). AIM2ACT: A dyadic mobile health intervention to improve asthma self-management during early adolescence. Paper presented at the 42nd Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, held online.
67. Arigo D. (Chair), Breland J, Brown S, Cadmus-Bertram L, Goldstein C, Goldstein S, Jonessaint C, Manasse S, **Thomas JG**, Whited M. (2021). Writing winning training grants: Development, responding to critiques, and incorporating technology into proposals. Pre-conference workshop presented at the 42nd Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, held online.
68. Espel-Huynh HM, Thomas D, Goldstein CM, Panza E, Wing RR, **Thomas JG**. (2021). Modeling engagement with online behavioral obesity treatment in primary care: A linear discrete dynamical systems approach. Poster presented at the annual Clinical Informatics Conference of the American Medical Informatics Association, held online.
69. Panza E, Olson KL, Lillis J, Norris A, **Thomas JG**, Dunsiger S, Fowler H, Parent H, Wing RR. (2022) Sexual minority women report higher weight stigma than heterosexual women in the National Weight Control Registry. Poster presented at the 43rd Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD.
70. Bond D, Smith K, Vithiananthan S, Jones D, Schumacher L, Pavlos P, Webster J, **Thomas JG**. (2022). With a little help from my friends?" Importance of weight-focused social support in relation to weight loss, activity behaviors, and eating regulation in metabolic and bariatric surgery patients. Paper presented at IFSO2022, Miami, FL.
71. **Thomas JG**, Goldstein CM, Panza E, Wing RR. (2023). Outcomes of a 2-year pragmatic effectiveness-implementation hybrid trial testing online obesity treatment in primary care. Paper presented at the 44th Annual Meeting of the Society of Behavioral Medicine, Phoenix, AZ.
72. Lillis J, Schram S, **Thomas JG**, Unick J, Wing RR. (2023). Preliminary results of the Healthy for Life Study: A RCT testing a low-intensity ACT intervention for weight loss maintenance. Paper presented at the 44th Annual Meeting of the Society of Behavioral Medicine, Phoenix, AZ.
73. Ahlich E, Goldstein SP, **Thomas JG**. (2023). Is emotional eating a homogenous construct? Ecological momentary assessment with person-specific modeling. Paper presented at the 44th Annual Meeting of the Society of Behavioral Medicine, Phoenix, AZ.
74. Goldschmidt AB, Goldstein SP, Stalvey E, Irizarry B, Schmiedek F, & **Thomas JG**. (2023). State-level working memory and dysregulated eating in youth: An ecological momentary assessment study. Paper presented at the 30th annual International Conference on Eating Disorders, Washington, DC.
75. Panza E, Olson KL, Sall K, Norris A, Lillis J, Thomas JG, Dunsiger S, Wing RR (2023). Weight Stigma, body image, and intersections with sexual orientation and gender identity. Paper presented in symposium at The Obesity Society Annual Meeting, Dallas, TX.

76. Unick JL, Dunsiger SI, Pellegrini CA, **Thomas JG**, Demos KE, Bond DS, Wing RR. (2023). Examination of whether phone coaching can rescue individuals with poor early weight loss within Internet-delivered weight loss treatment: Results from the Dial Now Trial. Paper presented at the annual meeting of the International Society for Behavioral Nutrition and Physical Activity, Uppsala, Sweden.
77. Panza E, Pfammatter A, **Thomas JG**. (2024). Applying the MOST framework to develop a culturally tailored online weight loss program for sexual minority women: Lessons from the preparation phase. Paper accepted for presentation in symposium at the 45th Annual Meeting of the Society of Behavioral Medicine, Philadelphia, PA.
78. Goldstein CM, Ladd BT, Wu WC, **Thomas JG**. (2024). Building resilience to increase cardiac rehabilitation initiation via a Multiphase Optimization Strategy pilot factorial preparation phase study. Flash talk presented at the 9th Annual IDeA Symposium of Biomedical Research Excellence (NISBRE), Washington, DC.
79. Goldstein CM, Ladd BT, Wu WC, **Thomas JG**. (2024). Bolstering resilience and cardiac rehabilitation initiation using the Multiphase Optimization Strategy: Procedures for a medical chart review and pilot trial. Poster presented at the 9th Annual IDeA Symposium of Biomedical Research Excellence (NISBRE), Washington, DC.
80. Nesi J, Wolff JC, Diab EM, Velotta SK, Sequeira S, DeMartino E, Jones DJ, **Thomas JG**. (2024). Multimethod assessment of parenting strategies for managing early adolescents' social media use. Paper presented in symposium at annual conference of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
81. **Thomas JG**, Goldstein CM, Bond DS, Lillis J, Hekler EB, Goldstein SP, Butryn ML, Cao Z, Wing RR. (2025). Evaluation of 5 novel intervention components in online obesity treatment: Outcomes of a randomized factorial experiment following the Multiphase Optimization Strategy paradigm. Paper accepted for presentation at the 46th Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.

INVITED PRESENTATIONS

NATIONAL AND INTERNATIONAL

1. **Thomas JG**, Wing RR (2010). Understand and facilitating weight loss maintenance: Lessons learned from the National Weight Control Registry. Paper presented in symposium at the Society for the Study of Ingestive Behaviors conference, Pittsburgh, PA.
2. **Thomas JG** (2011). Optimizing outcomes in bariatric surgery patients: Using mobile technology to increase adherence to postoperative behavioral recommendations. Paper presented in symposium at the American Society for Metabolic and Bariatric Surgery conference, Orlando, FL.
3. **Thomas JG** (2012). Tipping the scale with technology: Smartphones and the Internet for weight loss. Paper presented in symposium at the Association for Behavioral and Cognitive Therapies conference, National Harbor, MD.
4. **Thomas JG** (2013). Weight loss maintenance: Long-term outcomes and strategies for success. Paper presented in symposium at the American Diabetes Association Research Symposium, Washington, DC. **Thomas JG** (2013). Here's my number, call me, maybe: Smart phone apps for patient monitoring. Paper presented in symposium at the annual meeting of The Obesity Society (TOS)/Obesity Week 2013, Atlanta, GA.

5. **Thomas JG** (2013). Advances in behavioral weight-control technology: Implications for adjunctive behavioral intervention in the bariatric surgery population. Paper presented in symposium at the annual meeting of the American Society of Metabolic and Bariatric Surgery (ASMBS)/Obesity Week 2013, Atlanta, GA.
6. **Thomas JG** (2013). Strategies for preventing/minimizing weight regain. Paper presented in symposium at the annual meeting of the American Society of Metabolic and Bariatric Surgery (ASMBS)/Obesity Week 2013, Atlanta, GA.
7. **Thomas JG** (2014). Integrating evidence-based weight management strategies into your clinical practice. Paper presented at the annual meeting of the Minnesota Academy of Nutrition and Dietetics (MAND), St. Cloud, MN.
8. **Thomas JG** (2014). Real-time intervention on obesity-related behaviors. Paper presented in symposium at the annual meeting of The Obesity Society (TOS)/Obesity Week 2014, Boston, MA.
9. **Thomas JG** (2014). Digital health technology for the assessment and treatment of obesity and related behaviors. Paper presented to the University of Pittsburgh, Graduate School of Public Health, Pittsburgh, PA.
10. **Thomas JG** (2015). Your smartphone is watching: Technology to improve behavioral compliance after bariatric surgery. Keynote presentation in symposium at the annual meeting of the International Federation for the Surgery of Obesity and Metabolic Diseases, Vienna, Austria.
11. Goldstein CM, **Thomas JG** (2015) Hold the phone: Recommendations for successful mHealth/eHealth intervention. Paper presented at the 30th annual meeting of the American Association for Cardiovascular and Pulmonary Rehabilitation, Washington, DC.
12. **Thomas JG** (2015). Digital health technology to support and motivate healthy eating and physical activity habits in the bariatric surgery patient. Paper to be presented in symposium at the annual meeting of the American Society of Metabolic and Bariatric Surgery (ASMBS)/Obesity Week 2015, Los Angeles, CA.
13. **Thomas JG** (2015). Tips for writing a successful grant proposal: Getting the Specific Aims right. Paper to be presented in symposium at the annual meeting of the American Society of Metabolic and Bariatric Surgery (ASMBS)/Obesity Week 2015, Los Angeles, CA.
14. **Thomas JG** (2015). Digital health technology for the assessment and treatment of obesity and related behaviors. Paper presented to the University of Pennsylvania, Center for Weight and Eating Disorders, Philadelphia, PA.
15. **Thomas JG** (2016). Development of apps for research and treatment: Partnerships with industry. Paper presented in symposium at the annual meeting of The Obesity Society (TOS)/Obesity Week 2016, New Orleans, LA.
16. **Thomas JG** (2016). Ecological momentary assessment of behavioral and psychosocial predictors of weight loss after bariatric surgery. Paper presented in symposium at the annual meeting of the American Society of Metabolic and Bariatric Surgery (ASMBS)/Obesity Week 2016, New Orleans, LA.
17. **Thomas JG** (2017). Digital health technology to understand and treat obesity. Lecture presented to the scientific advisory board of Slimming World, Inc. Alfreton, UK.

18. **Thomas JG** (2017). Digital health technology for the assessment and treatment of obesity and related behaviors. Keynote lecture at the annual meeting of the Eastern Psychological Association, Boston, MA.
19. **Thomas JG** (2017). Digital health technology for the assessment and treatment of obesity and related behaviors. Lecture presented to the Institute for Collaboration on Health, Intervention, and Policy (InCHIP) at the University of Connecticut.
20. **Thomas JG** (2017). Digital health technology for the assessment and treatment of obesity and related behaviors. Grand rounds lecture presented to the Department of Psychiatry and Human Behavior of the Warren Alpert Medical School of Brown University.
21. **Thomas JG** (2017). Mobile technology for richer assessment of behavioral and psychosocial aspects of bariatric surgery: Preoperative findings. Paper presented in symposium at the annual meeting of the American Society of Metabolic and Bariatric Surgery (ASMBS)/Obesity Week 2017, Washington, DC.
22. **Thomas JG** (2018). Advances in digital health technology to understand and treat obesity. Lecture presented to the scientific advisory board of Slimming World, Inc. Alfreton, UK.
23. **Thomas JG** (2019). Behavioral strategies for weight loss maintenance: Updates from the National Weight Control Registry. Lecture sponsored by Profile By Sanford, presented at the annual meeting of The Obesity Society (TOS)/Obesity Week 2019, Las Vegas, NV.
24. **Thomas JG** (2020). Evidence-based factors and real-world models for success. Lecture presented in symposium titled, “Maximizing long-term weight loss maintenance with lifestyle changes” at the American Diabetes Association’s 80th Scientific Sessions, held virtually due to the COVID-19 pandemic.
25. **Thomas JG** (2021). Remotely possible: How can remote technologies enhance obesity treatment? Lecture presented in symposium titled, “Blackburn symposium: Physical inactivity and metabolic disease” at the annual meeting of The Obesity Society (TOS)/Obesity Week 2021, held virtually due to the COVID-19 pandemic.
26. **Thomas JG** (2024). Engineering health: Harnessing digital tools and innovative methods in behavioral obesity treatment research. Lecture presented in the William Hansel Visiting Scientist Seminar Series at the Pennington Biomedical Research Center of Louisiana State university. Baton Rouge, LA.
27. **Thomas JG** (2024). Application of technology and mathematics to monitor and intervene on obesity-related behaviors. Lecture presented in the NIDDK IU/West Point/UAMS Mathematical Sciences in Obesity Research Course. Chicago, IL.

GRANTS - AWARDED

1. R01 HL171158 Goldstein (PI)

08/15/24-04/30/29

NIDDK, \$2,499,985

Title: An Application of SMART Methodology to Optimize an Intervention to Maintain Improvements in Health Behaviors in Under-resourced Patients after Phase II Cardiac Rehabilitation

This study uses the Sequential Multiple Assignment Randomized Trial (SMART) design to develop an adaptive stepped-care intervention sequence for 400 under-resourced or under-represented CR patients following CR graduation intended to rescue patients from non-adherence and preserve cardioprotective behavior engagement.

Role: Co-Investigator

2. R01 DK136216 Thomas & Goldstein (PIs)

05/15/24-03/31/29

NIDDK, \$2,565,467

Title: Microrandomized Trial to Optimize Use of Burden-reducing Self-monitoring Approaches in Behavioral Obesity Treatment

A micro-randomized trial will empirically optimize use of gold standard full dietary self-monitoring and four burden-reducing self-monitoring alternatives over 24 weeks of treatment.

Role: Principal Investigator

3 R01 DK137752 Raynor (PIs)

01/10/24-12/31/28

NIDDK, \$2,718,588

Title: Effect of time-based energy intake goals on weight loss during obesity treatment

This investigation is a randomized controlled trial designed to examine the effect of time-based energy intake goals on longer-term (12-month) weight loss, sleep regularity, and appetite regulation; if enhanced appetite regulation mediates the relationship with weight loss; and if chronotype moderates the effects.

Role: Co-Investigator

4. R01 DK137423 Thomas, Hekler & Rivera (PIs)

09/15/23-06/30/28

NIDDK, \$3,333,430

Title: Control Systems Engineering to Address the Problem of Weight Loss Maintenance: A System Identification Experiment to Model Behavioral & Psychosocial Factors Measured by Ecological Momentary Assessment

A system identification experiment will model behavioral and psychosocial influences on weight loss maintenance and test four interventions targeting the behavioral and psychosocial system.

Role: Principal Investigator

5. R01 AT011868 Unick (PI)

07/3/23-06/30/28

NCCIH, \$2,595,492

Title: A remote-based yoga intervention for improving long-term weight loss

A randomized controlled trial will test the effect of a 9-month online yoga intervention for sustaining weight loss after behavioral obesity treatment.

Role: Co-Investigator

6. R01 DK133264 Sarwer & Bradley (PIs) 09/01/23-05/31/28
NIDDK, \$3,462,380
Title: Evaluation of a Remotely-Delivered Behavioral Intervention for Post-Bariatric Surgery Weight Regain
This study involves testing the efficacy of a novel psychotherapeutic intervention, delivered remotely, to reverse weight regain and maintain the health benefits of bariatric surgery.
Role: Co-Investigator
7. R01 CA277839 Zhu & Sazonov (PIs) 08/26/22-07/31/26
NCI, \$1,169,940
Title: SCH: Wearable Sensing and Visual Analytics to Estimate Receptivity to Just-In-Time Interventions for Eating Behavior
Sensor technology is used to study the food environment and eating behaviors that influence dietary intake and quality, and how they relate to just-in-time intervention receptivity.
Role: Co-Investigator
8. R01 DK132210 Goldstein (PI) 05/01/22-04/30/27
NIDDK, \$3,373,340
Title: Using Multimodal Real-Time Assessment to Phenotype Dietary Non-Adherence Behaviors that Contribute to Poor Outcomes in Behavioral Obesity Treatment
This project will apply a multi-level analysis approach to ecological momentary assessment (EMA) data to phenotype non-adherence behaviors in behavioral obesity treatment.
Role: Co-Investigator
9. R01 DK128412 Demos (PI) 09/23/21-08/31/27
NIDDK, \$2,367,952
Title: Adapting Episodic Future Thinking for Behavioral Weight Loss: Comparing Strategies and Characterizing Treatment Response
This randomized controlled trial will compare three online obesity treatments to test whether adding prevention-, or promotion-focused Episodic Future Thinking-based strategies improves weight loss and related outcomes.
Role: Co-Investigator
10. R34 MH127180 Steinglass & Attia (PIs) 07/08/21-06/30/24
NIMH, \$861,879
Title: Optimizing Relapse Prevention and Changing Habits (REACH+) in Anorexia Nervosa
The project will use the Multiphase Optimization Strategy (MOST) framework to optimize Relapse Prevention and Changing Habits (REACH+), a mechanism-based intervention for relapse prevention treatment of anorexia nervosa.
Role: Co-Investigator

11. R21 DA052133 Abrantes (PI) 04/01/21-03/31/23
NIDA, \$484,598
Title: Examining Highly Palatable Food Consumption upon Initiation of Methadone Maintenance Treatment
Ecological momentary assessment (EMA) will be used to answer the question of whether highly palatable food consumption during early methadone maintenance treatment is beneficial or detrimental to risk for returning to illicit opioid use.
Role: Co-Investigator
12. R01 HL153543 Goldstein (PI) 08/01/20-05/31/25
NHLBI, \$2,911,692
Title: Optimizing Just-In-Time Adaptive Intervention to Improve Dietary Adherence in Behavioral Obesity Treatment: A Micro-randomized Trial
A micro-randomized trial will be conducted to empirically optimize a just-in-time adaptive intervention that monitors risk and intervenes on lapses as needed.
Role: Co-Investigator
13. R01 HL153119 Fedele (PI) 06/10/20-05/31/25
NHLBI, \$3,813,380
Title: AIM2ACT: A Mobile Health Tool to Facilitate Asthma Self-management During Early Adolescence
This randomized controlled trial will evaluate the efficacy of a mobile intervention to help adolescents successfully assume responsibility for managing their asthma with caregiver support.
Role: Co-Investigator
14. R01 DK120731 Lillis (PI) 09/29/19-05/31/24
NIDDK, \$2,539,985
Title: Teaching Novel Values-Based Skills to Improve Long-Term Weight Loss: A Randomized Trial Examining the Efficacy of a Weight Loss Maintenance Intervention Based on Acceptance and Commitment Therapy
This randomized controlled trial will test one-time workshops teaching strategies informed by Acceptance and Commitment Therapy (ACT) as a treatment for weight loss maintenance following behavioral obesity treatment delivered online.
Role: Co-Investigator
15. R01 DK122473 Sazonov & Thomas (PIs) 09/01/19-05/31/25
NIDDK, \$2,654,732
Title: Sensor-Based Just-In Time Adaptive Interventions (JITAIs) Targeting Eating Behavior
This project relies on synergy of wearable sensor technology, machine learning, behavioral science, personalized medicine, and nutrition to test two JITAIs driven by the Automatic Ingestion Monitor (AIM), a device that automatically monitors eating behavior in real-time.
Role: Principal Investigator

16. R01 DK117857 Thomas (PI) 06/01/19-12/31/25
NIDDK, \$2,566,664
Title: Rapid Evaluation of Innovative Intervention Components to Maximize the Health Benefits of Behavioral Obesity Treatment Delivered Online: An Application of Multiphase Optimization Strategy
The aim of this project is to test a set of innovative intervention components aimed at improving the proportion of individuals who achieve a minimum clinically significant weight loss via behavioral obesity treatment delivered online.
Role: Principal Investigator
17. R01 DK121360 Raynor (PI) 03/01/19-02/28/25
NIDDK, \$2,981,810
Title: Translating Basic Habituation Research to Childhood Obesity Treatment
This project will test a limited variety dietary prescription delivered to children within a family-based behavioral childhood obesity intervention to determine if limiting variety improves weight loss through accelerating habituation, if this approach can improve long-term weight loss, and if there is a behavioral phenotype that more greatly benefits from this dietary approach.
Role: Co-Investigator
18. R03 DK117198 Goldschmidt (PI) 02/01/19-11/30/20
NIDDK, \$219,000
Title: Investigation of Momentary, Prospective Associations Between Working Memory and Eating Behavior in Children
The proposed study aims to assess prospective associations between state-level working memory and eating behavior in youth with overweight/obesity and loss of control eating in the natural environment, which could help guide research efforts towards the development of effective prevention and intervention strategies.
Role: Co-Investigator
19. U34 DK120051 Punjabi (PI) 09/25/18-08/31/20
NIDDK, \$848,838
Title: Sleep Apnea Treatment with Positive Airway Pressure for Prevention of Diabetes Mellitus
The aim of this project is to develop a multi-center, randomized controlled trial to test whether positive airway pressure therapy can attenuate the incidence of type 2 diabetes mellitus.
Role: Co-Investigator
20. R01 DK117843 Unick (PI) 09/18/18-06/30/23
NIDDK, \$2,666,140
Title: Phone Coaching as a Rescue Strategy for Early Non-responders Enrolled in an Internet-delivered Weight Loss Program
This study examines whether the addition of brief (3 phone calls) or extended phone coaching (weekly phone calls) to early non-responders enrolled in an Internet- based WL program improves weight loss.
Role: Co-Investigator

21. R18 DK114715 Wing & Thomas (PIs) 09/20/17-6/30/21
NIDDK, \$2,592,140
Title: Pragmatic Trial of Technology-supported Behavioral Obesity Treatment in the Primary Care Setting: A Multiphase Effectiveness and Implementation Hybrid Design
The aim of this project is to test strategies for implementing an automated online behavioral obesity treatment in a large primary care practice network in Rhode Island and evaluate three online programs for weight loss maintenance.
Role: Principal Investigator
22. R21 HD091330 Kral (PI) 09/19/17-8/31/19
NICHD, \$229,073
Title: Mobile health (mHealth) Nutrition Intervention for Children with Autism Spectrum Disorder
The project aims to develop and test an interactive mobile health nutrition intervention for children with ASD, which incorporates core behavior change strategies that have been empirically tested in family-based behavioral nutrition research.
Role: Co-Investigator (PI of Subcontract)
23. R21 HD083830 Fedele (PI) 01/01/16-12/31/17
NICHD, \$472,860
Title: mHealth Approach to Collaborative Asthma Management for Teens & Parents
The aim of this project is to develop and pilot test a smartphone-based mHealth intervention to assist young teens with poorly controlled asthma, and their parents, in improving illness management behaviors.
Role: Co-Investigator (PI of Subcontract)
24. Unnumbered Busch, Bond, & Wu (PIs) 10/01/15-09/30/16
The Miriam Hospital Foundation, \$47,848
Title: Increasing Exercise and Decreasing Sedentary Behavior Among Patients in a Cardiac Rehabilitation Clinic
The aim of this pilot randomized controlled trial is to test the feasibility, acceptability, and preliminary efficacy of a smartphone-based intervention for increasing exercise and decreasing sedentary behaviors outside of the supervised cardiac rehabilitation setting.
Role: Co-Investigator
25. R01 DK108579 Bond & Thomas (PIs) 09/25/15-07/31/18
NIDDK, \$1,263,757
Title: Ecological Momentary Assessment of Behavioral and Psychosocial Predictors of Weight Loss Following Bariatric Surgery
This study will use an Ecological Momentary Assessment (EMA) platform integrating multiple real-time data streams from sensor devices and self-report to measure behavioral, psychosocial, and environmental predictors of success and risk from pre- to 1-year post-bariatric surgery.
Role: Principal Investigator

26. Unnumbered Siket & Bond (PIs) 09/01/15-08/31/17
 Grace K. Alpert Award in Clinical Neurosciences, \$79,617
 Title: Development and Pilot Testing of a Scalable mHealth Intervention to Promote Physical Activity in TIA and Stroke Survivors
 The aim of this pilot study is to test whether a mHealth-enhanced physical activity intervention produces greater increases in free-living habitual physical activity than a traditional physical activity intervention among adult patients with recent non-disabling ischemic stroke or TIA.
Role: Co-Investigator
27. Unnumbered Wing (PI) 04/01/15-10/01/17
 ShapeUp, Inc., \$141,229
 Title: Empower Study
 This randomized controlled trial will evaluate patterns of use and health outcomes of the ShapeUp Empower online program.
Role: Co-Investigator
28. Unnumbered Thomas (PI) 03/01/15-01/31/16
 Weight Watchers International, Inc., \$136,401
 Title: Weight Watchers Online 2015 Pilot Study
 This study will use an Ecological Momentary Assessment (EMA) platform integrating multiple real-time data streams from sensor devices and self-report to measure behavioral, psychosocial, and environmental predictors of success and risk from pre- to 1-year post-bariatric surgery.
Role: Principal Investigator
29. R42 DK103537 Thomas & Spitalnic (PIs) 09/15/14-06/30/17
 NIDDK, \$1,401,730
 Title: Experience Success: Virtual reality skills training to enhance e-weight loss
 The aim of this Phase II Small Business Technology Transfer grant is to complete development of a virtual reality intervention to augment and improve Internet-delivered behavioral weight loss treatments, and to test it in a randomized controlled trial.
Role: Principal Investigator
30. Unnumbered Thomas (PI) 05/01/13-01/31/16
 Weight Watchers International, Inc., \$555,908
 Title: Weight Watchers Online
 This randomized controlled trial will evaluate patterns of use and health outcomes of the Weight Watchers online program.
Role: Principal Investigator
31. R03 DK095740 Bond (PI) 08/15/12-07/31/14
 NIDDK, \$146,000
 Title: A Mobile Health Approach to Reducing Sedentary Time in Bariatric Surgery Patients
 A smartphone application that monitors sedentary behavior and provides automated feedback and encouragement will be tested as a means of reducing sedentary behavior and increasing physical activity.
Role: Co-Investigator

32. R01 MH095982 Lowe (PI) 08/01/12-05/31/16
NIDDK, \$2,855,016
Title: Weight Suppression, Dieting and Bulimia Nervosa: A Biobehavioral Study
Behavioral data collected via Ecological Momentary Assessment will be combined with information about weight-related hormones to better understand the development and maintenance of Bulimia Nervosa.
Role: Co-Investigator (PI of Subcontract)
33. R01 DK095069 Forman (PI) 07/01/12-06/30/17
NIDDK, \$2,959,515
Title: Acceptance-based Behavioral Treatment for Obesity: Maintenance and Mechanisms
A novel intervention for weight loss maintenance, based on Acceptance and Commitment Therapy, will be studied using Ecological Momentary Assessment via mobile smartphones.
Role: Co-Investigator (PI of Subcontract)
34. R01 DK095779 Thomas (PI) 07/01/12-06/30/16
NIDDK, \$1,864,257
Title: LIVE SMART: Smartphone Intervention for Weight Control
Smartphones will be tested as a novel method of delivering tailored behavioral weight loss treatment, reducing the need for face-to-face intervention.
Role: Principal Investigator
35. R01 NS077925 Bond (PI) 07/01/12-06/30/16
NINDS, \$ 2,221,196
Title: Behavioral weight loss as a treatment for migraine in obese women
The effect of behavioral weight loss treatment on symptoms of migraine will be tested in randomized controlled trial (behavioral and physiological mediators will also be tested).
Migraine symptoms and adherence to prescribed diet and physical activity behaviors will be assessed via Ecological Momentary Assessment.
Role: Co-Investigator
36. R41 HL114046 Thomas & Spitalnic (PIs) 05/01/12-04/30/13
NHLBI, \$225,465
Title: Experience Success: Virtual reality to enhance Internet weight loss
The aim of this Phase I Small Business Technology Transfer grant is to develop and test a virtual reality intervention to augment and improve Internet-delivered behavioral weight loss treatments.
Role: Principal Investigator
37. R01 DK087704 Wing (PI) 04/15/11-03/31/15
NIDDK, \$2,033,344
Title: Acceptance based behavioral intervention for weight loss: A randomized trial
The purpose of this project is evaluate a specialized obesity treatment for individuals with emotional and/or disinhibited eating. This novel treatment is produced by combining the principles and techniques of Acceptance and Commitment Therapy (ACT) with empirically validated behavioral weight loss strategies.
Role: Co-Investigator

38. R18 DK083248 Wing (PI) 04/01/10-03/31/14
 NIDDK, \$2,100,546
 Title: Using a state-wide initiative to disseminate effective behavioral weight loss strategies.
 The purpose of this project is to use Internet-based technologies to improve the effectiveness of a widely disseminated community weight loss campaign.
Role: Co-Investigator
39. Unnumbered Thomas (PI) 10/01/09-10/30/10
 The Obesity Society, \$25,000
 Title: Improving behavioral weight loss via electronic handheld device.
 The purpose of this project is to use smartphone technology to develop and test a tailored weight loss intervention that is delivered to participants in their natural environment.
Role: Principal Investigator
40. RC1 HL100002 Wing (PI) 09/30/09-07/31/11
 NHLBI, \$383,514
 Title: Innovative technology to improve patient adherence to weight loss recommendations.
 The purpose of this project is to use innovative technology to improve adherence to behavioral weight loss strategies in patients with a physician referral for weight loss.
Role: Co-Investigator
41. Unnumbered Thomas (PI) 01/13/09-05/01/09
 Brown University Clinical Psychology Training Committee, \$900
 Title: Ecological momentary assessment (EMA) of compliance with recommended eating behaviors following roux-en-Y gastric bypass and the association between compliance and weight loss.
 The purpose of this project is to evaluate bariatric surgery patients' adherence to post-operative recommendations for diet and physical activity, and to assess the relation between adherence and weight loss.
Role: Principal Investigator
42. Unnumbered Thomas (PI) 2006
 NIMH, \$1,000
 Title: Junior investigator travel fellowship.
Role: Principal Investigator

UNIVERSITY TEACHING ROLES

Role: Drexel University, Philadelphia, PA
Department of Psychology
Adjunct Professor
Course Name: Data Analysis III: Advanced Topics (PSY 711)
Number of Students: 15
Year: 2007-2008

Role: Drexel University, Philadelphia, PA
Department of Behavioral Health Counseling
Adjunct Professor
Course Name: Behavioral Disorders (PSY 711)
Number of Students: Two terms with 25 students each
Year: 2007-2008

MENTORING

Dave Lieberman Primary Mentor
Medical Student Summer Assistantship
Alpert Medical School of Brown University
2013

Carly Goldstein Primary Mentor
Internship Research Placement
Alpert Medical School of Brown University
2014-2015

Carly Goldstein Primary Mentor
Postdoctoral Fellowship
Cardiovascular Behavioral Medicine T32
Alpert Medical School of Brown University
2015-2017

Jessica Unick Co-mentor
K01 Career Development Award: "Exercise as a buffer against stress-induced eating."
The Miriam Hospital and Alpert Medical School of Brown University
2014-2019

Carly Goldstein	Primary Mentor Advance-CTR Mentored Research Award: “Randomized controlled trial of a tailored behavioral eHealth/mHealth weight loss intervention for cardiac rehabilitation patients.” The Miriam Hospital and Alpert Medical School of Brown University 2017-2019
Stephanie Goldstein	Primary Mentor Obesity Clinical-Research Track Internship Placement Alpert Medical School of Brown University 2017-2018
Carly Goldstein	Primary Mentor Department of Psychiatry and Human Behavior Diversity Early Career Faculty Development Award The Miriam Hospital and Alpert Medical School of Brown University 2017-2019
KayLoni Olson	Secondary Mentor Postdoctoral Fellowship Cardiovascular Behavioral Medicine T32 Alpert Medical School of Brown University 2017-2019
Carly Goldstein	Primary Mentor K23 Career Development Award: “Optimization and evaluation of a tailored behavioral eHealth/mHealth weight loss intervention for cardiac rehabilitation patients using the multiphase optimization strategy.” The Miriam Hospital and Alpert Medical School of Brown University 2018-2023
Hallie Espel-Huynh	Primary Mentor Obesity Clinical-Research Track Internship Placement Alpert Medical School of Brown University 2018-2019

Stephanie Goldstein	Primary Mentor F32 Ruth L. Kirschstein Postdoctoral Individual National Research Service Award: “Applying novel passive sensing technology to target adherence to diet in behavioral obesity treatment for patients with cardiovascular disease risk.” The Miriam Hospital and Alpert Medical School of Brown University 2018-2021
Emily Panza	Secondary Mentor Postdoctoral Fellowship Cardiovascular Behavioral Medicine T32 Alpert Medical School of Brown University 2018-2020
Hallie Espel-Huynh	Primary Mentor Postdoctoral Fellowship Cardiovascular Behavioral Medicine T32 Alpert Medical School of Brown University 2019-2021
Jessica Emerson	Primary Mentor Investigator-funded Postdoctoral Fellowship Alpert Medical School of Brown University 2019-2020
Jessica Emerson	Primary Mentor Postdoctoral Fellowship Cardiovascular Behavioral Medicine T32 Alpert Medical School of Brown University 2020-2021
Emily Panza	Co-mentor K23 Career Development Award: “Using the multiphase optimization strategy to optimize a culturally tailored online behavioral weight loss intervention for sexual minority women.” The Miriam Hospital and Alpert Medical School of Brown University 2020-2025
KayLoni Olson	Co-mentor K23 Career Development Award: “Addressing body image in weight management: an overlooked risk factor for poor treatment outcome among women.” The Miriam Hospital and Alpert Medical School of Brown University 2020-2025

Samantha Portis	Mentor Diversity Mentoring Program Brown University 2020-2023
Leah Schumacher	Primary Mentor Cardiovascular Behavioral Medicine T32 Alpert Medical School of Brown University 2020-2021
Kathryn Smith	Co-mentor K23 Career Development Award: “Biobehavioral self-regulatory processes underlying real-time binge eating symptoms and obesity risk.” University of Southern California 2021-2026
Hallie Espel-Huynh	Primary Mentor K23 Career Development Award: “Maximizing Online Obesity Treatment Response in the Primary Care Environment Using Clinical Decision Support.” The Miriam Hospital and Alpert Medical School of Brown University 2021-2022
Leah Schumacher	Primary Mentor Bray Fellowship: “Developing a brief, acceptance-based intervention to increase uptake of online weight loss treatment in primary care by targeting information avoidance: A preliminary investigation.” Brown University Department of Medicine and the Lifespan Health system 2021-2022
Tommy Chou	Primary Mentor Postdoctoral Fellowship Child Mental Health T32 Alpert Medical School of Brown University 2022-2023
Tommy Chou	Primary Mentor K23 Career Development Award: “Adapting Online Obesity Treatment for Primary Care Patients in Poverty.” The Miriam Hospital and Alpert Medical School of Brown University 2023-2028