

**CURRICULUM VITAE**  
**KAYLONI LYNN OLSON, PhD**

Weight Control and Diabetes Research Center  
The Miriam Hospital  
196 Richmond Street  
Providence RI 02903  
Tel: 401-793-8971  
Fax: 401-793-8618  
[Kayloni\\_Olson@Brown.edu](mailto:Kayloni_Olson@Brown.edu)

**EDUCATION**

Undergraduate	University of Pittsburgh, Pittsburgh PA
Major Field	Psychology
Minor Field	Neuroscience, Sociology
Degree	BS
Attended	2006-2010
Honors received	Summa Cum Laude John Knox Hall, Jr. Scholarship Brackenridge Honors College Research Fellowship Children's Hospital of Pittsburgh Summer Research Fellowship
Graduate	The Ohio State University, Columbus OH
Major Field	Psychology
Degrees	MA, PhD
Specialty	Clinical, health track
Attended	2010-2017
Honors received	Ohio State University Presidential Fellow Food Innovation Center Student Travel Award Gerontological Society of America, Behavioral and Social Science Student Travel Award
Pre-doctoral Internship	Alpert Medical School of Brown University, Providence RI, Clinical Psychology Training Consortium
Level	Psychology Resident
Specialty	Behavioral Medicine, Obesity Clinical/Research
Attended	July 1, 2016-June 30, 2017
Post-Doctoral Fellowship	Alpert Medical School of Brown University, Providence RI, Clinical Psychology Training Consortium
Level	NHLBI T32 Post-doctoral research fellow
Specialty	Cardiovascular Behavioral Medicine
Attended	August 1, 2017-2020
Awards	Bio-Behavioral Research Section Abstract Award (The Obesity Society)

## PROFESSIONAL LICENSE

State of Rhode Island Psychology License (License No: PS01817)

## POSTGRADUATE HONORS AND AWARDS

Award: Twentieth Annual OBSSR/NHLBI/ODP Summer Institute on Innovative Approaches to Randomized Behavioral Clinical Trials Scholar and Scholarship Recipient

Received 2020

## ACADEMIC APPOINTMENTS

Institution	Alpert Medical School of Brown University
Role	Assistant Professor (Research)
Department	Psychiatry & Human Behavior
Term	2020-present
Institution	The Miriam Hospital
Role	Research Scientist
Department	Psychiatry & Human Behavior
Term	2020-present
Institution	Roger Williams University
Role	Adjunct Faculty
Courses	Health Psychology, Senior Seminar in Psychology
Term	Fall 2018-2022
Institution	University of Bath
Role	Visiting Fellow
Department	Center for Pain Research
Term	Fall 2022-Fall 2023

## RESEARCH APPOINTMENTS

Position	Lab Manager, Cardiopulmonary Behavioral Medicine Lab
Institution	Ohio State University
Dates	Summer 2015
Position	Graduate Research Fellow
Institution	Ohio State University
Dates	Summer 2015
Position	Graduate Teaching Fellow
Institution	Ohio State University
Dates	Summer 2014

## OTHER APPOINTMENTS

Position	Graduate student liaison
Committee	Graduate Admissions Committee
Organization	Clinical Psychology Department, Ohio State University
Term	Fall 2011-Spring 2012
Position	Communications Committee
Committee	Student Activity Council
Organization	Society for Health Psychology of APA
Term	2014-2016
Position	Student Chair
Committee	Student Activity Council
Organization	Society for Health Psychology of APA
Term	2016-2019
Position	Psychology Resident Representative
Committee	Cross-Training Committee
Organization	Department of Human Behavior and Psychiatry, Alpert Medical School of Brown University
Term	Fall 2016, 2017
Position	Representative
Committee	Diversity Task force
Organization	Society for Health Psychology of APA
Term	2018
Position	Postdoctoral Representative
Committee	Student Activity Council
Organization	Society for Health Psychology of APA
Term	2019-2020
Position	Committee Member
Committee	Health Research Council
Organization	Society for Health Psychology of APA
Term	2018-present
Position	Application Reviewer, Behavioral Medicine Track
Committee	Admissions Committee
Organization	Department of Human Behavior and Psychiatry, Training Consortium, Alpert Medical School of Brown University
Term	2017-present
Position	Vice Chair
Committee	Health Research Council
Organization	Society for Health Psychology of APA

Term	2023-2026
Position Journal Term	Consulting Editor Health Psychology 2023-present
Position Journal Term	Consulting Editor Stigma and Health 2025-present
Position Committee: Organization: Term:	Ad Hoc Member Special Emphasis Panel: NIDDK SBIR/STTR NIH 2025
Position Committee Organization Term	Program Chair APA Annual Convention Society for Health Psychology of APA 2026
Position Journals	Ad Hoc Reviewer International Journal of Obesity, Surgery for Obesity and Related Diseases, Annals of Behavioral Medicine, Annals of Internal Medicine, Mindfulness, Journal of Clinical Psychology, Journal of Contextual Behavioral Sciences, International Journal of Behavioral Medicine, Stigma and Health, Journal of Family Psychology, Body Image, Pediatrics Reviews, Eating Behavior, Social Science and Medicine, European Journal of Clinical Nutrition, BMC Public Health, Physical Activity and Mental Health, Appetite, Lancet Regional Health-Western Pacific, Journal of Pain Research, Archives of Gerontology, Stress and Health, Public Health Nutrition, Journal of Eating Disorders, The Journal of Pain, Personality and social psychology bulletin, Obesity Science & Practice

#### MEMBERSHIPS IN SOCIETIES

International Association for the Study of Pain  
 Society for Health Psychology  
 Society for Behavioral Medicine

#### PUBLICATIONS LIST

##### ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

1. **Olson, K.**, & Emery, C.F. (2014). Mindfulness and weight loss: A systematic review. *Psychosomatic Medicine*, 77, 59-67.
2. **Olson, K.**, & Kemper, K. (2014). Factors associated with well-being and confidence in providing compassionate care. *Journal of Evidence-Based Complementary and Alternative Medicine*, 19, 292-296.
3. Emery, C.F., **Olson, K.**, Lee, V., Habash, D., Nasar, J., & Bodine, A. (2015). Home environment and psychosocial predictors of obesity status among community-residing men and women. *International Journal of Obesity*, 1-7.
4. **Olson, K.**, Kemper, K., & Mahan, J. (2015). What factors promote resilience and protect against burnout in first year pediatric and medicine-pediatric residents? *Journal of Evidence-Based Complementary and Alternative Medicine*, 1-7.
5. Kellogg Truong, E., **Olson, K.**, & Emery, C. (2016). Repressive coping, stigmatization, psychological distress, and quality of life among behavioral weight management participants. *Eating Behavior*, 22, 206-210.
6. Emery, C.F., **Olson, K.**, Bodine, A., Lee, V., & Habash, D. (2017). Dietary intake moderates the relationship of body fat to pain. *Pain*, 158, 273-277.
7. **Olson, K.**, Landers, J., Thaxton, T., & Emery, C.F., (2018). The pain of weight-related stigma among women with overweight or obesity. *Stigma and Health*.
8. **Olson, K.**, Thaxton, T., & Emery, C.F. (2018). Targeting body dissatisfaction among women with overweight or obesity: A proof-of-concept pilot study. *International Journal of Eating Disorders*, 51, 973-977.
9. **Olson, K.**, Neiberg, R., Tate, D.F., Garcia, K., Gorin, A., Unick, J., Lewis, B., & Wing, R. (2018). Weight and shape concerns impact weight gain prevention in the SNAP trial: Implications for tailoring intervention delivery. *Obesity*, 26, 1270-1276.
10. **Olson, K.**, Lillis, J., Thomas, J.G., & Wing, R.R. (2018). A prospective evaluation of internalized weight bias and weight change among successful weight loss maintainers. *Obesity*, 26, 1888-1892.
11. Lillis, J., Thomas, J. G., **Olson, K.**, & Wing, R. R. (2019). Weight self-stigma and weight loss during behavioural weight loss intervention. *Obesity Science & Practice*, 5(1), 21-27.
12. **Olson, K.** & Mensinger, J. (2019). Weight-related stigma mediates the relationship between weight status and bodily pain. A conceptual model and call for further research. *Body Image*, 30, 159-164.
13. Panza, E., **Olson, K.**, Goldstein, C. M., Selby, E. A., & Lillis, J. (2020). Characterizing Lifetime and Daily Experiences of Weight Stigma among Sexual Minority Women with Overweight and Obesity: A Descriptive Study. *International Journal of Environmental Research and Public Health*, 17(13), 4892.
14. **Olson, K.**, Neiberg, R., Espeland, M., Johnson, K.C., Knowler, W., Pi-Sunyer, X., & the Look AHEAD Group (2020). Waist circumference change in the first year of the Look AHEAD trial is associated with risk for cardiovascular morbidity and mortality. *Obesity*, 28, 1902-1911.
15. **Olson, K.**, Lillis, J., Panza, E., Wing, R., Quinn, D., & Puhl, R (2020). Body shape concerns across racial and ethnic groups among adults in the United States: More similarities than differences. *Body Image*, 35, 108-113.

16. Patel, K. V., Bahnson, J. L., Gaussoin, S. A., Johnson, K. C., Pi-Sunyer, X., White, U., ... & Look AHEAD Research Group. (2020). Association of Baseline and Longitudinal Changes in Body Composition Measures with Risk of Heart Failure and Myocardial Infarction in Type 2 Diabetes: Findings From the Look AHEAD Trial. *Circulation*, 142(25), 2420-2430.
17. Panza, E., **Olson, K.**, Selby, E. A., & Wing, R. R. (2020). State versus trait weight, shape, and eating concerns: Disentangling influence on eating behaviors among sexual minority women. *Body Image*, 36, 107-116.
18. **Olson, K. L.**, Goldstein, S. P., Lillis, J., & Panza, E. (2021). Weight stigma is overlooked in commercial-grade mobile applications for weight loss and weight-related behaviors. *Obesity Science & Practice*, 7, 244-248.
19. **Olson, K.**, Coffino, J. A., Thomas, J. G., & Wing, R. R. (2021). Strategies to manage weight during the holiday season among US adults: A descriptive study from the National Weight Control Registry. *Obesity Science & Practice*, 7, 232-238.
20. **Olson, K.**, Goldstein, S.P., Wing, R., Williams, D., \*Demos, K., & \*Unick, J. (2021). Internalized weight bias is associated with perceived exertion and affect during exercise in sample with higher body weight. *Obesity Science & Practice*, 7, 405-414.
21. Panza, E., Lillis, J., **Olson, K.**, van den Berg, J.J., Tashima, K., and Wing, R.R. (2021). HIV Status, Obesity, and Risk for Weight Stigma: Comparing Weight Stigma Experiences and Internalization among Adults with Obesity with and without HIV. *AIDS and Behavior*, 1-12.
22. Wing, R., Neiberg, R., Bahnson, J., et al., (2022) Weight change during the post-intervention follow-up of Look AHEAD: When should clinicians be concerned about large weight losses in older adults with diabetes? *Diabetes Care*, 45, 1306-1314.
23. Braun, T. D., **Olson, K.**, Panza, E., Lillis, J., Schumacher, L., Abrantes, A. M., ... & Unick, J. L. (2022). Internalized weight stigma in women with class III obesity: A randomized controlled trial of a virtual lifestyle modification intervention followed by a mindful self-compassion intervention. *Obesity Science & Practice*, 8(6), 816-827.
24. **Olson, K.**, Panza, E., Lillis, J., & Wing, R. R. (2023). Association of Weight-Related Stigmas with Daily Pain Symptoms Among Individuals With Obesity. *Annals of Behavioral Medicine*, 57(3), 269-274.
25. **Olson, K.**, Howard, M., McCaffery, J. M., Dutton, G. R., Espeland, M. A., Simpson, F. R., ... & Look AHEAD Research Group. (2023). Psychological resilience in older adults with type 2 diabetes from the Look AHEAD Trial. *Journal of the American Geriatrics Society*, 71(1), 206-213.
26. Donahue, M. L., Levin, M. E., **Olson, K.**, Panza, E., & Lillis, J. (2023). Examining the role of experiential avoidance and valued action in the negative effects of weight self-stigma. *Journal of Behavioral Medicine*, 46, 517-524.
27. Wing, R. R., Howard, M. J., **Olson, K.**, Unick, J. L., Chao, A. M., Wadden, T. A., & Wagenknecht, L. E. (2023). Weight changes during the COVID-19 shutdown in older individuals with type 2 diabetes: the Look AHEAD Study. *Obesity*, 31(3), 871-882.
28. Goldstein, S., **Olson, K.**, & Thomas, J.G. (2023). Association of weight and shape concern with weight change and weight-related behaviors in behavioral weight loss treatment. *Journal of Behavioral Medicine*, 46, 1049-1056.

29. **Olson, K.**, Houston, D., Ross, J., Wing, R., Simpson, F., Pandey, A., et al. (2023). Associations that cardiorespiratory fitness and body mass index have with deficit accumulation frailty. *Medicine & Science in Sports & Exercise*, 56(4):717-724
30. **Olson, K.**, Landers, J., Thaxton, T., & Emery, C.F. (2023). Evaluating the effect of targeting Body Shape Concerns on long-term Weight Change. *International Journal of Eating Disorders*, 57(1), 201-205.
31. Panza, E., **Olson, K.**, Sall, K., Norris, A., Lillis, J., Thomas, J. G., ... & Wing, R. R. (2024). Sexual Minority Women Report Higher Weight Stigma Levels Than Heterosexual Women in the National Weight Control Registry. *Annals of Behavioral Medicine*, 58 (9), 603–609. doi.org/10.1093/abm/kaae042
32. **Olson, K.**, & Eccleston, C. (2024). Reconsidering the Role of Weight Loss in Treatment for Chronic Pain: Knee Osteoarthritis as an Exemplar. *The Journal of Pain*, 104647.
33. Espeland, M. A., Demesie, Y. N., **Olson, K.**, Lockhart, S. N., Farias, S. E. T., Cleveland, M. L., ... & US POINTER Research Group. (2024). Associations Between Deficit Accumulation Frailty and Baseline Markers of Lifestyle in the US POINTER Trial. *The Journals of Gerontology, Series A: Biological Sciences and Medical Sciences*, glae279.
34. Schram, S. J., **Olson, K.**, Panza, E., & Lillis, J. (2024). The impact of weight self-stigma on weight-loss treatment engagement and outcome. *Obesity Science & Practice*, 10(6), e70015.
35. **Olson, K.**, Hackett, R. A., & Scott, W. (2024). Weight discrimination partially mediates the longitudinal relationship between Body Mass Index and pain. *The Journal of Pain*, 104772.
36. Warnick, J. L., Darling, K. E., Maskey, S., Topor, L. S., Fox, K., **Olson, K.**, & Jelalian, E. (2025). Creating an Adolescent Intensive Health Behavior and Lifestyle Treatment for Type 1 Diabetes: Feedback from the Target Population. *Obesity Pillars*, 100194.
37. **Olson, K.**, Onwunaka, U., Smith, M., Thomason, C., & Chofay, D. (2025). A call to action: addressing medical school as a source of weight stigma requires transformative change. *American Journal of Preventive Medicine*, 69(5), 108032.

#### NON-PEER REVIEWED PUBLICATIONS

1. **Olson, K.**, Bond, D., & Wing, R. (2017). Obesity and medical weight loss. *Rhode Island Medical Journal*.
2. **Olson, K.** (2017). Greetings from the SfHP Student Advisory Council. *The Health Psychologist*.
3. **Olson, K.** (2017). Advice on Applying for Internship. *The Health Psychologist*.
4. **Olson, K.**, & Lowman, M. (2018). Letters to a Pre-Scientist. *The Health Psychologist*.
5. **Olson, K.** (2018) APA Convention and Campus Representatives Program. *The Health Psychologist*.
6. **Olson, K.** (2019). Not a student and not yet an independent health psychologist. *The Health Psychologist*.
7. Burg, M., Ehlers, S., Carroll, A., **Olson, K.**, & Eyers, J. (2022). (Re-)Shaping NIH: A call to Action to Elevate Behavioral Medicine. *The Health psychologist*.

#### BOOKS AND BOOK CHAPTERS

1. Rofey, D., Phillips, J., Black, J., & **Olson, K.** (2010). Depression and Anxiety in Childhood Obesity. In Bagchi, D. (Ed.) Global View on Childhood Obesity: Current Status, Consequences and Prevention (pp.245-256). Maryland Heights: Elsevier Publishing.
2. Long, R., **Olson, K.**, & Emery, C.F. (2013). Physical activity and quality of life in cardiac, vascular, and pulmonary diseases. In Ekkekakis, P. (Ed.) Routledge Handbook of Physical Activity and Mental Health. New York: Taylor and Francis Group.

### ABSTRACTS

1. Rofey, D., Phillips, J., **Olson, K.**, Black, J., Hull, E., Vogt, K.,...Dahl, R. Utilizing ecological momentary assessment in pediatric obesity to quantify behavior, emotion, and sleep. Obesity Society. Washington DC. October, 2009.
2. Rofey, D., Black, J., **Olson, K.**, & Szigethy, E. Depression and obesity: A possible variant depression. Obesity Society. San Diego, California. October, 2010.
3. **Olson, K.**, Musselman, B., Matlock, J., Blake, R., & Rofey, D. A weight loss intervention for adolescent girls: addressing self-esteem. The Institute of Behavioral Medicine Research, The Ohio State University. March, 2011.
4. **Olson, K.**, Musselman, B., Matlock, J., Blake, R., & Rofey, D. A weight loss intervention for adolescent girls: addressing self-esteem. Society of Behavioral Medicine. Washington, DC. April, 2011.
5. **Olson, K.** Correlates of mindfulness among participants in a behavioral weight management program. Hayes Graduate Research Forum, The Ohio State University. February, 2012
6. Kellogg, E., **Olson, K.**, & Emery, C. Predicting quality of life in weight management patients: The impact of perceived stigma and negative coping. Society of Behavioral Medicine. New Orleans, Louisiana. April, 2012.
7. **Olson, K.**, Kellogg, E., & Emery, C. Correlates of mindfulness among participants in a behavioral weight management program. Society of Behavioral Medicine. New Orleans, Louisiana. April, 2012.
8. **Olson, K.**, Kellogg, E., & Emery, C. Physical quality of life and BMI among older adults in behavioral weight management. Gerontological Society of America. San Diego, CA. November, 2012.
9. Kellogg, E., **Olson, K.**, & Emery, C. Self-distraction and avoidance moderate the relationship between BMI and stigma in behavioral weight management. Society of Behavioral Medicine. San Francisco, CA. March, 2013.
10. **Olson, K.**, Kellogg, E., & Emery, C. Mindfulness and adherence in a behavioral weight management program. Society of Behavioral Medicine. San Francisco, CA. March, 2013.
11. Shaw, J., & **Olson, K.** Communicating with family physicians treating same disorders. Ohio Psychological Association Convention. Columbus, OH. October, 2013.
12. **Olson, K.**, Kellogg, E., & Emery, C. Internalization of the 'thin ideal': Association with psychosocial variables and treatment outcome among treatment-seeking obese. American Psychosomatic Society Annual Conference. San Francisco, CA. March, 2014.
13. Kellogg, E., **Olson, K.**, & Emery, C. Age differences in predictors of weight loss among participants in a behavioral weight loss program. Society of Behavioral Medicine. Philadelphia, CA. April, 2014.

14. **Olson, K.**, Goodwin, C., Schiele, S., Habash, D., Bodine, A., & Emery, C. Food availability, distress, sleep, and eating self-efficacy among overweight/obese individuals attempting weight loss. Society of Behavioral Medicine. San Antonio, TX. April 2015.
15. Emery, C., **Olson, K.**, Bodine, A., Lee, V., & Habash, D. Dietary intake mediates the relationship between body fat and pain. 9<sup>th</sup> Congress of the European Pain Federation. Vienna, Austria. September 2015.
16. Emery, C., Buelow, M., **Olson, K.**, Landers, J., & Thaxton, T. Decision making, binge eating, and weight loss among obese adults. American Psychosomatic Society. Denver, Colorado. March 2016.
17. Goldstein, C. M., Bennett, B. L., Gathright, E. C., **Olson, K.** Willingness to utilize smartphone apps for health interventions: important considerations for emerging adults. To be presented as part of the Designing Behavioral Health Technologies for Adolescents and Young Adults: Finding Commonalities Across Patient Groups symposium at the 38th annual meeting and scientific sessions of the Society of Behavioral Medicine. San Diego, CA., March 29-April 1, 2017.
18. **Olson, K.**, Thaxton, T., & Emery, C.F. Targeting body image among adult women attempting weight loss. Society of Behavioral Medicine. San Diego, CA. March 29-April 1, 2017,
19. **Olson, K.**, Landers, J., Thaxton, T., & Emery, C.F. The pain of weight-related stigma among overweight and obese women. The Obesity Society. Washington DC. October 30-November 2, 2017.
20. **Olson, K.**, Neiberg, R., Wadden, T., Coday, M., Dutton, G., Rejeski, WJ., Stewart, T., & Wing, R. Weight and shape concern is associated with reduced weight loss among Look AHEAD participants. The Obesity Society. Washington DC. October 30-November 2, 2017.
21. **Olson, K.**, Neiberg, R., Garcia, K., Gorin, A., Lewis, CE., Unick, J., & Wing, R. Weight and shape concern among young adults in the SNAP trial: Implications for treatment matching. The Obesity Society. Washington DC. October 30-November 2, 2017.
22. **Olson, K.**, Landers, J., & Emery, CF. Does weight stigma hurt? Exploring the overlap of physical and emotional pain. International Weight Stigma Conference, Leeds, UK. [Oral Presentation: June 19, 2018 at 3:00-4:00 pm].
23. Scott-Sheldon, L. A. J., Salmoirago-Blotcher, E., Donahue, M. L., Feulner, M., Balletto, B., DeCosta, J., Gathright, E. C., Dunne, E., **Olson, K.**, Cruess, D.G., Wing, R.R., & Carey, M. P. (2018, November). Do Mindfulness-Based Interventions Improve Health Outcomes for Adults Living with Chronic Illness? Results from a Systematic Review and Meta-Analysis. Paper to be presented at the 15th International Congress of Behavioral Medicine, Santiago, Chile. [Oral Presentation: Nov 15<sup>th</sup>, 2018 @ 11:30-11:45 am]
24. **Olson, K.**, Lillis, J., Thomas, JG., & Wing, R.R. Internalized weight bias predicts weight gain among men only in the National Weight Control Registry. The Obesity Society, Nashville TN. November 14-17, 2018.
25. Panza, E., **Olson, K.**, Fehling, K.B., Dodson, S., Selby, E.A., and Wing, R.R. State versus trait body dissatisfaction: Disentangling influence on eating behaviors. Poster submitted for presentation at the Society of Behavioral Medicine (SBM) Annual Meeting, Washington, D.C., March 6-9, 2019.

26. Scott-Sheldon, L. A. J., **Olson, K.**, Feulner, M., Donahue, M. L., DeCosta, J., Balletto, B. L., Cruess, D. G., Salmoirago-Blotcher, E., Carey, M. P., & Wing, R. R. The Benefits of Mindfulness-Based Interventions for Adults with Type 2 Diabetes: A Meta-Analytic Review. Paper to be presented at the 40th annual meeting of the Society for Behavioral Medicine, Washington, DC. March 6-9, 2019.
27. Riley, K., Corrigan, P., Shah, B., & Nyblade, L., Identifying and addressing stigma in health care to combat its harmful effects. Co-chairs: Allison, C., & **Olson, K.** Symposium presented at American Psychological Association Annual Meeting. Chicago, IL. August 8-11, 2019.
28. **Olson, K.**, Emery, C.F., Butryn, M., & Wing, R.R. Revisiting the myth that racial minorities are protected from body image concerns. The Obesity Society. Las Vegas, Nevada. November 4-7, 2019.
29. **Olson, K.**, Thaxton, T., Landers, J., & Emery, C.F. Targeting negative body image to enhance weight loss among women with overweight or obesity. The Obesity Society. Las Vegas, Nevada. November 4-7, 2019.
30. Wing, R.R., Clark, J., Espeland, M., Hill, J., Jeffery, R., Johnson, K.C., Knowler, W., Neiberg, R., **Olson, K.**, Pi-Sunyer, X., Steinberg, H. & Wyatt, H. Weight Change and Intentionality of Weight Loss Relate to Mortality Risk in the Post-intervention (Years 8-16) Phase of Look AHEAD. American Diabetes Association. Chicago, IL. June 12-16, 2020.
31. **Olson., K.**, Neiberg, R., Espeland, M., Johnson, K., Knowler, W., Pi-Sunyer, X., Staiano, A., Wagenknecht, L., & Wing, RR. Waist circumference change in the first year of the Look AHEAD Trial is associated with risk for cardiovascular morbidity and mortality. American Diabetes Association. Chicago, IL. June 12-16, 2020.
32. Espeland, M., et al. Sex-related differences in cognitive trajectories in older individuals with type 2 diabetes and overweight or obesity and the role of APOE4: Findings from the Look AHEAD and Look AHEAD MIND studies. *Alzheimer's Association International Conference*, July 30, 2020.
33. **Olson, K.**, Panza, E., Lillis, J., & Wing, R.R. Weight stigma and internalized weight bias predict pain symptoms in daily life among individuals with obesity. Social for Behavioral Medicine Annual Conference, Virtual meeting, April 12-16, 2021.
34. Braun, T.D., Kunicki, Z., Schumacher, L., **Olson, K.**, Lillis, J., Panza, E., Abrantes, A.M., Unick, J.L. Adjunctive self-compassion for weight loss maintenance in women with high internalized weight bias: A randomized pilot trial. Poster accepted for presentation at the 2021 ObesityWeek Interactive Conference.
35. Cummins, L., **Olson, K.**, Lillis, J., Panza, E., Braun, T., Wing, R., & Unick, J. (2021, December). Examining Long-term Changes in Internalized Weight Bias in Women Following a Group Yoga Intervention. In OBESITY (Vol. 29, pp. 94-94). 111 RIVER ST, HOBOKEN 07030-5774, NJ USA: WILEY.
36. **Olson, K.**, Howard, M., McCaffery, JM., Dutton, G., Espeland, M., Simpson, F., Johnson, KC., Munshi, M., Wadden, T., & Wing, R. Resilience among older adults with Type 2 Diabetes from the Look AHEAD trial. Gerontological Society of America, Virtual meeting November 10-13, 2021.
37. Panza, E., **Olson, K.L.**, Lillis, J., Norris, A., Thomas, J.G., Dunsiger, S., Fowler, H., Parent, H., and Wing, R.R. (2022, April). Sexual minority women report more weight stigma than heterosexual women in the National Weight Control Registry. [Poster presentation]. Society of Behavioral Medicine Annual Meeting, Baltimore, MD.
38. Fowler, H., Parent, H., **Olson, K.L.**, Dunsiger, S., Wing, R.R., and Panza, E. (2022, April). Weight and shape concerns, overeating, and binge eating in adults with obesity

with and without HIV. [Poster presentation]. Society of Behavioral Medicine Annual Meeting, Baltimore, MD.

39. **Olson, K.**, Giampa, T., Wing, R.R., & Demos, K., (2022). Body shape concern and weight in behavioral weight management; implications for treatment matching. [Poster presentation]. The Obesity Society Annual Meeting, San Diego, CA.
40. **Olson, K.**, White, C., & Lefferts, W. (2023). Adiposity is associated with effect of acute exercise on executive function. American Psychosomatic Society Annual Meeting, San Juan, Puerto Rico.
41. Gulani, Y., Cummins, C., Giampa, T., Irizarry, B., Shenkle, O., Goldstein, S., & **Olson, K.** (2023). Exploring the relationship between sociodemographic factors and internalized weight bias. Brown University Mind Brain Research Day. Providence, Rhode Island.
42. **Olson, K.**, Egbert, A., Butryn, M., Cummins, L., Elwy, R., Dunsiger, S., Puhl, R., Thomas, JG., & Wing, R. (October 14-17, 2023) Targeting Weight and Shape Concern in Women of Higher Weight: An Adaptation of the Body Project [Oral Session] The Obesity Society Annual Meeting, Dallas, Texas.
43. **Olson, K.**, Egbert, A., Butryn, M., Cummins, L., Elwy, R., Dunsiger, S., Puhl, R., Thomas, JG., & Wing, R. (October 14-17, 2023) Targeting Weight and Shape Concern among Racially and Ethnically Diverse Women with High Body Weight [Oral Session] The Obesity Society Annual Meeting, Dallas, Texas.
44. **Olson, K.**, Egbert, A., Butryn, M., Cummins, L., Elwy, R., Dunsiger, S., Puhl, R., Thomas, JG., & Wing, R. (October 14-17, 2023) Engaging Women of Color who have High Weight and Shape Concern in Body Image Research. [Poster presentation] The Obesity Society Annual Meeting, Dallas, Texas.
45. Panza, E., **Olson, K.**, Sall, K., Norris, A., Lillis, J., Thomas, J.G., Dunsiger, S., and Wing, R.R. (2023, October). Weight Stigma, Body Image, and Intersections with Sexual Orientation and Gender Identity. [Invited presentation in symposium More Than Just Weight - Intersectional Approaches to Understanding Weight Stigma]. The Obesity Society Annual Meeting, Dallas, TX.
46. Espeland, M., Houston, D., Ross, J... **Olson, K.** (November 8-12, 2023). Associations that Fitness and Body Mass Index Have with Deficit Accumulation Frailty. Gerontological Society of America Annual Scientific Meeting, Tampa, Florida.
47. Plezia, S., Gomez, A., Nazareno, J., & **Olson, K.** (November 16-19, 2023). “I’m going to have to eat it, even if I’m full.” A qualitative thematic analysis on eating behaviors and beauty ideals among Latin American immigrant women. In Goel, N., & Schueler, J. (Co-Chairs) *Celebrating the versatility, utility, and equitability of qualitative methods in eating disorders and body image research*. Association of Behavioral and Cognitive Therapies Annual Convention. Seattle, Washington.
48. Lillis, J., Schram, S., Panza, E., **Olson, K.**, and Bond, D. (March 13-16, 2024). The impact of internalized weight stigma on treatment engagement and outcome in two studies targeting weight loss and exercise. Society of Behavioral Medicine Annual Meeting, Philadelphia, PA.
49. **Olson, K.**, Onwunaka, U., Smith, M., Thomason, C., & Chofay, D. (May 14, 2024). Addressing weight-related stigma within medical education: A hidden and not so hidden curriculum. Warren Alpert Medical School of Brown University; Symposium for Medical Education Innovation, Equity, and Well-being. Providence, Rhode Island.
50. Espeland, M., Demesie, Y., Cleveland, M., et al. (July 28-Aug 2, 2024). Associations between deficit accumulation frailty and baseline markers of lifestyle and health in the U.S. POINTER study. Alzheimer’s Association International Conference, Philadelphia, PA.

51. **Olson, K.**, Hacket, RA., & Scott, W. (August 8, 2024). Weight discrimination partially mediates the prospective relationship between BMI and pain symptoms in the ELSA cohort. International Association of the Study of Pain 2024 World Congress on Pain. Amsterdam, Netherlands.
52. \*Mraz, E., Schumacher, L.M., Goldstein, S.P., & **Olson, K.** (2025, April 11). Internalized weight bias, weight-related information avoidance, and social comparison: Exploring barriers to health engagement [Poster presentation]. Temple University College of Public Health Research and Evidence Based Practice Day, Philadelphia, PA, USA. \* Undergraduate Poster Award
53. Mraz, E., Schumacher, L.M., Goldstein, S.P., & **Olson, K.** (2025, May 1). Internalized weight bias, weight-related information avoidance, and social comparison: Exploring barriers to health engagement [Poster presentation]. The College of Physicians of Philadelphia 2025 Public Health Student Poster Symposium, Philadelphia, PA, USA.
54. **Olson, K.**, Keirns, N., Chen, T., Butrym, M., Elwy, R., Dunsiger, S., Puhl, R., Thomas, J.G., & Wing, R. (2026, April 22-25). Effects of a cognitive dissonance intervention on Weight and Shape Concern among women of higher weight: An ORBIT Phase 2 pilot trial. [Research Spotlight] Society of Behavioral Medicine, Chicago, IL, United States.
55. Olson, K., Cao, Z., Unick, J., Demos, K., Bond, D., Lillis, J., Wing, R., & Goldstein, S. (2026, April 22-25). Effects of a one-time acceptance-based workshop on perceived exertion and affect during exercise: The Preparing Individuals for Physical (PIP) Activity Study. Society of Behavioral Medicine, Chicago, IL, United States.

## INVITED PRESENTATIONS

Olson, K. (October 24, 2023) Bridging two worlds: Integrating our understanding of pain and body weight. Lecture presented virtually in the University of Bath, Center for Pain Research Seminar series.

Olson, K. (October 17, 2024) Treating negative body image among adult women in weight loss treatment: A novel of application of the Body Project. Lecture presented for “Journadas de Nutricion 2024” to the Health Department of Universidad Iberoamericano Ciudad de Mexico.

## GRANTS

R03DK140291 Olson (PI) 5/27/2025-5/26/2027

Olson (PI)

5/27/2025-5/26/2027

## Title: Optimizing a Weight Neutral Intervention to Improve Health Among Adults of Higher Body Weight: A MOST Preparation Phase Study

The Purpose of this study is to build and pilot test a clearly defined weight neutral intervention package that effectively targets the novel weight neutral mechanisms that are central to this therapeutic approach.

### Role: Principal Investigator

P20GM139767 Stroud (PI) 2/1/2025-1/31/2026

Stroud (PI)

2/1/2025-1/31/2026

Title: Evaluating weight-related discrimination as a stressor contributing to pain symptoms among individuals of higher body weight.

The purpose of this study is to use a large national dataset to evaluate the intersection of weight-related discrimination and other forms of marginalization as risk factors for chronic pain related to high body weight.

### Role: Pilot Project Principal Investigator

K23 DK 124578-04S1 Olson (PI) 9/1/2023 – 8/31/2024

Olson (PI)

9/1/2023 – 8/31/2024

Title: Addressing body image in weight management: An overlooked risk factor for poor treatment outcome among women.

The purpose of this administrative supplement is to support continuity and retention of K award recipients following a significant life event.

### Role: Principal Investigator

Unnumbered Olson (PI) 9/1/2022-8/31/2023

International Society of Behavioral Medicine Health & Behavior International Collaboration Award

Title: Pain and obesity: Review of the literature and opportunities for further research  
The purpose of this study is to conduct a narrative review of the obesity and pain literatures and

to identify strategic gaps in the literature that can be used to guide a program of research.

Role: Principal Investigator

RO1DK228412 Demos (PI) 8/1/2020 - 4/30/2025 Title: Adapting episodic future thinking for behavioral weight loss: Comparing strategies and

**Title:** Adapting episodic future thinking for behavioral weight loss: Comparing strategies and characterizing treatment response

The purpose of this study is to investigate in a randomized controlled trial whether an internet-delivered behavioral weight loss program modified to include prevention- or promotion-oriented episodic future thinking can improve weight loss outcomes.

Role: Co-investigator

Unnumbered Olson (PI) 7/1/2021-6/30/2022

## Obesity Society Early Career Grant

Title: Improving the experience of exercise among individuals with internalized weight bias using acceptance-based strategies

The purpose of this study is to evaluate in a randomized pilot trial whether acceptance-based strategies can reduce how hard and/or unpleasant exercise feels for individuals of higher body weight who report internalized weight bias.

### Role: Principal Investigator

POINTER Wing & Salloway (M-PI) 02/2020-07/2025

## Alzheimer's Association

## Title: U.S. Study to Protect Brain Health Through Lifestyle Intervention to Reduce Risk (U.S. POINTER)

The purpose of this study is to investigate whether multicomponent lifestyle intervention can target many risk factors for and protect against cognitive decline in older adults.

Role: Assistant Clinical Director

K23 DK 124578 Olson (PI) 8/1/2020 – 4/30/2025

Title: Addressing body image in weight management: An overlooked risk factor for poor treatment outcome among women.

The purpose of this study is to modify an evidence-based body image intervention and conduct a preliminary investigation of treatment effects when combined with behavioral weight loss treatment among women.

Role: Principal Investigator

T32 HL076134, NHLBI

Wing (PI)

8/01/2016-7/31/2021

Title: Cardiovascular Behavioral Medicine T32 Postdoctoral Fellowship

Role: Postdoctoral Research Fellow

Unnumbered

10/15/2016-6/30/2017

Brown University Clinical Psychology Research Grant, \$1886.00

Title: Internalized weight stigma: Evaluating the implications for long-term weight management  
This observational, prospective study is designed to evaluate prevalence and severity of internalized weight stigma among adult individuals who have maintained a significant weight loss.

Role: Principal Investigator

Unnumbered

12/1/2015-11/30/2016

APA Graduate Dissertation Award, \$1000.00

Title: Eating, exercise, and quality of life: The role of body image among adult women attempting weight loss

This study targeted body dissatisfaction among overweight and obese women attempting weight loss utilizing a body image intervention that has been manualized and widely disseminated for adolescent females but had not been used among adult or overweight and obese individuals.

Purpose: participant payment

Role: Principal Investigator

Unnumbered

2/18/2015-12/17/2016

Alumni Grant for Graduate Research and Scholarship, Ohio State University, \$2500.00

Title: Eating, exercise, and quality of life: The role of body image among adult women attempting weight loss

This study targeted body dissatisfaction among overweight and obese women attempting weight loss utilizing a body image intervention that has been manualized and widely disseminated for adolescent females but had not been used among adult or overweight and obese individuals.

Purpose: Supplies, participant parking reimbursement

Role: Principal Investigator

Unnumbered

3/16/2015-3/15/2016

Society for Health Psychology Graduate Student Research Award, \$1500.00

Title: Eating, exercise, and quality of life: The role of body image among adult women attempting weight loss

This study targeted body dissatisfaction among overweight and obese women attempting weight loss utilizing a body image intervention that has been manualized and widely disseminated for adolescent females but had not been used among adult or overweight and obese individuals.

Purpose: Supplies, participant payments

Role: Principal Investigator

Unnumbered

8/1/2012-7/30/2013

Food Innovation Center, Seed Grant, \$25,000.00

Title: Cholesterol, Health, Eating, Food, and Stress (CHEFS) at Home Study

This study targeted body dissatisfaction among overweight and obese women attempting weight loss utilizing a body image intervention that has been manualized and widely disseminated for adolescent females but had not been used among adult or overweight and obese individuals.

The goal of this pilot study is to identify factors associated with food choices and eating behaviors in the home

Role: Co-Investigator

### TEACHING EXPERIENCE AND INVITED LECTURES

Institution	University of Rhode Island
Seminar	Public Health Nutrition
Role	Guest Lecturer
Topic	Introduction to Weight-related Stigma
Date	March 2020, Spring 2021
Institution	Alpert Medical School of Brown University
Seminar	Primary Care Residency
Role	Guest Lecturer
Topic	Body image and health
Date	August 18, 2017
Institution	Alpert Medical School of Brown University
Seminar	Pediatric Residency
Role	Guest Lecturer
Topic	Obesity and weight management
Date	April 26, 2017
Institution	Ohio State University
Course	Introduction to Psychology
Role	Instructor
Terms	Fall 2012, 2014, Spring 2013, 2015
Number of students	50-75
Institution	Ohio State University
Course	Health Sciences Advanced Seminar
Role	Guest Lecturer
Term	<i>Title: Obesity and weight loss: Understanding the role of psychological and behavioral factors</i>
Number of students	Spring 2015 100
Institution	Ohio State University
Courses	Health Psychology, History of Psychology, Introduction to Psychology, Introduction to Clinical Psychology, Abnormal Psychology, Personality
Role	Graduate Course Assistant

Term	Fall 2011-Spring 2012
Number of students	50-100
Institution	University of Pittsburgh
Course	Introduction to Psychology
Role	Course Assistant
Term	Spring 2010
Number of students	350

## MENTORING

Samantha Plezia	Primary Mentor Undergraduate Honors Thesis School of Public Health, Brown University 2021-2022
Natalie Keirns	Nonevaluative advisor Predoctoral Clinical Psychology Resident Department of Psychiatry and Human Behavior, Brown Medical School 2022-2023
Rafael Leite	Research Mentor Predoctoral Clinical Psychology Resident Department of Psychiatry and Human Behavior, Brown Medical School 2024-2025
Rafael Leite	Primary Mentor Postdoctoral Fellowship Cardiovascular Behavioral Medicine T32 Warren Alpert Medical School of Brown University 2025-2027
Maria Kalantzis	Research Mentor Predoctoral Clinical Psychology Resident Warren Alpert Medical School of Brown University 2025-2026