

September 2026

CURRICULUM VITAE
JACQUELINE FRANCES HAYES, Ph.D.

Weight Control and Diabetes Research Center
The Miriam Hospital
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Providence, RI 02903
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EDUCATION

Undergraduate:	Tufts University, Medford, MA
Major Field:	Psychology
Minor Field:	Communications and Media Studies
Degree:	Bachelor of Arts
Attendance:	September 2005-May 2009
Honors:	<i>Magna cum laude</i> Highest Thesis Honors Dean's Academic Honor List
Graduate:	Washington University in St. Louis, St. Louis, MO
Major Field:	Clinical Psychology
Degree:	Master of Arts
Attendance:	August 2013-December 2015
Honors:	Research Travel Award
Graduate:	Washington University in St. Louis, St. Louis, MO
Major Field:	Clinical Psychology
Degree:	Doctor of Philosophy
Attendance:	January 2016-August 2019
Honors:	Research Travel Award
Internship:	Veterans Affairs Palo Alto Health Care System, Palo Alto, CA
Level:	Clinical Psychology Intern
Specialty:	Clinical Psychology, General Mental Health
Attendance:	August 2018-August 2019

POSTGRADUATE TRAINING

Fellowship:	Alpert Medical School of Brown University, Providence, RI Weight Control and Diabetes Research Center
Level:	NHLBI Cardiovascular Behavioral Medicine T32 Research Fellow
Attendance:	September 2019-December 2021

Additional Training: University of Pennsylvania Implementation Science Institute
Attendance: May 2022

Additional Training: Qualitative Science and Methods Training Program
Attendance: September 2022 - May 2023

Additional Training: NIH ORBIT Institute: Developing Behavioral Treatments to
Improve Health
Attendance: May 2023 – August 2023

Additional Training: NIH Summer Institute on Randomized Behavioral Clinical Trials
Attendance: September 2025 – May 2026

POSTGRADUATE HONORS AND AWARDS

Award: Ethan Sims Young Investigator Award Finalist, The Obesity
Society
Received: 2020

PROFESSIONAL LICENSES AND BOARD CERTIFICATIONS

License: Clinical Psychologist
License Number: PS01980
Date Issued: 07/30/2021

ACADEMIC APPOINTMENTS

Position: Assistant Professor (Research)
University: Brown University, Providence, RI
Department: Department of Psychiatry and Human Behavior
Term: January 2022 - Present

CLINICAL APPOINTMENTS

Position: Practicum Therapist
University: St. Louis Behavioral Medicine Institute, St. Louis, MO
Department: Center for OCD and Related Disorders Intensive Outpatient
Program
Term: September 2015 - August 2017

Position: Practicum Therapist
Hospital: Barnes Jewish Hospital, St. Louis, MO
Department: Outpatient Psychiatry Clinic
Term: September 2016 - July 2017

Position: Student Therapist

University:	Washington University in St. Louis, St. Louis, MO
Department:	Psychological Services Center
Term:	September 2014 - August 2018

Position:	Practicum Therapist
Location:	Barnes Jewish Hospital Weight Management and Eating Disorders Program, St. Louis, MO
Term:	January 2014 – August 2018

Position:	Clinical Psychology Intern
Program:	Clinical Psychology Internship Training Program (APA-Accredited)
Organization:	Psychology Service, Veterans Affairs Palo Alto Health Care System
Location:	Palo Alto, CA
Term:	August 2018-August 2019

Position:	Postdoctoral Fellow
Program:	Postdoctoral Fellowship Training Program
Department:	Psychiatry and Human Behavior, Brown University
Location:	Providence, RI
Term:	September 2019-December 2021

OTHER APPOINTMENTS

Position:	Ad-Hoc Reviewer
Journals:	<i>Obesity, Childhood Obesity, Eating Behavior, International Journal of Obesity, Journal of Obesity, Appetite, Eating and Weight Disorders, International Journal of Eating Disorders, Psychological Medicine, Journal of Pediatrics, Pediatrics, International Journal of Clinical Practice, Physiology & Behavior, Journal of Psychopathology and Clinical Science, Behavioral Medicine</i>
Term:	2016-Present

Position:	Writing Leader
Society:	Society for Behavioral Medicine, Obesity and Eating Disorder Special Interest Group
Term:	May 2022-April 2023

Position:	Co-Chair
Society:	Society for Behavioral Medicine, Obesity and Eating Disorder Special Interest Group
Term:	May 2023-March 2026

UNIVERSITY COMMITTEES

Committee: Graduate Professional Council Social Programming Committee
University: Washington University in St. Louis, St. Louis, MO
Position: Vice-President
Term: 2015-2016

Committee: Psychology Graduate Student Association Wellness Committee
University: Washington University in St. Louis, St. Louis, MO
Position: Co-Chair
Term: 2016-2017

Committee: Clinical Science Committee
University: Washington University in St. Louis, St. Louis, MO
Position: Graduate Student Representative
Term: 2017-2018

Committee: Department of Psychiatry and Human Behavior Community and
Belonging Committee Education Subcommittee
University: Brown University, Providence, RI
Position: Co-Chair; Member
Term: 2024-Present; 2022-Present

MEMBERSHIPS IN SOCIETIES

The Obesity Society
The Society of Behavioral Medicine
Association for Psychological Science
The Society for Implementation Research Collaboration
American College Health Association

PUBLICATIONS LIST

ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

1. **Hayes, J. F.**, D'Anci, K. E., & Kanarek, R. B. (2011). Foods that are perceived as healthy or unhealthy differentially alter young women's state body image. *Appetite*, 57, 384-387.
2. Brunye, T. T., **Hayes, J. F.**, Mahoney, C. R., Gardony, A. L., Taylor, H. A., & Kanarek, R. B. (2013). Get in my belly: Food preferences trigger approach and avoidant postural asymmetries. *PLOS One*, 8, e72432.
3. Eddy, M., Hasselquist, L., **Hayes, J. F.**, Giles, G., Howe, J., Rourke, J., Coyne, M., O'Donovan, M., Batty, J., Brunye, T. T., & Mahoney, C. M. (2015). The effects of load carriage and physical fatigue on cognitive performance. *Plos One*, 10(7).

4. Kolko, R.P., Kass, A.E., **Hayes, J.F.**, Levine, M.D., Garbutt, J.M., Proctor, E.K., & Wilfley, D.E. (2016). Provider training to screen and initiate evidence-based pediatric obesity treatment in routine practice settings: A randomized pilot trial. *Journal of Pediatric Health Care* 31(1), 16-28.
5. **Hayes, J.F.**, Altman, M., Kolko, R. P., Balantekin, K., Holland, J. C., Stein, R. I., Saelens, B. E., Welch, R. R., Perri, M. G., Schechtman, K. B., Epstein, L. H., & Wilfley, D. E. (2016). Food fussiness in treatment-seeking youth with overweight/obesity. *Obesity*, 24(10), 2158-2163.
6. Balantekin, K.N., **Hayes, J.F.**, Sheinbein, D., Stein, R.I., Saelens, B.E., Hurst, K.T., Welch, R.R., Perri, M.G., Schechtman, K.B., Epstein, L.H., & Wilfley, D.E. (2017). Patterns of eating disorder pathology are associated with weight change in family-based behavioral obesity treatment. *Obesity*, 25(12), 2115-2122.
7. **Hayes, J. F.**, Altman, M., Balantekin, K. N., Wilfley, D. E., Taylor, C. B., & Williams, J. (2018). Sleep patterns and quality are associated with severity of obesity and weight-related behaviors in adolescents with overweight and obesity. *Childhood Obesity*, 14(1), 11-17.
8. **Hayes, J. F.**, Giles, G. E., Mahoney, C., & Kanarek, R. B. (2018). Breakfast food health and aerobic exercise: Influence on state body image. *Eating Behaviors*, 30, 22-27.
9. Conlon, R. P. K., Hurst, K. R. T., **Hayes, J. F.**, Balantekin, K. N., Stein, R. I., Saelens, B. E., Welch, R. R., Perri, M. G., Schechtman, K. B., Epstein, L. H., & Wilfley, D. E. (2019). Child and parent reports of children's depressive symptoms in relation to children's weight loss response in family-based obesity treatment, *Pediatric Obesity* 14(7), e12511.
10. Sheinbein, D. H., Stein, R. I., **Hayes, J. F.**, Brown, M. L., Balantekin, K. N., Conlon, R. P. K., Saelens, B.E., Welch, R.R., Perri, M.G., Schechtman, K.B., Epstein, L.H., & Wilfley, D.E. (2019). Factors associated with depression and anxiety symptoms among children seeking treatment for obesity: A socio-ecological approach, *Pediatric Obesity*, e12518.
11. **Hayes, J. F.**, Balantekin, K. N., Conlon, R. P. K., Brown, M. L., Stein, R. I., Welch, R. R., Perri, M. G., Schechtman, K. B., Epstein, L. H., Wilfley, D. E., & Saelens, B. E. (2019). The influence of the home and built environment on childhood obesity treatment outcomes. *Pediatric Obesity*, 14(3), e12477.
12. Rotman, S. A., Fowler, L. A., Ray, M. K., Stein, R. I., **Hayes, J. F.**, Conlon, R. P. K., Balantekin, K. N., Engel, A., Saelens, B. E., Welch, R.R., Perri, M.G., Schechtman, K.B., Epstein, L.H., & Wilfley, D.E. (2020). Family encouragement of healthy eating predicts child dietary intake in family-based behavioral weight loss treatment. *Childhood Obesity*, 16(3), 218-225.
13. **Hayes, J. F.**, Hoggatt, K. J., & Breland, J. Y. (2020). Mental health diagnostic patterns in behavioral weight loss program attendees. *Military Medicine*, 185(7-8), e1263-e1270.
14. **Hayes, J. F.**, Fowler, L. A., Balantekin, K. N., Stein, R. I., Saelens, B. E., Welch, R. R., Perri, M. G., Epstein, L. H., & Wilfley, D. E. (2021). Children with severe obesity in family-based obesity treatment compared to other participants: Conclusions depend on metrics. *Obesity*, 29(2), 393-401.
15. **Hayes, J. F.**, Balantekin, K. N., Fitzsimmons-Craft, E. E., Jackson, J. H., Ridolfi, D.

- R., Boeger, H. S., Welch, R. R., & Wilfley, D. E. (2021). Greater average meal planning frequency predicts greater weight loss outcomes in a worksite-based behavioral weight loss program. *Annals of Behavioral Medicine*, 55(1), 14-23.
16. **Hayes, J. F.**, Balantekin, K. N., Graham, A. K., Strube, M. J., Bickel, W. K., & Wilfley, D. E. (2021). Implementation intentions for weight loss in college students with overweight and obesity: A proof-of-concept randomized-controlled trial. *Translational Behavioral Medicine*, 11(2), 359-368.
 17. **Hayes, J. F.**, Fowler, L. A., Balantekin, K. N. Rotman, S., Altman, M., & Wilfley, D. E. (2021). Child and family predictors of relative weight change in a low-income, school-based weight management intervention. *Family, Systems, and Health*, 39(2), 316-326.
 18. Lillis, J., Schumacher, L., Thomas, J.G., Levin, M.E., Dunsiger, S., Unick, J.L., Evans, E., **Hayes, J.F.**, & Wing, R.R. (2021). Study protocol for a randomized controlled trial comparing two low-intensity weight loss maintenance interventions based on Acceptance and Commitment Therapy or Self-Regulation. *Contemporary Clinical Trials*, 103, 106327.
 19. **Hayes, J. F.**, Russell, G. B., Tate, D. F., Espeland, M. A., Gokee LaRose, J., Gorin, A. A., Lewis, C. E., Jelalian, E., Bahnson, J., & Wing, R. R. (2021). Who loses weight in a weight gain prevention program? A comparison of weight losers and weight maintainers at 3 years. *Health Psychology*, 40(8), 523-533.
 20. **Hayes, J. F.**, Tate, D. F., Espeland, M. A., Gokee LaRose, J., Gorin, A. A., Lewis, C. E., Jelalian, E., Bahnson, J., Dunsiger, S. I. & Wing, R. R., (2021). Making large changes or small changes to prevent weight gain in young adulthood: Which is preferred and by whom? *Translational Behavioral Medicine*, 11(12), 2081-2090.
 21. **Hayes, J. F.**, Tate, D. F., Espeland, M. A., Gokee LaRose, J., Gorin, A. A., Lewis, C. E., Jelalian, E., Bahnson, J., Dunsiger, S. I. & Wing, R. R., (2021). Patterns of weight change in a weight gain prevention study for young adults. *Obesity*, 29 (11), 1848-1856.
 22. Darling, K. E., **Hayes, J. F.**, Evans, E. W., Seifer, R., Elwy, A. R., & Jelalian, E. (2021). Implementation of the *JOIN for ME* Program in Community Settings: The Use of Theory Driven Formative Evaluation – Rhode Island CORD 3.0. *Childhood Obesity*, 17(Supplement 1), S-22.
 23. Jelalian, E., Evans, E. W., Darling, K. E., Seifer, R., Vivier, P., Goldberg, J., Wright, C., Tanskey, L., Warnick, J., **Hayes, J. F.**, Shepard, D., Tuttle, H., & Elwy, A. R. (2021). Protocol for the Rhode Island CORD 3.0 study: Adapting, testing, and packaging the JOIN for ME family-based childhood obesity program in low-income communities. *Childhood Obesity*, 17(Supplement 1), S-11.
 24. **Hayes, J. F.**, Schumacher, L. M., Panza, E., Dunsiger, S. I., Wing, R. R. & Unick, J. L. (2022). Affective responses to overeating episodes in women participating in a behavioral weight loss program. *Eating Behaviors*, 44, 101599.
 25. **Hayes, J. F.**, Wing, R. R., Unick, J. L., & Ross, K. M. (2022). Behavioral and psychological states associated with transitions from regaining to losing weight. *Health Psychology*, 41(12), 938-945.
 26. **Hayes, J. F.**, Schumacher, L. M., Lanoye, A., Gokee LaRose, J., Tate, D. F., Espeland, M. A., Gorin, A. A., Lewis, C. E., Jelalian, E., & Wing, R. R. (2022).

- Persistent, high levels of social jetlag predict poor weight outcomes in a weight gain prevention study for young adults. *Journal of Behavioral Medicine*, 45(5), 794-803.
27. **Hayes, J.F.**, Wing, R.R., Phelan, S., Alarcon, N., Cardel, M.I. & Foster, G.D. (2022). Recovery from weight regain among long-term weight loss maintainers in WW. *Obesity*, 30(12), 2404-2413.
 28. **Hayes, J.F.**, Gokee LaRose, J., Gorin, A. A., Lewis, C. E., Bahnson, J., Phelan, S. & Wing, R. R. (2023). Weight gain prevention interventions in the SNAP trial promote ideal cardiovascular health in young adults. *Obesity*, 31(6), 1530-1537.
 29. Gokee LaRose, J., Gorin, A. A., Garcia, K., **Hayes, J. F.**, Tate, D. F., Espeland, M. A., Lewis, C. E., Perdue, L., Robichaud, E., Hatley, K., & Wing, R. R. (2023). Life events and stress among young adults in weight gain prevention trial. *Health Psychology*, 42(5), 314.
 30. Darling, K. E., **Hayes, J.F.**, Evans, E. W. E., Sanchez, I., Chachra, J., Grenga, A., Elwy, A. R., & Jelalian, R. (2023). Engaging stakeholders to adapt an evidence-based family healthy weight program. *Translational Behavioral Medicine*, 12(7), 423-431.
 31. Unick, J.L., Dunsiger, S.I., Bock, B.C., Sherman, S.A., Braun, T.D., **Hayes, J.F.**, Goldstein, S.P., Wing, R.R. (2023). A randomized trial examining the effect of yoga on dietary lapses and lapse triggers following behavioral weight loss treatment. *Obesity Science & Practice*, 9(5), 484-492.
 32. **Hayes, J. F.**, LaRose, J. G., Hutchinson, K., Sutherland, M. A., & Wing, R. R. (2023). Health, health behaviors, and medical care utilization among college students with obesity. *Journal of American College Health*, 1-7.
 33. Thomas, J.G., Panza, E., Goldstein, C.M., **Hayes, J.F.**, Benedict, N., O’Leary, K., & Wing, R.R. (2024). Pragmatic trial of online obesity treatment in primary care with three maintenance interventions: Two-year results of a randomized clinical trial. *JAMA Internal Medicine*, 184(5), 502-509.
 34. Goldstein, C. M., Panza, E., **Hayes, J.F.**, Thomas, J.G., O’Leary, K., & Wing, R.R. (2024). Pragmatic online obesity treatment in primary care: A hybrid randomized clinical trial of implementation strategies. *NPJ Cardiovascular Health*, 1(29).
 35. **Hayes, J. F.**, Darling, K. E., Tomashek, H., Elwy, A. R., & Wing, R. R. (2024). Behavioral weight loss interventions in college health centers: A qualitative analysis of barriers and facilitators to implementation. *Obesity Science & Practice*, 10(6), e70021.
 36. Desrosiers, A., Carrol, B., **Hayes, J.F.**, Momoh, F., Ritsema, H., Frank, H.E., Jalloh, U. (2024). Tailoring implementation of a youth-focused mental health intervention in Sierra Leone using an implementation blueprint methodology. *BMC Public Health*, 24(1), 3418.
 37. Sutherland, M.A., Hutchinson, M.K., Si, B., Ding, Y., Liebermann, E., Connolly, S., Saint-Eloi Cadely, H., **Hayes, J.**, & Mueller, S.D. (2025). Health screenings in college health centers: Variations in practice. *Journal of American College Health*, 73(8), 3031-3038.
 38. **Hayes, J. F.**, Phelan, S., Jelalian, E., Caughey, A.B., Castorino, K., Heaney, C., McHugh, A., & Wing, R. R. (2025). Predicting pregnancy in preconception weight loss trials: Is it possible? *Obesity Science & Practice*, 11(2), e70060.
 39. Frank, H.E., Sarani, N., **Hayes, J.F.**, Martinez, R.G., Goldstein, J., Evans, L., Phillips, G., Dellinger, R.P., Portelli, D., Schorr, C., Terry, K.M., Harmon, L.,

- Townsend, S., & Levy, M.M. (2025). Formative evaluation to inform implementation of sepsis bundles in emergency departments. *Annals of Emergency Medicine*.
40. **Hayes, JF**, Ross, KM, Pellegrini, C., Wing, RR, Webster, J, Derrick, A., Tobin, SY, & Unick, JL. (2025). Brief Coaching Intervention to Reverse Weight Regain during Weight Loss Maintenance: A Preliminary Randomized Controlled Trial. *Journal of Behavioral Medicine*, 48(4), 706-714.
 41. **Hayes, J.F.**, Wing, R.R., Hutchinson, M.K., & Sutherland, M.A. (2026). Frequency and Associated Predictors of Screening for Eating Disorders and Obesity in Female Students in College Health Centers. *Journal of American College Health*, 74(3), 664-672.
 42. **Hayes, J.F.**, Frank, H. E., Littlewood, A., Guzman, L. E., Terry, K. M., Schorr, C., Portelli, D., Phillips, G., Harmon, L., Goldstein, J., Evans, L., Dellinger, R. P., & Levy, M. N. (2026). From feedback to action: A process evaluation of implementation strategies for sepsis bundles in emergency departments. *Frontiers in Medicine*, 13, 1748494.
 43. **Hayes, J.F.**, Gokee LaRose, J., Derrick, A., Dugas, N., Fu, E., Elwy, R.A., & Wing, R.R. (2026). Adapting a small change behavioral weight management program for college students: Formative evaluation and iterative design process. *Translational Behavioral Medicine*, 16(1).
 44. Kudlek, L., Smith, A.D., Ruggiero, C.F. et al. [including **Hayes, J.F.**]. (in press). Identifying eating behaviour phenotype cut-off scores for childhood obesity: an individual participant data meta-analysis using the Child Eating Behaviour Questionnaire (CEBQ). *Int J Behav Nutr Phys Act*.

*indicates shared first-authorship

OTHER PEER-REVIEWED PUBLICATIONS

1. Coppock, J., Ridolfi, D., **Hayes, J.**, St. Paul, M., & Wilfley, D. E. (2014). Current approaches to the management of pediatric overweight and obesity. *Current Treatment Options in Cardiovascular Medicine*.
2. **Hayes, J. F.**, Altman, M., Coppock, J., Wilfley, D. E., & Goldschmidt, A. (2015). Recent updates on the efficacy of group-based treatments for pediatric obesity. *Current Cardiovascular Risk Reports*, 9(4), 1-10.
3. **Hayes, J. F.**, Eichen, D. M., Barch, D. M., & Wilfley, D. E. (2018). Executive function in childhood obesity: Promising intervention strategies to optimize treatment outcomes. *Appetite*, 124, 10-23.
4. Wilfley, D. E., **Hayes, J. F.**, Balantekin, K. N., Van Buren, D. J., & Epstein, L. H. (2018). Behavioral interventions for obesity in children and adults: Evidence base, novel approaches, and translation into practice. *American Psychologist*, 73(8), 981.
5. **Hayes, J. F.**, Fitzsimmons-Craft, E. E., Karam, A., Jakubiak, J., Brown, M., & Wilfley, D. E. (2018). Disordered eating attitudes and behaviors in youth with overweight and obesity: Implications for treatment. *Current Obesity Reports*, 7(3), 235-246.
6. Cardel, M. I.,* Newsome, F. I.*, Pearl, R. L., Ross, K. M., Dillard, J. R., Miller, D. R., **Hayes, J. F.**, Wilfley, D. E., Keel, P. K., Dhurandhar, E. J., & Balantekin, K. N. (2022). Patient-centered care for obesity: How healthcare providers can treat obesity

- while actively addressing weight stigma and eating disorder risk. *Journal of the Academy of Nutrition and Dietetics*, 122(6), 1089-1098.
7. Evans, E. W., Darling, K. E., Egbert, A., **Hayes, J. F.**, Jelalian, E., Warnick, J., Topor, L. S., & Goldschmidt, A. B. (2023). Leveraging seasonality and timing to optimize pediatric weight management interventions: Novel directions for future research. *Obesity Science & Practice*, 9(6), 688-695.
 8. Balantekin, K.N. & **Hayes, J.F.** (2025). Unpacking the controversies of weight loss and dietary restraint with binge-eating disorder: Commentary on Grilo & Pittman. *International Journal of Eating Disorders*, 58(2), 314-316.
 9. Schumacher LM, **Hayes JF**, Olson KL, Flanagan SP, Wohler D, Darling KE (2026). Beyond the scale: Settings goals for outcomes beyond weight in evidence-based obesity treatment. *Current Obesity Reports*, 15(1), 27.

BOOKS AND BOOK CHAPTERS

1. **Hayes, J. F.**, D'Anci, K. E., & Kanarek, R. B. (2013). Effects of exercise and dietary habits on body image. *Body Image: Gender Differences, Sociocultural Influences, and Health Implications*. Hauppauge, NY: Nova Science.
2. **Hayes, J. F.**, Balantekin, K. B., Brown, M. L., & Wilfley, D. E. (2019). Obesity. In M.J. Prinstein, E. A. Youngstrom, E. J., Mash, & R. A. Barkley (Eds.), *Treatment of Disorders in Childhood and Adolescence, Fourth Edition* (785-806). New York, NY: Guilford Publications.

ABSTRACTS

1. Giles, G. E., Mahoney, C. R., Brunye, T. T., **Hayes, J. F.**, Taylor, H. A., & Kanarek, R. B. (2012). *Stress effects on mood, HPA, and sympathetic response: Comparison of three psychosocial stress paradigms*. Poster presented at the annual meeting of the American Psychological Association.
2. Mahoney, C., Kanarek, R. B., & **Hayes, J.** (2012, July). *Meal type, gender, and beliefs about body shape*. Poster presented at the annual meeting of the Society for the Study of Ingestive Behavior, Zurich, Switzerland.
3. **Hayes, J F.**, Rothstein, E. G., D'Anci, K. E., & Kanarek, R. B. (2013, July). *Small weight fluctuations impact impression formation*. Poster presented at the annual meeting of the Society for the Study of Ingestive Behavior, New Orleans, LA.
4. Zhuang, W. W., **Hayes, J. F.**, Giles, G., Eddy, M., & Kanarek, R. B. (2014, July). *Dietary restraint modulates food image processing: An ERP study*. Poster presented at the annual meeting of the Society for the Study of Ingestive Behavior, Seattle, WA.
5. **Hayes, J. F.**, Kolko, R. P., Altman, M. Stein, R. I., Saelens, B. E., Welch, R. R., Perri, M. G., Schechtman, K. B., Epstein, L. H., & Wilfley, D. E. (2014, October). *Parent BMI and eating pathology impact child feeding practices*. Poster presented at the annual meeting of the Eating Disorders Research Society, San Diego, CA.
6. Altman, M., **Hayes, J. F.**, Jansen, M., Lesser, J., Ryu, D., Kass, A. E., Taylor, K., Taylor, C. B., Wilfley, D. E. (2014, October). *A technology-enhanced, community-based, middle school healthy weight regulation program: StayingFit Communities*. Symposium presentation at The International Society for Research on Internet Interventions Scientific Meeting, Valencia, Spain.

7. **Hayes, J. F.**, Kolko, R. P., Altman, M. Stein, R. I., Saelens, B. E., Welch, R. R., Perri, M. G., Schechtman, K. B., Epstein, L. H., & Wilfley, D. E. (2014, November). *Impact of parent shape and weight concerns on change in restrictive feeding practices during family-based weight loss treatment*. Poster presented at the annual meeting of The Obesity Society, Boston, MA.
8. Altman, M., **Hayes, J. F.**, Lesser, J., Ryu, D. M., Jansen, M. O., Kass, A. E., Taylor, K., Taylor, C. B., Wilfley, D. E. (2014, November). *Implementation of a targeted, universal, cognitive-behaviorally based program for childhood overweight and obesity: StayingFit middle school*. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Philadelphia, PA.
9. **Hayes, J. F.**, Altman, M., Fitzsimmons-Craft, E.E., Taylor, K., Taylor, C. B., & Wilfley, D. E. (2015, November). *Predictors of willingness to participate in a school-based obesity prevention program*. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Chicago, IL.
10. Ridolfi, D. R., Byrne, M. E., **Hayes, J. F.**, Welch, R. R., & Wilfley, D. E. (2015, November). *Eating disorder symptomology and early response to weight loss treatment*. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Chicago, IL.
11. **Hayes, J.F.**, Altman, M., Kolko, R. P., Stein, R. I., Saelens, B. E., Welch, R. R., Perri, M. G., Schechtman, K. B., Epstein, L. H., & Wilfley, D. E. (2015, November). *Food fussiness in treatment-seeking youth with overweight/obesity*. Poster presented at the annual meeting of The Obesity Society, Los Angeles, CA.
12. Balantekin, K.N., Kolko, R.P., **Hayes, J.F.**, Stein, R.I., Saelens, B.E., Welch, R.R., Perri, M.G., Schechtman, K.B., Epstein, L.H., & Wilfley, D.E.. (2016, April). *Network social support for healthy and obesogenic behavior influences children's dietary intake and weight change during family-based behavioral obesity treatment*. Talk given at the American Society of Nutrition Annual Meeting at Experimental Biology, San Diego, CA.
13. **Hayes, J. F.**, Altman, M., Balantekin, K. N., Taylor, C. B., Wilfley, D. E., & Williams, J. (2016, November). *Parent and adolescent weights change together in an Australian community sample*. Talk given at the Annual Meeting of The Obesity Society, New Orleans, LA.
14. **Hayes, J. F.**, Altman, M., Balantekin, K. N., Taylor, C. B., Wilfley, D. E., & Williams, J. (2017, March). *Weekend sleep delay is associated with severity of obesity and increased screen time in adolescents with obesity*. Talk given at the Annual Meeting of The Society for Behavioral Medicine, San Diego, CA.
15. Balantekin, K.N., **Hayes, J.F.**, Sheinbein, D., Stein, R.I., Saelens, B.E., Welch, R.R., Perri, M.G., Schechtman, K.B., Epstein, L.H., & Wilfley, D.E. (2017, April). *Patterns of disordered eating are associated with weight change in family-based behavioral obesity treatment*. Talk given at the Experimental Biology Conference, Chicago, IL.
16. **Hayes, J.F.**, Balantekin, K.N., Kolko, R. P., Brown, M.B., Stein, R. I., Saelens, B. E., Welch, R. R., Perri, M. G., Schechtman, K. B., Epstein, L. H., & Wilfley, D. E. (2017, November). *Changes in child zBMI and diet quality during family-based treatment for obesity are related to reductions in energy-dense foods in the home*. Poster presented at the annual meeting of The Obesity Society, Washington, DC.
17. Brown, M. L., **Hayes, J. F.**, Balantekin, K.N., Kolko, R. P., Brown, M.B., Stein, R. I., Saelens, B. E., Welch, R. R., Perri, M. G., Schechtman, K. B., Epstein, L. H., & Wilfley, D. E. (2017, November). *Changes in anxiety and psychosocial variables across family-based*

behavioral treatment. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

18. Serrano, N., **Hayes, J. F.**, Stein, R. I., Saelens, B. E., Welch, R. R., Perri, M. G., Schechtman, K. B., Epstein, L. H., & Wilfley, D. E. (2018, April). *Sociodemographic differences in the relationship between the neighborhood environment and obesity-related behaviors*. Poster presented at the Annual Meeting of The Society for Behavioral Medicine, New Orleans, LA.
19. Stein, R., I., Sheinbein, D. H., **Hayes, J. F.**, Balantekin, K. N., Brown, M. L., Kolko, R. P., Saelens, B. E., Welch, R. R., Perri, M. G., Schechtman, K. B., Epstein, L. H., & Wilfley, D. E. (2018, November). *Rates and predictors of psychopathology among children with obesity: Important factors for individualizing treatment to address mental health*. Poster presented at the Annual Meeting of The Obesity Society, Nashville, TN.
20. Rotman, S.A., Sheinbein, D.H., Stein, R.I., **Hayes, J.F.**, Conlon, R.P., Brown, M.L., Balantekin, K.N., Saelens, B.E., Welch, R.R., Epstein, L.H., Wilfley, D.E. (2018, November). *Predictors of child psychopathology change after family-based behavioral weight-loss treatment*. Poster presented at the Annual Meeting of The Obesity Society, Nashville, TN.
21. **Hayes, J. F.**, Fitzsimmons-Craft, E. E., Jackson, J. J., Ridolfi, D. R., Balantekin, K. N., Boeger, H., Welch, R. R., & Wilfley, D. E. (2018, November). *Greater average meal planning frequency predicts greater weight loss outcomes in a worksite-based behavioral weight loss program*. Poster presented at the Annual Meeting of The Obesity Society, Nashville, TN.
22. **Hayes, J. F.** & Wilfley, D. E. (2019, November). *Using implementation intentions for weight loss and dietary change in college students with overweight/obesity*. Poster presented at the Annual Meeting of The Obesity Society, Las Vegas, NV.
23. **Hayes, J. F.**, Hoggatt, K. J., & Breland, J. Y. (2020, April). *Mental health diagnostic patterns in behavioral weight loss program attendees*. Poster presented at 2020 annual meeting of The Society of Behavioral Medicine in San Francisco, CA.
24. Fowler, L.A., **Hayes, J.F.**, Grammer, A.C., Balantekin, K.N., Stein, R.I., Conlon, R.K., Saelens, B.E., Welch, R.R., Perri, M.G., Epstein, L.H., & Wilfley, D.E. (April, 2020). *Impact of neighborhood food environment on dietary and weight change among children in weight control treatment*. Oral presentation at 2020 annual meeting of The Society of Behavioral Medicine in San Francisco, CA.
25. **Hayes, J. F.**, Pilla, S., Bertoni, A., & Wing, R. E. (2020, June). *Intensive lifestyle intervention does not reduce racial and ethnic disparities in achievement of optimal glycemic control*. Poster presented at 2020 annual meeting of the American Diabetes Association, Virtual Meeting.
26. **Hayes, J. F.**, Fowler, L.A., Balantekin, K.N., Saelens, B.E., Stein, R.I. Perri, M.G., Welch, R., Epstein, L.H., & Wilfley, D.E. (November, 2020). *Family-based behavioral weight loss treatment outcomes in children with severe obesity: Conclusions depend on metrics used*. Oral presentation given at the annual meeting of The Obesity Society, Virtual Meeting.
27. **Hayes, J. F.**, Russell, G. B., Tate, D. F., Espeland, M. A., Gokee LaRose, J., Gorin, A. A., Lewis, C. E., Jelalian, E., Bahnson, J., & Wing, R. R., (2021, April). *Different avenues of success in a weight gain prevention program: Comparing weight losers and weight maintainers at 3 years*. Poster presented at the 2021 annual meeting of the Society of Behavioral Medicine, Virtual Meeting.

28. **Hayes, J. F.**, Wing, R. R., Unick, J. L., & Ross, K. M. (2022, April). *Getting back on track: Weight-related behaviors and psychological states associated with recovery from weight regain*. Poster presented at the 2022 annual meeting of the Society of Behavioral Medicine in Baltimore, MD.
29. **Hayes, J.F.**, Wing, R.R., Phelan, S. Alarcon, N., Cardel, M.I. & Foster, G.D. (2022, November). *Recovery from weight regain among long-term weight loss maintainers*. Poster presented at the 2022 annual meeting of the Obesity Society in San Diego, CA.
30. **Hayes, J.F.**, LaRose, J. G., Hutchinson, K., Sutherland, M., & Wing, R. R. (2023, April). *Health, health conditions and behaviors, and medical care utilization among college students with obesity*. Poster presented at the 2023 annual meeting of the Society of Behavioral Medicine in Phoenix, AZ.
31. Hutchinson, M.K., Sutherland, M.A., Liebermann, E., VanDevanter, N., Nasin, C., **Hayes, J.**, & Connolly, S. (2023, June). *Screening in college health centers: Panel on the National College Health Care Provider Study & Implications for Practice*. Research Presentation and Workshop at the 2023 National Conference of the American College Health Association, Boston, MA.
32. **Hayes, J.** & Tomashek, H. (2023 June). *A Qualitative Inquiry into the Appropriateness of and Need for Weight Management Interventions on College Campuses*. Poster presented at the 2023 National Conference of the American College Health Association, Boston, MA.
33. **Hayes, J.**, Phelan, S., Jelalian, E., Coustan, D., Caughey, A.B., Castorino, K., Heaney, C., McHugh, A., & Wing, R.R. (2023 October). *Predicting pregnancy in preconception weight loss trials: Is it possible?* Poster presented at the 2023 annual meeting of The Obesity Society, Dallas, TX.
34. Schumacher, L., **Hayes, J. F.**, Lanoye, A., Gokee LaRose, J., Tate, D. F., Espeland, M. A., Gorin, A. A., Lewis, C. E., Jelalian, E., & Wing, R. R., (2023, October). *Earlier sleep and wake times relate to better weight gain prevention among young adults*. Poster presented at the 2023 annual meeting of The Obesity Society, Dallas, TX.
35. Desrosiers, A., Carrol, B., Ritsema, H., **Hayes, J.**, Momoh, F., & Higgins, W. (2024). *Identifying barriers and facilitators to school-based delivery of an evidence-based mental health intervention in Sierra Leone*. Poster presentation at the Consortium of Universities in Global Health (CUGH) annual meeting, Los Angeles, CA.
36. **Hayes, J.**, Wing, R.R., Hutchinson, M.K., & Sutherland, M.A. (2024, March). *Screening for Eating Disorders and Obesity in College Health Centers*. Poster presented at the 2024 annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.
37. **Hayes, J.** (2024, March). *A Behavioral Weight Loss Intervention for College Students: An ORBIT Phase IIa Proof-of-Concept Study*. Jessica Goerlitz (Chair), *The art of ORBIT: A case series highlighting the multiple phases of the ORBIT Behavioral framework* [Symposium]. 2024 annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.
38. **Hayes, J. F.**, Darling, K. E., Tomashek, H., Elwy, A. R., & Wing, R. R. (2024, December). *Behavioral weight loss programs in college health centers: Student and provider perspectives of barriers and facilitators to implementation*. Poster presented at the Annual Meeting of Dissemination and Implementation Science in Health, Washington, DC.
39. **Hayes, J.F.**, Materia, F., Martin, C., Goldstein, S., Raynor, H. & Alshurafa, N. (2025, March). *Everybody Eats: Selecting from the Buffet of Technology-Enhanced Dietary Assessment Options*. Panel discussion at the 46th annual meeting and scientific sessions of the Society of Behavioral Medicine, San Francisco, CA, USA.

40. **Hayes, J.F.**, Ross, K.M., Pellegrini, C., Wing, R. R., Webster, J., Derrick, A., & Unick, J.L. (2025, March). *A brief coaching intervention to aid in recovery from weight regain during weight loss maintenance: A preliminary randomized controlled trial*. Oral presentation at the 46th annual meeting and scientific sessions of the Society of Behavioral Medicine, San Francisco, CA, USA.
41. **Hayes, J.F.**, (2025, March). *Adapting a behavioral weight loss intervention for emerging adult college students*. **Hayes, J.F.** (Chair), *Reshaping behavioral interventions for emerging and young adults: Addressing contextual needs and adaptations* [Symposium]. 2024 annual meeting of the Society of Behavioral Medicine, San Francisco, CA, USA.
42. **Hayes, JF**, Frank, HE, Littlewood, A, Guzman LE, Terry, KM, Schorr, C, Portelli, D, Phillips, G., Harmon, L, Goldstein, J, Evans, L, Dellinger, RP, & Levy, MM. (2025, December). *From Feedback to Action: A Process Evaluation of Implementation Strategies for Sepsis Bundles in Emergency Departments*. Poster presented at the 2025 annual conference on the Science of Dissemination and Implementation in Health, National Harbor, MD.
43. Tobin, S.Y., Cao, Z, Webster, J., Dunsiger, S., **Hayes, J.F.**, Pellegrini, C., & Unick, J.L. (2026, May). *Phone coaching boosts program engagement in patients with sub-optimal weight loss response*. Poster presented at the 2026 annual conference of the American College of Sports Medicine, Salt Lake City, UT.

GRANTS—AWARDED

1. Unnumbered **Garrett (PI)** 07/01/2015 - 06/30/2016
 General Mills Champions for Healthy Kids Grants, \$20,000
 The goal of this grant was to support the implementation of an obesity prevention program in a low-income elementary school
Role: Co-Investigator
2. Unnumbered **Hayes (PI)** 09/01/2017 – 06/30/2018
 Washington University Dissertation Award, \$1750
 Title: Using implementation intentions for weight loss and dietary change in college students with overweight and obesity
 The goal of this award was to support participant payments for my dissertation research study assessing implementation intentions as a weight loss strategy in college students with overweight/obesity.
Role: Principal Investigator
3. NIH/NIDDK F31 DK113700 **Hayes (PI)** 07/01/2017 - 08/31/2018
 Ruth L. Kirschstein Predoctoral Individual National Research Service Award, \$43,576
 Title: Using implementation intentions for weight loss and dietary change in college students with overweight and obesity
 The goal of this NRSA was to provide mentored pre-doctoral training to conduct an experimental trial of using implementation intentions as a strategy for weight loss among college students with overweight/obesity
Role: Principal Investigator

4. NIH/NIDDK K23 DK128561 **Hayes (PI)** 01/07/2022 - 11/30/2026
Mentored Patient-Oriented Research Career Development Award, \$993,730
Title: Developing a Behavioral Weight Loss Intervention for Emerging Adults Implemented within College Health Service Centers
The goal of this award is to provide mentored early career training to develop, adapt, and pilot test a behavioral weight loss intervention for college health centers designed specifically to optimize feasibility, acceptability, and weight loss in emerging adults
Role: Principal Investigator

5. NIH/NIDDK R01 DK137759 Unick (PI) 08/01/2024 - 5/31/2029
Title: Comparison of behaviorally-based remote approaches to optimize weight loss and identification of factors which characterize treatment response
This trial utilizes a 2x2 factorial design to compare two remote-delivery formats of an adult behavioral obesity intervention (automated online program vs. group-based videoconference program) and the added effect of coaching (vs. no coaching) on 12-month weight loss.
Role: Co-Investigator

6. NIH/NIDDK R03 DK142991 **Hayes (PI)** 06/15/2025 – 5/31/2027
\$223,500
Title: Human-Centered Design of a Behavioral Intervention to Reverse Small Weight Regains during Weight Loss Maintenance
This study will focus on making adaptations to an existing coaching intervention to reverse small weight regains during weight loss maintenance utilizing principles of human centered design
Role: Principal Investigator

7. USP-26-1583906 Wing (PI) 09/2025-08/2026
\$99,999
Title: Planning for Community Implementation of the U.S. POINTER Structured Intervention
This funding from the Alzheimer's Association aims to leverage the latest science of the U.S. POINTER study results to develop and test specific strategies for real-world implementation that can be sustained and scaled across community and healthcare settings.
Role: Co-Investigator

UNIVERSITY TEACHING ROLES

	Washington University in St. Louis, St. Louis, MO
	Center for the Humanities
Role:	Guest Lecturer
Course Name:	Introduction to Children's Studies
Number of Students:	50 students
Year:	2014, 2015
	Washington University in St. Louis, St. Louis, MO
	Department of Psychological and Brain Sciences
Role:	Teaching Assistant

Course Name: Psychology of Adolescence
Number of Students: 80 students
Year: 2017

Washington University in St. Louis, St. Louis, MO
Department of Psychological and Brain Sciences
Role: Guest Lecturer
Course Name: Abnormal Psychology
Number of Students: 50 students
Year: 2018

Brown University, Providence, RI
Department of Psychiatry and Human Behavior
Role: Guest Lecturer
Course Name: Child Psychiatry Didactic Seminar
Number of Students: 10 child psychiatry residents
Year: 2023, 2024, 2025

Brown University, Providence, RI
Department of Psychiatry and Human Behavior
Role: Guest Lecturer
Course Name: Cardiovascular Preventive Medicine T32 Didactic Seminar
Number of Students: 7 postdoctoral fellows
Year: 2025