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CURRICULUM VITAE
Jessica L. Unick, Ph.D.

Weight Control and Diabetes Research Center
The Miriam Hospital
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EDUCATION

Undergraduate: **Messiah College, Grantham, PA**
Major Field: Sport and Exercise Science
Degree: Bachelor of Arts, 2004
Attended: August 2000 – May 2004
Mentor: Dr. Scott Kieffer
Honors: Dean’s List (2000-2004)
Phi Epsilon Kappa National Honor Society
Middle Atlantic Conference (MAC) All-Academic Team
Second Team All-Middle Atlantic Conference (Women’s Basketball);
Graduated summa cum laude

Graduate: **Appalachian State University, Boone, NC**
Major Field: Exercise Science
Degree: Master of Science, 2006
Attended: August 2004 - May 2006
Mentor: Dr. Alan Utter

Graduate: **University of Pittsburgh, Pittsburgh PA**
Major Field: Exercise Physiology
Degree: Doctor of Philosophy, 2009
Attended: July 2006 – August 2009
Mentor: Dr. John Jakicic
Honors: Outstanding Student Award, Department of Health & PA (2007 & 2008)
Metz/Oerman Scholarship for Outstanding Graduate Student

POSTGRADUATE TRAINING

Fellowship: **The Warren Alpert Medical School of Brown University, Providence RI**
The Miriam Hospital’s Weight Control and Diabetes Research Center
Level: NIH T32 Postdoctoral Fellowship in Cardiovascular Behavioral Medicine
Mentor: Dr. Rena Wing
Attended: August 2009 - 2011

POSTGRADUATE HONORS AND AWARDS

Top 10 abstract award, The Obesity Society's Clinical Management of Obesity Section, 2015

Pat Simmons Travel Grant, The Obesity Society, 2013

NIH T32 Postdoctoral Fellow, 2009 – 2011

ACADEMIC APPOINTMENTS

Graduate Teaching Assistant

Appalachian State University

Health, Leisure & Exercise Science Department

Boone, NC

2004-2005

Graduate Research Assistant

Appalachian State University

Health, Leisure & Exercise Science Department

Boone, NC

2004-2006

Graduate Student Researcher

University of Pittsburgh

Physical Activity & Weight Management Research Center

Pittsburgh, PA

2006-2009

Postdoctoral Research Fellow

Brown University

Psychiatry and Human Behavior

Weight Control and Diabetes Research Center

Providence, RI

2009-2011

Assistant Professor (Research)

Warren Alpert Medical School at Brown University

Psychiatry and Human Behavior

Weight Control and Diabetes Research Center

Providence, RI

2011-2020

Associate Professor (Research)

Warren Alpert Medical School at Brown University

Psychiatry and Human Behavior

Weight Control and Diabetes Research Center

Providence, RI

2020-present

HOSPITAL APPOINTMENTS

Research Scientist
The Miriam Hospital
Weight Control and Diabetes Research Center
2011-present

OTHER APPOINTMENTS

Scientific Reviewer

Invited grant reviewer, Pittsburgh on the Move High School Grants, 2009

Invited manuscript reviewer, Look AHEAD Trial Publications Committee, 2013-present

Invited external dissertation reviewer - Deakin University - Geelong, Australia (Clint Thomas - Exercise training during energy restriction in clinically severe obesity), 2014

Invited external mock grant reviewer, University of Mississippi (Grant Writing & Management), 2015

Scientific meeting abstract reviewer, The Obesity Society, 2016-2018

Grant Reviewer, Mid-Atlantic Nutrition Obesity Research Center Pilot and Feasibility Grant Program, 2016

Reviewer, NIDDK's *Tips to Help You Get Active*, 2016

Scientific meeting abstract reviewer, The Society of Behavioral Medicine, 2017 - 2019

Reviewer, NIDDK's *Getting your Patient Active Their Way* Tip Sheet, 2017

Invited grant reviewer, Netherlands Organisation for Health Research and Development (ZonMw), Lifestyle Medicine grant proposals, 2020 & 2023.

Editorial Board, American College of Sports Medicine's Exercise, Sport, and Movement journal, March 2022 – December 2023.

Data Safety Monitoring Committees

Safety officer: R21NR018359 (MPIs: Leahey and Gorin). Is long-term maintenance worth the wait? Using real time data capture to examine delayed discounting as a putative target of physical activity adherence in weight loss maintenance interventions (October 2018 – August 2021).

Safety officer: K23MD015092 (PI: Panza). Using the multiphase optimization strategy to optimize a culturally tailored online behavioral weight loss intervention for sexual minority women (July 2020 – April 2025).

Ad-Hoc Reviewer (Scientific journals)

Obesity
Journal of Nutrition and Metabolism
Journal of Behavioral Medicine
Medicine & Science in Sport & Exercise
Obesity Surgery
International Journal of Sport Psychology
Preventive Medicine
Journal of Rehabilitation Medicine
Journal of Clinical Medicine
Surgery for Obesity and Related Diseases
The Journal of Nutrition
Diabetes Care
Nutrients
BMJ Open Diabetes Research & Care
American Journal of Clinical Nutrition
International Journal of Exercise Science

Obesity Reviews
Journal of Physical Activity and Health
BMC Public Health
Journal of Human Nutrition and Dietetics
Diabetes Research and Clinical Practice
Contemporary Clinical Trials
British Medical Journal
European Journal of Nutrition
Archives of Physical Medicine and Rehabilitation
Peer J
American Journal of Preventive Medicine
Journal of the Academy of Nutrition and Dietetics
Journal of Endocrinology, Diabetes, and Obesity
Nordic Psychology
Obesity Science & Practice
Health Psychology

Committee and Board Membership

<p>Committee: University:</p>	<p>Search Committee University of Pittsburgh Department of Health and Physical Activity</p>
<p>Position: Term:</p>	<p>Student Member 2009</p>
<p>Committee: Society:</p>	<p>SHI Behavioral Strategies – Technology subcommittee American College of Sports Medicine</p>
<p>Position: Term:</p>	<p>Committee member March 2015 – April 2017</p>
<p>Committee: Society:</p>	<p>Strategic Health Initiative-Behavioral Strategies American College of Sports Medicine</p>
<p>Position: Term:</p>	<p>Committee member May 2014 – April 2017</p>
<p>Committee: Society:</p>	<p>Publications and Presentations Committee The Look AHEAD Trial</p>
<p>Position: Term:</p>	<p>Committee member May 2019 – January 2022</p>
<p>Board: Position:</p>	<p>American Journal of Health Behavior Review board member</p>
<p>Term:</p>	<p>June 2020 - present</p>
<p>Board: Position:</p>	<p>Medifast Scientific Advisory Board</p>

Term: May 2022 - present

Board: Exercise, Sport, and Movement Journal

Position: Editorial Board

Term: October 2022 - present

Thesis Committees

Christine Call: Drexel University

Thesis: When physical activity fails to protect against weight gain: Examining eating-related differences in highly active young adults who gain versus maintain weight

Certifications

Advance-CTR Mentoring Training Program – facilitated by faculty members from the National Research Mentoring Network (NRMN) and Center for the Improvement of Mentored Experience (CIMER) – May 2021

MEMBERSHIPS IN SOCIETIES

American College of Sports Medicine, 2004 - present

The Obesity Society, 2006 - present

New England Chapter of the American College of Sports Medicine, 2009 – present

Society of Behavioral Medicine – 2016 – present

PUBLICATIONS LIST

ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

** = senior author and/or mentor

1. **Unick J**, Kieffer HS, Cheesman W, Feeney A. Acute effects of static and ballistic stretching on vertical jump performance in trained women. *Journal of Strength & Conditioning Research*. 2005, 19(1): 206-212. PMID: 15705036
2. Nieman DC, Austin MD, Benezra L, Pearce S, McInnis T, **Unick J**, Gross SJ. Validation of Cosmed's FitMate in measuring oxygen consumption and estimating resting metabolic rate. *Res Sports Med*. 2006, Apr-Jun;14(2):89-96. PMID: 16869134
3. Nieman DC, Lasasso H, Austin MD, Pearce S, McInnis T, **Unick J**. Validation of Cosmed's FitMate in measuring exercise metabolism. *Res Sports Med*. 2007 Jan-Mar;15(1):67-75. PMID: 17365953
4. **Unick J**, Utter AC, Schumm S, McInnis T. Evaluation of leg-to-leg BIA in assessing body composition in high-school aged males and females. *Res Sports Med*. 2006, Oct-Dec;14(4):301-13. PMID: 17214406
5. **Unick J**, Jakicic JM, Marcus BH. Contribution of behavior intervention components to 24-month weight loss. *Med Sci Sports Exerc*. 2010, 42(4): 745-753. PMCID: PMC2891894

6. Bond DS, Jakicic JM, **Unick JL**, Vithiananthan S, Pohl D, Roye GD, et al. Pre- to postoperative physical activity changes in bariatric surgery patients: self-report vs. objective measures. *Obesity (Silver Spring)*. 2010, Dec;18(12): 2395-2397. PMID: 20379143 (not NIH funded).
7. **Unick J**, Otto A, Goodpaster B, Helsel D, Pellegrini C, Jakicic J. Acute effect of walking on energy intake in overweight/obese women. *Appetite*. 2010, Dec; 55(3): 413-419. PMCID: PMC3701948
8. Bond DS, **Unick J**, Jakicic JM, Vithiananthan, S., Pohl, D., Roye, G., Ryder, B.A., Sax, H.C., Wing, R.R. Objective assessment of time spent being sedentary in bariatric surgery candidates. *Obesity Surgery*. 2011, 21: 811-814. PMCID: PMC2916048
9. **Unick JL**, Beavers D, Jakicic JM, Kitabchi AE, Knowler WC, Wadden TA, Wing RR for the Look AHEAD Research Group. The effectiveness of lifestyle interventions for individuals with severe obesity and type 2 diabetes: Results from the Look AHEAD trial. *Diabetes Care*. 2011, 34(10):2152-2157. PMCID: PMC3177753
10. **Unick JL**, Bond DS, Jakicic JM, Vithiananthan S, Ryder BA, Roye GD, Pohl D, Sax HC, Wing RR. Comparison of two objective monitors for assessing physical activity and sedentary behavior in bariatric surgery patients. *Obesity Surgery*. 2012, 22(3): 347-352. PMCID: PMC3242159
11. **Unick JL**, Michael JC, Jakicic JM. Affective responses to exercise in overweight women: Initial insight and possible influence on energy intake. *Psychology of Sport and Exercise*. 2012, 13(5): 528-532. PMCID: PMC3772527.
12. Bond DS, **Unick JL**, Jakicic JM, Vithiananthan S, Trautvetter J, O'Leary K, Wing RR. Physical Activity and Quality of Life in Severely Obese Individuals Seeking Bariatric Surgery or Lifestyle Intervention. *Health and Quality of Life Outcomes*. 2012, 10(1): 86. PMCID: PMC3463462.
13. **Unick JL**, O'Leary K, Bond DS, Wing RR. Physical activity enhancement to a behavioral weight loss program for severely obese individuals: A preliminary investigation. *ISRN Obesity*. 2012, Article ID 465158, 4 pages. PMCID: PMC3874272.
14. **Unick JL**, Beavers D, Bond DS, Clark J, Jakicic JM, Kitabchi AE, Knowler WC, Wadden TA, Wagenknecht L, Wyatt H, Wing RR for the Look AHEAD Research Group. Long-term effectiveness of a lifestyle intervention in severely obese individuals. *The American Journal of Medicine*. 2013, 126(3):236-242 e232. PMCID: PMC3574274.
15. Bond DS, Thomas JG, **Unick JL**, Raynor HA, Wing RR. Self-reported and objectively measured sedentary behavior in bariatric surgery candidates. *Surgery for Obesity and Related Diseases*. 2013, 9(1): 123-128. PMCID: PMC3558551.
16. Leahey TM, Xu X, **Unick JL**, Wing, RR. A preliminary investigation of the role of self-control in behavioral weight loss treatment. *Obesity Research and Clinical Practice*, 2014, 8(2): 149-153. PMCID: PMC3992479
17. Peter I, Papandonatos GD, Belalcazar M, Yang Y, Jakicic JM, **Unick JL**, Balasubramanyam A, Lipkin E, Delahanty L, Wagenknecht LE, Wing RR, Huggins GS, McCaffery JM, for the Genetics Subgroup

of the Look AHEAD Study. Genetic Modifiers of Cardiorespiratory Fitness Response to Lifestyle Intervention. *Medicine & Science in Sports & Exercise*. 2014, Feb;46(2):302-11. PMID: PMC4055466.

18. **Unick JL**, Hogan P, Neiberg R, Cheskin L, Dutton G, Evans-Hudnall G, Jeffery R, Kitabchi A, Nelson J, Pi-Sunyer X, West D, Wing RR for the Look AHEAD Research Group. Evaluation of early weight loss thresholds for identifying non-responders to an intensive lifestyle intervention. *Obesity (Silver Spring)*. 2014, Jul;22(7): 1608-1616. PMID: PMC4077939.
19. **Unick JL**, Gaussoin S, Bahnson J, Crow R, Curtis J, Jakicic JM, Killean T, Regensteiner J, Stewart K, Wing RR for the Look AHEAD Research Group. Validity of Ratings of Perceived Exertion in Patients with Type II Diabetes. *J Nov Physiother Phys Rehabil*. 2014, 1: 102. PMID: PMC4255703.
20. Bond DS, Thomas JG, King WC, Vithianathan 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 trial. *Obesity (Silver Spring)*. 2015, Mar: 23(3): 536-542. PMID: PMC4339393.
21. Bond DS, Vithianathan S, Thomas JG, Trautvetter J, **Unick JL**, Jakicic JM, Pohl D, Ryder BA, Roye D, Sax H, Wing RR. Bari-Active: A randomized controlled trial of a preoperative intervention to increase physical activity in bariatric surgery patients. *Surgery for Obesity and Related Diseases*. 2015, Jan-Feb;11(1): 169-177. PMID: PMC4312263.
22. **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. *The British Journal of Nutrition*. 2015, Apr; 113(7): 1170-1177. PMID: PMC4648283.
23. **Unick JL**, Hogan P, Neiberg R, Cheskin L, Dutton G, Jeffery R, Nelson J, Pi-Sunyer FX, West D, Wing RR. Weight change in the first two months of a lifestyle intervention is associated with weight change 8 years later. *Obesity (Silver Spring)*. 2015, Jul; 23(7): 1353-1356. PMID: PMC4481874.
24. **Unick JL**, Leahey T, Kent K, Wing RR. Examination of whether early weight loss predicts 1-year weight loss among those enrolled in an Internet-based weight loss program. *International Journal of Obesity*. 2015, 39; 1558-1560. PMID: PMC4596751.
25. Lillis J, Niemeier HM, Ross KM, Thomas JG, Leahey T, **Unick J**, Kendra KE, Wing RR. Weight loss intervention for individuals with high internal disinhibition: design of the Acceptance Based Behavioral Intervention (ABBI) randomized controlled trial. *BMC Psychology*. 2015, May 28; 3(1): 17. PMID: PMC4446109.
26. **Unick JL**, Strohacker K, Papandonatos G, Williams D, O'Leary KC, Dorfman L, Becofsky K, Wing RR. Examination of the consistency in affective response to acute exercise in overweight and obese women. *Journal of Sport & Exercise Psychology*. 2015, 37(5): 534-546. PMID: PMC4724861.

27. **Unick JL**, Dorfman L, Leahey TM, Wing RR. A preliminary investigation into whether early intervention can improve weight loss among those initially non-responsive to an Internet-based behavioral program. *Journal of Behavioral Medicine*. 2015, Oct; 39(2): 254-261. (not NIH-funded).
28. 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 patients. *Surgery for Obesity and Related Diseases*. 2016, Feb; 12(5): 1072-1079. PMID: PMC4987239.
29. Wing RR, Espeland MA, Clark JM, Hazuda HP, Knowler WC, Pownall HJ, **Unick JL**, Wadden TW, Wagenknecht L. Association of weight loss maintenance and weight regain on 4-year changes in CVD risk factors: the Action for Health in Diabetes Clinical Trial. *Diabetes Care*. 2016, Aug; 39(8): 1345-1355. PMID: PMC4955927.
30. **Unick, JL**, Gaussoin SA, Hill JO, Jakicic JM, Bond DS, Hellgren M, Johnson KC, Peters AL, Coday M, Kitzman D, Bossart S, Wing RR. 4-year physical activity levels among intervention participants with type 2 diabetes. *Medicine & Science in Sports & Exercise*. 2016, Dec; 48(12):2437-2445. PMID: PMC5110392.
31. Lillis J, Niemeier HM, Thomas JG, **Unick JL**, Ross KM, Leahey T, 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, Dec; 24(12):2509-2514. PMID: PMC5125828.
32. **Unick JL**, Lang W, Tate DF, Bond DS, Espeland, MA, Wing RR. Objective estimates of physical activity and sedentary time among young adults. *Journal of Obesity*. 2017, 9257564. PMID: PMC5237733.
33. Bond DS, Raynor HA, Thomas JG, **Unick JL**, Webster J, Ryder B, Vithianthan S. Greater adherence to recommended morning physical activity is associated with greater total intervention-related physical activity changes in bariatric surgery patients. *Journal of Physical Activity and Health*. 2017, Mar; 2:1-18. (PMC in process).
34. Bond DS, Thomas JG, Vithiananthan S, **Unick JL**, 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. *International Journal of Obesity*. 2017, Mar; 41(3):467-470. PMID: PMC5340609.
35. **Unick JL**, Pellegrini CA, Demos KE, Dorfman L. Initial weight loss response as an indicator for providing early rescue efforts to improve long-term treatment outcomes. *Current Diabetes Reports*. 2017, 17:69. PMID: PMC5789799.
36. **Unick JL**, Gaussoin SA, Hill JO, Jakicic JM, Bond DS, Hellgren M, Johnson KC, Peters AL, Coday M, Kitzman D, Bossart S, Wing RR. Objectively-assessed physical activity and weight loss maintenance among individuals enrolled in a lifestyle intervention. *Obesity*. 2017, Nov;25(11): 1903-1909. PMID: PMC5695666.

37. **Unick JL**, Lang W, Williams SE, Bond DS, Egan CM, Espeland MA, Wing RR, Tate DF, and the SNAP Research Group. Objectively-assessed physical activity and weight change in young adults: a randomized controlled trial. *Int J Behav Nutr Phys Act*. 2017, Dec 4;14(1): 165. PMCID: PMC5715643
38. Olson KL, Neiberg R, Garcia K, Gorin A, Lewis CE, **Unick JL**, Wing R. Weight and shape concern impacts weight gain prevention in the SNAP trial: Implications for tailoring intervention delivery. *Obesity*. 2018, Aug;26(8):1270-1276. PMCID: PMC6437682
39. Wadden TA, Chao AM, Bahnson JL, Bantle JJ, Blackburn GL, Clark JM, Gaussoin S, Jakicic JM, Johnson KC, Miller GD, **Unick JL**, Yanovski SZ. End-of-trial health outcomes in Look AHEAD participants who elected to have bariatric surgery. *Obesity*. 2019, Apr;27(4):581-590. PMCID: PMC6432947.
40. **Unick JL**, Ross KM, Wing RR. Factors associated with early non-response within an Internet-based behavioral weight loss program. *Obesity Science and Practice*. 2019, Aug;5(4): 324-332. PMCID: PMC6700509
41. Wing RR, Becofsky K, Wing EJ, McCaffery J, Boudreau M, Evans EW, **Unick JL**. Behavioral and cardiovascular effects of a behavioral weight loss program for people living with HIV. *AIDS and Behavior*. 2020, Apr;24(4):1032-1041. PMID: 31004243
42. **Unick JL**, Pellegrini CA, Dunsiger SI, Demos KE, Thomas JG, Bond DS, Webster J, Wing RR. DIAL now protocol: A randomized trial examining the provision of phone coaching to those with sub-optimal early weight loss during an Internet weight management program. *Contemporary Clinical Trials*. 2020, Mar; 90. PMCID: PMC 7071958.
43. Smith KE, Haedt-Matt A, Mason TB, Wang S, Yang C, **Unick JL**, Bond DS, Goldschmidt AB. Associations between naturalistically-assessed physical activity patterns, affect, and eating in youth with overweight and obesity. *Journal of Behavioral Medicine*. 2020, Apr 17. PMCID: PMC 32303944.
44. **Unick JL**, Walkup MP, Miller ME, Apolzan JW, Brubaker PH, Coday M, Hill JO, Jakicic JM, Middelbeek RJW, West D, Wing RR and the Look AHEAD Research Group. Early physical activity adoption predicts longer-term physical activity among individuals inactive at baseline. *Journal of Physical Activity and Health*. 2020, Nov 3:1-8. PMCID: PMC9159534.
45. **Pellegrini CA, Webster J, Hahn KR, Leblond TL, **Unick JL**. Relationship between stress and weight management behaviors during the COVID-19 pandemic among those enrolled in an Internet program. *Obesity Science and Practice*. 2020, Oct 22. PMCID: PMC7909591.
46. **Unick JL**, Dunsiger SI, Leblond T, Hahn K, Thomas JG, Abrantes AM, Stroud LR, Wing RR. Randomized trial examining the effect of a 12-week exercise program on hedonic eating. *Medicine and Science in Sport and Exercise*. 2021. Aug 1;53(8):1638-1647. PMCID: PMC8283005.
47. **Olson K, Goldstein SP, Wing RR, Williams DM, Demos KE, **Unick JL**. Internalized weight bias is associated with perceived exertion and affect during exercise among individuals of higher body

- weight. *Obesity Science and Practice*. 2021. Aug;7(4):405-414. PMID: PMC8346369.
48. Lillis J, Schumacher LM, Thomas JG, Levin ME, Dunsiger S, **Unick JL**, Evans EW, Hayes JF, Wing RR. Study protocol for a randomized controlled trial comparing two low-intensity weight loss maintenance interventions based on Acceptance and Commitment Therapy or Self-Regulation intervention. *Contemporary Clinical Trials*. 2021, April;103:106317. PMID: PMC9015891.
 49. Braun TD, Gorin AA, Puhl RM, Stone A, Quinn DM, Ferrand J, Abrantes AM, **Unick JL**, Tishler D, Papasavas P. Shame and self-compassion as risk and protective mechanisms of the internalized weight bias and emotional eating link in individuals seeking bariatric surgery. *Obesity Surgery*. 2021, July;31(7):3177-3187. PMID: PMC8493808.
 50. **Smith, KE, Mason, TB, Schumacher, LM, Pellegrini, C.A, Goldschmidt, AB, & **Unick, JL**. Momentary affective response to bouts of moderate-to-vigorous intensity physical activity predicts changes in physical activity and sedentary behavior during behavioral weight loss. *Psychology of Sport and Exercise*. 2021, Nov;57. PMID: PMC8562688.
 51. ** Smith KE, Mason TB, Wang W, Schumacher LM, Pellegrini CA, Goldschmidt AB, **Unick JL**. Dynamic associations between anxiety, stress, physical activity, and eating regulation over the course of a behavioral weight loss intervention. *Appetite*. 2022 Jan;168. PMID: PMC8671217.
 52. **Hayes JF, Schumacher LM, Panza E, Dunsiger SI, Wing RR, **Unick JL**. Affective responses to overeating episodes in women participating in a behavioral weight loss program. *Eating Behaviors*. 2022, Jan;44. PMID: PMC8901183.
 53. **Unick JL**, Dunsiger SI, Bock BC, Sherman SA, Braun TD, Wing RR. A preliminary investigation of yoga as an intervention approach for improving long-term weight loss: A randomized trial. *PLOS One*. 2022, Feb 4;17(2):e0263405. PMID: PMC8815874.
 54. **Braun TD, Olson K, Panza E, Lillis J, Schumacher L, Abrantes AM, Kunicki Z, **Unick JL**. Internalized weight stigma in women with class III obesity: A randomized controlled pilot trial of a virtual lifestyle modification intervention followed by mindful self-compassion intervention. *Obesity Science & Practice*. 2022, Dec; 8(6): 816-827. PMID: PMC9722463.
 55. Hayes JF, Wing RR, **Unick JL**, Ross KM. Behaviors and psychological states associated with transitions from regaining to losing weight. *Health Psychology*. 2022, Dec; 41(12):938-945. PMID: PMC9793336.
 56. Braun TD, **Unick JL**, Abrantes AM, Dalrymple K, Conboy LA, Schifano E, Park CL, Lazar S. Intuitive eating buffers the link between internalized weight stigma and body mass index in stressed adults. *Appetite*. 2022, Feb 1;169:105810. PMID: PMC9434977.
 57. Wing RR, Howard MJ, Olson KL, **Unick JL**, Chao AM, Wadden TA, Wagenknecht LE. Weight changes during COVID shutdown in older individuals with type 2 diabetes: The Look AHEAD Study. *Obesity*. 2023, Mar; 31(3):871-882. PMID: PMC9878262.
 58. **Pellegrini CA, DeVivo K, Kozak AT, **Unick JL**. Bad situation, treat yourself: A qualitative

exploration of the factors influencing healthy eating habits during the COVID-19 pandemic. *Health Psychology and Behavioral Medicine*. 2023; 11(1): 2182307. PMID: PMC9987739.

59. Connell Bohlen L, LaRowe L, Dunsiger SI, Dione L, Griffin E, Kim A, Marcus BH, **Unick JL**, Wu W, Williams DM. Comparing a recommendation for self-paced versus moderate intensity physical activity for midlife adults: Rationale and design. *Contemporary Clinical Trials*. 2023 May; 128:107169. PMID: PMC10183157.
60. **Unick JL**, Dunsiger SI, Bock BC, Sherman SA, Braun TD, Hayes JF, Goldstein SP, Wing RR. A randomized trial examining the effect of yoga on dietary lapses and lapse triggers following behavioral weight loss treatment. *Obesity Science & Practice*. April 20, 2023. <https://doi.org/10.1002/osp4.678>. PMID in process.
61. Qian J, Middelbeek R, Scheer F, Jakicic JM, Hu K, Xiao Q, Walkup M, Coday M, Erickson M, **Unick JL**. Association of timing of moderate-to-vigorous physical activity with changes in glycemic control over 4 years with adults with type 2 diabetes from the Look AHEAD Trial. *Diabetes Care*. 2023 Jul 1; 46(7): 1417-1424. PMID: PMC10300518.
62. Williams DM, Connell Bohlen L, Dunsiger S, Ayala-Heredia V, Griffin L, Dionne L, Wilson-Barthes M, **Unick J**, LaRow LR, & Galárraga O. Testing an insurance-based monetary incentive program for exercise: RCT design and rationale. *Contemporary Clinical Trials*. (in press).
63. **Unick JL**, Pellegrini CA, Dunsiger SI, Demos KE, Thomas JG, Bond DS, Webster J, Wing RR. Characterization of early non-responders within Internet-delivered behavioral weight loss treatment. *American Journal of Health Behavior*. (in press).
64. Coleman CD, Kiel JR, Guarneiri LL, Bell M, Wilcox ML, Maki KC, **Unick JL**, Jonnalagadda SS. Importance of early weight loss and other predictors of lower weight loss in a commercial program: A secondary data analysis. *Obesity Science & Practice* (in press).

PUBLICATIONS SUBMITTED OR IN PREPARATION

1. DeVivo KE, **Unick JL**, Harpine C, Hayes J, Schumacher L, Pellegrini CA. Exploring the Barriers and Facilitators to Physical Activity in Adults with Overweight and Obesity During the Coronavirus Pandemic (Submitted to *Journal of Health Education and Behavior*).
2. **Sherman SA, Quinn T, Bock BC, Braun TD, **Unick JL**. Delivery of yoga dimensions across in-person and remote formats in a weight loss maintenance intervention (Submitted to the *PLOS One*).
3. **Unick JL**, Pellegrini CA, Dunsiger SI, Demos KE, Thomas JG, Bond DS, Wing RR, Webster J. Efficacy of an adaptive intervention for suboptimal responders within remote-delivered weight loss treatment: A randomized clinical trial (in preparation).
4. **Demos KE, Williams DM, Wing RR, **Unick JL**. Memory bias of affective responses to physical activity (in preparation).

OTHER NON PEER-REVIEWED PUBLICATIONS:

1. **Unick, J.** Exercise isn't a free pass to eat anything you want. *"Healthy Living" column of the Providence Journal*. October 21, 2013.
2. **Unick, J.** Steps to becoming a lifelong exerciser. *"Healthy Living" column of the Providence Journal*. January 27, 2014.
3. **Unick, J.** Avoid unwanted pounds by increasing your restaurant IQ. *"Healthy Living: column of the Providence Journal*. May 5, 2014.
4. **Unick, J.** Perspective to: 'Early weight loss with liraglutide predicts long-term success'. *Endocrine Today*. December 4, 2015.

ABSTRACTS

** senior author and/or mentor

1. **Unick, J.** & Silvae, J. Physiological differences in HR and VO₂ at a given RPE on the elliptical trainer and treadmill. Poster session presented at the *82nd Annual Pennsylvania State Association for Health, Physical Education, Recreation and Dance State Convention*, Lancaster, PA; November 2003.
2. **Unick J.**, Utter AC, Schumm S, McInnis T. Evaluation of leg-to-leg BIA in assessing body composition in high-school aged males and females. Oral presentation at the *Southeast Regional American College of Sports Medicine Conference*, Charlotte, NC; February 2006.
3. **Unick, J.**, Jakicic, J.M., Marcus, B.H. Physical activity dose is linked with eating behaviors during weight loss. Poster session presented at the *American College of Sports Medicine's 54th Annual Meeting*, New Orleans, LA; June 2007.
4. **Unick, J.**, Jakicic, J.M., Marcus, B.H. Predictors of 24-month weight loss in overweight and obese women. Oral presentation at *The Obesity Society's Annual Meeting*, New Orleans, LA; October 2007.
5. **Unick, J.**, Jakicic, J.M., Otto, A.D. The effect of weight loss and physical activity on bodily pain and physical functioning in overweight adults. Oral presentation at the *American College of Sports Medicine's 55th Annual Meeting*, Indianapolis, IN; June 2008.
6. Jakicic, J.M., Otto, A.D., Davis, K., Dutton, C., **Unick, J.** Garcia, D. 24-month success in a behavioral program for weight loss: Influence of physical activity and eating behaviors. Oral presentation at *The Obesity Society's Annual Meeting*, Phoenix, AZ; October 2008.
7. **Unick, J.**, Jakicic, J.M., Otto, A. Influence of fitness on 24-month changes in physical activity and weight loss. Oral presentation at *The Obesity Society's Annual Meeting*, Phoenix, AZ; October 2008.
8. Rompolski, K.L., Jakicic, J.M., Otto, A.D., Davis, K.A., **Unick, J.**, Dutton, C.A., Garcia, D.O. The

effect of weight loss and physical activity on bone mineral density in overweight women. Poster session presented at the *American College of Sports Medicine's 56th Annual Meeting*, Seattle, WA; June 2009.

9. **Unick, J.**, Jakicic, J.M., Otto, A.D., Dutton, C.A., Rompolski, K.L., Garcia, D.O., Justice, B.D. Psychosocial variables influencing long-term physical activity levels in overweight men and women. Poster session presented at the *American College of Sports Medicine's 56th Annual Meeting*, Seattle, WA; June 2009.
10. Otto AD, Jakicic JM, Davis K, **Unick JL**, Dutton CA. Promotion of physical activity using a computer software program on BMI and fitness in children. Poster session presented at the *American College of Sports Medicine's 56th Annual Meeting*, Seattle, WA; June 2009.
11. Dutton, C.A., Jakicic, J.M., Otto, A.D., **Unick, J.L.** Achievement of weight loss goals in response to a standard weight loss intervention. Poster session presented at *The Obesity's Society's Annual Meeting*, Washington DC; October, 2009.
12. **Unick, J.L.**, Jakicic, J.M., Otto, A.D., Dutton, C.A., Davis, K. The influence of social support on weight change during an 18-month behavioral weight loss intervention. Poster session presented at *The Obesity Society's Annual Meeting*, Washington DC; October, 2009.
13. **Unick, J.L.**, Jakicic, J., Otto, A., Dutton, C., Michael, J., Wing, R. The acute effect of exercise on mood in overweight/obese women. Oral presentation presented at *The American College of Sports Medicine's 57th Annual Meeting*, Baltimore, MD; June, 2010.
14. **Unick, J.L.**, Beavers, D., Jakicic, J.M., Kitabchi, A., Knowler, W.C., Wadden, T.A., Wing, R.R. The effectiveness of a lifestyle weight loss intervention in the severely obese: Results from the Look AHEAD trial. Oral presentation presented at *The Obesity Society's Annual Meeting*. San Diego, CA; November, 2010.
15. **Unick, J.L.**, Beavers, D., Jakicic, J.M., Kitabchi, A., Knowler, W.C., Wadden, T.A., Wing, R.R. Changes in fitness following a behavioral weight loss program in severely obese individuals. Poster presentation presented at *The American College of Sports Medicine's 58th Annual Meeting*, Denver, CO; June 2011.
16. Michael, J.C., Marcus, M.D., Davis, K.K., Rogers, R.J., Taylor, M., Coppock, J., McGuire, M., **Unick, J.L.**, Jakicic, J.M. Acute affective responses to varying durations of physical activity among overweight and obese women. Presented at the *Society of Behavioral Medicine's 33rd Annual Meeting*, New Orleans, LA; April 2012.
17. **Unick, J.L.**, O'Leary, K., Jakicic, J.M., Wing, R.R. The added effect of technology on a behavioral weight loss program in severely obese individuals. Poster presentation presented at *The American College of Sports Medicine's 59th Annual Meeting*, San Francisco, CA; June 2012.
18. **Unick, J.L.**, Bond, D.S., O'Leary, K., Trautvetter, J., Vithianathan, S., Pohl, D., Ryder, B. Comparison of exercise-related psychological factors in severely obese individuals seeking bariatric surgery vs. lifestyle treatment. Poster presentation presented at *The Obesity Society's*

Annual Meeting, San Antonio, TX; September 2012.

19. Bond, D.S., Thomas, J.G., **Unick, J.L.**, Raynor, H.A., Vithiananthan, S., Trautvetter, J., Wing, R.R. Comparison of bariatric surgery candidates' self-reported and objectively-measured time spent in sedentary behaviors. Poster presentation presented at *The Obesity Society's Annual Meeting, San Antonio, TX; September 2012.*
20. Bond, D.S., **Unick, J.L.**, Trautvetter, J., O'Leary, C.O., Wing, R.R. Physical activity and quality of life in severely obese individuals seeking bariatric surgery or lifestyle intervention. Poster presentation presented at *The Obesity Society's Annual Meeting, San Antonio, TX; Sept 2012.*
21. **O'Leary C.O., **Unick, J.L.**, Demos K.E., Wing, R.R. The association between objectively measured physical activity and stroop interference in severely obese individuals. Poster presentation presented at the *Northeast American College of Sports Medicine Conference, Providence, RI; November 2012.*
22. **Unick, J.L.**, Hogan, P., Neiberg, R., Cheskin, L., Dutton, G., Evans Hudnall, G., Jeffery, R., Kitabchi, A., Nelson, J., Pi-Sunyer, F.P., West, D., Wing, R.R. Can initial treatment response identify individuals who will be unsuccessful in behavioral weight loss programs? Oral presentation presented at *The Obesity Society's Annual Meeting (Obesity Week), Atlanta, GA; November 2013.*
23. Bond, D.S., **Unick, J.L.**, Trautvetter, J., Thomas, G., Jakicic, J., Pohl, D., Ryder, B., Wing, R. Bari-Active: A randomized controlled trial of a preoperative behavioral intervention to increase physical activity in bariatric surgery patients. Oral presentation presented at *American Society for Metabolic & Bariatric Surgery Annual Meeting (Obesity Week), Atlanta, GA; November 2013.*
24. Lillis, J., Wing, R.R., Thomas, G., Leahey, T.M., **Unick, J.L.**, Kendra, K.E., Niemeier, H., Samuels, A.I., Dorfman, L. The impact of obesity stigma on health behaviors among treatment seeking adults. Poster presented at *The Obesity Society's Annual Meeting (Obesity Week), Atlanta, GA; November 2013.*
25. **Unick J.L.**, O'Leary K.C., Dorfman L, Strohacker K., Thomas J.G., Wing R.R. Examination of the consistency in compensatory eating responses following an acute exercise bout. Oral presentation at the *61st American College of Sports Medicine Meeting and the 5th World Congress on Exercise is Medicine, Orlando, FL; May 2014.*
26. O'Leary K.C., Thomas, J.G., Wing, R.R., Lipton, R.B., Peterlin, B.L., **Unick, J.L.**, Bond, D.S. Comparison of objectively measured physical activity in obese women migraineurs and controls. Poster presentation at *61st American College of Sports Medicine Meeting and the 5th World Congress on Exercise is Medicine, Orlando, FL; May 2014.*
27. **Unick, J.L.**, Dorfman L., Leahey T., Wing, R.R. A preliminary investigation into whether early intervention can improve weight loss among those initially non-responsive to an Internet-based behavioral program. Poster presented at *The Obesity Society's Annual Meeting (Obesity Week), Boston, MA; November 2014.*

28. Lillis J, **Unick J**, Niemeier H, Kendra K, Thomas JG, Leahey T, Dorfman L, Wing R. The role of avoidance-based coping in the psychosocial functioning of weight loss treatment seeking adults. Poster presented at *The Obesity Society's Annual Meeting (Obesity Week)*, Boston, MA; November 2014.
29. **Unick J.L.**, Lang W., Polzien K., Tate D., Wing R.R. Physical activity and sedentary behaviors in young adults: A comparison of subjective and objective measures. Poster presented at the 62nd American College of Sports Medicine Meeting and the 6th World Congress on Exercise is Medicine Meeting, San Diego, CA; May 2015.
30. **Unick, J.L.**, Gaussoin, S., Hill, J.O., Bond, D.S., Hellgren, M.I., Johnson, K.C., Peters, A., Coday, M., Kitzman, D., Bossart, S., Jakicic, J.M., Wing, R.R. The relationship between objectively-assessed 4-year physical activity participation and long-term weight loss in older adults with Type 2 diabetes enrolled in the Look AHEAD Trial. Poster presented at *The Obesity Society's Annual Meeting (Obesity Week)*, Los Angeles CA; November 2015.
31. **Quinn CP, Dorfman LR, **Unick JL**. The relationship between daily hassles, adherence, steps and sedentary time in an Internet-based weight loss intervention. Poster presented at the New England American College of Sports Medicine's fall conference, Providence RI; October 2016.
32. **Unick, JL**, Tate, DF, Lang W, Williams SE, Bond DS, Egan CM, Gorin AA, Larose, JG, Bahnson J, Lewis CE, Espeland MA, Wing RR. The relationship between objectively-assessed physical activity and weight change: The study of novel approaches for weight gain prevention (SNAP Trial). Poster presented at *The Obesity Society's Annual Meeting (Obesity Week)*, New Orleans LA; November 2016.
33. **Unick JL**, Dorfman LR, Thomas JG, Wing RR. Using ecological momentary assessment (EMA) and objective physical activity monitors to examine whether regular exercise reduces stress-induced overeating. Poster presented at *The Obesity Society's Annual Meeting (Obesity Week)*, New Orleans LA; November 2016.
34. Bond DS, Thomas JG, **Unick JL**, Roye D, Ryder BA, Vithiananthan S, Webster J, Sax HC. Intervention-related increases in preoperative physical activity maintained 6-months after bariatric surgery: Results from the Bari-Active Trial. Poster presented at *The Obesity Society's Annual Meeting (Obesity Week)*, New Orleans LA; November 2016.
35. **Unick JL**, Dorfman L, Becofsky K, Bond DS, Thomas JG, Ward-Ritacco C. Real-time assessment of the relationship between exercise and psychological stress in overweight women. Oral presentation at the 64th American College of Sports Medicine Meeting and the 8th World Congress on Exercise is Medicine, Denver CO; May 2017.
36. Olson K, Neiberg R, Garcia K, Gorin A, Lewis CE, **Unick, JL**, Wing RR. Weight and Shape Concern among Young Adults in the SNAP Trial: Implications for Treatment Matching. Poster presented at *The Obesity Society's Annual Meeting (Obesity Week)*, Washington DC; November 2017.

37. **Hahn KR, Leblond T, **Unick JL**. The affect of ecological momentary assessment on exercise bouts, duration, and intensity. Poster presented at the New England American College of Sports Medicine Conference, Providence RI; November 2018.
38. Call CC, **Unick JL**, Forman EM, Butryn ML. The relation of weight change to behavioral and psychological factors in active young adults. Poster presented at the *Society of Behavioral Medicine's 40th Annual Meeting*. Washington DC; March 2019.
39. **Unick JL**, Dunsiger S, Leblond T, Hahn K, Thomas JG, Abrantes AM, Epel E, Stroud L, Wing RR. Randomized trial examining the effect of a 12-week exercise program on eating behaviors. Oral presentation at the *66th American College of Sports Medicine's Annual Meeting*, Orlando FL; May 2019.
40. **Reilly A, Hahn K, Leblond T, **Unick JL**. Comparison of two methods for assessing physical activity. Poster presented at the New England American College of Sports Medicine Conference, Providence, RI; November 2019.
41. **Hansen E, Hahn K, Leblond T, **Unick JL**. Comparison of exercise intensity in controlled and self-regulated environments. Oral poster presented at the New England American College of Sports Medicine Conference, Providence, RI; November 2019.
42. **Hahn KR, O'Leary K, **Unick JL**. Examination of energy intake in response to exercise throughout a 5-month weight loss program. Oral presentation presented at the New England American College of Sports Medicine Conference, Providence, RI; November 2019.
43. **Unick JL**, Walkup MP, Miller ME, Apolzan JW, Brubaker PH, Coday MC, Hill JO, Jakicic JM, Middelbeek RJW, West DS, Wing, RR. Early moderate-to-vigorous physical activity adoption predicts 1-year physical activity adherence. Presented at the *Obesity Society's Annual Meeting (Obesity Week)*, Las Vegas NV; November 2019.
44. **Pellegrini, C.A., Webster, J., Hahn, K.H., Leblond, T.L., **Unick, J.L.** Role of Stress on Weight Management Behaviors during the COVID-19 Pandemic among those Enrolled in an Internet-Delivered Weight Loss Program. *UofSC Nutrition Research Day – Virtual*. September-October 2020.
45. DeVivo KE, **Unick JL**, Harpine CE, Pellegrini CA. Eating Behaviors and Grocery Shopping Experiences During the COVID-19 Pandemic Among Adults in a Weight Loss Program. *UofSC Nutrition Research Day*. Virtual. September-October 2020. (Popular vote award)
46. Pellegrini CA, DeVivo KE, **Unick JL**. Influence of the COVID-19 Pandemic on Stress and Dietary and Physical Activity Behaviors: A Qualitative Investigation. *ASPH COVID-19 Research Showcase*. Virtual Presentation, Columbia, SC. October 2, 2020.
47. **Jablonki HJ, Leblond TL, Hahn KR, Moschetto MP, DiSano DJ, **Unick JL**. Randomized trial examining the effect of a 12-week incentivized exercise program on exercise motivation. Virtual poster presentation presented at the *New England American College of Sports Medicine's Fall Meeting (virtual)*; October 2020.

48. Braun T, Abrantes A, **Unick JL**, Dalrymple K, Schifano E, Park C, Conboy L, Lazar S. Intuitive eating buffers against the effect of internalized weight bias on BMI in stressed adults. Virtual poster presentation presented at Obesity Week (virtual); November 2020.

49. **Pellegrini CA, Webster J, Hahn KH, Leblond TL, **Unick JL**. Stress and Weight Management Behaviors during the COVID-19 Pandemic in Adults in an Internet-Delivered Weight Loss Program. Research Spotlight Virtual Presentation at *The Society of Behavioral Medicine's Annual Meeting*. Virtual Meeting, April, 2021.

50. **Jackson ER, Bitton C, Demos KE, **Unick JL**. Is higher BMI associated with more negative affective response to exercise among individuals with overweight or obesity? Poster presentation at the *New England American College of Sports Medicine's Fall Meeting*; November 2021.

51. **Cummins L, Olson K, Lillis J, Panza E, Braun TD, Wing RR, **Unick JL**. Examining long-term changes in internalized weight bias in women following a group yoga intervention. Poster presentation presented at *Obesity Week*; November 2021.

52. **Braun TD, Kunicki Z, Schumacher L, Olson K, Lillis J, Panza E, Abrantes AM, Wing RR, **Unick JL**. Self-compassion for weight loss maintenance in women with high internalized weight bias. Poster presentation presented at *Obesity Week*; November 2021.

53. Hayes JF, Wing RR, **Unick JL**, Ross KM. Getting back on track: Weight-related behaviors and psychological states associated with recovery from weight regain. Poster presentation at the *Society of Behavioral Medicine's Annual Meeting*; April 2022.

54. **Sherman SA, Quinn T, Braun T, **Unick JL**. Delivery of yoga properties across in-person and remote formats in a weight loss maintenance intervention. Poster presentation presented at the *American College of Sports Medicine's Annual Meeting*; May 2022.

55. Qian J, Xiao Q, Walkup M, Coday M, Erickson M, **Unick JL**, Jakicic JM, Hu K, Scheer FAJL, Middelbeek RJW, and the Look AHEAD Research Group. Timing of moderate-to-vigorous physical activity is associated with improvements in glycemic control in type 2 diabetes in the Look AHEAD study. Poster presentation at the *American Diabetes Association's Annual Meeting*; June 2022.

56. Jenkins K, O'Connor KF, Hahn KR, McManus-Shipp KE, **Unick JL**, Gorin AA, Leahey TM. Impact of COVID-19 restrictions on weight loss maintenance behaviors and outcomes. Poster presentation at *Obesity Week*; November 2022.

57. **Unick JL**, Dunsiger SI, Bock BC, Sherman S, Braun T, Goldstein SP, Wing RR. A randomized trial examining the effect of yoga on dietary lapses following behavioral weight loss treatment. Live Spotlight at the *Society of Behavioral Medicine's 44th Annual Meeting*; Phoenix AZ, April 2023.

58. Lillis J, Schram S, Thomas JG, **Unick JL**, & Wing RR. Preliminary results of the Healthy for life

Study: A RCT testing a low-intensity ACT intervention for weight loss maintenance. Paper presented at the *Society of Behavioral Medicine's 44th Annual Meeting*; Phoenix, Arizona, April 2023.

59. **Unick JL**, Dunsiger SI, Pellegrini CA, Thomas JG, Demos KE, Bond DS, Wing RR. 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. Oral presentation at the annual meeting for the *International Society for Behavioral Nutrition and Physical Activity*; Uppsala Sweden, June 2023.
60. Coleman CD, Kiel JR, Guarneiri LL, Bell M, Wilcox ML, Maki KC, **Unick JL**, Jonnalagadda SS. Early weight loss and other predictors of suboptimal response on a commercial weight loss program. Poster presentation at *Obesity Week's Annual Meeting*; Dallas TX, October 2023.
61. **Unick JL**, Dunsiger S, Pellegrini CA, Thomas JG, Demos KE, Bond DS, Webster J, Wing RR. An adaptive intervention for suboptimal responders to weight loss treatment: The Dial Now Trial. Poster presentation at *Obesity Week's Annual Meeting*; Dallas TX, October 2023.

INVITED PRESENTATIONS

National or International

1. **Unick, J.** Does physical activity result in an acute effect on energy intake? Symposium at the *American College of Sports Medicine's 57th Annual Meeting*, Baltimore, MD; June 2010.
2. **Unick JL**, Beavers D, Bond DS, Clark J, Jakicic JM, Kitabchi AE, Knowler WC, Wadden TA, Wagenknecht L, Wyatt H, Wing RR for the Look AHEAD Research Group. Long-term effects of a lifestyle intervention in severely obese individuals. Symposium at the *American Diabetes Association's 71st Scientific Meeting*, San Diego, CA; June 2011.
3. **Unick JL.** The Look AHEAD Trial. *International Diabetes Exchange*, Montreal, Canada; June 2012.
4. **Unick JL.** Are behavioral weight loss programs effective in severely obese individuals and what is the role of physical activity? *Center for Weight and Eating Disorders in the Department of Psychiatry at the University of Pennsylvania's Perelman School of Medicine*. Philadelphia PA; January 2013.
5. **Unick JL.** Weight loss for a Lifetime: Strategies for Successful Weight Maintenance. *Mid-Atlantic Regional Chapter of the American College of Sports Medicine – 37th Annual Scientific Meeting*. Harrisburg PA; October 2014.
6. **Unick JL.** Can early intervention improve weight loss among individuals initially non-responsive to a behavioral program? Presented as part of the One Size Doesn't Fit All: Tailoring Interventions to Address Individual Variability in Treatment Response Symposium at the *Society of Behavioral Medicine's 38th Annual Meeting*. San Diego, CA; March 2017.

7. **Unick JL.** Physical activity: Making sense of current research, persistent myths, and common barriers. National Institute of Diabetes & Digestive Diseases (NIDDK) webinar. June 2017.
8. **Unick JL.** Weight management strategies for the cardiac and pulmonary rehabilitation population. *Presented at the Massachusetts Association of Cardiovascular and Pulmonary Rehabilitation New England Symposium.* Natick, MA. October 2017.
9. **Unick JL.** Lessons I wish I learned earlier: Reflections from my career in exercise and behavioral weight control. Presented at the *University of Massachusetts Graduate Research Seminar.* Amherst MA; October 2017.
10. **Unick JL.** Early non-response to an Internet-delivered weight loss program: How to know it when you see it and what to do. Presented at the *Arnold School of Public Health Tech Tuesday seminar series at the University of South Carolina.* Columbia, SC. January 2018.
11. **Unick JL.** Lifestyle interventions for weight control: the role of physical activity. Webinar presented for the Weight Management DPG of the Academy of Nutrition and Dietetics. February 2018.
12. **Unick JL.** The evidence supporting “sit less” vs “move more” for obesity prevention and treatment. Presented as part of the TOS/ACSM Joint Symposium: Is “Sit Less” Sufficient for Obesity Prevention and Treatment? Contemporary Perspectives at The *Obesity Society’s Annual Meeting (Obesity Week),* Las Vegas NV; November 2019.
13. **Unick JL,** Walkup MP, Miller ME, Apolzan JW, Brubaker PH, Coday MC, Hill JO, Jakicic JM, Middelbeek RJW, West DS, Wing, RR. Early moderate-to-vigorous physical activity adoption predicts 1-year physical activity adherence. Look AHEAD Steering Committee Meeting (virtual); July 2020.
14. **Unick JL.** Adapting interventions for non-responders. Bohan Visiting Lecture Series at the University of Kansas Medical Center, Kansas City, MO; March 2022.
15. **Unick JL.** Early responders vs. non-responders: How to improve weight loss success. Medifast’s Annual Scientific Advisory Board meeting; September 2022.
16. **Unick JL.** Study updates: Results from the Dial Now Trial & The effect of yoga on dietary lapses following behavioral weight loss treatment; Medifast’s Mid-Year Scientific Advisory Board Meeting; May 2023

Local/Regional

1. **Unick JL.** The Look AHEAD Trial: Year 4 results. *Rhode Island Diabetes Council Meeting,* Providence, RI; September 2011.
2. **Unick JL.** Weight loss for a lifetime: What’s exercise got to do with it? *Lifespan Health and Wellness Lecture Series.* Providence RI; April 2013.

3. **Unick JL.** Treating the obese patient: Promoting healthy lifestyle change. *Brown University Primary Care PGY 2 Residents: Behavioral Medicine Lecture Series*. August 2013, November 2013, August 2014, November 2014, August 2015, November 2015.
4. **Unick JL.** Treating the obese patient: Promoting healthy lifestyle change. *Brown University Categorical Residents Lecture Series on Obesity*; April 2015.
5. **Unick JL.** Physical activity and cardiovascular health. *Cardiovascular and Behavioral Medicine Seminar Series*, Brown University; October 2015.
6. **Unick JL.** Weight Loss Strategies for Women. *Presented at the Women's Night Out: Healthy Hearts event by Lifespan's Cardiovascular Institute*. Providence, RI; April 2017.
7. **Unick JL.** Physical activity and cardiovascular health. *Cardiovascular and Behavioral Medicine Seminar Series*, Brown University; December, 2017.
8. **Unick JL.** Adapting behavioral interventions based upon early treatment response. Oral talk given as part of a symposium entitled: Tailoring behavioral interventions to maximize physical activity and weight loss outcomes. *New England Regional Chapter of the American College of Sports Medicine – Annual Scientific Meeting*; Providence RI; November 2018.
9. **Unick JL.** Physical activity and cardiovascular health. *Cardiovascular and Behavioral Medicine Seminar Series*, Brown University; December 2017, October 2019, October 2021.
10. **Unick JL, Demos K.** Memory bias of affective responses to physical activity: A novel intervention target for increasing physical activity. *Advance-CTR Translational Research Seminar Series*; virtual webinar; May 2020.
11. **Unick JL.** The need for increasing physical activity and reducing sedentary time during COVID-19. Presented as part of a virtual seminar entitled, '*Physical activity, healthy eating, and good sleep hygiene during COVID-19: Strategies for patients and providers*'. Brown University; May 2020.
12. **Unick JL.** Physical activity, fitness, and sedentary time: Why do they matter? *Behavioral Medicine Intern Seminar*, Brown University; November 2021 & November 2022.
13. **Unick JL.** Exercise and cancer: Behavioral strategies for increasing physical activity. *Brown University Cancer Population Sciences Program Meeting and Brown University Wellness Program*. Warren Alpert Medical School; July 2023.

AWARDED GRANTS

ACTIVE GRANTS

1. 1 R01 DK117783-01 **Unick (PI)** 9/18/18 – 6/30/23 (NCE thru 9/30/23)
NIH (NIDDK) - \$2,292,267
Title: Phone coaching as a rescue strategy for early non-responders enrolled in an Internet-delivered weight loss program.

This study examines whether the provision of brief or extended phone coaching, to individuals who start off poorly within an Internet-based weight loss program, improves weight loss outcomes and whether the addition of phone coaching is cost-effective.

Role: Principal Investigator

2. Unnumbered Unick (PI) 5/1/22-2/26/24
Legoretta Cancer Center - \$25,000
Title: Feasibility and acceptability of a highly translatable web-based intervention for increasing physical activity among cancer survivors
This randomized trial assesses the feasibility, acceptability, and preliminary efficacy of a 12-week Internet program on change in moderate-to-vigorous intensity physical activity and other psychosocial factors among inactive cancer survivors, relative to a control condition.
Role: Principal Investigator
3. R01DK120731 Lillis (PI) 10/19-5/24
NIH (NIDDK) - \$2,463,225
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 compares two novel interventions for weight loss maintenance, one based on Acceptance and Commitment Therapy, and one based on Self-Regulation Theory.
Role: Co-Investigator
4. R01AG069349 Williams (PI) 9/15/20-5/31/25
NIH (NIA) - \$2,342,728
Title: Comparing a recommendation for self-paced versus moderate intensity physical activity for midlife adults: An RCT
This study compares two exercise prescriptions for increase physical activity among adults.
Role: Co-Investigator (sub-contract with Brown University)
5. R01CA262894 Williams (PI) 7/15/21-6/30/26
NIH (NCAI)
Title: Empirical testing of a widely available insurance-based monetary incentive program for exercise: A randomized trial
This study tests two different financial incentive programs (standard insurance-based incentive program vs. loss framed incentives), compared to control, to promote physical activity.
Role: Consultant
6. R01DK128412 Demos (PI) 9/23/21-8/31/26
NIH (NIDDK) - \$2,852,650
Title: Adapting episodic future thinking for behavioral weight loss: Comparing strategies and characterizing treatment response
This RCT will compare three Internet-delivered behavioral weight loss programs to test whether adding prevention-, or promotion-focused episodic future thinking strategies to a standard weight loss program improves outcomes.
Role: Co-Investigator

7. Unnumbered Pellegrini (PI) 7/1/23 – 9/30/24
 ASPIRE grant: Office of the Vice President for Research at the University of South Carolina - \$14,953
Title: Energize! Internet-delivered physical activity program for adults with knee replacement
 This pilot RCT is designed to examine the acceptability and preliminary efficacy of an internet-based physical activity program in adults with total knee replacement, relative to a delayed exercise condition.
Role: Consultant

8. R01AT011868-01A1 Unick (PI) 7/3/23 – 6/30/28
 NIH (NCCIH) - \$3,002,739
Title: A remote-based yoga intervention for improving long-term weight loss
 This RCT examines the added effect of a yoga intervention to an Internet-delivered weight loss program on weight loss, dietary lapses, and potential lapse triggers, and also examines the mechanisms through which yoga impacts weight.
Role: Principal Investigator

PAST GRANTS

1. unnumbered Unick (PI) 4/1/2008 – 3/31/2009
 University of Pittsburgh: School of Education Research Grant: \$1500
Title: The acute effects of exercise on energy intake
 This study examined whether a bout of moderate-intensity exercise influenced energy intake and appetite regulating hormones, relative to a similar length resting session.
Role: Principal Investigator

2. 5T32HL076134-04 Wing (PI) 9/1/2009 – 8/31/2011
 NIH (NHLBI)
Title: Research Training Program in Cardiovascular Behavioral Medicine
Role: Post-doctoral fellow (funded 100% through grant from 8/09 to 8/11)

3. 1R03CA162965-01A1 Unick (PI) 05/2012 - 07/2014
 NIH (NCI): \$145,875
Title: Consistency in Individual Differences in Energy Intake Following Acute Exercise
 This study examined whether compensatory eating responses following a bout of moderate-intensity are similar within an individual when assessed on 3 separate occasions.
Role: Principal Investigator

4. 5 U01 DK056992-12 Wing (PI) 9/30/99 – 7/31/13
 NIH (NIDDK) - \$1,205,573
Title: Study of Health Outcomes of Weight Loss-SHOW Trial
 This study examined whether a lifestyle intervention, for patients with type 2 diabetes, reduced the risk of cardiovascular disease outcomes relative to a control condition.
Role: Co-Investigator

5. U01 DK056992 Wing (PI) 9/1/13 – 1/31/16
 NIH (NIDDK) - \$6,211,564
Title: Action for Health in Diabetes Continuation (Look AHEAD)
 This study examined the long-term health effects of an intensive lifestyle intervention designed to

achieve and maintain weight loss by decreased caloric intake and increased physical activity.
Role: Co-Investigator

6. 5 U01 HL090864 Wing (PI) 8/18/09 – 5/31/16 (NCE)
NIH (NHLBI) - \$5,791,116
Title: Prevention of Weight Gain in Young Adults
This study tested two interventions to prevent weight gain in young adults.
Role: Co-Investigator
7. 5 R01 DK087704 Wing (PI) 4/15/11 – 3/31/16 (NCE)
NIH (NIDDK) - \$1,570,112
Title: Acceptance based behavioral intervention for weight loss: A randomized trial
This study compared a standard behavioral weight loss intervention with an innovative approach which combines standard behavioral weight loss with acceptance based behavioral intervention
Role: Co-Investigator
8. 5U01HL127341 Wing (PI) 09/01/15-05/31/19
NIH (NHLBI) - \$2,986,166
Title: Study of Novel Approaches to Weight Gain Prevention – Extension (SNAP-E)
This study will follow all SNAP participants through a total of 6 years post-randomization to assess the longer- term effects of two weight gain prevention interventions.
Role: Co-Investigator
9. 2 U01DK056992-17 Wing (PI) 2/17/16 – 1/31/21
NIH (NIDDK) - \$1,952,687
Title: Action for Health in Diabetes Extension Study
The purpose of this study is to investigate the health outcomes of long-term weight loss and maintenance.
Role: Co-Investigator
10. 1K01 DK100498 01A1 **Unick** (PI) 7/1/14 – 3/31/19 (NCE)
NIH (NIDDK) - \$760,797
Title: Exercise as a buffer against stress-induced eating
The purpose of this grant is to examine how exercise training influences stress-induced eating in overweight women, in both laboratory and free-living conditions.
Role: Principal Investigator
11. U54GM115677 **Unick, Demos, Williams** (MPIs) 5/30/18 – 5/29/19 (NCE)
Brown University's Advance-CTR Pilot Projects Program - \$118,244
Title: Memory bias of affective responses to physical activity: A novel intervention target for increasing physical activity
This study examines whether regular exercisers and non-exercisers differ in their memory of how exercise makes them feel and pilots an intervention aimed at improving affective recall among non-exercisers.
Role: Principal Investigator

12. 1 R01 DK111232-01A1 Leahey (PI) 8/20/17 - 5/31/22
 NIH (NIDDK)
Title: Peer Support for Weight Loss Maintenance
 This study will examine the effectiveness of patient-delivered treatment for improving weight loss maintenance.
Role: Co-Investigator (sub-contract with UConn)
13. 1 R03 DK115978-01A1 **Unick (PI)** 9/1/18 – 8/31/20 (NCE)
 NIH (NIDDK) - \$219,000
Title: Examination of the feasibility and preliminary efficacy of yoga as an intervention approach to improving long-term weight loss
 This study examines the feasibility and acceptability of implementing yoga within a weight management program and examines the impact of yoga, relative to a contact-control condition, on important psychological constructs and weight-related behaviors.
Role: Principal Investigator

SUBMITTED OR PENDING GRANTS

- 1R01DK137759 **Unick (PI)** 12/1/23 – 11/30/28
 NIH (NIDDK)
Title: Comparison of behaviorally-based remote approaches to optimize weight loss and identification of factors which characterize treatment response.
Role: Principal Investigator
Reviewed 7/20/23 – Impact Score: 39, Percentile: 27
- R34CA290126 Bock (PI) 4/1/24 – 3/31/27
 NIH (NCI)
Title: Leveraging gamification and social media to improve physical activity sustainability in adults at risk for colon cancer.
Role: Co-Investigator
- R01AG079979-01A1 Lillis (PI) 4/1/24 – 3/31/28
 NIH (NIA)
Title: A randomized trial of acceptance and commitment therapy to promote physical activity in midlife adults
Role: Co-investigator
- R21 Jelalian & Koinis Mitchell (MPIs) 4/1/24 – 3/31/26
 NIH (NIMHD)
Title: Asthma and Physical Activity in Urban Latino Children: Multi-Level Barriers and Promoting Factors
Role: Co-Investigator
- R01 Jelalian & Nugent (MPI) 4/1/24 – 3/31/29
 NIH (NIDDK)
Title: Momentary interactions, emotion regulation, and adolescent eating and activity: novel insights

from online social messaging

Role: Co-Investigator

UNIVERSITY TEACHING ROLES

University: Appalachian State University
Health, Leisure & Exercise Science
Role: Graduate Teaching Assistant
Course Name: Exercise Physiology Lab
Number of Students: 40 per semester
Years: 2004-2005

University: University of Pittsburgh
Department of Health and Physical Activity
Role: Co-instructor
Course Name: Obesity and Chronic Disease Prevention
Number of Students: 35 Undergraduates
Years: 2007

University: University of Pittsburgh
Department of Health and Physical Activity
Role: Co-instructor
Course Name: Exercise Science Seminar
Number of Students: 15 Undergraduates
Years: 2009

MENTORING

Undergraduate

Lucie Rice	Semester Internship, Bridgewater State University, 2014
Abby Moylan	Summer Research Internship, Elon University, 2014
Richard Lisi	Summer Research Internship, University of Rhode Island, 2015
Connor Quinn	Summer Research Internship, University of Rhode Island, 2016
Jazmin Phipps	Provided consultation to undergraduate research student at Newburgh Free Academy, Newburgh, NY on her project entitled, "The Effects of Educational Intervention Programs on Body Mass Index and HbA1c in Patients with Type 2 diabetes", 2017
Renny Ma	Semester Internship, Brown University, 2018
Korina Hahn	Semester Internship, University of Rhode Island, 2018
Linna Douk	Semester Internship, Johnson & Wales, 2018
Allie Reilly	Semester Internship, University of Rhode Island, 2019
Emma Hansen	Summer Research Internship, Brown University, 2019
Anna Bramwell	Semester Internship, Johnson & Wales, 2020
Liam Loughlin	Semester Internship, University of Rhode Island, 2020
Hannah Jablonki	Semester Internship, University of Rhode Island, 2020
Dylan Disano	Summer Research Internship, University of Rhode Island, 2020

Morgan Moschetto
Euan Jackson
Curtis Britton
Vaidehi Sawant
Kristin Johnson

Summer Research Internship, Providence College, 2020
Semester Internship, University of Rhode Island, 2021
Semester Internship, University of Rhode Island, 2021
Semester Internship, University of Rhode Island, 2022
Semester Internship, University of Rhode Island, 2022