

September 27th, 2023

CURRICULUM VITAE
JASON LILLIS, PH.D.

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

Internship	<i>VA Palo Alto Healthcare System- Palo Alto, California, Clinical Psychology Internship (APA-approved), Completed August 2007</i>
Graduate	<i>University of Nevada, Reno, M.A. in Clinical Psychology completed December 2003; Ph.D. in Clinical Psychology completed August 2007</i>
Undergraduate	<i>Loyola University in Maryland, B.A. in Psychology completed May 1999, Cum Laude</i>

POSTGRADUATE TRAINING

Postdoctoral Fellowship	<i>Stanford University School of Medicine, Department of Psychiatry, Palo Alto, CA, Completed, August 2008 Focus: Health Services Research</i>
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PROFESSIONAL LICENSES

Licensed Psychologist	State of Rhode Island, PS01325, August 2012-present
Licensed Psychologist	State of California, PSY29372, August 2017-present

ACADEMIC POSITIONS

Associate Professor (Research)	<i>Alpert Medical School of Brown University</i> , Department of Psychiatry and Human Behavior, July 2020-present
Associate Professor	<i>California Northstate University</i> , College of Psychology, August 2019- present
Assistant Professor (Research)	<i>Alpert Medical School of Brown University</i> , Department of Psychiatry and Human Behavior, July 2012-June 2020
Instructor (Research)	<i>Alpert Medical School of Brown University</i> , Department of Psychiatry and Human Behavior, September 2011-June 2012
Adjunct/ Research Faculty	<i>University of Nevada, Reno</i> , September 2009-August 2011

HOSPITAL POSITIONS

Research Scientist	<i>The Miriam Hospital</i> , September 2012-present
Research Associate	<i>The Miriam Hospital</i> , September 2011-August 2012

OTHER APPOINTMENTS

Chair, Grants Committee	Association for Contextual Behavioral Science, 2022-present
NIH Study Group	Ad hoc member, ZRG1 CCHI-X (02), July 2023

UNIVERSITY COMMITTEES

Research Committee	Member, California Northstate University, 2019-present
Professional and Academic Standards Committee	Member, California Northstate University, 2020-present
Curriculum Committee	Member, California Northstate University, 2020-2022

Technology Committee	Member, Brown Clinical Psychology Training Consortium, Alpert Brown Medical School, 2014-2015
Dissertation/ Thesis	<p><i>California Northstate University</i>, Rancho Cordova, CA Dissertation Chair: David Giard, 2023; Lauren Ihle, 2023</p> <p><i>University of Wollongong</i>, Wollongong, Australia: Krystal Maree Sattler, doctoral dissertation committee member, 2019</p> <p><i>Drexel University</i>, Philadelphia, PA: Diana Dallal, master's thesis committee, 2019; Jennifer Barney's master's thesis committee, 2018; Leah Shumacher's doctoral dissertation committee, 2018</p> <p><i>University of Jyväskylä</i>, Jyväskylä, Finland: Essi Sairanen, doctoral dissertation committee, 2016</p> <p><i>Monash University</i>, Melbourne, Australia: Emma Gallagher, doctoral dissertation committee, 2015</p> <p><i>Griffith University</i>, Queensland, Australia: Mark Bartholomew, doctoral dissertation committee, 2014</p> <p><i>University of Nevada, Reno</i>, Reno, NV: Roger Vilardaga, doctoral dissertation committee, October 2010-2011</p>

MEMBERSHIPS IN SOCIETIES

Member, Association of Contextual Behavioral Science, 2005-present
Member, Society of Behavioral Medicine, 2006-2007; 2012; 2017; 2020; 2022
Member, The Obesity Society, 2012-2017, 2019
Member, Association for Behavioral and Cognitive Therapies, 2001-2008

PUBLICATIONS LIST

ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

1. Bricker, J.B., Mull, K.E., Sullivan, B.M., Forman, E.M., **Lillis, J.**, McTiernan, A., & Santiago-Torres, M. (2023). Telehealth Acceptance and Commitment Therapy for weight loss: Protocol of the WeINES full scale randomized controlled trial. *Contemporary Clinical Trials*. Epub 2023 Jan 20.

2. Emerson, J.A., Schumacher, L.M, Bond, D.S., Thomas, J.G., & **Lillis, J.** (2023). Physical activity changes during an automated online weight loss program. *Journal of Behavioral Medicine*, 46, 680-688.
3. Donahue, M.L., Levin, M.E., Olson, K.L., Panza, E., & **Lillis, J.** (2023). Examining the role of psychological inflexibility and valued action in the negative effects of weight self-stigma. *Journal of Behavioral Medicine*, 46, 517-524.
4. Olson, K.L., Panza, E., **Lillis, J.**, & Wing, R.R. (2023). Association of weight-related stigmas with daily pain symptoms among individuals with obesity. *Annals of Behavioral Medicine*, 57, 269-274.
5. Braun, T., Olson, K., Panza, E.; **Lillis, J.**, Schumacher, L., Abrantes, A.; Kunicki, Z., Unick, J. (2022). Internalized weight stigma in women with Class III obesity: A randomized controlled trial of a virtual lifestyle modification followed by a mindful self-compassion intervention. *Obesity Science & Practice*, 8, 816-827.
6. Panza, E., **Lillis, J.**, Olson, K., van den Berg, J.J., Tashima, K., and Wing, R.R. (2022). HIV Status, Obesity, and Risk for Weight Stigma: Comparing Weight Stigma Experiences and Internalization among Adults with Obesity with and without HIV. *AIDS and Behavior*, 26, 686-697.
7. Levin, M.E., Krafft, J., Seifert, S., & **Lillis, J.** (2022). Tracking valued and avoidant functions with health behaviors: A randomized controlled trial of the acceptance and commitment therapy matrix mobile app. *Behavior Modification*, 46, 63-89.
8. **Lillis, J.**, Schumacher, L.M., & Bond, D.S. (2021). Preliminary evaluation of a one-day Acceptance and Commitment Therapy workshop for increasing moderate-to-vigorous physical activity in adults with overweight or obesity. *International Journal of Behavioral Medicine*, 6, 827-833.
9. **Lillis, J.**, Dunsiger, S.S., Thomas, J.G., Ross, K.M., & Wing, R.R. (2021). Novel behavioral interventions to improve long-term weight loss: A randomized trial of Acceptance and Commitment Therapy or Self-Regulation for weight loss maintenance. *Journal of Behavioral Medicine*, 44, 527-540.
10. **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*. Epub Feb 22 2021. doi: 10.1016/j.cct.2021.106327.
11. **Lillis, J.** & Bond, D.S. (2021). Acceptance and Commitment Therapy for weight loss maintenance. *Bariatric Times*. Epub Mar 1 2021.
12. Olson, K.L., Goldstein, S. P., **Lillis, J.**, & Panza, E. (2021). Weight stigma is overlooked in commercial-grade mobile applications for weight loss and weight-related behaviors. *Obesity Science & Practice*, 7, 244-248.

13. Thomas, J.G., Goldstein, C.M., Bond, D.S., **Lillis, J.**, Hekler, E.B., Emerson, J.A., Espel-Huynh, H.M., Goldstein, S.P., Dunsiger, S.I., Evans, E.W., Butryn, M.L., Huang, J., & Wing, R.R. (2020). Evaluation of components to maximize outcomes of behavioral obesity treatment delivered online: A factorial experiment following the multiphase optimization strategy framework. *Contemporary Clinical Trials*. Epub Nov 14 2020. doi: 10.1016/j.cct.2020.106217.
14. Ross, K.M., Eastman, A., Ugwoaba, U., Demos, K.E., **Lillis, J.**, & Wing, R.R. (2020). Food reward sensitivity, impulsivity, and weight change during and after 3-month weight loss program, *PLOS One*. Epub Dec 11 2020.
15. Panza, E., Olson, K.L., Goldstein, C.M., Win, R.R., Selby, E., & **Lillis, J.** (2020). Characterizing lifetime and daily experiences of weight stigma among sexual minority women with overweight and obesity: A descriptive study. *International Journal of Environmental Research and Public Health*, 17, 4892.
16. Olson, K.L., **Lillis, J.**, Panza, E., Wing, R.R., Quinn, D., Puhl, R. (2020). Body shape concerns across racial and ethnic groups among adults in the United States: More similarities than differences. *Body Image*, 35, 108-113.
17. Dochat, C., Afari, N., Wooldridge, J., Herbert, M., Gasperi, M., & **Lillis, J.** (2020). Confirmatory factor analysis of the Acceptance and Action Questionnaire for Weight-Related Difficulties-Revised (AAQW-R) in a United States sample of adults with overweight and obesity. *Journal of Contextual Behavioral Science*, 15, 189-196.
18. Demos, K., **Lillis, J.**, McCaffery, J.M., & Wing, R.R. (2019). The effects of cognitive strategies on neural food cue-reactivity. *Obesity*, 27, 1577-1583.
19. **Lillis, J.**, Thomas, J.G., Olson, K., & Wing, R.R. (2019). Weight self-stigma and weight loss during behavioral weight loss intervention. *Obesity Science & Practice*, 5, 21-27.
20. **Lillis, J.** & Bond, D. S. (2019). Study protocol for an open trial of a values and acceptance-based intervention to promote adoption and maintenance of habitual physical activity among inactive adults with overweight/obesity. *BMJ Open*, 9, e025115.
21. **Lillis, J.**, Thomas, J.G., Lipton, R.B., Rathier, L., Roth, J., Pavlovic, J., O'Leary, K.C., & Bond, D.S. (2019). The association of changes in pain acceptance and headache-related disability. *Annals of Behavioral Medicine*, 53, 686-690.
22. Barney, J. B., **Lillis, J.**, Haynos, A. F., Forman, E., & Juarascio, A. S. (2019). Assessing the Valuing Process in Acceptance and Commitment Therapy: Experts' Review of the Current Status and Recommendations for Future Measure Development. *Journal of Contextual Behavioral Science*, 12, 225-233.
23. Olson, K.L., **Lillis, J.**, Thomas, J.G., & Wing, R.R. (2018) A prospective evaluation of internalized weight bias and weight change among successful weight loss maintainers. *Obesity*, 26, 1888-1892.
24. Schumacher, L.M., Martin, G., Goldstein, S.P., Manasse, S.M., Crosby, R.D., Butryn, M.L., **Lillis, J.**, & Forman, E.M. (2018). Brief report: Ecological momentary assessment of self-attitudes in response to dietary lapses. *Health Psychology*, 37, 148-152.

25. **Lillis, J.**, Thomas, J.G., Levin, M.E., & Wing, R.R. (2017). Self-stigma and weight loss: The impact of fear of being stigmatized. *Journal of Health Psychology*. Epub: <https://doi.org/10.1177/1359105317739101>
26. **Lillis, J.**, Thomas, J.G., Niemeier, H.M., & Wing, R.R. (2017). Exploring the process variables through which acceptance-based behavioral interventions may improve weight loss maintenance. *Journal of Contextual Behavioral Science*, 6, 398-403.
27. **Lillis, J.**, Thomas, G.T., Seng, E.K., Lipton, R.B., Pavlovic, J., Rathier, L., Roth, J., O'Leary, K., & Bond, D.S. (2017). Importance of pain acceptance in relation to headache disability and pain interference in women with migraine and overweight/obesity. *Headache*, 57, 709-718.
28. Levin, M.E., Potts, S., Haeger, J. & **Lillis, J.** (2017). Delivering acceptance and commitment therapy for weight self-stigma through guided self-help: Results from an open pilot trial. *Cognitive and Behavioral Practice*, 25, 87-104.
29. Niemeier, H.N., **Lillis, J.**, & Wing, R.R. (2017). Characteristics of adults with overweight/obesity and high internal disinhibition: Do they fit with targets for acceptance-based interventions? *Obesity Science & Practice*, 3, 311-318.
30. **Lillis, J.**, Niemeier, H.M., Thomas, J.G., Unick, J., Ross, K.M., Leahey, T.M., Kendra, K.E., Dorfman, L., & Wing, R.R. (2016). A randomized trial of an Acceptance Based Behavioral Intervention for weight loss in people with high internal disinhibition. *Obesity*, 24, 2509-2514.
31. Boucher, S., Edwards, O., Gray, A., Nada-Raja, S., **Lillis, J.**, Tylka, T.L., Horwath, C.C. (2016). Teaching intuitive eating and Acceptance and Commitment Therapy skills via a web-based intervention: A pilot single-arm intervention study. *Journal of Medical Internet Research*, 5, 1-22.
32. Palmeira, L., Chuna, M., Pinto-Gouveia, J., Carvalho, S., & **Lillis, J.** (2016). New developments in the assessment of weight-related experiential avoidance (AAQW-Revised). *Journal of Contextual Behavioral Science*, 5, 193-200.
33. **Lillis, J.**, Thomas, J.G., Niemeier, H.M., & Wing, R.R. (2016). Internal disinhibition predicts 5-year weight regain in the National Weight Control Registry (NWCR). *Obesity Science & Practice*, 2, 83-87.
34. **Lillis, J.**, Niemeier, H.M., Ross, K.M., Thomas, J.G., Leahey, T., Unick, J., Kendra, K.E., & Wing, R.R. (2015). Weight loss intervention for individuals with high internal disinhibition: Design of the Acceptance Based Behavioral Intervention (ABBI) randomized controlled trial. *BMC Psychology*, 3, 17-epub.
35. Levin, M.E., Luoma, J.B., Vilaridaga, R., **Lillis, J.**, Nobles, R., & Hayes, S.C. (2015). Examining the role of psychological flexibility, perspective taking and empathetic concern in generalized prejudice. *Journal of Applied Social Psychology*, 46, 180-191.
36. Gregg, J., **Lillis, J.**, & Schmidt, E. (2015). A functional contextual approach to obesity and related problems. *Current Opinion in Psychology*, 2, 82-86.
37. **Lillis, J.** & Wing, R.R. (2015). The role of avoidance-based coping in the psychosocial functioning of weight loss treatment seeking adults. *Obesity Science & Practice*, 1, 59-64.

38. **Lillis, J.,** & Kendra, K.E. (2014). Acceptance and Commitment Therapy for weight control: Model, evidence, and future directions. *Journal of Contextual Behavioral Science*, 3, 1-7.
39. Levin, M.E., **Lillis, J.,** Luoma, J., Hayes, S.C., & Vilardaga, R. (2014) Developing a measure of psychological flexibility with stigmatizing thoughts. *Journal of Contextual Behavioral Science*, 3, 21-26.
40. Weinland, S., **Lillis, J.,** & Dahl, J. (2013). Measuring experiential avoidance in a bariatric surgery population- Psychometric properties of AAQ-W. *Obesity Research & Clinical Practice*, 7, 464-475.
41. Levin, M.E., Hildebrandt, M., **Lillis, J.,** and Hayes, S.C. (2013). The impact of treatment components suggested by the psychological flexibility model: A meta-analysis of laboratory-based component studies. *Behavior Therapy*, 43, 741-756.
42. Levin, M.E., **Lillis, J.,** Seele, J., Hayes, S.C., Pistorello, J., & Biglan, A. (2012). Exploring the relationship between experiential avoidance, alcohol use disorder, and alcohol-related problems among first-year college students. *The Journal of American College Health*, 60, 443-448.
43. Levin, M.E., **Lillis, J.,** & Hayes, S.C. (2012). When is online pornography viewing problematic among college males? Examining the moderating role of experiential avoidance. *Sexual Addiction & Compulsivity*, 19, 168-180.
44. **Lillis, J.,** Levin, M.E., Trafton, J. (2012). Elevated BMI and illicit drug use are associated with decreased ability to inhibit prepotent behaviors. *Addictive Behaviors*, 37, 544-547.
45. **Lillis, J.,** Hayes, S.C., & Levin, M.E. (2011). Binge eating and weight control: The role of experiential avoidance. *Behavior Modification*, 35, 252-264.
46. **Lillis, J.,** Levin, M.E., Hayes, S.C. (2011). Exploring the relationship between BMI and health-related quality of life: A pilot study of the impact of weight self-stigma and experiential avoidance. *Journal of Health Psychology*, 16, 722-727.
47. **Lillis, J.,** Luoma, J., Levin, M., & Hayes, S.C. (2010). Measuring weight self-stigma: The Weight Self-Stigma Questionnaire. *Obesity*, 18, 971-976.
48. Gifford, E.V. & **Lillis, J.** (2009). Avoidance and inflexibility as a common clinical pathway in obesity and smoking treatment. *Journal of Health Psychology*, 14, 992-996.
49. **Lillis, J.,** Hayes, S. C., Bunting, K., Masuda, A. (2009). Teaching acceptance and mindfulness to improve the lives of the obese: A preliminary test of a theoretical model. *Annals of Behavioral Medicine*, 37, 58-69.
50. Masuda, A., Hayes, S. C., Twohig, M., Cardinal, C. D., **Lillis, J.,** & Washio, Y. (2009). A parametric study of cognitive defusion and the believability and discomfort of negative self-relevant thoughts. *Behavior Modification*, 33, 250-262.
51. Masuda, A., Hayes, S. C., Lillis, J., Bunting, K., Herbst, S., & Fletcher, L. (2009). The relation between psychological flexibility and mental health stigma in Acceptance and Commitment Therapy: A preliminary process investigation. *Behavior and Social Issues*, 18, 1-16.

52. Masuda, A., Hayes, S. C., Twohig, M., **Lillis, J.**, Fletcher, L., & Gloster, A. (2009). Comparing Japanese international college students' and US college students' mental health-related stigmatizing attitudes. *Journal of Multicultural Counseling and Development*, 37, 178-189.
53. **Lillis, J.**, & Hayes, S. C. (2008). Measuring avoidance and inflexibility in weight related problems. *International Journal of Behavioral Consultation and Therapy*, 4, 30-40.
54. **Lillis, J.**, Gifford, E., Humphreys, K., & Moos, R. (2008). Assessing spirituality in the treatment environment. *Journal of Substance Abuse Treatment*, 35 427-433.
55. Masuda, A., Muto, T., Hayes, S. C., & **Lillis, J.** (2008). Acceptance and Commitment Therapy: Application to a Japanese client. *Japanese Journal of Behavior Therapy*, 34, 137-148.
56. **Lillis, J.**, & Hayes, S. C. (2007). Applying acceptance, mindfulness, and values to the reduction of prejudice. *Behavior Modification*, 31, 389-411.
57. Masuda, A., Hayes, S. C., Fletcher, L. B., Seignourel, P. J., Bunting, K., Herbst, S. A., Twohig, M. P., & **Lillis, J.** (2007). The impact of Acceptance and Commitment Therapy versus education on stigma towards people with psychological disorders. *Behaviour Research and Therapy*, 45, 2764-2772.
58. Hayes, S. C., Luoma, J., Bond, F., Masuda, A., & **Lillis, J.** (2006). Acceptance and Commitment Therapy: Model, processes, and outcomes. *Behaviour Research and Therapy*, 44, 1-25.

BOOKS AND BOOK CHAPTERS

1. Lillis, J., Dallal, D. H., & Forman, E. M. (2020). Innovations in applying ACT for obesity and physical activity. In Levin, M. E., Twohig, M. P., & Kraft, J. (Eds), *Innovations in Acceptance and Commitment Therapy: Clinical advancements and applications in ACT*. Oakland, CA: New Harbinger.
2. Haynos, A. F., **Lillis, J.**, Forman, E. M., & Butryn, M. L. (Eds; 2016). *Mindfulness and Acceptance for Treating Eating Disorders and Weight Concerns*. New Harbinger: Oakland, CA.
3. Haynos, A. F., Butryn, M. L., **Lillis, J.**, & Forman, E. M. (2016). Mindfulness and acceptance approaches to treating eating disorders and weight concerns: Background and rationale. In A.F. Haynos, J. Lillis, M.L. Butryn & E.M. Forman (Eds.), *Mindfulness and Acceptance for Treating Eating Disorders and Weight Concerns*. New Harbinger: Oakland, CA.
4. **Lillis, J.** & Kendra, K. E. (2016). Designing and implementing mindfulness and acceptance-based interventions for weight control: Models and Considerations. In A.F. Haynos, J. Lillis, M.L. Butryn & E.M. Forman (Eds.), *Mindfulness and Acceptance for Treating Eating Disorders and Weight Concerns*. New Harbinger: Oakland, CA.
5. Pistorello, J., Hayes, S. C., Seeley, J., Biglan, T., Long, D. M., Levin, M. E., Kosty, D., **Lillis, J.**, Villatte, J., MacLane, C., Vilardaga, R., Daflos, S., Hammonds, S., Locklear, A. & Hanna, E. (2016). ACT-based first year experience seminars. Chapter to appear in J. Block-

- Lerner & L. Cardaciotto (Eds.), *The mindfulness-informed educator: Building acceptance & psychological flexibility in higher education*. New York: Routledge.
6. Levin, M.E., **Lillis, J.** & Biglan, A. (2016). The potential of community-wide strategies for promoting psychological flexibility. In S.C. Hayes, D. Barnes-Holmes, R. Zettle & A. Biglan (Eds.) *Handbook of Contextual Behavioral Science*. Wiley-Blackwell.
 7. **Lillis, J.** & Wing, R.R. (2014). Behavioral Strategies in Weight Management. In R.F. Kushner & D.H. Bessen (Eds.), *Treatment of the Obese Patient (2nd Edition)*. Springer Science.
 8. **Lillis, J.**, Dahl, J., & Weinland, S. (2014). *The Diet Trap: Feed Your Psychological Needs and End the Weight Loss Struggle Using Acceptance and Commitment Therapy*. New Harbinger: Oakland, CA.
 9. **Lillis, J.** & Levin, M.E. (2014). Acceptance and mindfulness for undermining prejudice. In A. Masuda (Ed), *Cultural Issues in Acceptance and Mindfulness-Based Approaches*. Oakland, CA: New Harbinger Publications.
 10. Pistorello, J., Hayes, S.C., **Lillis, J.** & Long, D. (2013). Acceptance and Commitment Therapy (ACT) in Classroom Settings. In J. Pistorello (Ed), *Mindfulness & Acceptance for Counseling College Students*. Oakland, CA: New Harbinger Publications.
 11. Hayes, S. C. & **Lillis, J.** (2012). *Acceptance and Commitment Therapy*. American Psychological Association (Theories of Psychotherapy Series).
 12. **Lillis, J.** (2012). Contextual CBT for Binge Eating. In S. C. Hayes and M. E. Levin (Eds), *Mindfulness and Acceptance for Addictive Behaviors*. Oakland, CA: New Harbinger Publications.
 13. Levin, M. E. & **Lillis, J.** (2011). Substance Abuse. In W. O'Donahue & C. Draper (Eds.) *Stepped Care and E-Health: Practical Applications to Behavioral Disorders*. New York: Springer.
 14. Cucciare, M. & **Lillis, J.** (2009). Somatization in Primary Care. In L. James, & W. T. O'Donohue (Eds.), *The Primary Care Consultant Toolkit: Tools for Behavioral Health*. New York: Springer.
 15. Boulanger, J., Hayes, S. C., **Lillis, J.** (2008). Acceptance and Commitment Therapy. In G. L. Fisher & N. A. Roget (Eds.) *Encyclopedia of Substance Abuse Prevention, Treatment, and Recovery*. Sage Publications.
 16. **Lillis, J.**, O'Donohue, W. T., Cucciare, M., & Lillis, E. A. (2005). Social justice and psychology. In R. Wright & N. A. Cummings (Eds.), *Destructive trends in mental health: The well-intentioned path to harm*. New York, NY: Brunner-Routledge (Taylor and Francis Group).
 17. Hayes, S. C., Smith, S., Blackledge, J. T., & **Lillis, J.** (2005). Having a thought versus buying a thought. In S. C. Hayes & S. Smith (Eds.), *Get out of your mind and into your life: The new Acceptance and Commitment Therapy*. Oakland, CA: New Harbinger.
 18. Hayes, S. C., Smith, S., & **Lillis, J.** (2005). The trouble with thoughts. In S. C. Hayes & S. Smith (Eds.), *Get out of your mind and into your life: The new Acceptance and Commitment Therapy*. Oakland, CA: New Harbinger.

19. Hayes, S. C., Smith, S., **Lillis, J.**, & Twohig, M. (2005). What willingness is and is not. In S. C. Hayes & S. Smith (Eds.), *Get out of your mind and into your life: The new Acceptance and Commitment Therapy*. Oakland, CA: New Harbinger.

PUBLICATIONS SUBMITTED OR IN PREPARATION

1. Pierce, B.G., Haeger, J., **Lillis, J.** & Levin, M.E. (under review). Evaluating a latent model of psychological inflexibility as a transdiagnostic predictor of mental health problems in college students.
2. Baggley, D., **Lillis, J.**, Day, A., Owen, R., Vallis, M. (under review). Motivating health behavior change in obesity and other chronic conditions using Acceptance and Commitment Therapy.

INVITED PRESENTATIONS

International

1. **Lillis, J.** (September 2020). *Acceptance and Commitment Therapy in Behavioural Health*. Invited talk presented at the annual meeting of the International Federation for the Surgery of Obesity and Metabolic Disorders, Rome, Italy (conducted virtually due to COVID-19).

National

1. **Lillis, J.** & Bond, D.S. (2023). *Acceptance and Commitment Therapy for Physical Activity*. Invited talk presented at the annual meeting of the American Society for Metabolic and Bariatric Surgery, Las Vegas, NV.
2. **Lillis, J.** (August 2019). *Using Your Values to Empower Healthy Change with Acceptance-Based Therapy*. Invited talk presented at the annual meeting for the Obesity Action Coalition, Tampa, FL.
3. **Lillis, J.** (August 2019). *Mood and Suicide Risk in Obesity Before and After Treatment*. Invited talk presented at the annual meeting for the Obesity Action Coalition, Tampa, FL.
4. **Lillis, J.** (April 2013). *Experiential Avoidance, ACT, and Obesity*. Invited talk presented at the NIH Workshop to Advance Basic Behavioral Science Research on Obesity. NIH Campus, Bethesda, MD.

Regional

1. **Lillis, J.** (March 2023). *Values-Focused ACT Intervention for Health Behavior Change: Evidence, Challenges, and Future Directions*. Invited talk presented at the University of California San Francisco Weill Institute for Neurosciences, San Francisco, CA.
2. **Lillis, J.** (February 2023). *Using ACT to Foster Healthy Changes in Diet and Physical Activity*. Invited talk presented at Utah State University, Logan, UT.
3. **Lillis, J.** (October 2022). *Values-Focused ACT Intervention for Health Behavior Change: Evidence, Challenges, and Future Directions*. Invited talk presented at the WELL Center, Drexel University, Philadelphia, PA.
4. **Lillis, J.** (March 2016). *Using Acceptance and Mindfulness to Address the Obesity Epidemic*. Invited talk presented at Utah State University, Logan, UT.
5. **Lillis, J.** (April 2013). *The Stigma of Obesity*. Invited talk presented at the Rhode Island Obesity Society annual conference, Providence, RI.
6. **Lillis, J.** (April 2013). *Acceptance and Commitment Therapy for Weight Control*. Invited talk presented at McLean Hospital for the New England chapter of the Association of Contextual Behavioral Science, Belmont, MA.
7. **Lillis, J. & Oser, M.** (January 2013). *Acceptance and Commitment Therapy in Weight Control*. Invited talk presented at Brigham & Women's Hospital, Boston, MA.

Local

1. **Lillis, J.** (April 2016). *Using ACT to Address the Obesity Epidemic*. Invited talk presented at Sage Associates for the greater Sacramento area, Sacramento, CA.
2. **Lillis, J.** (2012-2013). *Acceptance and Commitment Therapy in Behavioral Medicine*. Invited talk presented to the psychology residents at the Brown Consortium Internship Program, Providence, RI. Presented twice (August 2012, October 2013).

PEER REVIEWED CONFERENCE PRESENTATIONS

PROFESSIONAL WORKSHOPS

1. **Lillis, J.** (June 2014). *Stepping out of the diet trap: Using ACT to end the weight loss struggle*. A 3-hour workshop conducted at the annual meeting for the Association of Contextual Behavioral Science, Minneapolis, MN.

2. Dahl, J., Gregg, J., & **Lillis, J.** (July 2012). *Acceptance and Values in Behavioral Medicine*. A 3-hour workshop conducted at the annual meeting for the Association of Contextual Behavioral Science, Washington, D.C.
3. **Lillis, J.** (December 2011). An introduction to Acceptance and Commitment Therapy. A two-day experiential workshop designed to train researchers and clinicians in Acceptance and Commitment Therapy. Brown Medical School, Providence, RI.
4. **Lillis, J.** (June 2010). *Doing ACT research: An interactive primer for beginners*. A three-hour workshop conducted at the Annual Meeting for the Association of Contextual Behavioral Science, Reno, NV.
5. **Lillis, J.** (May 2008). *Using ACT to address weight loss and obesity-related stigma*. A three-hour workshop conducted at the ACT Summer Institute, Chicago, IL.
6. **Lillis, J.** (April 2008). *An introduction to Acceptance and Commitment Therapy*. A three-hour workshop designed to train clinicians and students in Acceptance and Commitment Therapy. VA Palo Alto Health Care System, Palo Alto, CA.
7. **Lillis, J.** (July 2007). *Using ACT to address weight loss and obesity-related stigma*. A three-hour workshop conducted at the ACT Summer Institute, Houston, TX.
8. **Lillis, J.** & Bunting, K. (July 2006). *ACTing therapeutically: Relational frame theory and ACT processes in the therapeutic relationship*. A three-hour experiential workshop conducted at the 2nd World Conference for ACT, RFT, and Contextual Behavioral Therapies, London, UK.
9. Hayes, S.C., **Lillis, J.**, & Vilardaga, R. (July 2006). *We cannot walk alone: Using Acceptance and Commitment Therapy to combat prejudice*. Three-hour experiential workshop conducted at the 2nd World Conference for ACT, RFT, and Contextual Behavioral Therapies, London, UK.
10. Hayes, S. C. & **Lillis, J.** (July 2005). *An introduction to Acceptance and Commitment Therapy*. A three-day experiential workshop designed to train clinicians and students in Acceptance and Commitment Therapy. ACT Summer Institute, Philadelphia, PA.
11. Hayes, S. C., **Lillis, J.**, & Masuda, A. (July 2005). *Using Acceptance and Commitment Therapy to combat prejudice: Confronting the Osama within*. Three-hour experiential workshop conducted at the ACT Summer Institute, Philadelphia, PA.

SYMPOSIA AND PANELS

1. **Lillis, J.**, Schram, S., Thomas, J.G., Unick, J., & Wing, R.R. (April 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 annual meeting for the Social for Behavioral Medicine, Phoenix, Arizona, USA.

2. **Lillis, J.** (June 2021). *Process of change data in two randomized trials testing ACT for weight loss*. Paper presented at the annual meeting of the Association for Contextual Behavioral Science, meeting held virtually.
3. Olson, K., Panza, E., **Lillis, J.**, & Wing, R.R (April 2021). *Weight stigma and internalized weight bias predict pain symptoms in daily life among individuals with obesity*. Paper presented at the annual meeting for the Social for Behavioral Medicine, meeting held virtually.
4. **Lillis, J.**, Bond, D. S., & Thomas, J. G. (April 2020). *A low-touch ACT-based intervention to increase MVPA among inactive adults with overweight/obesity*. Paper accepted for presentation at the annual meeting of the Society for Behavioral Medicine, San Francisco, CA. (Conference canceled, but presentations posted virtually)
5. **Lillis, J.** & Wing, R.R. (June 2019). *Using novel behavioral interventions to improve long-term weight loss: A randomized trial comparing acceptance and commitment therapy and self-regulation for weight loss treatment seeking adults with overweight and obesity*. Paper presented at the annual meeting of the Association for Contextual Behavioral Science, Dublin, Ireland.
6. **Lillis, J.**, Levin, M., Villatte, J., Karekla, M., Lappalainen, R. (June 2019). *Designing, developing, implementing, and evaluating digital health interventions from a CBS framework*. Chair and panel discussant at the annual meeting of the Association for Contextual Behavioral Science, Dublin, Ireland.
7. Sandoz, E.K., **Lillis, J.**, Gould, E., Kellum, K.K., & Maitland, D. (June 2019). *Ask the editors: An open floor panel discussion with members of JCBS' editorial team*. Panel discussant at the annual meeting of the Association for Contextual Behavioral Science, Dublin, Ireland.
8. Lee-Baggley, D., Owen, R., **Lillis, J.** (June 2017). *Health behavior change: How to use RFT principles and ACT interventions to change habits*. Paper presented at the annual meeting of the Association for Contextual Behavioral Science, Seville, Spain.
9. **Lillis, J.** & Wing, R.R. (May 2017). *A randomized controlled trial of an acceptance-based behavioral intervention for weight loss in people with high internal disinhibition*. Paper presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.
10. **Lillis, J.** & Wing, R.R. (June 2016). *A comparison of different approaches for utilizing Acceptance and Commitment Therapy to improve long-term weight control*. Paper presented at the annual meeting of the Association for Contextual Behavioral Science, Seattle, WA.

11. **Lillis, J.**, Niemeier, H., Thomas, J.G., Unick, J., Ross, K.M., Leahey, T., Kendra, K., Dorfman, L. & Wing, R.R. (June 2016). *A randomized controlled trial for weight loss targeting individuals with high internal disinhibition: The Acceptance-Based Behavioral Intervention Trial*. Paper presented at the annual meeting of the Association for Contextual Behavioral Science, Seattle, WA.
12. **Lillis, J.**, Twohig, M.P., Sandoz, E.K., & Tirsch, D.D. (June 2016). *The present and future of the Journal of Contextual Behavioral Science*. Panel discussant at the annual meeting of the Association for Contextual Behavioral Science, Seattle, WA.
13. **Lillis, J.** (November 2015). Mindfulness strategies to address cognitive and emotional barriers due to obesity-related stigma in the bariatric surgery patient. Paper presented at the annual meeting for The Obesity Society, Los Angeles, CA.
14. Demos, K., **Lillis, J.**, Kent, K., Goldring, A., McCaffery, J., & Wing, R.R. (November 2014). The effects of cognitive strategies on neural food cue reactivity. Paper presented at the annual meeting for The Obesity Society, Boston, MA.
15. **Lillis, J.**, Brownell, K.D., Ciarrochi, J., Giovambattista, P., & Lappalainen, (June 2014). *Worth its weight in gold: How psychological flexibility could change the lives of the obese*. Panel discussant at the annual meeting of the Association for Contextual Behavioral Science, Minneapolis, MN.
16. **Lillis, J.** (June 2014). *Relevance of ACT processes in promoting health behaviors: Assessment and Intervention*. Discussant for a symposium presented at the annual meeting of the Association for Contextual Behavioral Science, Minneapolis, MN.
17. **Lillis, J.**, Louma, J., Back, P., Levin, M., Masuda, A. (June 2010). Stigma and discrimination research: Empowering the research agenda. Panel discussant at the annual meeting of the Association for Contextual Behavioral Science, Reno, NV.
18. Levin, M., **Lillis, J.**, Hayes, S.C., Pistorello, J., Biglan, T., & Seeley, J. (November 2009). *The role of experiential avoidance in the development and maintenance of psychopathology: A review of the evidence*. Paper presented at the annual Association for Behavioral and Cognitive Therapies convention, New York, NY.
19. **Lillis, J.** & Hayes, S. C. (May 2008). *Examining the relationship between obesity-related stigma, quality of life, psychological distress, and avoidant coping*. Paper presented at the annual conference of the Association of Behavior Analysis, Chicago, IL.
20. **Lillis, J.**, Yadavaia, J., Hayes, S. C., Bunting, K., & McPherson, A. (November 2007). *Acceptance and Commitment Therapy for weight control: The relation of increased distress tolerance to weight-related outcomes*. Paper presented at the annual meeting for the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

21. Lazzarone, T., Hayes, S. C., Luoma, J., Kohlenberg, B., Pistorello, J., **Lillis, J.**, Vilardaga, R., & Hildebrandt, M. (November 2007). *The effectiveness of an Acceptance and Commitment Therapy self-help manual*. Paper presented at the annual meeting for the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
22. Masuda, A., Hayes, S. C., Fletcher, L., Seignourel, P., Bunting, K., Herbst, S., Twohig, M., & **Lillis, J.** (November 2007). *The impact of ACT versus Education on stigma toward people with psychological disorders*. Paper presented at the annual meeting for the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
23. **Lillis, J.**, Hayes, S. C., Bunting, K., & McPherson, A. (May 2007). *Acceptance and Commitment Therapy for the treatment of obesity-related stigma and weight management*. Paper presented at the annual conference of the Association of Behavior Analysis, San Diego, CA.
24. **Lillis, J.**, Hayes, Drossel, C., Wilson, A., & Pratte, A. (May 2007). *ACT in yoga classes*. Paper presented at the annual conference of the Association of Behavior Analysis, San Diego, CA.
25. **Lillis, J.**, Hayes, S.C., & Vilardaga, R. (November 2006). *Applying acceptance and mindfulness to the reduction of prejudice*. Paper presented at the annual meeting for the Association for Behavioral and Cognitive Therapies, Chicago, IL.
26. **Lillis, J.**, Hayes, S.C., Bunting, K., & McPherson, A. (July 2006) *Acceptance and Commitment Therapy for the treatment of obesity-related stigma and weight loss*. Paper presented at the 2nd World Conference for ACT, RFT, and Contextual Behavioral Therapies, London, UK.
27. **Lillis, J.**, Hayes, S.C., Pratte, A., & Drossel, C. (July 2006). *Acceptance and Commitment therapy with yoga for stress*. Paper presented at the 2nd World Conference for ACT, RFT, and Contextual Behavioral Therapies, London, UK.
28. **Lillis, J.** (July 2006). Using the ACT self-help books in clinical practice. Panel Discussant at the 2nd World Conference for ACT, RFT, and Contextual Behavioral Therapies, London, UK.
29. Hayes, S.C., & **Lillis, J.** (November 2005). *The next step in Transdiagnosis*. Paper presented at the annual meeting for the Association for Behavioral and Cognitive Therapies, Washington DC.
30. Hayes, S. C., **Lillis, J.**, & Masuda, A. (May 2005). *The struggle against intolerance*. Invited Cambridge Center Symposium: Unity of purpose, unity of effort- Collective response to the 9/11 commission report. Paper presented at the annual meeting for the Association of Behavior Analysis, Chicago, IL.

31. **Lillis, J.**, Callaghan, G., Beitz, K., & Cucciare, M.. (May 2001). *Useable data for real life clients: Initial results using the Functional Idiographic Template*. Paper presented at the annual meeting of the Western Psychological Association, Maui, HI.
32. Batten, S. V., Palm, K. M., Rasmussen-Hall, M., Follette, V. M., Rosenthal, M. Z., Leonard, L., **Lillis, J.**, and Hansen, J. (November 2000). *The Effectiveness of a writing intervention for adult survivors of child sexual abuse*. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

POSTER PRESENTATIONS

1. Garcha, M.S. & **Lillis, J.** (March 2023). *Do demographic factors moderate the association between sleep and depression?* Poster presented at Research Day for California Northstate University, Elk Grove, CA.
2. Panza, E., Olson, K.L., **Lillis, J.**, Norris, A., Thomas, J.G., Dunsiger, S., Fowler, H., Parent, H., and Wing, R.R. (April 2022). *Sexual minority women report more weight stigma than heterosexual women in the National Weight Control Registry*. Poster presented at the annual meeting for the Society of Behavioral Medicine Annual Meeting, Baltimore, MD.
3. Braun, T., Kunicki, Z., Schumacher, L., Olson, K., **Lillis, J.**, Panza, E., & Abrantes, A. (November 2021). *Self-compassion for weight loss maintenance in women with high internalized weight bias*. Poster presented at the annual meeting for The Obesity Society, Dallas, TX.
4. **Lillis, J.** & Cummins, L. (June 2021). *Predictors of response to weight loss intervention: An examination of acceptance and mindfulness-based variables*. Poster presented at the annual meeting for the Association for Contextual Behavioral Science, meeting held virtually.
5. Donahue, M.L., Krafft, J., Seifert, S., **Lillis, J.**, Levin, M.E. (June 2021). *Valued living and committed action on weight-related health behaviors: A secondary analysis of an RCT*. Poster presented at the annual meeting for the Association for Contextual Behavioral Science, meeting held virtually.
6. **Lillis, J.**, Niemeier, H., Thomas, G., Unick, J.L., Leahey, T.M., Kendra, K.E., Dorman, L., & Wing, R.R. (November 2016). *A randomized trial for weight loss targeting individuals with high internal disinhibition: The Acceptance-Based Behavioral Intervention*. Poster presented at the annual meeting for The Obesity Society, Boston, MA.
7. Bond, D.S., **Lillis, J.**, Seng, E.K., Thomas, J.G., Pavlovic, J., Rathier, L., Roth, J., O'Leary, K.C., Evans, E.W., & Lipton, R.B. (June 2016). *Importance of pain acceptance in relation to headache disability and psychosocial symptoms in women with migraine*

and obesity. Poster presented at the annual meeting for the American Headache Society, San Diego, CA.

8. **Lillis, J.**, Niemeier, H., Kendra, K.E., Dorfman, L., & Wing, R.R. (November 2015). Characteristics of a high internal disinhibition weight loss treatment seeking sample. Poster presented at the annual meeting for The Obesity Society, Los Angeles, CA.
9. **Lillis, J.**, Unick, J.L, Niemeier, H., Kendra, K.E., Thomas, G., Leahey, T.M., Dorman, L., Wing, R.R. (November 2014). The role of avoidance based coping in the psychological functioning of weight loss treatment seeking adults. Poster presented at the annual meeting for The Obesity Society, Boston, MA.
10. **Lillis, J.**, Wing, R.R., Thomas, G., Leahey, T.M., Unick, J.L., Kendra, K.E., Niemeier, H., Samuels, A.I., Dorfman, L. (November 2013). The impact of obesity stigma on health behaviors among treatment seeking adults. Poster presented at the annual meeting for The Obesity Society, Atlanta, GA.
11. Samuels, A., **Lillis, J.**, & Debono, K. (October 2012). Increasing intention to exercise: The role of personality in persuasive messages. Poster presented at the annual Lifespan Research Day, Providence, RI.
12. **Lillis, J.**, Naugle, A., Yury, C., & Follette, W.C. (November 2004). *Assessing behavioral risk factors for revictimization: A study using convicted sex offenders*. Poster presented at the annual meeting for the Association for the Advancement of Behavior Therapy, New Orleans, LA.
13. Beitz, K., Drews, A., Pearson, A., **Lillis, J.**, & Follette, W.C. (November 2004). *Weight loss at what cost? Stimulant use as a weight management strategy among college students*. Poster presented at the meeting for the Association for the Advancement of Behavior Therapy, New Orleans, LA.
14. **Lillis, J.**, Naugle, A., Jamison, B., & Follette, W. C. (November 2003). *Sexual miscommunication and risk for sexual assault*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.
15. **Lillis, J.**, Cucciare, M., Beitz, K., & Follette, W.C. (November 2002). *Assessing the relationship between psychotherapy outcome and social functioning in the treatment of Benzodiazapine dependence*. Poster presented at the annual meeting for the Association for the Advancement of Behavior Therapy, Reno, NV.
16. Beitz, K., Cucciare, M., **Lillis, J.**, and Follette, W.C. (November 2002). *Assessing the etiology of Benzodiazapine dependence*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.

17. Follete, W. C., Beitz, K., Cucciare, M., **Lillis, J.** (November 2002). *Functional analytic psychotherapy for Benzodiazepine dependence*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
18. **Lillis, J.**, & Follette, W. C. (November 2001). *Assessing risky behavior among survivors of sexual assault*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.

GRANTS

Current

1. 4-SRA-2022-1226-M-B (Juvenile Diabetes Research Foundation): "A Randomized Controlled Trial of iACT, a Novel mHealth Intervention for Eating Disorders in Type 1 Diabetes" 5 years; \$662,418 (site budget)
Role: Site-Principal Investigator
2. R01DK120731 (NIDDK): "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" 5 years (2019-2024); \$2,305,358
Role: Principal Investigator
3. 1R01DK117857-01 (NIDDK): "Rapid evaluation of innovative intervention components to maximize the health benefits of behavioral obesity treatment delivered online: An application of multiphase optimization strategy" 4 years (2019-2023); \$2,040,644
Role: Co-Investigator (Thomas, PI)

Completed

1. 1R03DK114254-01 (NIDDK): "A novel behavioral approach for the adoption and maintenance of habitual physical activity" 2 years (2017-2019); \$146,000
Role: Principal Investigator
2. 1K23DK097143-01A1 (NIDDK): "Using Novel Behavioral Approaches to Improve Long-Term Weight Loss Outcomes" 5 years (2013-2019); \$863,150
Role: Principal Investigator
3. R01DK087704-01 (NIDDK): "Acceptance-Based Behavioral Intervention for Weight Loss" 5 years (2011-2016); \$1,885,283

Role: Co-Investigator (Wing, PI)

4. “The Effects of Cognitive Regulation Strategies on Neural Cue-Reactivity” (Demos, K. PI; September 2011-April 2014). Obesity Society Early Career Research Grant.

Role: Co-Investigator

5. R01MH83740-01 (NIMH/NIDA): “Prevention of Suicidality in College Students: A Common Core Process Approach.” 5 years (2008-2013); \$3,261,056

Role: Assistant Project Director (S. Hayes & J. Pistorello, MPI)

Pending

1. R01DK135463-01A1 (NIDDK): “Using Acceptance and Commitment Therapy to Promote Autonomous Motivation for Increased Physical Activity and Improved Weight Loss Maintenance in Bariatric Surgery Patients: A Randomized Trial” 5 years (2023-2028)

Role: Principal Investigator (MPI)

2. R01AG079979-01A1 (NIA): “A Randomized Trial of Acceptance and Commitment Therapy to Promote Physical Activity in Midlife Adults” 4 years (2024-2028)

Role: Principal Investigator

REVIEWER ACTIVITY

Associate Editor for the *Journal of Contextual Behavioral Science*, 2013-2020

Ad Hoc Reviews:

Annals of Behavioral Medicine
Behavior Modification
Behavioral Medicine
Health Psychology
Journal of Consulting and Clinical Psychology
Journal of Contextual Behavioral Science
Journal of Health Psychology
Journal of Obesity
Journal of Physical Activity and Health
Journal of Social and Clinical Psychology
Obesity
Stigma and Health

UNIVERSITY TEACHING ROLES

2019-present	Associate Professor, California Northstate University, Rancho Cordova, CA (12 classes)
2018-2019	Lecturer, California State University, Sacramento, CA (3 classes)
2003, 2005, 2008, 2009	Instructor, University of Nevada, Reno, NV (5 classes)