

CURRICULUM VITAE

Katherine E. Darling, Ph.D.

Business Address

Weight Control & Diabetes Research Center
196 Richmond Street
Providence, RI 02903
Phone: (206) 701-4454
Email: Katherine_darling@brown.edu

EDUCATION

- 2013 **Bachelor of Arts, College of Wooster**
Major: Psychology *Minor:* Early Childhood Education
- 2016 **M.A. in Clinical Psychology, Kent State University**
Child and Adolescent Specialization
Advisor: **Amy F. Sato, Ph.D.**
- 2019 **Ph.D. in Clinical Psychology, Kent State University**
Child and Adolescent Specialization, Quantitative Methods Minor
Advisor: **Amy F. Sato, Ph.D.**
- Dissertation:* Understanding the Relation between Socioeconomic Status and Child Weight Status within a Multidisciplinary Weight Control Treatment

POST-GRADUATE TRAINING

- 2018 – 2019 **Alpert Medical School of Brown University**
APA Approved Pre-Doctoral Internship in Clinical Psychology
Pediatric Psychology Track
- 2019 – 2022 **Alpert Medical School of Brown University**
F32 Postdoctoral Fellow in Pediatric Psychology
Weight Control & Diabetes Research Center, The Miriam Hospital
Primary Sponsor: **Elissa Jelalian, Ph.D.**

ACADEMIC APPOINTMENTS

- 2023 – Present **Assistant Professor (Research)**
Department of Psychiatry and Human Behavior, Alpert Medical School of Brown University
Department of Behavioral and Social Sciences, Brown University School of Public Health

2022 – 2023 **Instructor (Research)**
Department of Psychiatry and Human Behavior, Alpert Medical School of
Brown University

HOSPITAL APPOINTMENTS

2022 – Present **Research Scientist**
Weight Control & Diabetes Research Center, The Miriam Hospital

HONORS & AWARDS

2023 **Featured Advancing Diversity, Equity, and Inclusion in
Pediatric Psychology Article**, Journal of Pediatric Psychology
2021 **Diversity Award**, Mind Brain Research Day, Department of
Psychiatry and Human Behavior, Brown University
2018 **Travel Scholarship**, Foundation for Education and Research in
Biofeedback and Related Sciences (FERB)
2018 **Top Ten Abstracts Award**, Co-Author, Awarded by The Obesity
Society Research in Diverse Populations Section
2017 **Graduate Student Paper Award**, awarded by Kent State University
Applied Psychology Center for high impact factor papers
2017 **Division 54 Diversity Poster Award**, First Author, awarded by the
Diversity Special Interest Group of the Society of Pediatric Psychology
2018, 2016, 2015 **Division 54 Diversity Poster Award**, Co-Author, awarded by the
Diversity Special Interest Group of the Society of Pediatric Psychology
2015 **Judie Fall Lasser Graduate Psychology Research Award**, pilot grant to
fund *Understanding of Psychosocial Issues Surrounding Type 2 Diabetes*
2014 - 2018 **Graduate Student Senate Domestic Travel Award**, awarded by Kent
State University
2014 - 2018 **Graduate Student Travel Award**, awarded by the Department of
Psychological Sciences at Kent State University
2012 - 2013 **Copeland Funding for Independent Study**, awarded by the College of
Wooster
2013 **Phi Beta Kappa**, National Honor Society Induction
2012 **Howard Hughes Medical Institute Research Grant**, awarded by the
Howard Hughes Medical Institute
2009 – 2013 **Dean’s Scholar Award** for Academic Scholarship awarded by the
College of Wooster

PROFESSIONAL LICENSE

Licensed Clinical Psychologist State of Rhode Island 2021 – Present
License # PS011975

MEMBERSHIP IN SOCIETIES

2020 – Present	Society of Behavioral Medicine
2018 – Present	The Obesity Society
2013 – Present	Society of Pediatric Psychology, APA Division 54
2013 – 2015	Society of Child and Adolescent Psychology, APA Division 53
2013 – Present	Phi Beta Kappa National Honor Society
2011 – Present	Psi Chi National Honor Society

PEER-REVIEWED PUBLICATIONS

1. **Darling, K. E.**, Warnick, J., Guthrie, K., Santos, M., & Jelalian, E. (Accepted). Referral to adolescent weight management interventions: Qualitative perspectives from providers. *Journal of Pediatric Psychology*.
2. Evans, E. W., **Darling, K. E.**, Egbert, A., Hayes, J. F., Jelalian, E., Warnick, J., Topor, L. S., & Goldschmidt, A. B. (Accepted). Leveraging seasonality and timing to optimize pediatric weight management interventions: Novel directions for future research. *Obesity Science & Practice*.
3. Warnick, J., **Darling, K. E.**, Topor, L., & Jelalian, E. (2023). Formative development of a weight management intervention for adolescents with type 1 diabetes mellitus and obesity. *Pediatric Diabetes*.
4. **Darling, K. E.**, West, C. E., Jelalian, E., Putt, G. E., & Sato, A. F. (2023). Brief report: The buffering effect of family support on the association between weight-based teasing and adolescent weight management outcomes. *Journal of Family Psychology*.
5. **Darling, K. E.**, Warnick, J., Guthrie, K. M., Santos, M., & Jelalian, E. (2023). Weight management engagement for teens from low-income backgrounds: Qualitative perspectives from adolescents and caregivers. *Journal of Pediatric Psychology*, 48, 593-601.
6. Sato, A. F., **Darling, K. E.**, Fahrenkamp, A. J., Ruzicka, E. B., Shields, C., & Wilson, S. M. (2023). Multi-method evaluation of the association between stress and eating among adolescents. *Appetite*, 184, 106486.
7. **Darling, K.E.**, Hayes, J., Evans, E. W. E., Sanchez, I., Chachra, J., Grenga, A., Elwy, A. R., & Jelalian, R. (2023). Engaging stakeholders to adapt an evidence-based family healthy weight program. *Translational Behavioral Medicine*, ibac113.
8. Jelalian, E., **Darling, K. E.**, Foster, G. D., Runyan, T., & Cardel, M. I. (2022). Effectiveness of a scalable mhealth intervention for children with overweight and obesity. *Childhood Obesity*. <http://doi.org/10.1089/chi.2022.0154>
9. **Darling, K.E.**, Warnick, J., Guerry, W., & Rancourt, D. (2022). Adolescent females' dyadic conversations about body, weight, and appearance. *Journal of Adolescent Research*, 07435584221120111.
10. Warnick, J., **Darling, K. E.**, & Rancourt, D. (2022). The association between negative body talk and body shame on disordered eating symptoms among college students. *Eating Behaviors*, 46, 101648. PMID: 35753288
11. **Darling, K. E.**, Ruzicka, E. B., Shields, C. V., Putt, G., & Sato, A. F. (2022). Barriers to weight management in adolescence: Measure adaptation among adolescents presenting to an interdisciplinary weight management clinic. *Journal of Child Health Care*. DOI: 10.1177/13674935221087573. PMID: 35435044

12. **Darling, K. E.**, van Dulmen, M., Putt, G., & Sato, A. F. (2022). Early weight loss in adolescent weight management: The role of the home environment. *Clinical Practice in Pediatric Psychology*.
13. Warnick, J., **Darling, K. E.**, West, C. E., Jones, L. C., & Jelalian, E. (2022). Systematic review of the association between weight bias and mental health in children and adolescents. *Journal of Pediatric Psychology*, *47*, 237-255. PMID: 34791368
14. **Darling, K. E.**, Hayes, J., Evans, E. W. E., Seifer, R., Jelalian, E., & Elwy, A. R. (2021). Implementation of the *JOIN for ME* family-based childhood obesity program in families from low-income backgrounds: The use of theory driven formative evaluation – RI-CORD 3.0. *Childhood Obesity*, *17 (S1)*, S22 - S29. PMCID: PMC8574201.
15. Jelalian, E., Evans, E. W., **Darling, K. E.**, Seifer, R., Vivier, P., Goldberg, J., Wright, K., Tanskey, L., Warnick, J., Hayes, J., Shepard, D. & Elwy, A. R. (2021). Protocol for the Rhode Island CORD 3.0 study: adapting, testing, and packaging the *JOIN for ME* family-based childhood obesity program in low-income communities. *Childhood Obesity*, *17(S1)*, S11-S21. PMCID: PMC8575054.
16. West, C., **Darling, K. E.**, Ruzicka, E. B., & Sato, A. F. (2021). Household income and loss of control eating in adolescence: examining the role of food insecurity. *Appetite*, *165*, 105291. PMID: 33961934.
17. **Darling, K. E.**, Warnick, J., Hadley, W., Guthrie, K., & Jelalian, E. (2021). Reactions to guidelines for pediatric weight management: Qualitative perspectives from adolescents, parents, and providers. *Clinical Obesity*, *11*, e12451. PMID: 33780999
18. **Darling, K. E.**, Rancourt, D., Evans, E. W. E., Ranzenhofer, L., & Jelalian, E. (2021). Adolescent weight management intervention in a non-clinical setting: changes in disordered eating and depressive symptoms. *Journal of Developmental and Behavioral Pediatrics*, *42*, 579-587.
19. Ruzicka, E. B., **Darling, K. E.**, & Sato, A. F. (2021). Controlling Child Feeding Practices and Child Weight: A Systematic Review and Meta-analysis. *Obesity Reviews*, *22*, e13135. PMID: 32840023; DOI: 10.1111/obr.13135
20. **Darling, K. E.**, Razenhofer, L., Hadley, W., Villalta, D., Kasper, V., & Jelalian, E. (2020). Negative childhood experiences and disordered eating in adolescents in a weight management program: The role of depressive symptoms. *Eating Behaviors*, *38*, 101402. PMCID: PMC7534901; DOI: 10.1016/j.eatbeh.2020.101402
21. **Darling, K. E.**, Ruzicka, E. B., Fahrenkamp, A. J., Putt, G., & Sato, A. F. (2020). Parent perceived barriers to child weight management: Measure validation in a clinical sample. *Families, Systems, and Health*, *38*, 130-138. PMID: 32297759; DOI: 10.1037/fsh0000480
22. **Darling, K.E.**, Benore, E. R., & Brannon, E. E. (2020). Biofeedback in pediatric populations: A systematic review and meta-analysis of treatment outcomes. *Translational Behavioral Medicine*. PMID: 31420986; DOI: 10.1093/tbm/ibz124
23. **Darling, K. E.**, Ruzicka, E. B., Fahrenkamp, A. J., & Sato, A. F. (2019). Perceived stress and obesity-promoting eating behaviors in adolescence: The role of parent-adolescent conflict. *Families, Systems, & Health*, *37*, 62-67. PMID: 30614721; DOI: 10.1037/fsh0000387
24. Fahrenkamp, A. J., **Darling, K. E.**, Ruzicka, E. B., & Sato, A. F. (2019). Food cravings and eating: The role of experiential avoidance. *International Journal of Environmental Research and Public Health*, *16*, 1181. PMCID: PMC6479752; DOI: 10.3390/ijerph16071181
25. **Darling, K. E.**, Fahrenkamp, A. J., Ruzicka, E. B., Levitt, M., Broerman, L., & Sato, A. F. (2019). Provider perceptions of obesity management in clinical practice. *Children's Health Care*, *48*, 90-102. DOI: 10.1080/02739615.2018.1471997

26. Ruzicka, E. B., **Darling, K. E.**, Fahrenkamp, A. J., Sato, A.F. (2018). Familial influences on the use of controlling feeding practices with adolescents. *Appetite, 127*, 155-162. PMID: 29729325; DOI: 10.1016/j.appet.2018.04.031
27. **Darling, K. E.**, Sato, A. F., van Dulmen, M., Flessner, C., & Putt, G. (2018). Development of a measure to assess parent perceptions of barriers to healthy child weight management. *Childhood Obesity, 14*, 89-98. PMID: 29161522; DOI: 10.1089/chi.2017.0171
28. Fahrenkamp, A. J., **Darling, K. E.**, Ruzicka, E. B., & Sato, A. F. (2018). Maternal depressive symptoms mediate the association between socio-economic status and adolescent weight outcomes: A longitudinal analysis. *Maternal and Child Health Journal, 22*, 1462-1469. PMID: 29948764; DOI: 10.1007/s10995-018-2541-y
29. **Darling, K. E.**, & Sato, A. F. (2017). Systematic review and meta-analysis examining the effectiveness of mHealth technologies in using self-monitoring for pediatric weight management. *Childhood Obesity, 13*, 347-355. PMID: 28471699; DOI: 10.1089/chi.2017.0038
30. **Darling, K. E.**, Fahrenkamp, A. J., Ruzicka, E. B., & Sato, A. F. (2017). Controlling feeding practices mediate the association between food insecurity and parent-reported child BMI percentile. *Children's Healthcare, 46*, 1-14. DOI: 10.1080/02739615.2017.1337517
31. **Darling, K. E.**, Fahrenkamp, A. J., Wilson, S. M., Karazsia, B. T. & Sato, A. F. (2017). Does social support buffer the association between stress eating and weight gain during the freshman year? Differences by gender. *Behavior Modification, 41*, 368-381. PMID: 28417682; DOI: 10.1177/0145445516683924
32. **Darling, K. E.**, Fahrenkamp, A. J., Wilson, S. M., D'Auria, A. L. & Sato, A. F. (2015). Physical and mental health outcomes associated with prior food insecurity among young adults. *Journal of Health Psychology, 22*, 572-581. PMID: 26464054; DOI: 10.1177/1359105315609087
33. Wilson, S. M., **Darling, K. E.**, Fahrenkamp, A. J., D'Auria, A. L., & Sato, A. F. (2015). Predictors of emotional eating during adolescents' transition to college: Does body mass index moderate the association between stress and emotional eating? *Journal of American College Health, 63*, 163-170. PMID: 25581624; DOI: 10.1080/07448481.2014.1003374
34. Karazsia, B.T., Berlin, K.S., Armstrong, B. A., Janicke, D. M. & **Darling, K. E.** (2014). Integrating mediation and moderation to advance theory development and testing. *Journal of Pediatric Psychology, 39*, 163-173. PMID: 24179186; DOI: 10.1093/jpepsy/jst080

BOOK CHAPTERS AND NON-PEER REVIEWED PUBLICATIONS

1. **Darling, K. E.**, Warnick, J. & Jelalian, E. (2023). Healthy Eating. In A. La Greca, N. Lopez Reilly, O. Moorehead-Slaughter, & G. P. Koocher (Eds.), *Parent's Guide to Psychological First Aid: Helping Children and Adolescents Cope with Predictable Life Crises (Second Edition)*. Oxford University Press.
2. **Darling, K. E.**, & Karazsia, B. T. (2015). Statewide variation in personality predicts geographic variation in unintentional injury rates. In C. E. Nathanson (Ed.), *Psychology of risk taking: New research*. NOVA Science Publishers.

POSTER/PAPER PRESENTATIONS

1. Warnick, J., **Darling, K. E.**, Swartz Topor, L., & Jelalian, E. (2023, June). *Barriers to healthy lifestyle behaviors among adolescents with comorbid type 1 diabetes and overweight/obesity*.

- Poster presented at the 2023 American Diabetes Association's 83rd Scientific Sessions, San Diego, CA.
2. Jelalian, E., **Darling, K. E.**, Hayes, J. F., & Evans, E. W. (2023, April). *Understanding the Implications of COVID-19 for Delivery of the Rhode Island CORD 3.0 Intervention: Adaptations and Lessons Learned*. Presented at the Society for Behavioral Medicine Annual 2023 Meeting, Phoenix, AZ.
 3. Warnick, J., **Darling, K.**, Swartz Topor, L., & Jelalian, J. (March 2023). *Type 1 diabetes and weight management: perspectives from adolescents, caregivers, and endocrinologists*. In scientific symposia: Empowering Underrepresented Voices: Centering Patient & Family Voices to Improve Disease Self-Management in Adolescents with Chronic Illnesses presented at the 2023 Society for Pediatric Psychology Annual Conference, Chicago, IL.
 4. **Darling, K. E.**, Warnick, J., Guthrie, K. M., Santos, M., & Jelalian, E. (2022, November). *Experiences of Weight Stigma in Adolescents with Obesity from Low-Income Backgrounds*. Poster presented at The Obesity Society 2022 Annual Meeting, San Diego CA.
 5. Warnick, J., **Darling, K. E.**, Swartz Topor, L., & Jelalian, E. (2022, November). *Development of a Weight Management Program for Teens with Type 1 Diabetes and Overweight/Obesity*. Poster presented at The Obesity Society 2022 Annual Meeting, San Diego, CA.
 6. Chachra, J., Sanchez, I., **Darling, K. E.**, Hayes, J. F., Evans, E. W., Grenga, A., Elwy, R., & Jelalian, E. (2022, October). *Key Stakeholder Perspectives on Context Adaptations to Implement an Evidence-Based Pediatric Weight Management Intervention in Low-Income Communities*. Poster presentation at Lifespan Research Day.
 7. Chachra, J., Jelalian, E., & **Darling, K. E.** (2022, October). *Weight Based Stigma and Depression in Adolescents with Obesity from Low-Income Backgrounds*. Virtual presentation at the 2022 Department of Psychiatry and Human Behavior RA Research Day, Alpert Medical School of Brown University.
 8. Sanchez, I., *Chachra, J., **Darling, K. E.**, Hayes, J. F., Evans, E. W., Grenga, A., Elwy, A. R., & Jelalian, E. (2022, October). *Content Adaptations of the JOIN for ME Pediatric Weight Management Intervention*. Poster presented at Lifespan Research Day.
 9. **Darling, K. E.**, Warnick, J., & Jelalian, E. (2022, March). *Experiences of Weight Based Stigma in Adolescents with Obesity from Low-Income Backgrounds*. Virtual presentation at the 2022 Brown University Mind Brain Research Day.
 10. **Darling, K. E.**, Hayes, J. F., Evans, E. W., Seifer, R., Elwy, A. R., & Jelalian, E. (2021, March). *Adaptation of the JOIN for ME Program for Implementation in Low-Income Community Settings*. Virtual presentation at the 2021 Brown University Mind Brain Research Day.
 11. Ruzicka, E. B., **Darling, K. E.**, Fahrenkamp, A. J., & Sato, A. F. (2020, November). *Parent and Adolescent Perception of Feeding Practices and Adolescent Weight and Obesogenic Eating*. Virtual oral presentation at the 2020 The Obesity Society Annual meeting.
 12. **Darling, K. E.**, van Dulmen, M., Putt, G., & Sato, A. F. (2020, March). *Socioeconomic status and adolescent weight status: Associations between SES, SES-related psychosocial variables, and zBMI*. Virtual poster presentation at the 2020 Society for Pediatric Psychology Annual Conference.
 13. **Darling, K. E.**, Warnick, J. L., Jelalian, E., & Sato, A. F. (2020, March). *The impact of weight-based teasing on weight management outcomes: the buffering effect of family support*. Planned poster presentation at Mind Brain Research Day, Brown University. Cancelled due to COVID-19.

14. Ruzicka, E. B., Shields, C. V., West, C. E., **Darling, K. E.**, Fahrenkamp, A. J., & Sato, A. F. (2019, November). *Dietary Self-efficacy Longitudinally Predicts Increased Emotional Eating Among Adolescents*. Poster session presented at The Obesity Society 2019 Annual Meeting, Las Vegas, NV.
15. **Darling, K. E.**, Hadley, W., Villalta, D., & Jelalian, E. (2019, April). *Adverse life events and disordered eating behaviors: The mediating role of depression for adolescents with severe obesity*. Poster presented at the 2019 Society for Pediatric Psychology Annual Conference, New Orleans, LA.
16. Ruzicka, E. B., Shields, C. V., West, C. E., **Darling, K. E.**, Fahrenkamp, A. J., & Sato, A. F. (2019, April). *Associations between controlling feeding practices and dietary self-efficacy among adolescents*. Poster presented at the 2019 Society for Pediatric Psychology Annual Conference, New Orleans, LA.
17. West, C. E., Ruzicka, E. B., Shields, C. V., **Darling, K. E.**, & Sato, A. F. (2019, April). *Examining the association between food insecurity and binge eating in adolescence*. Poster presented at the 2019 Society for Pediatric Psychology Annual Conference, New Orleans, LA.
18. Shields, C. V., West, C. E., **Ruzicka, E. B.**, Darling, K. E., & Sato, A. F. (2019, April). *The Association between Dietary Restraint and zBMI is Moderated by Inhibitory Control among Adolescents from Low-Income Backgrounds*. Poster session presented at the 2019 Society for Pediatric Psychology Annual Meeting, New Orleans, LA.
19. Ruzicka, E. B., **Darling, K. E.**, Shields, C. V., Putt, G., & Sato, A. F. (2018, November). *Food Insecurity and Quality of Life in Children Presenting to a Weight Management Clinic*. Poster session presented at The Obesity Society 2018 Annual Meeting, Nashville, TN.
20. **Darling, K.E.**, Benore, E. R., & Brannon, E. E. (2018, April). *Biofeedback in pediatric populations: A systematic review and meta-analysis of treatment outcomes*. Oral presentation at the 2018 Association for Applied Psychophysiology and Biofeedback Annual Meeting.
21. **Darling, K. E.**, & Sato, A. F. (2018, April). *Systematic Review and meta-analysis examining the effectiveness of mHealth technologies employing self-monitoring for pediatric obesity*. Poster presented at the 2018 Society for Pediatric Psychology Annual Conference, Orlando, FL.
22. Adkins, K., **Darling, K. E.**, Ruzicka, E. B., Fahrenkamp, A. J., Shields, C., Ross, J. D. & Sato, A. F. (2018, April). *Income and child BMI percentile: Examining the role of parental weight status*. Poster presented at the 2018 Society for Pediatric Psychology Annual Conference, Orlando, FL.
23. Sato, A. F., **Darling, K. E.**, Ruzicka, E. B., Fahrenkamp, A. J., & Putt, G. (2018, April). *Barriers to a healthy family lifestyle: Measure development in a clinical sample*. Poster presented at the 2018 Society for Pediatric Psychology Annual Conference, Orlando, FL.
24. Fahrenkamp, A. J., **Darling, K. E.**, Ruzicka, E. B., Sitz, A. L. & Sato, A. F. (2018, April). *Outcomes from a multiple baseline study piloting a mindfulness-based intervention for emotional eating in adolescents*. Poster presented at the 2018 Society for Pediatric Psychology Annual Conference, Orlando, FL.
25. McIntyre, K., **Darling, K. E.**, & Benore, E. (2018, April). *Trauma and suicidality are prevalent and powerful contributors to disability in children with chronic pain*. Poster presented at the 2018 Society for Pediatric Psychology Annual Conference, Orlando, FL.
26. Ruzicka, E. B., **Darling, K. E.**, Shields, C. V., Fahrenkamp, A. J., Stout, E., & Sato, A. F. (2018, April). *Food insecurity moderates the relation between income-to-needs ratio and pressure to eat among adolescents*. Poster presented at the 2018 Society for Pediatric Psychology Annual Conference, Orlando, FL.

27. Shields, C. V., Ruzicka, E. B., **Darling, K. E.**, Fahrenkamp, A. J., Deininger, G., & Sato, A. F. (2018, April). *Mindfulness mediates the relation between depression and emotional eating in adolescents*. Poster presented at the 2018 Society for Pediatric Psychology Annual Conference, Orlando, FL.
28. Wilson, S., Mentrikoski, J., Swain, S., Murray, M., Monnin, K., **Darling, K.**, & Weyand, C. (2018, April). *Youth with brain injury participating in inpatient and day rehabilitation programs: What factors predict success?* Poster presented at the 2018 Society for Pediatric Psychology Annual Conference, Orlando, FL.
29. **Darling, K. E.**, Fahrenkamp, A. J., Ruzicka, E. B., & Sato, A. F. (2017, March). *Child BMI and income: The moderating role of time demands*. Poster session presented at the 2017 Society for Pediatric Psychology Annual Conference, Portland, OR.
30. Fahrenkamp, A. J., **Darling, K.E.**, Ruzicka, E. B., & Sato, A. F. (2017, March). *Parental experiential avoidance mediates the association between parental psychopathology and controlling child feeding practices*. Poster session presented at the 2017 Society for Pediatric Psychology Annual Conference, Portland, OR.
31. Ruzicka, E. B., **Darling, K. E.**, Fahrenkamp, A. J., & Sato, A. F. (2017, March) *Exploring the accuracy of parental perception of adolescent weight status*. Poster session presented at the 2017 Society for Pediatric Psychology Annual Conference, Portland, OR.
32. Wilson, S., Mentrikoski, J., Swain, N., Murray, M., Monnin, K., **Darling, K.**, & Weyand, C. (2017, June). *Youth with brain injury participating in inpatient and day rehabilitation programs: What factors predict success?* Poster presentation for Fellowship Poster Day, Akron Children's Hospital, Akron, OH.
33. **Darling, K. E.**, Levitt, M., Broerman, L., Fahrenkamp, A. J., Ruzicka, E. B., & Sato, A. F. (2016, April). *Provider perceptions of pediatric obesity management in clinical practice*. Poster session presented at the 2016 Society of Pediatric Psychology Annual Conference, Atlanta, GA.
34. Ruzicka, E. B., Fahrenkamp, A. J., **Darling, K. E.**, Ferrell, E., & Sato, A. F. (2016, April). *Examining the relation between income and healthy family behaviors affecting pediatric obesity risk*. Poster session presented at the 2016 Society of Pediatric Psychology Annual Conference, Atlanta, GA.
35. Sato, A. F., Ruzicka, E. B., **Darling, K. E.**, & Fahrenkamp, A. J. (2016, April). *Examining mindfulness within the context of pediatric obesity: Examining associations between mindfulness, perceived stress, and emotional eating*. Poster session presented at the 2016 Society of Pediatric Psychology Annual Conference, Atlanta, GA.
36. Fahrenkamp, A. J., Ruzicka, E. B., **Darling, K. E.**, Sitz, A., & Sato, A. F. (2016, April). *Greater parental experiential avoidance is associated with poorer daily health habits in youth*. Poster session presented at the 2016 Society of Pediatric Psychology Annual Conference, Atlanta, GA.
37. **Darling, K. E.**, Putt, G., & Sato, A. F. (2015, April). *Development of a measure to examine barriers to pediatric weight management within the family context*. Poster session presented at the 2015 Society of Pediatric Psychology Annual Conference, San Diego, CA.
38. Fahrenkamp, A. J., **Darling, K. E.**, Ruzicka, E. B., & Sato, A. F. (2015, April). *Maternal depressive symptoms associated with greater adiposity in low-income adolescents*. Poster presented at the 2015 Society of Pediatric Psychology Annual Conference, San Diego, CA.
39. Ruzicka, E. B., **Darling, K. E.**, Fahrenkamp, A. J., Kitson, M. E., & Sato, A. F. (2015, April). *Examining the relation between weight control strategies and eating disorder symptomatology*

- in first year college females*. Poster presented at the Society of Pediatric Psychology Annual Conference, San Diego, CA.
40. Ruzicka, E. B., **Darling, K. E.**, Fahrenkamp, A. J. & Sato, A. F. (2015, April). *Weight related experiential avoidance mediates the relation between internalizing symptoms and emotional eating in first year college students*. Poster presented at the Society of Pediatric Psychology Annual Conference, San Diego, CA.
 41. **Darling, K. E.**, Wilson, S. M., D'Auria, A. L., Fahrenkamp, A. J., & Sato, A. F. (2014, November). *Parent feeding practices predicting adolescent emotional eating*. Poster session presented at the 2014 Association of Behavioral and Cognitive Therapy Annual Convention, Philadelphia, PA.
 42. **Darling, K. E.**, Fahrenkamp, A. J., Wilson, S. M., & Sato, A. F. (2014, November). *Prior food insecurity related to young adult BMI*. Poster session presented at the 2014 Association of Behavioral and Cognitive Therapy Annual Convention, Philadelphia, PA.
 43. Fahrenkamp, A. J., **Darling, K. E.**, Wilson, S. M., & Sato, A. F. (2014, November). *Experiential avoidance in parenting influences levels of mindfulness in adolescents*. Poster presented at the 2014 Association of Cognitive Therapy Annual Convention, Philadelphia, PA.
 44. Fahrenkamp, A. J., **Darling, K. E.**, Wilson, S. M., & Sato, A. F. (2014, November). *Weight-related psychological inflexibility as a predictor of parental eating styles and body mass index among parents of adolescents*. Presented at the 2014 Association of Cognitive Therapy Annual Convention, Philadelphia, PA.
 45. **Darling, K. E.**, Fahrenkamp, A. J., D'Auria, A. L., Wilson, S. M., Malik, A., & Sato, A. F. (2014, March). *The relationship between perceived social support and weight gain is moderated by stress eating among males transitioning to college*. Poster session presented at the 2014 Society of Pediatric Psychology Annual Conference, Philadelphia, PA.
 46. **Darling, K. E.**, Wilson, S. M., D'Auria, A. L., Fahrenkamp, A. J., Ruggles, C., & Sato, A. F. (2014, March). *Parental feeding practices and adolescent eating patterns related to parent-child conflict*. Poster session presented at the 2014 Society of Pediatric Psychology Annual Conference, Philadelphia, PA.
 47. Fahrenkamp, A. J., **Darling, K. E.**, Wilson, S. M., D'Auria, A. L., Ruggles, C., & Sato, A. F. (2014, March). *Examining multiple SES determinants linking low-income status to BMI in adolescents*. Poster session presented at the 2014 Society of Pediatric Psychology Annual Conference, Philadelphia, PA.
 48. Fahrenkamp, A. J., D'Auria, A., **Darling, K. E.**, Herc, H., & Sato, A. F. (2014, March). *Problematic drinking contributes to weight gain among late adolescents during the transition to college*. Poster session presented at the 2014 Society of Pediatric Psychology Annual Conference, Philadelphia, PA.
 49. Wilson, S. M., **Darling, K. E.**, Fahrenkamp, A. J., D'Auria, A. L. & Sato, A. F. (2014, March). *Influence of parental time demands on the association between stress and BMI in adolescents*. Poster session presented at the 2014 Society of Pediatric Psychology Annual Conference, Philadelphia, PA.
 50. Karazsia, B. T., **Darling, K. E.**, Crowther, J. H., & Jones, M. (2012, November). *Depression predicts disordered eating attitudes and behaviors prospectively for women but not men*. Poster session presented at the Association for Behavioral and Cognitive Therapies, National Harbor, Maryland.

51. **Darling, K. E., & Karazsia, B. T.** (2012, July). *Geographic variation in personality predicts unintentional injuries at the state and national levels*. Poster session presented at the Summer Research Symposium, Wooster, Ohio.

ONGOING GRANT ACTIVITY

- 2023 – 2028 *Addressing Weight Bias Internalization to Improve Adolescent Weight Management Outcomes, 1K23DK135791, NIDDK*
Darling PI; Primary Mentor: Elissa Jelalian, Ph.D.; Co-Mentors: Rebecca Puhl Ph.D., Andrea Goldschmidt, Ph.D., Stephanie Parade Ph.D.
- 2023 – 2025 *Improving Weight-Related Conversations in Adolescent Primary Care: Communication Enhancement Intervention for Pediatricians, Robert E Leet & Clara Guthrie Patterson Trust Mentored Research Award,*
Darling PI; Primary Mentor: Elissa Jelalian, Ph.D.; Co-Mentor: Andrea Goldschmidt, Ph.D.
- 2022 – 2024 *Addressing Contextual Barriers to Enhance Pediatric Weight Management Interventions, 1L40DK133960, NIDDK*
Awarded to Katherine Darling, PhD
- 2020 – 2025 *Enhancing Emotion Regulation to Support Weight Control Efforts in Adolescents with Overweight and Obesity, R01DK124551, NIDDK*
Role: Interventionist; Post-Doctoral Research Fellow; Research Scientist
Co-PIs: Elissa Jelalian, Ph.D., Wendy Hadley, Ph.D.
- 2019 – 2024 *Packaging and Disseminating the JOIN for ME Program in Low-Income Settings, U18DP006429, CDC*
Role: Post-Doctoral Research Fellow; Research Scientist
PI: Elissa Jelalian, Ph.D.

COMPLETED GRANT ACTIVITY

- 2019 - 2022 *Engagement in Weight Management for Adolescents from Low-Income Backgrounds, F32HS02707, AHRQ.*
Role: Primary Investigator
Primary Sponsor: Elissa Jelalian, Ph.D.
Co-Sponsors: Elizabeth McQuaid, Ph.D., Kate Guthrie, Ph.D.,
Laura Senier, Ph.D.
- 2018 – 2019 *Engaging Adolescents in Pediatric Obesity Treatment: Bridging the Gap between Recommendations and Clinical Practice*
Role: Primary Investigator
Mentors: Wendy Hadley, Ph.D. & Elissa Jelalian, Ph.D.
Clinical Psychology Internship Research Grant Program

Brown Clinical Psychology Training Consortium

- 2014 - 2018 *Biobehavioral Influences on Stress-Induced Eating in Low-Income Adolescents, R03HD079509, NICHD.*
Role: Graduate Research Assistant
PI: Amy F. Sato, Ph.D.
- 2015 - 2017 *Understanding of Psychosocial Issues Surrounding Type 2 Diabetes in Youth*
Judie Fall Lasser Graduate Psychology Research Award
Kent State University, Department of Psychological Sciences
- 2012 – 2013 *Statewide Variation and Influences on Attitudes towards Corporal Punishment*
Copeland Funding for Independent Study
Advisors: Bryan Karazsia, Ph.D., & Michael Casey, Ph.D.
- 2012 *Summer Undergraduate Research Scholar*
Howard Hughes Medical Institute Research Grant
Advisor: Bryan Karazsia, Ph.D.

EDITORIAL ACTIVITIES

Editorial Board *Journal of Health Psychology*

Ad-Hoc Reviewer *Appetite, Child: Care, Health, & Development, Childhood Obesity, Children's Health Care, Clinical Practice in Pediatric Psychology, Developmental Neurorehabilitation, European Journal of Public Health, Journal of American College Health, Pediatric Obesity, Journal of Pediatric Psychology, JMIR Pediatrics and Parenting, Obesity Reviews, Obesity Science & Practice, Stigma & Health*

TEACHING EXPERIENCE

- Fall 2023 **Co-Instructor, Qualitative Methods in Public Health**
MPH and PhD Level Course
Taught with Dr. Rochelle Rosen
Brown University School of Public Health, Providence, RI
- Spring 2023 **Co-Instructor, Qualitative Methods in Public Health**
MPH and PhD Level Course
Taught with Drs. Alexandra Collins and Rochelle Rosen
Brown University School of Public Health, Providence, RI
- Fall 2020 **Guest Lecture on Pediatric Psychology, Introduction to Psychology**
Undergraduate Level Course, Remote Course

Providence College, Providence, RI

- Spring 2018 **Course Instructor, Child Psychology**
Undergraduate Level Course
Kent State University, Kent, OH
- Fall 2015 & 2017
Spring 2016 **Course Instructor, Quantitative Methods in Psychology I**
Undergraduate Level Course
Kent State University, Kent, OH
- Spring 2016 **Guest Lecture on School Re-Entry, Pediatric Psychology**
Undergraduate Level Course
Kent State University, Kent, OH
- 2013 – 2014 **Graduate Teaching Assistant, General Psychology**
Instructor: John Updegraff, Ph.D.
Undergraduate Level Course, Kent State University
- Fall 2010
Fall 2012 **Undergraduate Teaching Assistant**
Statistics and Experimental Design in Psychology
Instructor: Bryan Karazsia, Ph.D.
Undergraduate Level Course, The College of Wooster

LEADERSHIP EXPERIENCE

- 2023 – 2026 **Representative**, Society of Pediatric Psychology Science and Practice
Committee
- 2021 – Present **Diversity, Equity, & Inclusion Planning Committee**, Weight Control and
Diabetes Research Center
- 2019 **Child Track Representative**, Psychology Teaching & Research Award
Committee, Department of Psychiatry and Human Behavior, Brown University
- 2018 – 2019 **Child Track Representative**, Psychology Residency Admissions Committee,
Department of Psychiatry and Human Behavior, Brown University
- 2016 – 2018 **Student Representative**, Student Advisory Board Membership Committee,
Society of Pediatric Psychology
- 2016 – 2018 **Outreach Coordinator**, Pediatric Research/Innovative Statistical Methodologies
(PRISM) Special Interest Group, Society of Pediatric Psychology
- 2013 – 2018 **Student Representative**, Clinical Training Committee, Department of
Psychology, Kent State University
- 2014 – 2018 **Graduate Student Mentor**, Undergraduate Research Symposium, Kent State
University
- 2011 – 2013 **President/Secretary**, College of Wooster Psychology Club, College of Wooster
- 2012 – 2013 **Vice-President**, Psi Chi National Honor Society, College of Wooster
- 2011 – 2012 **Peer Mentor**, Education Planning and Advising Center, College of Wooster

2009 – 2013 **President, COW 4 Kids Mentoring Program, Wayne County Children’s Services, Wooster, OH**

ADDITIONAL TRAINING

- October 2022 **Mentor Training Program**
Advance RI Clinical & Translational Research
- July 2019 – July 2022 **Qualitative Science & Methods Training Program Weekly Workshop**
Kate Guthrie, PhD, Department of Psychiatry and Human Behavior, Alpert Medical School of Brown University
- 2019 – 2022 **Dissemination and Implementation Seminar**
A. Rani Elwy, PhD., Director, Implementation Science Core, Department of Psychiatry and Human Behavior, Alpert Medical School of Brown University
- August 2020 **Research Methods with Diverse Populations Advanced Training Institute**
American Psychological Association, Frederick Leong, Ph.D.
- July 2019 – June 2020 **Qualitative Science & Methods Training Program Monthly Seminar**
Kate Guthrie, PhD & Rochelle Rosen, Ph.D.
Department of Psychiatry and Human Behavior, Alpert Medical School of Brown University
- July 2017 – June 2018 **Cleveland Clinic Foundation Didactics**
Ethan Benore, Ph.D.
- May – August 2016 **Mindfulness Based Stress Reduction for Teens (MBSR-T)**
Certification for 10-Week Stressed Teens Training for Professionals
Gina Biegel, M.A., LMFT
- July 2016 **An Introduction to Dialectical Behavioral Therapy (DBT)**
Denise Ben-Porath, PhD
- Fall 2015 –
Spring 2016 **Behavioral Parent Training**
Beth Wildman, PhD
- July 2015 **Level A Certification: Interpersonal Therapy**
Scott Stuart, MD
- June 2014 **Motivational Interviewing Workshop**
Jeffrey Ciesla, PhD
- February 2014 **CBT: Essential Tools for Proficiency in Clinical Practice**
Leslie Sokol, PhD