

11/17/2015

CURRICULUM VITAE
Kathryn M. Ross, Ph.D. M.P.H.

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

Business Phone: (401) 793-8971
Business Fax: (401) 793-8943

Business Email: Kathryn.Ross@brown.edu

EDUCATION

Undergraduate

Virginia Commonwealth University, Richmond, VA

Major: Psychology

B.S., 2006

Honors: Magna Cum Laude
Member of Psi Chi (Psychology National Honor Society)

Graduate

University of Florida

Clinical Psychology (APA accredited)

Concentration: Clinical Health Psychology

M.S., 2009

Ph.D., 2013

Honors: University of Florida Graduate School Research Travel Award, 2008, 2009
University of Florida Public Health and Health Professions Outstanding
Research Award, 2008, 2009, 2011
Nathan W. Perry Memorial Scientist-Practitioner Award for outstanding
integration of scientific method and scholarship with clinical work, 2011

University of Florida

Public Health (CEPH accredited)

Concentration: Biostatistics

M.P.H., 2012

Honors: Biostatistics Public Health Fellowship, Health Resources and Services
Administration, US Department of Health and Human Services, 2009-10
Inducted into Delta Omega (Public Health National Honor Society), 2012

Internship

Brown Medical School, Providence, RI, 2012-2013
Clinical Psychology Internship, Obesity Research Track
Primary Supervisor: Rena R. Wing, Ph.D.

POSTGRADUATE TRAINING

Fellowship

Brown Medical School, Providence, Rhode Island, 7/1/2013 – 6/30/2015
Obesity Research, Cardiovascular Behavioral Medicine
NIH F-32 NRSA Postdoctoral Fellow (NIDDK)
PI: Ross

POSTGRADUATE HONORS & AWARDS

NIH Ruth L. Kirschstein Award (F32), 2013-2016

NIH Loan Repayment Program, NIDDK, 2014 – 2016

NIH OBSSR / NHLBI 2015 Summer Institute on the Design and Conduct of
Randomized Clinical Trials Involving Behavioral Interventions

The Obesity Society Early Career Young Professionals Travel Grant, 2015

PROFESSIONAL LICENSES

Licensed Psychologist in the state of Rhode Island, #PS01461

ACADEMIC APPOINTMENTS

Instructor (Research)
Department of Psychiatry and Human Behavior
Alpert Medical School of Brown University, Providence, RI
2015 – present

HOSPITAL APPOINTMENTS

Staff Psychologist
Centers for Behavioral and Preventive Medicine
Miriam Hospital
Providence, RI
2015 – present

OTHER APPOINTMENTS

Ad-hoc Reviewer

Annals of Behavioral Medicine

Annals of Nutrition and Metabolism

Appetite

BMC Public Health

Health Psychology

Journal of Contextual Behavioral Science

Journal of Medical Internet Research

Journal of Transtheoretical Behavioral Medicine

Obesity

Preventive Medicine

Translational Behavioral Medicine

Translational Issues in Psychological Science

HOSPITAL COMMITTEES

Technology Committee

Department of Psychiatry and Human Behavior

Alpert Medical School of Brown University

Providence, Rhode Island

2013–current

Women in Psychology Steering Committee

Department of Psychiatry and Human Behavior

Alpert Medical School of Brown University

Providence, Rhode Island

2015–current

UNIVERSITY COMMITTEES

Graduate Student Council

University of Florida

Gainesville, FL

2009-2012

Research Committee

College of Public Health and Health Professions

University of Florida

Gainesville, FL

2008-2010

MEMBERSHIP IN SOCIETIES

American Psychological Association, 2007 – Present
Society of Behavioral Medicine, 2007 – Present
American Statistical Association, 2009 – 2012
American Public Health Association, 2011 – Present
The Obesity Society, 2012 – Present

PUBLICATION LIST*

***Current name: K. M. Ross, Previous name: K. R. Middleton**

ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

1. **Ross, K. M.**, Milsom, V.A., Rickel, K. A., DeBraganza, N., Gibbons, L. M., and Perri, M. G. (2009). The contributions of weight loss and increased physical fitness to improvements in health related quality of life. *Eating Behaviors, 10(2)*, 84-88.
2. Murawski, M. E., Milsom, V. A., **Ross, K. M.**, and Perri, M. G. (2009). Problem solving, treatment adherence, and weight-loss outcome among women participating in lifestyle treatment for obesity. *Eating Behaviors, 10(3)*, 146-151
3. **Ross, K. M.**, Shivy, V. A., & Mazzeo, S. E. (2009). Ambiguity and judgments of obese individuals: No news could be bad news. *Eating Behaviors, 10(3)*, 152-156.
4. Nackers, L. M., **Ross, K. M.**, & Perri, M. G. (2010). The association between rate of initial weight loss and long-term success in obesity treatment: Does slow and steady win the race? *International Journal of Behavioral Medicine, 17*, 161-167.
5. Rickel, K. A., Milsom, V. A., **Ross, K. M.**, Hoover, V. J., DeBraganza, N., & Perri, M. G. (2011). Differential response of African American and Caucasian women to extended-care programs for obesity management. *Ethnicity and Disease, 21*, 170-175.
6. Milsom, V. A., **Ross Middleton, K. M.**, & Perri, M. G. (2011). Successful long-term maintenance in a rural population. *Clinical Interventions in Aging, 6*, 303-309.
7. **Ross Middleton, K. M.**, Patidar, S. A., & Perri, M. G. (2012). The impact of extended care on long-term weight loss maintenance: A systematic review and meta-analysis. *Obesity Reviews, 13*, 509-517.
8. Rossen, L. M., Milsom, V. A., **Middleton, K. R.**, Daniels, M. J., Nackers, L. M., & Perri, M. G. (2013). Benefits and risks of weight-loss treatment for elderly, obese women. *Clinical Interventions in Aging, 8*, 157-166.

9. Nackers, L. M., **Middleton, K. R.**, Daniels, M. J., Dubyak, P. J., Anton, S. A., & Perri, M.G. (2013). Effects of prescribing 1,000 versus 1,500 kilocalories per day in the behavioral treatment of obesity: A randomized trial. *Obesity, 21*, 2481-2487.
10. **Middleton, K. R.**, Anton, S. A., & Perri, M. G. (2013). Long-term adherence to health behavior change. *American Journal of Lifestyle Medicine, 7*, 395-404.
11. **Middleton, K. R.** & Perri, M. G. (2014). A randomized trial investigating the effect of a brief lifestyle intervention on freshman-year weight gain. *Journal of American College Health, 62*, 109-109.
12. Xu, X, Demos, K. E., Leahey, T. M., Hart, C., Trautvetter, J., Coward, P., Middleton, **K. R.**, & Wing, R. R. (2014). Failure to replicate depletion of self-control. *PLoS ONE, 9*, e109950.
13. Higgins, T. J., **Middleton, K. R.**, Winner, L., & Janelle, C. M. (2014). Physical activity interventions differentially affect exercise task and barrier self-efficacy: A meta-analysis. *Health Psychology, 33*, 891-903.
14. Peterson, N. D., **Middleton, K. R.**, Nackers, L. M., Newell, K. E., Milsom, V. A., & Perri, M. G. (2014). Dietary self-monitoring and long-term success with weight management. *Obesity, 22*, 1962-1967.
15. Lillis J., Niemeier, H. M., **Ross, K. M.**, Thomas, J. G., Leahey, T., Unick, J., Kendra, K. E., & Wing, R. R. Weight loss intervention for individuals with high internal disinhibition: Design of the Acceptance Based Behavioral Intervention (ABBI) randomized controlled trial. *BMC Psychology, 3*, 1-10.

OTHER NON-PEER REVIEWED PUBLICATIONS

1. **Ross, K. M.** Healthy Living: Tips to avoid the holiday bulge. *Providence Journal*. December 22, 2014.
2. **Ross, K. M.** Healthy Living: 10,000 who shed pounds share how they keep them off. *Providence Journal*. June 29, 2015.

BOOKS AND BOOK CHAPTERS

1. **Ross, K. M.**, & Perri, M. G. Adherence. (2011). In J.M. Rippe (Ed.) *Encyclopedia of Lifestyle Medicine and Health*. Thousand Oaks, CA: Sage.
2. Wing, R. R., & **Middleton, K. R.** (2014). Changing behaviors – physical activity and weight control. In B.W. Stewart and C.P. Wild (Eds.) *World Cancer Report*. Lyon, France: International Agency for Research on Cancer, World Health Organization, pp. 384-398.

PUBLICATIONS SUBMITTED OR IN PREPARATION

Under Review

1. **Ross, K. M.**, & Wing, R. R. Implementation of an Internet weight loss program in a worksite setting.
2. **Ross, K. M.**, Thomas, J. G., & Wing, R. R. Successful weight loss maintenance associated with better sleep quality and morning chronotype.

In Preparation

1. Nackers, L. M., **Ross, K. M.**, Dubyak, P. J., Anton, S. D., & Perri, M. G. Changes in hunger, restraint, and disinhibition after prescription of 1,000 versus 1,500 kilocalorie daily intake goals within a lifestyle intervention for obesity.

ABSTRACTS

1. **Ross, K. M.**, Ewigman, N. L., Nackers, L. M., Milsom, V. A., André, R., DeBraganza, N., Onkala, A. L., & Perri, M. G. (2008). Of fitness and fatness: The contributions of weight loss and increased physical fitness to improvements in health related quality of life. *Annals of Behavioral Medicine*, 35, s154. Poster presented at the 2008 Society of Behavioral Medicine meeting, San Diego, California.
2. Milsom, V. A., **Ross, K. M.**, Murawski, M. E., DeBraganza, N., Nackers, L. M., André, R., Ewigman, N. L., Onkala, A. L., Durning, P. E., & Perri, M.G. (2008). Problem solving, treatment adherence, and weight loss outcome. *Annals of Behavioral Medicine*, 35, s62. Poster presented at the 2008 Society of Behavioral Medicine meeting, San Diego, California.
3. Nackers, L. M., André, R., **Ross, K. M.**, Ewigman, N. L., Milsom, V. A., DeBraganza, N., Onkala, A. L., & Perri, M. G. (2008). The impact of rate of initial weight loss on long-term success. *Annals of Behavioral Medicine*, 35, s109. Paper presented at the 2008 Society of Behavioral Medicine meeting, San Diego, California. *Meritorious student paper award
4. **Ross, K. M.**, Milsom, V. A., André, M. S., Nackers, L. M., Hoover, V. J., Buhi, L. A., & Perri, M. G. (2009). Self-reported caloric intake and weight loss: Predictive validity of food records and the Block Food Frequency Questionnaire. *Annals of Behavioral Medicine*, 37, s206. Poster presented at the 2010 Society of Behavioral Medicine meeting, Montréal, Quebec.
5. Buhi, L. A., **Ross, K. M.**, Milsom, V. A., Hoover, V. J., Nackers, L. M., André, R., Durning, P. E., & Perri, M. G. (2009). Effect of lifestyle treatment for obesity on risk for heart disease. *Annals of Behavioral Medicine*, 37, s123. Paper presented at the 2010 Society of Behavioral Medicine meeting, Montréal, Quebec.
6. Hoover, V. H., **Ross, K. M.**, Milsom, V. A., Nackers, L. M., André, R., Buhi, L. A., & Perri, M. G. (2009). Influence of weight-loss expectations on changes in caloric

intake, physical activity and body weight. *Annals of Behavioral Medicine*, 37, s123. Poster presented at the 2009 Society of Behavioral Medicine meeting, Montréal, Quebec.

7. Nackers, L. M., Milsom, V. A., André, R., **Ross, K. M.**, Hoover, V. J., Buhi, L. A., & Perri, M. G. (2009). Stepping up for success: the impact of initial increase in physical activity on long-term change in physical activity. *Annals of Behavioral Medicine*, 37, s157. Poster presented at the 2010 Society of Behavioral Medicine meeting, Montréal, Quebec.
8. DeBraganza, N., Milsom, V. A., Nackers, L. M., **Ross, K. M.**, André, R., Hoover, V. J., Newell, K. E., von Castel-Roberts, K. M., & Perri, M. G. (2010). Self-monitoring and the maintenance of lost weight in lifestyle treatment of obesity. *Annals of Behavioral Medicine*, 39, s22. Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.
9. **Ross, K. M.**, Mathews, A. E., Milsom, V. A., DeBraganza, N., André, R., Nackers, L. M., Hoover, V. J., Newell, K. E., Foss, S. M., von Castel-Roberts, K. M., & Perri, M. G. (2010). How accurate are self-report measures of physical activity in rural obese adults? *Annals of Behavioral Medicine*, 39, s62. Paper presented at the 2010 Society of Behavioral Medicine meeting, Seattle, Washington.
10. DeBraganza, N., Milsom, V. A., Nackers, L. M., **Ross, K. M.**, André, R., Hoover, V. J., Newell, K. E., von Castel-Roberts, K. M., & Perri, M. G. (2010). Self-monitoring and the maintenance of lost weight in lifestyle treatment of obesity. *Annals of Behavioral Medicine*, 39, s22. Poster presented at the 2010 Society of Behavioral Medicine meeting, Seattle, Washington.
11. Hoover, V. J., DeBraganza, N., Nackers, L. M., André, R., Dubyak, P. J., **Ross, K. M.**, Newell, K. E., von Castel-Roberts, K. M., & Perri, M. G. (2010). Primary motives for weight loss in older, obese women from rural communities. *Annals of Behavioral Medicine*, 39, s91. Poster presented at the 2010 Society of Behavioral Medicine meeting, Seattle, Washington.
12. Nackers, L. M., DeBraganza, N., André, R., **Ross, K. M.**, Hoover, V. J., Newell, K. E., Milsom, V. A., von Castel-Roberts, K. M., Perri, M. G. (2010). Improvements in LDL cholesterol associated with lifestyle intervention treatment for obesity. *Annals of Behavioral Medicine*, 39, s179. Poster presented at the 2010 Society of Behavioral Medicine meeting, Seattle, Washington.
13. Newell, K. E., Mathews, A. E., Nackers, L. M., **Ross, K. M.**, DeBraganza, N., André, R., Hoover, V. J., von Castel-Roberts, K. M., Thomas, C. H., Thomas, M. L., Allen, K. K., Rogers, C. J., Lynch, W. W., & Perri, M. G. (2010). Impact of a post-treatment campaign on weight change following obesity treatment. Poster presented at the annual meeting of the Society of Behavioral Medicine, Seattle, Washington.
14. Nackers, L. M., **Ross, K. M.**, Thomas, C. H., DeBraganza, N., André, R., Hoover, V. J., Newell, K. E., Milsom, V. A., von Castel-Roberts, K. M., Thomas, M. L., Allen, K.

- K., Rogers, C. J., Lynch, W. W., Bobroff, L. B., Mathews, A. E., & Perri, M. G. (2010). Family matters: The impact of children in the home on weight change in adults undergoing a weight management program. Poster presented at the 2010 Society of Behavioral Medicine meeting, Seattle, Washington.
15. Hoover, V. J., Nackers, L. M., Dubyak, P. J., **Ross, K. M.**, Newell, K. E., Lespinasse, D. M., Maurer, S. M., Minski, S. A., Von Castel-Roberts, K. M., & Perri, M. G. (2011). Problem-solving deficits, negative affect, and the maintenance of binge eating behavior. *Annals of Behavioral Medicine*, *41*, s102. Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.
 16. Newell, K. E., **Ross, K. M.**, Nackers, L. M., Hoover, V. J., Lespinasse, D. M., Maurer, S. N., Minski, S. A., Durning, P. E., & Perri, M. G. (2011). The effect of individual caloric variability on weight loss. Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.
 17. **Ross, K. M.**, & Perri, M. G. (2011). Availability and usability of web-based nutrition information for major chain restaurants. Poster presented at the 2011 American Public Health Association annual meeting, Washington, D.C.
 18. **Ross, K. M.**, Mathews, A. E., Nackers, L. M., Hoover, V. J., Newell, K. E., Lespinasse, D. M., Minski, S. A., Maurer, S. N., Von Castel Roberts, K. M., & Perri, M. G. (2011). Weekday and weekend patterns of physical activity in older adults. *Annals of Behavioral Medicine*, *41*, s34. Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.
 19. **Ross, K. M.**, & Perri, M. G. (2011). The association between obesity and primary care utilization. *Annals of Behavioral Medicine*, *41*, s99. Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.
 20. Milsom, V. A., **Ross, K. M.**, Nackers, L. M., Durning, P. E., Thomas, C. T., Peterson, N. D., & Perri, M. G. (2011). Successful long-term weight loss maintenance in a rural population. *Annals of Behavioral Medicine*, *41*, s86. Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.
 21. Nackers, L. M., **Ross, K. M.**, Dubyak, P. J., Durning, P. E., von Castel-Roberts, K. M., Daniels, M. J., Anton, S. D., & Perri, M. G. (2012). Improving lifestyle interventions for obesity: The effects of prescribing moderate versus mild caloric restriction goals on long-term weight loss maintenance. *Annals of Behavioral Medicine*, *43*, s272. Paper presented at the 2012 Society of Behavioral Medicine meeting, New Orleans, LA *Meritorious Student Abstract Award.
 22. **Ross Middleton, K. M.**, Mathews, A. E., Minski, S. A., Maurer, S. N., & Perri, M. G. (2012). The effect of daily self-monitoring of weight on changes in caloric intake and energy expenditure. *Annals of Behavioral Medicine*, *43*, s151. Paper presented at the 2012 Society of Behavioral Medicine meeting, New Orleans, LA
 23. Peterson, N. D., **Ross Middleton, K. M.**, Milsom, V. A., & Perri, M. G. (2012). Self-monitoring for successful maintenance of lost weight in lifestyle treatment of obesity.

Annals of Behavioral Medicine, 43, s109. Poster presented at the 2012 Society of Behavioral Medicine meeting, New Orleans, LA. *Citation Abstract Award

24. **Middleton, K. R.**, Hoover, V. J., Mathews, A. E., Medina, K. E., Minski, S. A., Maurer, S. N., Lespinasse, D. M., Durda, H. N., White, J., Jung, J., & Perri, M. G. (2013). Preventing the Freshman 15: Effects of a brief lifestyle intervention on changes in body weight, caloric intake, and physical activity. *Annals of Behavioral Medicine*, 45, s28. Poster presented at the 2013 Society of Behavioral Medicine meeting, San Diego, CA.
25. Nackers, L. M., **Middleton, K. R.**, Anton, S. D. & Perri, M. G. (2013). The impact of 'small' versus 'large' reductions in caloric intake on reported levels of hunger, disinhibition, and restraint during lifestyle intervention for obesity. *Annals of Behavioral Medicine*, 45, s29. Poster presented at the 2013 Society of Behavioral Medicine meeting, San Diego, CA.
26. **Middleton, K. R.**, Hoover, V. J., & Perri, M. G. (2014). Increases in self-weighing associated with less weight gain in freshman college students. *Annals of Behavioral Medicine*, 47, s27. Poster presented at the 2014 Society of Behavioral Medicine Meeting, Philadelphia, PA.
27. Hoover, V. J., **Middleton, K. R.**, Medina, K., Lespinasse, D., Maurer, S., Minski, S., Alabduljabbar, M., von Castel-Roberts, K., & Perri, M. G. (2014). Dietary restraint and weight change in college women participating in a weight gain prevention program. *Annals of Behavioral Medicine*, 47, s115. Poster presented at the 2014 Society of Behavioral Medicine meeting, Philadelphia, PA.
28. **Middleton, K. R.**, Thomas, J. G., & Wing, R. R. (2014). Recovery from weight regain: 5-year results from the National Weight Control Registry. *Annals of Behavioral Medicine*, 47, s173. Paper presented at the 2014 Society of Behavioral Medicine meeting, Philadelphia PA.
29. **Middleton, K. R.**, Thomas, J. G., Seiden, B. A., Trautvetter J., & Wing, R. R. (2014). Sleep quality, duration, and chronotype in the National Weight Control Registry. Poster presented at the 2014 meeting of The Obesity Society.
30. Tannenbaum M. L., **Ross K. M.**, Wing R. R. (2015). Frequency and variability of self-monitored weight and calories in Internet-based weight management program. *Diabetes*, 64, A215. Poster presented at the 2015 American Diabetes Association meeting, Philadelphia PA.

GRANTS

AWARDED GRANTS

1. University of Florida Graduate Student Council Research Grant
"The effect of daily self-monitoring of weight on changes in caloric intake and energy expenditure"
2009

\$500
Principal Investigator

2. University of Florida Graduate Student Council Research Grant
“Preventing the Freshman 15: Effects of a brief lifestyle intervention on changes in body weight, caloric intake, and physical activity”
2010
\$500
Principal Investigator
3. University of Florida College of Public Health & Health Professions Research Grant
“Preventing the Freshman 15: Effects of a brief lifestyle intervention on changes in body weight, caloric intake, and physical activity”
2011
\$1,000
Principal Investigator
4. NIDDK: F32 DK 100069-01
“Impact of self-monitoring technology and interventionist contact on weight loss”
08/05/2013-08/04/2016
\$151,218
Principal Investigator

UNIVERSITY TEACHING ROLES

Course name: Introduction to Health Psychology
Description: Instructor of introductory level course in health psychology
Year: 2010
No. of times: 1
To whom: Undergraduates
No. of students: 78 in class
Where: University of Florida

HOSPITAL TEACHING ROLES

Course name: Clinical Psychology Training Consortium, Psychology Intern Core Seminar
Description: Preparing and Obtaining an F-32 Award
Year: 2013, 2014
No. of times: 2
To whom: Clinical psychology interns
No. of students: 6 in class
Where: Brown Medical School

Course name: Clinical Psychology Training Consortium, Behavioral Medicine

Description: Psychology Intern Seminar
The Obesity Epidemic and Lifestyle Weight Management
Year: 2015
No. of times: 1
To whom: Clinical psychology interns
No. of students: 6 in class
Where: Brown Medical School