

July 30, 2025

**CURRICULUM VITAE  
STEPHANIE PAIGE GOLDSTEIN**

*Associate Professor (Research)*

Department of Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University

*Senior Research Scientist*

The Miriam Hospital Weight Control and Diabetes Research Center

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**EDUCATION**

Undergraduate:	Drexel University, Philadelphia, PA
Major Field:	Psychology
Degree:	Bachelor of Science, 2013
Attended:	September 2008-June 2013
Honors:	Senior Second Honors Outstanding Graduating Senior Award Undergraduate Research Travel Award Psychology Senior Research Award Doreen Steg Memorial Award Psi Chi Undergraduate Travel Award Award for the Outstanding Junior Psychology Major General Electric College Bowl Award Howley Family Scholarship National Society for Collegiate Scholars Award AJ Drexel Academic Scholarship
Graduate:	Drexel University, Philadelphia, PA
Major Field:	Clinical Psychology
Degree:	Master of Science
Attended:	September 2013-March 2016
Honors:	Domestic Travel Subsidy Award (Drexel University) Pat Simmons Travel Grant (The Obesity Society) Graduate Dean's Fellowship (Drexel University)
Graduate:	Drexel University, Philadelphia, PA
Major Field:	Clinical Psychology
Degree:	Doctor of Philosophy
Attended:	May 2016-June 2018

Honors:	Health Data Exploration Summer Institute (Robert Wood Johnson Foundation) Technology SIG Student Award for Innovation (Society of Behavioral Medicine) Distinguished Student Travel Scholarship (Society of Behavioral Medicine) College of Arts and Sciences Outstanding Dissertation Award (Drexel University) College of Arts and Sciences Graduate Research Excellence Award (Drexel University) Department of Psychology Exceptional Graduate Student Award (Drexel University)
Internship:	Alpert Medical School of Brown University, Providence, RI Clinical Psychology Training Consortium
Level:	Resident
Specialty:	Clinical Psychology, Specialization in Obesity Clinical-Research
Attended:	July 2017-June 2018
Honors:	Outstanding Optimization of Behavioral and Biobehavioral Interventions Research Award (Society of Behavioral Medicine)

### **POSTGRADUATE TRAINING**

Fellowship:	Warren Alpert Medical School of Brown University, Weight Control & Diabetes Research Center, Providence RI
Level:	Clinical Psychology F32 Postdoctoral Fellow (Research)
Attended:	August 2018-July 2020

### **POSTGRADUATE HONORS AND AWARDS**

Award:	Extramural Loan Repayment Program for Clinical Research
Received:	2019-2025
Award:	NIH Mobile Health (mHealth) Training Institute (mHTI) Scholar
Received:	2019
Award:	Nineteenth Annual OBSSR/NHLBI/ODP Summer Institute on Randomized Behavioral Clinical Trials Scholar and Scholarship Recipient
Received:	2019
Award:	Optimization of Behavioral and Biobehavioral Interventions “Up and Coming” Award (Society of Behavioral Medicine)
Received:	2021
Award:	Bruce M. Selye Award for Excellence in Research (Lifespan)
Received:	2021

## **PROFESSIONAL LICENSES AND BOARD CERTIFICATION**

State of Rhode Island, Psychologist (Active)  
License #PS01857

## **ACADEMIC APPOINTMENTS**

Position: Associate Professor (Research)  
University: Warren Alpert Medical School of Brown University,  
Providence, RI  
Department: Psychiatry and Human Behavior  
Term: July 2024-Present

Position: Assistant Professor (Research)  
University: Warren Alpert Medical School of Brown University,  
Providence, RI  
Department: Psychiatry and Human Behavior  
Term: August 2020-June 2024

## **HOSPITAL APPOINTMENTS**

Position: Senior Research Scientist  
Hospital: The Miriam Hospital, Providence, RI  
Department: Weight Control & Diabetes Research Center  
Term: July 2024-Present

Position: Research Scientist  
Hospital: The Miriam Hospital, Providence, RI  
Department: Weight Control & Diabetes Research Center  
Term: August 2020-June 2024

## **CLINICAL APPOINTMENTS**

Position: Counselor & Group Leader  
Location: Renfrew Center Eating Disorder Treatment Facility  
Term: June 2013-May 2015

Position: Practicum Therapist  
University: Drexel University  
Department: Psychological Services Center  
Term: March 2014-May 2015

Position: Practicum Therapist  
Hospital: Philadelphia Veterans Affairs Medical Center  
Department: Inpatient Psychiatry

Term:	Addiction Recovery Unit Mental Health Clinic June 2015 – June 2016
Position:	Behavioral Medicine Fellow
Hospital:	Cooper University Hospital
Department:	Inpatient Consultation and Liaison Service
Term:	July 2016 – May 2017

## **OTHER APPOINTMENTS**

Position:	Ad-Hoc Reviewer
Journals:	<i>Journal of Medical Internet Research, Health Psychology, Obesity, Appetite, Clinical Psychology Review, Eating Behaviors, Journal of Eating Disorders, Cognition and Emotion, Computer Methods and Programs in Biomedicine, Behavioral Medicine, Psychology and Health, Digital Health, Frontiers, Translational Behavioral Medicine, Contemporary Clinical Trials, Advances in Nutrition, Obesity Reviews, Journal of American College Health, British Journal of Health Psychology, Current Directions in Psychological Science, Computer Methods and Programs in Biomedicine</i>

Term:	2014-Present
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Position:	Early Career Representative
Committee:	eHealth/mHealth Section
Organization:	The Obesity Society
Term:	2017-2018

Position:	Representative
Committee:	Digital Health Council
Organization:	The Society of Behavioral Medicine
Term:	2017-2022

Position:	Review Editor
Journal:	Frontiers in Eating Behavior
Term:	2018-2023

Position:	Planning Committee
Event:	Weight Stigma: A Conversation about Weight Bias in Clinical Practice
Organization:	Rhode Island Academy of Nutrition and Dietetics
Term:	2019

Position:	Advisory Board Member
Project	European Joint Programme Initiative's "Healthy Diet Healthy

	Life” project “WEALTH” (Wearable sensor assessment of physical activity and eating behaviours)
Term:	2022-Present
Position:	Topic Area Chair – Digital Health
Committee:	Annual Meeting Program Committee
Organization:	The Society of Behavioral Medicine
Term:	2022-2024
Position:	Reviewer for Research Development Grant Applications
Organization:	Association for Contextual Behavioral Science
Term:	2022, 2023, 2024
Position:	Member
Committee:	Food Access Working Group
Organization:	East Providence Health Equity Zone/East Bay Community Action Program
Term:	2023-2024
Position:	Representative
Committee:	Scientific Education Council
Organization:	The Society of Behavioral Medicine
Term:	2023-Present

### **UNIVERSITY COMMITTEES**

Committee:	Psychology Training Program Technology Committee
University:	Alpert Medical School of Brown University, Providence, RI
Position:	Resident Representative
Term:	2017-2018
Committee:	Faculty Promotion Policies Subcommittee of the Anti-racism
Steering Committee	
University:	Alpert Medical School of Brown University, Providence, RI
Position:	Co-Chair
Term:	2021- 2025
Committee:	Brown-Lifespan Center for Digital Health Leadership Team
University:	Brown University (& affiliated hospital partners), Providence, RI
Position:	Member
Term:	2022-Present
Committee:	Diversity Mentoring Program
University:	Alpert Medical School of Brown University, Providence, RI
Position:	Mentor
Term:	2022-2025

## **HOSPITAL COMMITTEES**

Committee: Lifespan Institutional Review Board Task Force  
Hospital: The Miriam Hospital, Providence, RI  
Position: Member  
Term: 2022-2023

## **MEMBERSHIPS IN SOCIETIES**

The Obesity Society  
The Society for Behavioral Medicine

## **PUBLICATIONS LIST**

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

1. England, E., Herbert, J.D., Forman, E.M., Rabin, S.J., Juarascio, A., & **Goldstein, S.P.** (2012). Acceptance-based exposure therapy for public speaking anxiety. *Journal of Contextual Behavioral Science*, 1, 66-72. doi: 10.1016/j.jcbs.2012.07.001  
<http://www.sciencedirect.com/science/article/pii/S221214471200004X>
2. **Goldstein, S.P.**, Katterman, S.N. & Lowe, M.R. (2013). Relationship of dieting and levels of restraint to caloric intake in college women. *Eating Behaviors*, 14, 237-240. doi: 10.1016/j.eatbeh.2012.12.002  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3614005/>
3. Juarascio, A.S., Kerrigan, S., **Goldstein, S.P.**, Shaw, J., Evan Forman, E.M., Butryn, M.L. (2013). Baseline eating disorder severity predicts response to an acceptance and commitment therapy-based group treatment. *Journal of Contextual Behavioral Science*, 2, 74-78. doi: 10.1016/j.jcbs.2013.09.001  
<http://www.sciencedirect.com/science/article/pii/S2212144713000264>
4. Katterman, S.N., **Goldstein, S.P.**, Butryn, M., Forman, E., & Lowe, M. (2014). Efficacy of an acceptance-based behavioral intervention for weight gain prevention in young adult women. *Journal of Contextual Behavioral Science*, 3(1), 45-50. doi: 10.1016/j.jcbs.2013.10.003  
<http://www.sciencedirect.com/science/article/pii/S2212144713000318>
5. **Goldstein, S.P.**, Forman, E.M., Meiran, N., Herbert, J.D., Juarascio, A., & Butryn, M.L. (2014). The discrepancy between implicit and explicit attitudes in predicting disinhibited eating. *Eating Behaviors*, 15, 164-170. doi: 10.1016/j.eatbeh.2013.10.021  
<https://www.ncbi.nlm.nih.gov/pubmed/24411770>
6. Glassman, L.H., Herbert, J.D., Forman, E.M., Bradley, L.E., Izzetoglu, M., Ruocco, A.C., & **Goldstein, S.P.** (2014). Near-infrared spectroscopic assessment of in-vivo prefrontal activation in public speaking anxiety: A preliminary study. *Psychology of Consciousness: Theory, Research, and Practice*, 1(3), 271-283. doi: 10.1037/cns0000009  
<http://psycnet.apa.org/record/2014-08711-001>
7. Bradley, L.E., Forman, E.M., Kerrigan, S.G., **Goldstein, S.P.**, Butryn, M.L., Thomas, G., Herbert, J.D., Sarwer, D.B. (2015). A pilot study to assess feasibility, acceptability, and effectiveness of a remotely-delivered intervention to address weight regain after bariatric surgery. *Surgery for Obesity and Related Diseases*, 11(6), S55. doi:

- 10.1007/s11695-016-2337-3  
<https://www.ncbi.nlm.nih.gov/pubmed/27586525>
8. Juarascio, A. S., **Goldstein, S. P.**, Manasse, S. M., Butryn, M. L., Forman, E. M. (2015). Perceptions of the feasibility and acceptability of a smartphone application for the treatment of binge eating disorders: Qualitative feedback from a user population and clinicians. *Journal of Medical Informatics*, 84, 808-816. doi: 10.1016/j.ijmedinf.2015.06.004.  
<https://www.ncbi.nlm.nih.gov/pubmed/26113461>
  9. Espel, H.M., **Goldstein, S.P.**, Manasse, S.M., & Juarascio, A.S. (2015). Experiential acceptance, motivation for recovery, and treatment outcome in eating disorders. *Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity*, 21, 205-210. doi: 10.1007/s40519-015-0235-7.  
<https://www.ncbi.nlm.nih.gov/pubmed/26511501>
  10. Manasse, S.M., **Goldstein, S.P.**, Wyckoff, E., Forman, E.M., Juarascio, A.S., Butryn, M.L., Ruocco, A.C., & Nederkoorn, C. (2016). Slowing down and taking a second look: Inhibitory deficits associated with binge eating are not food-specific. *Appetite*, 96, 555-559. doi: 10.1016/j.appet.2015.10.025.  
<https://www.ncbi.nlm.nih.gov/pubmed/26522509>
  11. Glassman, L.H., Martin, L.M., Ibrahim, A., Bradley, L.E., **Goldstein, S.P.**, Forman, E.M., & Herbert, J.D. (2016). A brief report on the assessment of distress tolerance: Are we measuring the same construct? *Journal of Rational-Emotive and Cognitive Behavior Therapy*, 34, 87-99. doi: 10.1007/s10942-015-0224-9.  
<https://link.springer.com/article/10.1007/s10942-015-0224-9>
  12. Forman, E.M., Shaw, J.A., **Goldstein, S.P.**, Butryn, M.L., Martin, L.M., Meiran, N., Crosby, R., & Manasse, S.M. (2016). Mindful decision making and inhibitory control training as complementary means to decrease snack consumption. *Appetite*, 103, 176-183. doi: 10.1016/j.appet.2016.04.014.  
<https://www.ncbi.nlm.nih.gov/pubmed/27083129>
  13. Forman, E.M., Butryn, M.L., Manasse, S.M., Crosby, R.D., **Goldstein, S.P.**, Wyckoff, E., & Thomas, J.G. (2016). Acceptance-based versus standard behavioral treatment for obesity: Results from the Mind Your Health randomized controlled trial. *Obesity*, 24, 2050-2056. doi: 10.1002/oby.21601.  
<https://www.ncbi.nlm.nih.gov/pubmed/27670400>
  14. Bradley, L.E., Forman, E.M., Kerrigan, S.G., **Goldstein, S.P.**, Butryn, M.L., Thomas, J.G., Herbert, J.D., & Sarwer, D.B. (2016). Project HELP: A remotely-delivered behavioral intervention for weight regain after bariatric surgery. *Obesity Surgery*, 27, 586-598. doi: 10.1016/j.soard.2015.08.523.  
[http://www.soard.org/article/S1550-7289\(15\)00917-X/abstract](http://www.soard.org/article/S1550-7289(15)00917-X/abstract)
  15. Forman, E.M., Schumacher, L.M., Crosby, R.D., Manasse, S.M., **Goldstein, S.P.**, Butryn, M.L., Wyckoff, E.P., & Thomas, J.G. (2017). Ecological momentary assessment of dietary lapses across behavioral weight loss treatment: Characteristics, predictors, and relationships with weight change. *Annals of Behavioral Medicine*, 51, 741-753. doi: 10.1007/s12160-017-9897-x.  
<https://www.ncbi.nlm.nih.gov/pubmed/28281136>
  16. **Goldstein, S.P.**, Evans, B.C., Flack, D., Juarascio, A.S., Manasse, S.M., Zhang, F., & Forman, E.M. (2017). Return of the JITAI: Applying a just-in-time adaptive intervention framework to the development of m-Health solutions for addictive behaviors.

*International Journal of Behavioral Medicine: E-Health Interventions for Addictive Behaviors Special Issue*, 24, 673-682. doi: 10.1007/s12529-016-9627-y.  
<https://www.ncbi.nlm.nih.gov/pubmed/28083725>

17. **Goldstein, S.P.**, Forman, E.M., Butryn, M.L., & Herbert, J.D. (2018). Differential programming needs of college students preferring web-based versus in-person physical activity programs. *Health Communication*, 33, 1509-1515. doi: 10.1080/10410236.2017.1372048.  
<https://www.ncbi.nlm.nih.gov/pubmed/28933953>
18. Schumacher, L.M., Martin, G.J., **Goldstein, S.P.**, Manasse, S.M., Crosby, R.D., Butryn, M.L., Lillis, J., & Forman, E.M. (2018). Brief Report: Ecological Momentary Assessment of Cognitive-Affective Responses to Dietary Lapses. *Health Psychology*, 37, 148-152. doi: 10.1037/hea0000565.  
<http://psycnet.apa.org/record/2017-52630-001>
19. Manasse, S.M., Schumacher, L.M., **Goldstein, S.P.**, Martin, G.J., Crosby, R.D., Juarascio, A.S., Butryn, M.L., & Forman, E.M. (2018). Are individuals with loss-of-control eating more prone to dietary lapse? An ecological momentary assessment study. *European Eating Disorders Review*, 26, 259-264 doi: 10.1002/erv.2583.  
<https://www.ncbi.nlm.nih.gov/pubmed/29484774/>
20. **Goldstein, S.P.**, Zhang, F., Thomas, J.G., Butryn, M.L., Herbert, J.D., & Forman, E.M. (2018). Application of machine learning to predict dietary lapses during weight loss. *Journal of Diabetes Science and Technology*.  
<https://www.ncbi.nlm.nih.gov/pubmed/29792067>
21. Herbert, J.D., Forman, E.M., Kaye, J., Gershkovich, M., Goetter, E., Yuen, E.K., Glassman, L. **Goldstein, S.P.**, Hitchcock, P., Shaw Tronieri, J., Berkowitz, S., & Marando-Blanck, S. (2018). Randomized controlled trial of acceptance and commitment therapy versus traditional cognitive behavior therapy for social anxiety disorder: Symptomatic and behavioral outcomes. *Journal of Contextual Behavioral Science*, 9, 88-96. doi: 10.1016/j.jcbs.2018.07.008  
<https://www.sciencedirect.com/science/article/abs/pii/S2212144718302175>
22. **Goldstein, S.P.**, Dochat, C.L., Schumacher, L.M., Manasse, S.M., Crosby, R.D., Thomas, J.G., Butryn, M.L., & Forman, E.M. (2018). Using ecological momentary assessment to better understand dietary lapse types. *Appetite*, 129, 198-206.  
<https://www.ncbi.nlm.nih.gov/pubmed/29981361>
23. **Goldstein, S.P.**, Thomas, J.G., Vithiananthan, S., Blackburn, G.A., Jones, D.B., Webster, J., Jones, R., Evans, E.W., Dushay, J., Moon, J., & Bond, D.B. (2018). Multi-sensor ecological momentary assessment of behavioral and psychosocial predictors of weight loss following bariatric surgery: Study protocol for a multicenter prospective longitudinal evaluation. *BMC Obesity*, 5:27. doi: 0.1186/s40608-018-0204-6.  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6217766/>
24. Forman, E.M., **Goldstein, S.P.**, Zhang, F., Evans, B.C., Manasse, S.M., Butryn, M.L., Juarascio, A.S., Abichandani, P., Martin, G.J., & Foster, G.D. (2019). OnTrack: Development and feasibility of a smartphone app designed to predict and prevent dietary lapses. *Translational Behavioral Medicine*, 9, 236-245. doi: 10.1093/tbm/iby016  
<https://www.ncbi.nlm.nih.gov/pubmed/29617911>
25. **Goldstein, S.P.**, Goldstein, C.M., Bond, D.S., Raynor, H.A., Wing, R.R., & Thomas, J.G. (2019). Associations between self-monitoring and weight change in behavioral weight loss interventions. *Health Psychology*, 38(12), 1128. doi: 10.1037/hea0000800

- <https://www.ncbi.nlm.nih.gov/pubmed/31556659>
26. Forman, E.M., **Goldstein, S.P.**, Crocchiere, R., Butryn, M.L., Juarascio, A.S., & Foster, G.D. (2019). Randomized controlled trial of OnTrack, a just-in-time adaptive intervention designed to enhance weight loss. *Translational Behavioral Medicine*, 9(6), 989-1001. doi: 10.1093/tbm/ibz137  
<https://www.ncbi.nlm.nih.gov/pubmed/31602471>
27. **Goldstein, S.P.**, Thomas, J.G., Turner-McGrievy, G.M., Foster, G.D., Herbert, J.D., Butryn, M.L., Martin, G.J., & Forman, E.M. (2020). Refining an algorithm-powered just-in-time adaptive weight control intervention: A randomized controlled trial evaluated model performance and behavioral outcomes. *Health Informatics Journal*, 26(4), 2315-2331. doi: 10.1177/1460458220902330  
<https://www.ncbi.nlm.nih.gov/pubmed/32026745>
28. **Goldstein, S.P.**, Brick, L.A., Thomas, J.G., & Forman, E.M. (2021). Examination of the relationship between lapses and weight loss in a smartphone-based just-in time adaptive intervention. *Translational Behavioral Medicine*, 11(4), 993-1005. doi: 10.1093/tbm/ibaa097  
<https://pubmed.ncbi.nlm.nih.gov/33902112/>
29. Goldstein, C.M., **Goldstein, S.P.**, Thomas, D.M., Hoover, A., Bond, D.S., & Thomas, J.G. (2021). The Behavioral Intervention with Technology for E-Weight Loss Study (BITES): Incorporating energy balance models and the Bite Counter into online behavioral weight loss program. *Journal of Technology in Behavioral Science*, 6(2), 406-418. doi: 10.1007/s41347-020-00181-4  
<https://pubmed.ncbi.nlm.nih.gov/35356149/>
30. Sucala, M. Cole-Lewis, H., Arigo, D., **Goldstein, S.P.**, Oser, M., Hekler, E.B., & Diefenbach, M.A. (2021). Behavior science in the evolving world of digital health: Considerations on anticipated opportunities and challenges. *Translational Behavioral Medicine*, 11(2), 495-503. doi: 10.1093/tbm/ibaa034  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7963278/>
31. Thomas J.G., Goldstein C.M., Bond DS, Lillis J., Hekler E.B., Emerson J.A., Espel-Huynh H.M., **Goldstein S.P.**, Dunsiger S.I., Evans E.W., Butryn M.L., Huang J., & Wing R.R. (2021). Evaluation of intervention components to maximize outcomes of behavioral obesity treatment delivered online: a factorial experiment following the multiphase optimization strategy framework. *Contemporary Clinical Trials*, 100, 106217, doi: 10.1016/j.cct.2020.106217  
<https://pubmed.ncbi.nlm.nih.gov/33197609/>
32. **Goldstein, S.P.**, Hoover, A., Evans, E.W., & Thomas, J.G. (2021). Combining ecological momentary assessment, wrist-based eating detection, and dietary assessment to characterize dietary lapse: A multi-method study protocol. *Digital Health*, 7, 2055207620988212, doi: 10.1177/2055207620988212  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7863144/>
33. 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(4), 405-414. doi: 10.1002/osp4.494  
<https://pubmed.ncbi.nlm.nih.gov/34401199/>
34. **Goldstein, S.P.**, Thomas, J.G., Brick, L.A., Zhang, F., & Forman, E.F. (2021). Identifying behavioral types of dietary lapse from a mobile weight loss program:

- Preliminary investigation from a secondary data analysis. *Appetite*, 166, 105440. doi: 10.1016/j.appet.2021.105440  
<https://pubmed.ncbi.nlm.nih.gov/34098003/>
35. Crochiere, R.J., Zhang, F., Juarascio, A.S., **Goldstein, S.P.**, Thomas, J.G., & Forman, E.M. (2021). Comparing ecological momentary assessment to sensor-based approaches in predicting dietary lapse. *Translational Behavioral Medicine*, 11(12), 2099-2109. doi: 10.1093/tbm/ibab123  
<https://pubmed.ncbi.nlm.nih.gov/34529044/>
  36. **Goldstein, S.P.**, Zhang, F., Klasnja, P., Hoover, A., Wing, R.R., & Thomas, J.G. (2021). Optimizing just-in-time adaptive intervention to improve dietary adherence in behavioral obesity treatment: Study Protocol for a Micro-randomized Trial. *JMIR Research Protocols*, 10(12), e33568. doi: 10.2196/33568.  
<https://pubmed.ncbi.nlm.nih.gov/34874892/>
  37. Crochiere, R.J., Abber, S.R., Taylor, L., Sala, M., Schumacher, L.M., **Goldstein, S.P.**, & Forman, E.M. (2021). Momentary predictors of dietary lapse from a mobile health weight loss intervention. *Journal of Behavioral Medicine*, 45(2), 324-330. doi: 10.1007/s10865-021-00264-4  
<https://pubmed.ncbi.nlm.nih.gov/34807334/>
  38. Thomas J.G., **Goldstein S.P.**, & Brick L.A. (2022). Preliminary evidence of contextual factors' influence on weight loss treatment outcomes: Implications for future research. *International Journal of Obesity*, 46(6), 1244-1246. doi: 10.1038/s41366-022-01070-x.  
<https://pubmed.ncbi.nlm.nih.gov/35184135/>
  39. **Goldstein, S.P.**, Evans, E.W., Espel-Huynh, H.M., Goldstein, C.M., Karchere-Sun, R., & Thomas J.G. (2022). Dietary lapses are associated with meaningful elevations in daily caloric intake and added sugar consumption during a lifestyle modification intervention. *Obesity Science & Practice*, 8, 442-454. doi: 10.1002/osp4.587  
<https://pubmed.ncbi.nlm.nih.gov/35949281/>
  40. **Goldstein, S.P.**, Hoover, A., & Thomas, J.G. (2022). Combining passive eating monitoring and ecological momentary assessment to characterize dietary lapses from a lifestyle modification intervention. *Appetite*, 175, 106090. doi: 10.1016/j.appet.2022.106090  
<https://pubmed.ncbi.nlm.nih.gov/35598718/>
  41. Ahlich, E., **Goldstein, S.P.**, & Thomas, J.G. (2023). Characterizing emotional eating: Ecological momentary assessment with person-specific modeling. *Appetite*, 183, 106476. doi: 10.1016/j.appet.2023.106476
  42. Perski, O., Li, K., Pontikos, N., Simons, D., **Goldstein, S.P.**, Naughton, F., & Brown, J. (2023). Classification of lapses in smokers attempting to stop: A supervised machine learning approach using data from a popular smoking cessation smartphone app. *Nicotine & Tobacco Research*, 25(7), 1330-1339. doi: [10.1093/ntr/ntad051](https://doi.org/10.1093/ntr/ntad051)
  43. Unick, J.L., Dunsiger, S.I., Bock, B.C., Sherman, S.A., Braun, T.D., Hayes, J.F., **Goldstein, S.P.**, & Wing, R.R. (2023). A randomized trial examining the effect of yoga on dietary lapses and lapse triggers following behavioral weight loss treatment. *Obesity Science & Practice*, 9(5), 484-492. doi: <https://doi.org/10.1002/osp4.678>.
  44. **Goldstein, S.P.**, Olson, K.L., & Thomas, J.G. (2023). Association of weight and shape concern with weight loss and weight-related behaviors in behavioral weight loss treatment. *Journal of Behavioral Medicine*, 46, 1049-1056. doi:

- <https://doi.org/10.1007/s10865-023-00451-5>
45. Goldschmidt, A.B., **Goldstein, S.P.**, Schmiedek, F., Stalvey, E., Irizarry, B., & Thomas, J.G. (2023). State-level working memory and dysregulated eating in children and adolescents: An exploratory ecological momentary assessment study. *International Journal of Eating Disorders*, 57(1), 93-103. doi: <https://doi.org/10.1002/eat.24087>
46. **Goldstein, S.P.**, Nebeker, C., Bartlett Ellis, R., & Oser, M. (2024). Training in ethical, legal, and social implications (ELSI) of digital health: A needs assessment among researchers at all levels. *Translational Behavioral Medicine*, 14(3), 189-196. doi: <https://doi.org/10.1093/tbm/ibad076>
47. Patyk, A., Tang, Z., Jolly, J., **Goldstein, S.P.**, Thomas, J.G., & Hoover, A. (2024). Detecting eating episodes from wrist motion using daily pattern analysis. *IEEE Journal of Biomedical and Health Informatics*, 28(2), 1054-1065. doi: 10.1109/JBHI.2023.3341077  
<https://pubmed.ncbi.nlm.nih.gov/38079368/>
48. Chou, T. Hoover, A.W., **Goldstein, S.P.**, Greco-Henderson, D., Martin, C.K., Raynor, H.R., Muth, E.R., & Thomas, J.G. (2024). An explanation for the accuracy of sensor-based measures of energy intake: Amount of food consumed matters more than dietary composition. *Appetite*, 194, 107176. doi: <https://doi.org/10.1016/j.appet.2023.107176>
49. **Goldstein, S.P.**, Mwenda, K.M., Hoover, A.W., Shenkle, O., Jones, R.N., & Thomas, J.G. (2024). The Fully Understanding Eating and Lifestyle Behaviors (FUEL) trial: Protocol for a cohort study harnessing digital health tools to phenotype dietary non-adherence behaviors during lifestyle intervention. *Digital Health*, 10, 20552076241271783. doi: 10.1177/20552076241271783.  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC11339753/>
50. Perski, O., Kale, D., Leppin, C., Okpako, T., Simons, D., **Goldstein, S.P.**, Hekler, E., & Brown, J. (2024). Supervised Machine Learning to Predict Smoking Lapses from Ecological Momentary Assessments and Sensor Data: Implications for Just-in-Time Adaptive Intervention Development. *PLOS Digital Health*, 3(8), e0000594.  
<https://doi.org/10.1371/journal.pdig.0000594>
51. Armin, F., Jolly, J., Nguyen, J., Rangaraju, L., Regan, D., Brown, Z., O'Toole, S., Raynor, H., Brick, L., Jelalian, E., Thomas, J.G., **Goldstein, S.P.**, & Hoover, A. (2024). MealWatcher: A New Toolset to Record Meals for the Development of Automated Energy Intake Estimation. 2024 IEEE-EMBS International Conference on Biomedical and Health Informatics, 1-18. doi: [10.1109/BHI62660.2024.10913773](https://doi.org/10.1109/BHI62660.2024.10913773)
52. Goldstein, C.M., **Goldstein, S.P.**, Ladd, B.T., Wing, R.R., & Thomas, J.G. (2025). Differences in self-monitoring technology use and perceptions between National Weight Control Registry participants maintaining and regaining weight. *Journal of Technology in Behavioral Science*, 10(2), 450-460.  
<https://doi.org/10.1007/s41347-024-00448-0>
53. Christian, C., Bell, V.E., Thomas, J.G., Haedt-Matt, A.A., Engel, S.G., Hart, C.N., Saletin, J.M., **Goldstein, S.P.**, Cusack, C.E., Goldschmidt A.B. (2025). Momentary Associations across Specific Affective States and Dysregulated Eating Experiences Among Children and Adolescents with Loss of Control Eating Symptoms. *International Journal of Eating Disorders*, 58(3), 542-553.  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC11891626/>

54. Thomas, J.G., Goldstein, C.M., Bond, D.S., Lillis, J., Hekler, E., **Goldstein, S.P.**, Butryn, M.L., Cao, Z., & Wing, R.R. (In Press). Evaluation of 5 novel intervention components in online obesity treatment: Outcomes of a randomized factorial experiment. *Obesity*.

## **OTHER PEER-REVIEWED PUBLICATIONS**

1. Goetter, E.M., Herbert, J.D., Forman, E.M., Yuen, E.K., Gershkovitch, M., & **Goldstein, S.P.** (2013). Delivering exposure and ritual prevention for obsessive-compulsive disorder via videoconference: Clinical considerations and recommendations. *Journal of Obsessive-Compulsive and Related Disorders*, 2, 137-145. doi: 10.1016/j.jocrd.2013.01.003  
<http://www.sciencedirect.com/science/article/pii/S2211364913000043>
2. Herbert, J.D., Goetter, E.M., Forman, E.M., Yuen, E.K., Erford, B.M., Milillo, J.J., & **Goldstein, S.P.** (2012). Crossing the line: Interstate delivery of remote psychological services. *The Behavior Therapist*, 35(8), 145-152.  
<http://psycnet.apa.org/record/2013-12507-001>
3. Juarascio, A. S., Manasse, S. M., **Goldstein, S. P.**, Butryn, M. L., & Forman, E. M. (2015). Review of smartphone applications for the treatment of eating disorders. *European Eating Disorders Review*, 23, 1-11. doi: 10.1002/erv.2327  
<https://www.ncbi.nlm.nih.gov/pubmed/25303148>
4. Forman, E.M., Evans, B.C., Flack, D., & **Goldstein, S.P.** (2016). Could technology help us tackle the obesity crisis? *Future Science*, 2(4). doi: 10.4155/fsoa-2016-0061.  
<https://www.ncbi.nlm.nih.gov/pubmed/28116133>
5. Forman, E.M., **Goldstein, S.P.**, Flack, D., Evans, B.C., Manasse, S.M., & Dochat, C.L. (2017). Promising technological innovations in cognitive training to treat eating-related behavior. *Appetite*. doi:10.1016/j.appet.2017.04.011.  
<https://www.ncbi.nlm.nih.gov/pubmed/28414042>
6. Goldstein C.M. & **Goldstein S.P.** (2018). Virtual reality. In MC Gellman (Ed.) *Encyclopedia of Behavioral Medicine*. Springer Publishing Company, New York, NY. 2018. doi: 10.1007/978-1-4614-6439-6\_101947-1
7. Juarascio, A.S., Manasse, S.M., Clark, K. E., Schaumberg, K., Kerrigan, S.G., **Goldstein, S.P.**, Evans, B.C., Wyckoff, E., Murray, H.B., Felonis, C.G., & Forman, E.M. (2020). Understanding the overlap and key differences in existing terms that describe patterns of maladaptive avoidance and intolerance of negative emotional states. *Personality and Individual Differences*, 158, 109859. doi: 10.1016/j.paid.2020.109859  
<https://www.sciencedirect.com/science/article/abs/pii/S0191886920300489>
8. 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(2), 244-248. doi: 10.1002/osp4.457  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8019276/>
9. **Goldstein, S.P.**, Tovar, A., Espel-Huynh, H.M., & Cooksey-Stowers, K. (2023). Applying a social determinants of health framework to guide digital innovations that reduce disparities in chronic disease. *Psychosomatic Medicine*, 85(7), 659-669. doi: 10.1097/PSY.0000000000001176.  
<https://pubmed.ncbi.nlm.nih.gov/36800264/>

## **PUBLISHED ABSTRACTS**

1. Juarascio, A.S., Manasse, S.M., **Goldstein, S.P.**, Forman, E.M., & Butryn, M.L. (2014, April). Smartphone-delivered interventions for binge eating disorder. Poster presented at the 35<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
2. Forman, E.M., Martin, L.M., Shaw, J.A., Butryn, M.L., **Goldstein, S.P.**, Juarascio A.S., Manasse, S.M., Tilson, A.M., Bradley, L.E., Ibrahim, A.Y., & Schumacher, L.M (2014, April). Technology-assisted interventions for binge eating and overconsumption of snack foods. In S.P. Goldstein (Chair), *Challenges and Considerations in creating Ecological Momentary Interventions for Disordered Eating Behaviors*. Symposium presented at the 35<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
3. **Goldstein, S.P.** (2014, April). *Challenges and Considerations in creating Ecological Momentary Interventions for Disordered Eating Behaviors* (Chair). Symposium presented at the 35<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
4. Forman, E.M., Butryn, M.L., Juarascio, A.S., Manasse, S.M., **Goldstein, S. P.**, Naik, G., & Segall, J. (2014, April). Preliminary feasibility, acceptability, and effectiveness of smartphone-delivered ecological momentary intervention for the treatment of binge eating disorder. Poster presented at the 35<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
5. Espel, H.M., **Goldstein, S.P.**, Butryn, M.L., & Forman, E.M. (2015, April). Eating behavior and emotional state: Differential effects of implicit liking and hedonic hunger. Paper presented at the 36<sup>th</sup> annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
6. **Goldstein, S.P.**, Forman, E.M., Butryn, M.L., Juarascio, A.S., & Manasse, S.M. (2015, April). Is negative urgency contributing to weight loss treatment failure? Poster presented at the 36<sup>th</sup> annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
7. Forman, E.M., Butryn, M.L., Crosby, R., Juarascio, A.S., Manasse, S.M., **Goldstein, S.P.**, & Wyckoff, E.P. (2016, April). Acceptance-based behavioral weight loss treatment outperforms standard BT: Outcomes from the Mind Your Health study. Paper presented at the 37<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.
8. Tapera, T. **Goldstein, S.P.**, Evans, B., & Forman, E.M. (2016, April). Does ecological momentary assessment data reflect baseline self-report in weight loss treatment? Poster presented at the 37<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.
9. **Goldstein, S.P.**, Evans, B., Tinashe, T., Forman, E.M., & Butryn, M.L. (2016, April). Is prompting problematic?: Considerations for long-term ecological momentary assessment. Poster presented at the 37<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.
10. **Goldstein, S.P.**, Zhang, F, Forman, E.M., Evans, B., Juarascio, A.S., Manasse, S.M., & Butryn, M.L. (2016, April). Using machine learning to predict dietary lapses from a weight loss program. Poster presented at the 37<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.

11. Forman, E.M., **Goldstein, S.P.**, Evans, B., Manasse, S.M., Juarascio, A.S., Butryn, M.L., & Tapera, T. (2016, April). A preliminary investigation of a personalized risk alert system for weight control lapses. In **S.P. Goldstein** (Chair), *Harnessing the Power of Predictive Learning to Promote Health Behavior Change: Developing and Testing Novel Technology*. Symposium presented at the 37<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.
12. Dochat, C., **Goldstein, S.P.**, Evans, B., Forman, E., Wojtanowski, A., Foster, G. (2017, March). An examination of dietary composition preceding lapses from a weight control diet. Poster presented at the 38<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
13. Evans, B.C., **Goldstein, S.P.**, Dochat, C.L., Forman, E.M., Wojtanowski, A.C., and Foster, G.D. (2017, March). How do dietary lapses impact weight loss? Examination of lapses and energy intake. Poster presented at the 38<sup>th</sup> Annual Meeting and Scientific Sessions of the Society for Behavioral Medicine, San Diego, CA.
14. Dochat, C., **Goldstein, S.P.**, Forman, E., Butryn, M., Manasse, S., Crosby, R., Thomas J.G. (2017, March). Physical, emotional, and situational predictors of dietary lapses in weight loss treatment. Paper presented at the 38<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.  
\*Meritorious abstract winner, Obesity & Eating Disorder SIG Graduate Student Award
15. Forman, E.M., **Goldstein, S.P.**, Abichandani, P., Zhang, F., Evans, B.C., Manasse, S.M., Juarascio, A.S., Butryn, M.L., Martin, G.M. (2017, March). Using machine learning and just in time adaptive intervention to predict and prevent dietary lapses: The DietAlert app. Paper presented at the 38<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
16. **Goldstein, S.P.**, Hekler, E.B., & Forman, E.M. (2017, March). Bridging the gap: Exploring different avenues for academic-business collaborations. In **S.P. Goldstein** (Chair), *Beyond "Scaling Up": Developing Effective Translational Interventions for Behavior Change Through Academic-Business Partnerships*. Selected Presidential Symposium presented at the 38<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
17. Manasse, S.M., Schumacher, L.M., **Goldstein, S.P.**, Crosby, R.D., Butryn, M.L., & Forman, E.M. (2017, March). Impulsivity impacts the relationship between affective and physical changes and dietary lapses: An EMA study. Poster presented at the 38<sup>th</sup> Annual Meeting and Scientific Sessions of Society of Behavioral Medicine Annual Meeting, San Diego, CA.
18. **Goldstein, S.P.** (chair). (2018, April). Using Technology to Inform and Enhance Clinical Practice to Improve Bariatric Surgery Outcomes. Symposium presented at the 39<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
19. **Goldstein, S.P.**, Martin, G.J., Turner, McGrievy, G.M., Foster, G.D., Thomas, J.G., Butryn, M.L., Herbert, J.D., & Forman, E.M. (2018, April). Comparing effectiveness and user behaviors between two versions of a just-in-time adaptive intervention for weight loss. Poster presented at the 39<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
20. Forman, E. M., **Goldstein, S. P.** Zhang, F., Butryn, M. L., Juarascio, A. S., Manasse, S.M., Martin, G.J. (2018, April). OnTrack: Can a Smartphone-based Just-time Adaptive Intervention Improve Weight Loss Outcomes? Poster presented at the 39<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
21. Manasse, S.M., Dallal, D., Crochiere, R., Lieber, E., Schumacher, L.M., **Goldstein, S.P.**, Crosby, R.D., Butryn, M.L., & Forman, E.M. (2018, April). Do Impulsivity and loss-of-

- control eating moderate the relationship between internal states and dietary lapses? An EMA Study. In L. Schumacher (chair), *What Drives Problematic Eating in Adults with Obesity or Binge Eating? A Series of EMA investigations*. Paper presented at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
22. Martin, G.J., **Goldstein, S.P.**, Forman, E.M., Butryn, M.L., Juarascio, A.S., & Manasse, S.M. (2108, April). Preventing dietary lapses in social situations: The power of a just-in-time adaptive intervention for weight loss. Poster presented at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.  
\*Meritorious abstract winner
  23. Lieber, E. W., **Goldstein, S. P.**, Martin, G. M., Forman, E. M., Butryn, M. L., & Juarascio, A. S. (2018, April). Can just-in-time adaptive interventions improve self-efficacy to prevent dietary lapses?. Poster presented at the 39th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.
  24. Crochiere, R. J., **Goldstein, S. P.**, & Forman, E. M. (2019, March). Momentary Predictors of Dietary Lapse in a Mobile Health (mHealth) Intervention. In R. J. Crochiere (Chair), *Measuring Proximal Factors Associated with Change in Weight-Related Behaviors with Advanced Technology*. Symposium presented at the 40th Annual Meeting and Scientific Sessions Society for Behavioral Medicine, Washington, D.C.
  25. **Goldstein, S.P.**, Goldstein, C.M., Bond, D.S., Wing, R.R. & Thomas, J.G. (2019, March). Behavior-tracking technology use among weight loss maintainers and regainers in the National Weight Control Registry. Paper presented at the 40th Annual Meeting and Scientific Sessions Society for Behavioral Medicine, Washington, D.C.
  26. Forman, E. M., **Goldstein, S. P.**, Crochiere, R. J., Butryn, M. L., Juarascio, A. S., & Martin, G. M. (2019, March). Just-in-time adaptive intervention for weight loss: Predictive accuracy, engagement, and efficacy. Paper presented at the 40<sup>th</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.
  27. **Goldstein, S.P.**, Thomas, J.G., Brick, L.A., & Forman, E.M. (2020, April). Examining patterns of engagement with a smartphone-based just-in-time adaptive intervention for dietary lapses: Implications for proximal and distal outcomes. In O. Perski (chair), *Innovative methods for studying and addressing engagement in just-in-time adaptive interventions for health behaviour change*. Paper to be presented at the 41<sup>st</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA. (Conference Cancelled).
  28. Sucala, M., Cole-Lewis, H., Arigo, D., Oser, M., **Goldstein, S.P.**, Hekler, E., & Diefenbach, M. (2020, April). DHC Presents: The role of behavior medicine in the evolving world of digital health. Paper to be presented at the 41<sup>st</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA. (Conference Cancelled).  
\* SBM Citation Award Winner
  29. Arigo, D. (Chair), Breland, J., Brown, S., Cadmus-Bertram, L., Goldstein, C., **Goldstein, S.P.**, Jonessaint, C., Manasse, S., Thomas, J.G., & Whited, M. (2021, April). *Writing Winning Training Grants: Development, Responding to Critiques, and Incorporating Technology into Proposals*. Pre-conference workshop presented at the 42<sup>nd</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Virtual Conference.
  30. **Goldstein, S.P.**, Hoover, A., & Thomas, J.G. (2022, April). A Wrist-worn Sensor Can Identify Dietary Non-adherence in Behavioral Obesity Treatment. Paper presented at the 43<sup>rd</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Baltimore, MD.

31. **Goldstein, S.P.**, Perski, O., Klasnja, P., Alshurafa, N., & Qian, T. (2022, April). Using Machine Learning to Advance Behavioral Science: Challenges and Potential Solutions from a Cross-Disciplinary Panel. Panel Discussion presented at the 43<sup>rd</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Baltimore, MD.
32. Cao, V., Eisel, J.N., Thomas, J.G., & **Goldstein, S.P.** (2022, April). Adherence During Behavioral Obesity Treatment Differs by Race, Sex, and Medical Comorbidity Status. Poster presented at the 43<sup>rd</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Baltimore, MD.
33. **Goldstein, S.P.**, Nebeker, C., Oser, M., & Bartlett Ellis, R. (2023, April). Training in Ethical, Legal and Social Implications (ELSI) of Digital Health: A Needs Assessment Among Researchers At All Levels. Paper presented at the 44<sup>th</sup> Annual Meeting & Scientific Session of the Society of Behavioral Medicine, Phoenix, AZ.
34. Ahlich, E., **Goldstein, S.P.**, & Thomas, J.G. (2023, April). Is Emotional Eating a Homogenous Construct? Ecological Momentary Assessment with Person-Specific Modeling. Live Research Spotlight presented at the 44<sup>th</sup> Annual Meeting & Scientific Session of the Society of Behavioral Medicine, Phoenix, AZ.
35. Unick, J.L., Dunsinger, S.I., Bock, B.C., Sherman, S.A., Braun, T.D., **Goldstein, S.P.**, & Wing, R.R. (2023, April). A randomized trial examining the effect of yoga on dietary lapses following behavioral weight loss treatment. Live Research Spotlight presented at the 44<sup>th</sup> Annual Meeting & Scientific Session of the Society of Behavioral Medicine, Phoenix, AZ.
36. **Goldstein, S.P.** (Chair), Perski, O., Klasnja, P., Qian, T., & Alshurafa, N. (2023, April). *A primer in machine learning: Applying the concepts to your behavioral research, collaborations, and grant proposals*. Pre-conference workshop presented at the 44<sup>th</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Phoenix, AZ.
37. **Goldstein, S.P.** (Chair), Perski, O., Klasnja, P., & Alshurafa, N. (2024, March). *Integrating machine learning and traditional stats in your research: A discussion using crowdsourced vignettes*. Panel discussion presented at the 45<sup>th</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
38. Perski, O., Kale, D., Leppin, C., Okpako, T., Simons, D., **Goldstein, S.P.**, Hekler, E.B., & Brown, J. (2024, March). *Supervised Machine Learning to Predict Smoking Lapses from EMAs and Wrist-Worn Sensors: Implications for JITAI Development*. Paper presented at the 45<sup>th</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
39. Perski, O., Kale, D., Leppin, C., Okpako, T., Simons, D., **Goldstein, S.P.**, Hekler, E.B., & Brown, J. (2024, March). *Supervised Machine Learning to Predict Smoking Lapses from EMAs and Wrist-Worn Sensors: Implications for JITAI Development*. Paper presented at the 45<sup>th</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
40. Hayes, J., Materia, F., Martin, C. K., **Goldstein, S.P.**, Raynor, H. & Alshurafa, N. (March, 2025). *Everybody Eats: Selecting from the Buffet of Technology-Enhanced Dietary Assessment Options*. Panel discussion presented at the 46th annual meeting and scientific sessions of the Society of Behavioral Medicine, San Francisco, CA.
41. **Goldstein, S.P.**, Olga, P. (co-chairs), Thomas, J.G., Rivera, D.E., Hekler, E., Allen, J., Kim, M., Park, J., Klasnja, P., Hankonen, N., & El Mistiri, M. (2025, March). *Harnessing control systems engineering to optimize personalized intervention tools and develop dynamic theories of behavior change*. Symposium presented at the 46th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.

42. Perski, O., Benson, L. (Co-chairs), **Goldstein, S.P.**, Alshurafa, N., & Klasnja, P. (2025, March). *A primer in machine learning: Applying the concepts to your behavioral research, collaborations, and grant proposals*. Pre-conference workshop presented at the 46th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.
43. Mama, S. (Chairs), **Goldstein, S.P.**, Leach, H., Magnan, R., & Soltero, E. (2025, March). *Meet the Funders and Bridge Perspectives in Behavioral Medicine*. Networking Session presented at the 46th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.
44. Thomas JG, Goldstein CM, Bond DS, Lillis J, Hekler EB, **Goldstein SP**, Butryn ML, Cao Z, Wing RR. (2025, March). *Evaluation of 5 novel intervention components in online obesity treatment: Outcomes of a randomized factorial experiment following the Multiphase Optimization Strategy paradigm*. Paper presented at the 46th Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.

## **ABSTRACTS**

1. Goetter, E., Forman, E.M., Herbert, J.D., Yuen, E.K., Geboy, A., Barbieri, A., & **Goldstein, S.P.** (2010, June). Rumination, cognitive inflexibility, and mindfulness: Implications for problem solving. Poster presented at the 6th World Congress of Behavioral and Cognitive Therapies, Boston, Massachusetts.
2. Goodwin, C.L., Forman, E.M., Butryn, M.L., Herbert, J.D., Ledley, G.S., Yuen, E.K., Park, J.A., **Goldstein, S.P.**, Gamber, R.A. & Foster, E. (2010) Project ABLE: An ABBT-based lifestyle modification program for cardiac patients. A preliminary investigation. Poster presented at the annual meeting of the Philadelphia Behavior Therapy Association, Philadelphia, PA.
3. **Goldstein, S.P.**, Katterman, S.N., & Lowe, M.R. (2010, October). The relationship of dieting and levels of restraint to caloric intake in college women. Poster presented at the 28<sup>th</sup> annual scientific meeting of the Obesity Society, San Diego, CA.
4. Yuen, E.K., **Goldstein, S.P.**, Geboy, A.G., Campbell, A.D., Barbieri, A.J., Capozzoli, M.C., Johnson, F. A., Glassman, L.H., Shaw, J.A., Herbert, J.D., & Forman, E.M. (2010, November). Differences in baseline characteristics between adults enrolled in an online versus in-person treatment program for social anxiety disorder. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
5. Rabin, S.J., Herbert, J., Forman, E., Lissek, S., Erford, B.M., & **Goldstein, S.P.** (2011, April). Testing an alternative hypothesis for cognitive bias modification for public speaking anxiety. Poster presented at Drexel College of Arts and Sciences Research Day 2011.
6. Rabin, S.J., Herbert, J., Forman, E., Lissek, S., Erford, B.M., & **Goldstein, S.P.** (2011, May). Testing an alternative hypothesis for cognitive bias modification for public speaking anxiety. Poster presented at Philadelphia Behavior Therapy Association (PBTA) Student Poster Exhibition, Philadelphia, PA.
7. Glassman, L.H., **Goldstein, S.P.**, Bradley, L., Forman, E. M., Herbert, J. D., Izzetoglu, M. (2011, April). Performance enhancement in public speaking anxiety and associated changes in brain activity: A comparison of two cognitive strategies. Poster Presented at Spotlight on Drexel University: Teaching, Learning, and Research. Philadelphia, PA.
8. Imburgia, M. & **Goldstein, S.P.** (2011, May). The student perspective in making programmatic changes. Presentation given at the 34<sup>th</sup> annual conference of the Eastern

- Evaluation Research Society: Inspired Designs for Informed Action. Galloway, NJ.
9. Lowe, M.R., **Goldstein, S.P.**, & Katterman, S.N. (2011, July). Current dieters consume fewer beverage calories-but not fewer food calories-than unrestrained eaters in the natural environment. Poster Presented at the 19<sup>th</sup> annual scientific meeting of the Society for the Study of Ingestive Behavior. Clearwater, FL.
  10. Rabin, S.J., Herbert, J., Forman, E., Lissek, S., Erford, B.M., & **Goldstein, S.P.** (2011, November). Testing an alternative hypothesis for cognitive bias modification for public speaking anxiety. Poster presented at the 45<sup>th</sup> annual convention of Association for Behavioral and Cognitive Therapies, Toronto, ON.
  11. Goetter, E. M., Herbert, J.D., Forman, E. M., Yuen, E. K., Erford, B. M., Milillo, J. J., & **Goldstein, S.P.** (2011, November). Crossing the line: Interstate delivery of remote psychological services. In J. D. Herbert (Chair), *Internet-based psychological services: Legal, ethical, and clinical issues*. Paper presented at the 45th annual convention of the Association for Behavioral and Cognitive Therapies, Toronto.
  12. **Goldstein, S.P.**, Goetter, E.M., Forman, E.M., & Herbert, J.D. (2012, March). Examination of technological difficulties and interpersonal relationships in remote treatment for OCD: An interim report. Poster presented at the annual convention of the Eastern Psychological Association, Pittsburgh, PA.
  13. **Goldstein, S.P.**, Goetter, E.M., Forman, E.M., & Herbert, J.D. (2012, March). Examination of technological difficulties and interpersonal relationships in remote treatment for OCD: An interim report. Poster presented at the annual Psi Chi Research Day, Philadelphia, PA.
  14. **Goldstein, S.P.**, Forman, E.M., Herbert, J.D., Juarascio, A., Erford, B.M., & Barbieri, A.J. (2012, April). Implicit-explicit attitude discrepancy as a predictor of disinhibited eating, and the moderating role of psychological acceptance. Poster Presented at Drexel Research Day, Philadelphia, PA.
  15. **Goldstein, S.P.**, Katterman, S.N., Butryn, M.L., Forman, E.M., & Lowe, M.R. (2012, May). An examination of changes in distress tolerance and changes in eating behavior. Poster presented at the 84<sup>th</sup> annual meeting of the Midwestern Psychological Association, Chicago, IL.
  16. Goetter, E. M., Herbert, J. D., Forman, E. M., Yuen, E. K., Gershkovich, M., & **Goldstein, S.P.** (2012, July). Acceptance and commitment therapy in combination with exposure and ritual prevention for obsessive compulsive disorder via videoconference. In J. Herbert (Chair), *Internet-based delivery of ACT: Legal, ethical, and clinical developments*. Symposium presented at the 10<sup>th</sup> World Conference of the Association for Contextual Behavioral Science, Washington, DC.
  17. **Goldstein, S.P.**, Forman, E.M., & Herbert, J.D. (2012, July). Psychological acceptance: Measurement in research. Ignite presentation given at World Conference X of the Association for Contextual Behavioral Science, Washington. D.C.
  18. **Goldstein, S.P.**, Forman, E.M., Herbert, J.D., Juarascio, A., Erford, B.M., & Barbieri, A.J. (2012, July). Predicting disinhibited eating: A study of psychological acceptance and impulsivity. Poster presented at World Conference X of the Association for Contextual Behavioral Science, Washington. D.C.
  19. **Goldstein, S.P.**, Glassman, L.H., Martin, L., Bradley, L.B., Ibrahim, A., Herbert, J.D., & Forman, E.M. (2012, September). The relationship between distress tolerance and disordered eating related constructs. Poster presented at the 30<sup>th</sup> annual scientific meeting of The Obesity Society, San Antonio, TX.
  20. **Goldstein, S.P.**, Forman, E.M., Herbert, J.D., Juarascio, A., Erford, B.M., & Barbieri, E.M.

- (2012, September). Implicit-explicit attitude discrepancy as a predictor of disinhibited eating. Poster presented at the 30<sup>th</sup> annual scientific meeting of The Obesity Society, San Antonio, TX.
21. **Goldstein, S.P.**, Forman, E.M., Herbert, J.D., Juarascio, A.S., Erford, B.M., & Barbieri, A.J. (2012, November). Implicit-explicit attitude discrepancy as a predictor of disinhibited eating, and the moderating role of psychological acceptance. Poster presented at the 46<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
  22. Gershkovich, M., Herbert, J.D., Forman, E.M., Glassman, L.H., & **Goldstein, S.P.** (2012, November). Client satisfaction and treatment distinctiveness in a randomized controlled trial of ACT versus CT for social anxiety disorder: Preliminary findings. Poster presented at the 46<sup>th</sup> annual convention of the Association for Behavior and Cognitive Therapies, National Harbor, MD.
  23. Rabin, S.J., Herbert, J.D., Forman, E.M., Ibrahim, A., Matteucci, A.J., & **Goldstein, S.P.** (2012, November). The roles of therapist experiential avoidance and extraneous clinical information in predicting therapist preference for exposure treatment for OCD: Preliminary results. Poster presented at the 46<sup>th</sup> annual convention of the Association for Behavior and Cognitive Therapies, National Harbor, MD.
  24. Katterman, S.N., **Goldstein, S.P.**, Butryn, M.L., Forman, E.M., & Lowe, M.R. (2012, November). Targeted obesity prevention: Evidence that young adult women with a body mass index of 23-30 kg/m<sup>2</sup> represent a cost-effective group with whom to intervene. Poster presented at the 46<sup>th</sup> annual convention of the Association for Behavior and Cognitive Therapies, National Harbor, MD.
  25. Goetter, E.M., Herbert, J.D., Forman, E.M., Yuen, E.K., Gershkovich, M., **Goldstein, S.P.**, Glassman, L.H., & Rabin, S. (2013, April). Remote delivery of exposure and ritual prevention for obsessive compulsive disorder: Results and clinical recommendations. In E. M. Goetter (Chair), *Implementing Internet-Mediated Exposure Therapy for Various Anxiety Disorders: Research Findings and Clinical Considerations*. Paper presented at the 33<sup>rd</sup> annual convention of the Anxiety and Depression Association of America, San Diego, CA.
  26. Forman, E.M., Martin, L.M., Shaw, J.A., Butryn, M.L., **Goldstein, S.P.**, Tilson, A.M., Bradley, L.E., Ibrahim, A.Y., & Schumacher, L.M (2013, November). Mindful awareness training versus computer-based inhibitory control-training for decreasing hedonic eating. Poster presented at the 31<sup>st</sup> annual meeting of The Obesity Society, Atlanta, Georgia.
  27. Manasse, S.M., **Goldstein, S.P.**, Forman, E.M., Berner, L.A., Butryn, M.L., & Ruocco, A.C. (2013, November) Does implicit attraction to high calorie foods moderate the relationship between executive function and BMI? Poster presented at the 31<sup>st</sup> annual meeting of the Obesity Society annual meeting. Atlanta, GA.
  28. Manasse, S.M., Forman, E.M., **Goldstein, S.P.**, Berner, L.A., Ruocco, A.C., Butryn, M.L., & Frohn, A.F. (2013, November) Executive function and implicit attitudes as predictors of early outcome in a behavioral weight loss intervention. Poster presented at the 31<sup>st</sup> annual meeting of the Obesity Society annual meeting. Atlanta, GA.
  29. **Goldstein, S.P.**, Forman, E.M., Butryn, M.L., & Herbert, J.D. (2013, November). Building an innovative physical activity program for college students. Poster presented at the 31<sup>st</sup> annual meeting of The Obesity Society, Atlanta, Georgia.
  30. **Goldstein, S.P.**, Manasse, S.M., Forman, E.M., Berner, L.A., Butryn, M.L., & Frohn, A. (2013, November). The power of food: Relationships between delay discounting and eating behavior. Poster presented at the 31<sup>st</sup> annual meeting of The Obesity Society, Atlanta,

Georgia.

31. Juarascio, A.S., Kerrigan, S.G., **Goldstein, S.P.**, Shaw, J.A., & Forman, E.M. (2013, November). Baseline eating disorder severity predicts response to an acceptance and commitment therapy-based group treatment. Poster presented at the 47<sup>th</sup> annual meeting of the Association for Behavior and Cognitive Therapies, Nashville, Tennessee.
32. Manasse, S.M., Forman, E.M., Frohn, A.F., Matteucci, A.J., Berner, L.A., **Goldstein, S.P.**, Ruocco, A.C. & Butryn, M.L. (2013, November). Neurocognitive ability and implicit attitudes as predictors of outcome in behavioral weight loss treatment. Poster presented at the Association for Cognitive and Behavioral Therapies. Nashville, TN.
33. **Goldstein, S.P.**, Forman, E.M., Butryn, M.L., Frohn, A.F., & Herbert, J.D. (2013, November). Distress tolerance moderates the relationship between implicit attitudes and overeating. Poster presented at the 47<sup>th</sup> annual meeting of the Association for Behavior and Cognitive Therapies, Nashville, Tennessee.
34. Forman, E.M., Butryn, M.L., Juarascio, A.S., Manasse, S.M., **Goldstein, S.P.**, Naik, G., & Segall, J. (2014, March). Utilizing ecological momentary intervention to enhance and disseminate CBT: The development of TakeControl, a smartphone app for the treatment of binge eating disorder. Poster presented at the 2014 International Conference on Eating Disorders, New York, New York.
35. Forman, E.M., Butryn, M.L., Juarascio, A.S., Manasse, S.M., & **Goldstein, S.P.** (2014, November). TakeControl: A smartphone app for binge eating disorder. In M.L. Butryn (Chair), *Innovative uses of Technology to Enhance Intervention in the Domains of Binge Eating, Obesity, and Physical Activity*. Symposium presented at the 48<sup>th</sup> annual meeting of the Association for Behavior and Cognitive Therapies, Philadelphia, PA.
36. Schumacher, L.M., Glassman, L.H., Ibrahim, A., Strohmaier, H.N., **Goldstein, S.P.**, Forman, E.M., & Herbert, J.D. (2014, November). Psychological acceptance and cognitive defusion predict speech performance among individuals with public speaking anxiety. Poster presented at the Anxiety Disorders Special Interest Group Exposition at the 48<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
37. Glassman, L.H., Schumacher, L.M., Ibrahim, A., Strohmaier, H., Forman, E.M., Herbert J.D., & **Goldstein, S.P.** (2014, November). Effects of a brief acceptance-based behavior therapy versus traditional cognitive behavior therapy for public speaking anxiety. Poster presented at the 48<sup>th</sup> annual meeting of the Association for Behavior and Cognitive Therapies, Philadelphia, PA.
38. **Goldstein, S.P.**, Forman, E.M., Butryn, M.L., Juarascio, A.S., Manasse, S.M. (2014, November). Does symptom severity impact utility of mobile health apps? Poster presented at the Technology and Dissemination Special Interest Group Exposition at the 48<sup>th</sup> annual meeting of the Association for Behavior and Cognitive Therapies, Philadelphia, PA.
39. Manasse, S.M., **Goldstein, S.P.**, Wyckoff, E.P., Forman, E.M., Juarascio, A.S., Butryn, M.L., Ruocco, A.C., & Engel, S. (2015, August). Are inhibitory control deficits in individuals with binge eating pathology general or stimuli-specific? Poster presented at the Eating Disorders Research Society Annual Meeting. Taormina, Sicily.
40. Bradley, L.E., Forman, E.M., Kerrigan, S.G., **Goldstein, S.P.**, Butryn, M.L., Thomas J.G., Herbert, J. D., & Sarwer, D. S. (2015, November). A pilot study to assess feasibility, acceptability, and effectiveness of a remotely-delivered intervention to address weight regain after bariatric surgery. Paper presented at the annual meeting of the American Society for Metabolic and Bariatric Surgery, Los Angeles, CA.

41. Manasse, S.M., **Goldstein, S.P.**, Wyckoff, E.P., Forman, E.M., Juarascio, A.S., Butryn, M.L., & Ruocco, A.C. (2015, November). Slowing down and taking a second look: Inhibitory deficits associated with binge eating are not food-specific. Poster presented at the Obesity Society Annual meeting 2015, Los Angeles, CA.
42. **Goldstein, S.P.**, Wyckoff, E.P., Zhang, Z., Forman, E.M., & Butryn, M.L. (2015, November). Uncovering the mystery of eating choices: A comparison of multinomial processing tree models. Poster presented at the Obesity Society Annual meeting, Los Angeles, CA.
43. Forman, E.M., Butryn, M.L., Manasse, S.M., Wyckoff, E. P., & **Goldstein, S.P.** (2015, November) Acceptance-based behavioral treatment enhances weight loss especially for those with greater impulsivity. Poster presented at The Obesity Society Annual meeting 2015, Los Angeles, CA.
44. Evans, B., Forman, E. Manasse, S.M., **Goldstein, S.P.**, Schumacher, L.M., Butryn, M., Wyckoff, E. (2015, November). Baseline environmental and affective predictors of dietary lapse frequency early in behavioral weight loss treatment. Poster presented at The Obesity Society Annual meeting 2015, Los Angeles, CA.
45. Forman, E.M., Crosby, R., Schumacher, L.M, **Goldstein, S.P.**, Butryn, M.L, Thomas J.G., Wyckoff, E.P., Manasse, S.M. (2015, November). Dietary lapses during behavioral weight loss: Characteristics and relationships with later success. Paper presented at the Obesity Society Annual meeting 2015, Los Angeles, CA.
46. Evans, B., Forman, E. Manasse, S.M., **Goldstein, S.P.**, Schumacher, L.M., Butryn, M., Wyckoff, E. (2015, November). Susceptibility to food environment and affect predict dietary lapse frequency using ecological momentary assessment. Paper presented at the Association for Behavioral and Cognitive Therapies Obesity and Eating Disorders SIG Meeting, Chicago, IL.
47. **Goldstein, S.P.**, Forman, E.M, Evans, B.C., Manasse, S.M., Juarascio, A.S., Butryn, M.L., & Flack, D. (2016, June). A preliminary investigation of a just-in-time smartphone application to promote dietary adherence. In Kristy Dalrymple (Chair), *Delivering ACT in Technology-Based Formats: Outcomes, Processes, and Provider Attitudes*. Symposium presented at the ACBS World Conference 14, Seattle, WA.
48. **Goldstein, S.P.**, Flack, D, Evans, B.C., Dochat, C., & Forman, E.M. (2016, October). Is awareness really enough?: Examination of awareness and lapses from a weight control diet. Poster presented at the 50<sup>th</sup> Annual meeting for the Association for Cognitive and Behavioral Therapies, New York, NY.
49. Flack, D., **Goldstein, S.P.**, Juarascio, A.S., Crosby, R.D., & Wunderlich, S.A. (2016, October). Identifying prospective triggers of binge eating and compensatory behaviors: A machine learning approach to ecological momentary assessment data. Poster presented at the 50<sup>th</sup> Annual meeting for the Association for Cognitive and Behavioral Therapies, New York, NY.
50. Forman, E.M., Butryn, M.L., Manasse, S.M., Crosby, R., Wyckoff E., Thomas, J.G., & **Goldstein, S.P.** (2016, November). Acceptance-based behavioral treatment produces greater weight loss at post-treatment and at 1-Year follow-up. Paper presented at the Obesity Society Annual Meeting 2016, New Orleans, LA.
51. Manasse, S.M., Schumacher, L.M., **Goldstein, S.P.**, Crosby, R.D., Butryn, M.L., & Forman, E.M. (2017, June). Loss-of-control eating and impulsivity moderate the relationship between triggers and dietary lapses: An EMA investigation. Poster presented at the International Conference on Eating Disorders. Prague, Czech Republic.

52. Herbert, J. D., Forman, E. M., Kaye, J. L., Gershkovich, M., Goetter, E., Yuen, E. K., Glassman, L., **Goldstein, S.P.**, Hitchcock, P., Tronieri, J. S., Berkowitz, S., & Marando-Blanck, S. (2017, November). Randomized controlled trial of acceptance and commitment therapy versus traditional cognitive behavior therapy for social anxiety disorder: Symptomatic and behavioral outcomes. In Kaye, J. (Chair), *Acceptance-based treatments in the context of established evidence-based interventions: Differential effects on behavior, quality of life, and symptoms*. Symposium presented at the 51st annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
53. **Goldstein, S.P.**, Forman, E.M., Martin, G.J., Evans, B.C., Butryn, M.L., Juarascio, A.S., & Manasse, S.M. (2017, October). If you lose it, you lose it: The moderating role of user engagement with a weight loss mobile app. Poster presented at The Obesity Society Annual Scientific Meeting, Washington, DC.
54. Clark, K. E., Ding, S., Manasse, S., **Goldstein, S.P.**, Juarascio, A. S., Murray, H. B. (2018, April). Development of an externally valid delay discounting task with personalized food stimuli in individuals with binge eating disorder. Research paper presented at the International Conference on Eating Disorders, Chicago, IL.
55. Fischer, L.E., Berkowitz, S.A., Marando-Blanck, S., Kaye, J., **Goldstein, S.P.**, Hitchcock, P., Erickson, B., Kounios, J., Herbert, J.D. (2018, August). Investigating frontal brain asymmetry via EEG among individuals with Public Speaking Anxiety. Poster presented at the 126th annual convention of the American Psychological Association, San Francisco, CA.
56. Crochiere, R. J., Schumacher, L. M., **Goldstein, S. P.**, MS, & Forman, E. M. (2018, November). Identifying momentary triggers of dietary lapse in a mobile health (mHealth) intervention. Paper presented at ObesityWeek2018, Nashville, TN.
57. Juarascio, A.S., Forman, E.M., **Goldstein, S.P.**, & Zhang, F. (2018, November). Using machine learning algorithms to build just-in-time adaptive interventions for dietary lapses, emotional eating, and binge eating episodes. In Hughes-Feltenberger, M. & Marks, M. (Co-chairs), *Hello World: Applying Machine Learning Data Analytic Approaches to Clinical Psychology Research*. Symposium presented at the 52<sup>nd</sup> annual convention of the Association for Behavioral and Cognitive Therapies, Washington DC.
58. Thomas, J.G, & **Goldstein, S.P.** (2019, March). *Paper Session 50: Advancing Algorithms for Measurement*. Invited Co-Chair at the 40<sup>th</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.
59. **Goldstein, S.P.**, Goldstein, C.M., Bond, D.S., Raynor, H.A., Wing, R.R., & Thomas, J.G. (2019, November). Weight Loss Impacts Self-monitoring Adherence for In-person but Not Smartphone-delivered Treatment. Paper presented at ObesityWeek2019, Las Vegas, NV.
60. Crochiere, R.J., Zhang, F., Juarascio, A.S., **Goldstein, S.P.**, Thomas, J.G., & Forman, E.M. (2020, November). Comparing Momentary Self-Report Versus Sensor-Based Approaches in Predicting Dietary Lapse. Paper presented at ObesityWeek2020, Atlanta, GA.
61. **Goldstein, S.P.** (2021, September). Developing effective Just-in-Time Adaptive Interventions to enable powerful and precise real-time support for disordered eating. In Sadeh-Sharvit, S. & Graham, A.K. (Co-chairs), *Moving into the next frontier for digital interventions: Novel research collaborations to increase reach and impact*. Symposium presented at the Eating Disorders Research Society Annual Meeting, Virtual Meeting.
62. Huang, Z., **Goldstein, S. P.**, Berry, M. P., Crochiere, R., & Forman, E. M. (2022, November). Specific, but not General, Technology Acceptance Predicts Mobile Weight Loss Program Outcomes. Poster presented at ObesityWeek 2022, San Diego, CA.

63. Perski, O., Li, K., Pontikos, N., Simons, D., **Goldstein, S. P.**, Naughton, F., & Brown, J. (2022, August). Predicting lapses in smokers attempting to stop with a popular smartphone app using machine learning. Paper presented at the European Health Psychology Society Annual Conference, Bratislava, Slovakia.
  64. Goldschmidt A.B., **Goldstein S.P.**, Stalvey E., Irizarry B., Schmiedek F., & Thomas J.G. (2023, June). State-level working memory and dysregulated eating in youth: An ecological momentary assessment study. Paper presented at the 30th annual International Conference on Eating Disorders, Washington DC.
  65. Gebru, N., Merrill, J. E., **Goldstein, S.P.**, Kahler, C. W. (2024, October). Co-Development of a Novel Text Message-Based HIV Prevention Intervention With and For Young Adult Men Who Drink Heavily. Invited poster presentation at the Advances in HIV/AIDS Prevention and Adherence to Pre-Exposure Prophylaxis among Alcohol-Using Populations: a NIAAA Workshop. Bethesda, MD.
  66. \*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 presented at the Temple University College of Public Health Research and Evidence Based Practice Day, Philadelphia, PA, USA.
- \* Undergraduate Poster Award
67. 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 presented at The College of Physicians of Philadelphia 2025 Public Health Student Poster Symposium, Philadelphia, PA, USA.

## **INVITED PRESENTATIONS**

### **REGIONAL/LOCAL**

1. Forman EM, **Goldstein SP**, Juarascio AS, Manasse SM (2013) Harnessing computing power to treat eating pathology: Developing a “smart” app and a neurocognitive training program to combat overeating. Paper presented at the Center for Weight and Eating Disorders, Philadelphia, PA.
2. Forman EM, **Goldstein SP**, Juarascio AS, & Manasse SM (2013) Developing a “smart” app to treat binge eating disorder. Paper presented at Drexel University College of Medicine Psychiatry Grand Rounds, Philadelphia, PA
3. Juarascio AS & **Goldstein SP** (2015) Utilizing smartphone apps for health-related behavior change. Paper presented at the Pfizer Mobile Center of Excellence Team Meeting: Re-Imagining Mobility in the Healthcare Space, Collegeville, PA.
4. **Goldstein SP** & Evans, BC (2017) Pediatric obesity assessment and intervention in hospital settings. Paper presented to the Cooper University Hospital Medical Residents, Camden, NJ.
5. **Goldstein, SP** (2018) Are there different types of lapses from dietary prescriptions?: Implications for outcomes in behavioral obesity treatments. Invited webinar for the MacDonald Center for Obesity Prevention and Education, Villanova University.
6. **Goldstein SP** (2018) Utilizing a wrist-worn device to automatically detect eating behavior: Methods and considerations from an NIH-funded pilot project. “5-for-5” presentation to the Society of Behavioral Medicine Behavioral Informatics and Technology Special Interest Group.
7. **Goldstein, SP** (2019) A values-based approach to health: Prioritizing patient quality

- of life. Invited presentation in Weight Stigma: A Conversation About the Impact of Weight Bias on Clinical Practice. Sponsored by the Rhode Island Academy of Nutrition and Dietetics.
8. **Goldstein, SP** (2021) A Research Agenda to Develop Effective Just-in-Time Adaptive Interventions: From Proof-of-Concept to Optimization Studies. Invited presentation to the Center for Digital Health, Providence, RI.
  9. **Goldstein, SP** (2022) Using Digital Tools and Predictive Analytics to Optimize Health Behavior Assessment and Intervention. Invited presentation at Lifespan Research Day, Providence, RI.
  10. **Goldstein, SP** (2022) Just-in-time Adaptive Approaches for Intervention: Applying Digital Tools and Predictive Analytics. Invited Grand Rounds to the Department of Psychiatry & Human Behavior, Alpert Medical School of Brown University, Providence, RI.
  11. **Goldstein, SP** (2023) Ecological Momentary Assessment 101: The Nuts and Bolts of Applying EMA to Your Research Presented by the Bradley Sleep COBRE. Invited presentation in the Lunch and Learn Series, Bradley Hospital, Providence, RI.

### **NATIONAL**

1. Goldstein CM, **Goldstein SP**, McVay M, & Tanenbaum ML (2018) Grant-Writing Workshop: Submitting a Successful Specific Aims Page. Invited panelist for the Society of Behavioral Medicine Webinar Series: Behavior Change Grand Rounds.
2. **Goldstein, SP** (2019) Just-In-Time Adaptive Intervention to Modify Problematic Eating Behaviors. Invited course speaker for *Innovative Approaches to Studying an Understanding Behavioral and Psychosocial Aspects of Bariatric Surgery* during ASMBS ObesityWeek 2019, Las Vegas, NV.
3. **Goldstein, SP** (2021) Developing Effective Just-in-Time Adaptive Interventions: From Proof-of-Concept to Optimization Studies. Invited presentation to *Personalized Networks and Sensor Technology Algorithms of Eating Disorder Symptoms Predicting Eating Disorder Outcomes* (R15MH121445; PI Levinson) Seminar Series, University of Louisville, KY.
4. Thomas, JG & **Goldstein, SP** (2022) Technology-based Approaches & Novel Research Methods for Improving Obesity Treatment Outcomes. Invited presentation to *The Center for Weight, Eating, and Lifestyle Science*. Philadelphia, PA.
5. **Goldstein, SP** (2022) Advanced Digital Tools & Research Methodologies for Understanding Health Behaviors. Invited presentation to *Precision Health Methodology Summer Bootcamp* (T32 NR019035; PI Kim), University of Texas at Austin, Austin TX.
6. **Goldstein, SP** (2022) Using Micro-randomized Trials to Build Better Digital Interventions for Health Behavior. Invited presentation to *Multidisciplinary Training Program in Digital Mental Health Seminar Series*. (T32 MH115882; MPI Mohr & Reddy), Center for Behavioral Intervention Technologies, Northwestern University, Chicago IL.
7. **Goldstein, SP** (2022) Advancing Interventions for Adult Obesity to Promote Health Equity: State of the Science and Research Opportunities Session. Invited moderator in *Advancing Interventions for Adult Obesity to Promote Health Equity: State of the Science and Research Opportunities*, National Institutes of Health, Virtual Workshop.
8. **Goldstein, SP** (2022) Advancing behavioral science with machine learning:

- Innovative methods, collaborations, and training approaches to facilitate cross-disciplinary research. Invited keynote to *Precision Health Methodology Summer Bootcamp* (T32 NR019035; PI Kim), University of Texas at Austin, Austin TX.
9. **Goldstein, SP** (2023) One Size Doesn't Fit All - Novel Research Designs and Tools to Optimize Behavioral Intervention. Invited key lecture during ObesityWeek 2023, Dallas, TX.
  10. **Goldstein, SP** (2024) Using Micro-randomized Trials to Build Better Digital Interventions for Health Behavior. Invited presentation to *Multidisciplinary Training Program in Digital Mental Health Seminar Series*. (T32 MH115882; MPI Mohr & Reddy), Center for Behavioral Intervention Technologies, Northwestern University, Chicago IL.
  11. **Goldstein, SP** (2024) Using Smartwatches to Detect and Characterize Eating: Applications For Understanding Eating Behavior and Intervening to Improve Health. Invited presentation to *Energy Balance Research Seminar*, co-sponsored by The Center for Energy Balance in Cancer Prevention and Survivorship of the Duncan Family Institute & digital Physical Activity & Diet Collaborative, MD Anderson Cancer Center, University of Texas, Houston TX.
  12. **Goldstein, SP** (2024) Using wearable devices to measure activity, sleep, and location: Implications for understanding relationships between weight-related behaviors. Invited presentation to *The Mathematical Sciences in Obesity Research* (R25DK099080; MPI Allison, Brown & Thomas), Indiana University, Rosemont IL.
  13. **Goldstein, SP** (2024) Harnessing the Just-in-Time Adaptive Intervention (JITAI) Framework to Optimize Behavioral Obesity Treatments and Better Understand Weight-related Behaviors. Invited seminar to *Optimization & Translation of Temporally-Precise Interventions (the mDOT Center)*. (P41EB028242; PI Kumar).
  14. Kaizer, A & **Goldstein, SP** (2025) Adaptive Clinical Trial Designs for Developing and Evaluating Obesity-related Interventions. Invited seminar to *Office of Obesity Research Scientific Speaker Series*. Office of Obesity Research, National Institute of Diabetes and Digestive and Kidney Diseases, NIH.
  15. **Goldstein, SP** (2025) Using wearable devices to measure activity, sleep, and location: Implications for understanding relationships between weight-related behaviors. Invited presentation to *The Mathematical Sciences in Obesity Research* (R25DK099080; MPI Allison, Brown & Thomas), Indiana University, Rosemont IL.

## **PATENTS AND PATENT APPLICATIONS**

1. Forman EM, Butryn ML, Juarascio AS, Manasse SM, **Goldstein SP**, et al. "System and Methods for Managing Binge Eating Disorders," U.S Patent Application 2014/049772, August 5, 2014.

## **GRANTS - ACTIVE**

1. R01 HL153543	<b>Goldstein (PI)</b>	08/01/20 – 05/30/26
National Heart Lung and Blood Institute, \$1,956,535		
Title: Optimizing Just-in-Time Adaptive Intervention to Improve Dietary Adherence in Behavioral Obesity Treatment: A Micro-randomized Trial		

Role: Principal Investigator

04/06/21-02/28/26

Title: COBRE Center for Sleep and Circadian Rhythms in Child and Adolescent Mental Health - Pediatric Biopsychology Core

This COBRE supports excellence and innovation in research addressing sleep, circadian rhythms, and mental health. The Pediatric Biopsychological Core connects promising researchers to experienced mentors in evidence-based assessment of mental health, sleep, and the collection of biospecimens.

Role: Co-Investigator

05/01/22 – 04/30/27

Title: Using Multimodal Real-Time Assessment to Phenotype Dietary Non-Adherence Behaviors that Contribute to Poor Outcomes in Behavioral Obesity Treatment

This project will use multimodal real-time assessment of behavioral, psychosocial, and contextual information to uncover lapse phenotypes, and then validate these emerging phenotypes by testing their associations with weight change and energy intake.

Role: Principal Investigator

08/01/22 – 07/31/27

Title: A Micro-Randomized Trial to Optimize Just-in-Time Adaptive Intervention for Binge Eating & Weight-related Behaviors

This trial aims to optimize a digital guided self-help intervention to change binge eating and weight-related behaviors into a just-in-time adaptive intervention that delivers personalized interventions in real time based on users' changing needs.

Role: Co-Investigator

04/01/23 – 03/31/27

Title: Validating Sensor-based Approaches for Monitoring Eating Behavior and Energy Intake by Accounting for Real-World Factors that Impact Accuracy and Acceptability

The proposed study will validate sensor-based estimation of energy intake across diverse samples, in three settings, incorporating minimal user input on foods and beverages and contexts, and using two sensors (commercial smartwatch and smart ring).

Role: Multiple Principal Investigator

07/03/23 – 06/30/28

Title: A Remote-based Yoga Intervention for Improving Long-term Weight Loss

This RCT examines the added effect of a yoga intervention to an Internet-delivered weight loss program on weight loss, dietary lapses, and potential lapse triggers, and also examines the

mechanisms through which yoga impacts weight.

Role: Co-Investigator

8. R01 DK137423 Thomas, Hekler, & Rivera (MPIs) 09/15/23-06/30/28

National Institute of Diabetes and Digestive and Kidney Diseases, \$3,098,709

Title: Control Systems Engineering to Address the Problem of Weight Loss Maintenance: A System Identification Experiment to Model Behavioral & Psychosocial Factors Measured by Ecological Momentary Assessment

This project aims to apply control systems engineering, in the form of a system identification experiment, to model how behavioral and psychosocial influences combine to influence weight loss maintenance, and to evaluate the effect of four “just-in-time” intervention strategies on the behavioral and psychosocial system.

Role: Co-Investigator

9. P20 GM139664 Mello (PI) 02/01/24-01/31/27

National Institute of General Medical Sciences, \$7,064,892

Title: Rhode Island Hospital Injury Control Center for Biomedical Research Excellence (COBRE) – Digital Innovation Core

This COBRE support the development of junior researchers into independent researchers capable of leading rigorous, innovative injury control research that changes practice and policy and improves health. The Digital Innovation Core establishes a regional and national hub leading the development, analysis, and dissemination of high-quality, scientifically sound, effective digital health innovations focused on injury control.

Role: Co-Investigator

10. R01 DK136216 Thomas & Goldstein (MPI) 05/15/24 – 03/31/29

National Institute of Diabetes and Digestive and Kidney Diseases, \$2,565,467

Title: Micro randomized Trial to Optimize Use of Burden-Reducing Self-Monitoring Approaches in Behavioral Obesity Treatment

This project aims to optimize adherence to dietary self-monitoring in behavioral obesity treatment by conducting a micro-randomized trial to empirically optimize use of burden-reducing self-monitoring alternatives.

Role: Multiple Principal Investigator

12. P20 GM130414 Monti (PI) 09/01/24-08/31/25

National Institute of General Medical Sciences, \$876,970

Title: Center for Addiction and Disease Risk Exacerbation – Administrative Team Science Supplement

This interdisciplinary Team Science supplement to the Center for Addiction and Disease Risk Exacerbation will examine leading lifestyle risk factors for chronic liver disease, specifically obesity and at-risk alcohol use. The study will investigate early signs of liver disease in individuals with obesity who drink above moderate guidelines and test the impact of lifestyle and liver health feedback to reduce risk of progression to irreversible liver damage.

Role: co-Project Leader

13. R61 DA061335 Weiss (PI) 09/15/24-08/31/26

National Institute on Drug Abuse, \$1,364,509

Title: Development and Evaluation of a Mobile Health Intervention for Co-Morbid Opioid Use Disorder and Posttraumatic Stress Disorder During Community Re-entry

This proposal will use a ground up approach to rigorously develop and evaluate a mobile app with both on-demand and automated features to reduce opioid use/ harms during community reentry of adults with comorbid post-traumatic stress disorder and opioid use disorder. The final product will be a highly scalable mobile app that has strong potential to improve health and quality of life.

Role: Co-Investigator

## **GRANTS - COMPLETED**

1. Unnumbered **Goldstein (PI)** 09/26/14-06/30/15

APAGS/Psi Chi Junior Scientist Fellowship, \$1,000

Title: A Preliminary Investigation of a Personalized Risk Alert System for Weight Control Lapses

Development and evaluation of a machine learning algorithm to predict lapses from a weight control diet among adults with overweight and obesity.

Role: Principal Investigator

2. Unnumbered **Goldstein (PI)** 10/16/17-06/30/18

Brown University Clinical Psychology Internship Grant, \$2,500

Title: Capitalizing on Passive Sensing and Analytics to Improve Detection of Dietary Lapses During Weight Loss and Maintenance

This study is designed to evaluate the feasibility of using wrist-worn accelerometry to passively sense eating behaviors associated with weight loss and weight maintenance among individuals with overweight/obesity participating in a behavioral weight loss program.

Role: Principal Investigator

3. F32 HL143954 **Goldstein (PI)** 08/27/18-07/31/20

Ruth L. Kirschstein National Research Service Award (NRSA) Individual Postdoctoral Fellowship (Parent F32), \$179,334

Title: Applying Novel Passive Sensing Technology to Target Adherence to Diet in Behavioral Obesity Treatment for Patients with Cardiovascular Disease Risk

This project is designed to evaluate the ability of wrist-worn accelerometry to passively sense dietary lapses and investigate associations with weight loss and weight maintenance among individuals with overweight/obesity and CVD risk.

Role: Principal Investigator

4. Unnumbered **Olson (PI)** 01/01/21-07/01/23

The Obesity Society Early Career Research Grant, \$25,000

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

A two-phase study will be used to evaluate the effects and mechanisms (e.g., cognitive, emotional, and motivational processes) of brief acceptance-based intervention on physical

activity in the laboratory setting and physical activity uptake in daily life.

Role: Mentor

3. Unnumbered

Perry (PI)

08/01/21-10/31/23

American Psychological Foundation Wayne F. Placek Grant, \$9,000

Title: Relationship processes and daily health behaviors among sexual minority female couples with overweight and obesity

This study uses wearable sensors for the collection of objective health data (i.e., physical activity, sleep) and ecological momentary assessment to capture social control processes, minority stressors, and sexual minority-specific vulnerabilities in sexual minority female couples with overweight/obesity.

Role: Co-Principal Investigator

### **UNIVERSITY AND HOSPITAL MENTORING ROLES**

Student: Rebecca J. Crochiere, BA  
Role: External Committee Member, Master's Thesis in Psychology  
Institution: Drexel University  
Years: 2018-2020

Student: Reid Secondo, BA  
Role: Second Reader, Master's Thesis  
Institution: School of Public Health, Brown University  
Years: 2022-Present

Student: Victoria Cao  
Role: Undergraduate Independent Study Advisor  
Institution: Brown University  
Years: 2022-2023

Mentee: Katelyn Fox, PhD  
Role: Non-evaluative Advisor  
Institution: Postdoctoral Fellowship Training Program, Brown University  
Years: 2022-2024

Mentee: Yohansa Fernández, PhD  
Role: Non-evaluative Advisor  
Institution: Postdoctoral Fellowship Training Program, Brown University  
Years: 2022-2023

Mentee: Neo Gebru, PhD  
Role: Co-mentor on K99/R00 award: "Applying Construal Level Theory to Develop and Test an Interactive Text Messaging Adjunct Intervention to Reduce Heavy Drinking and HIV Risk."  
Institution: Center for Alcohol & Addiction Studies, Brown University  
School of Public Health  
Years: 2023-2025

Mentee: Katrina Oselinsky, PhD  
Role: Non-evaluative Advisor  
Institution: Postdoctoral Fellowship Training Program, Brown University  
Years: 2023-2025

Mentee: Lesly Norris, PhD  
Role: Non-evaluative Advisor  
Institution: Postdoctoral Fellowship Training Program, Brown University  
Years: 2023-Present

Mentee: Caitlin Murray, PhD  
Role: Co-mentor on K23 award: "Using ecological momentary assessment to develop an adaptive psychological intervention for young adults with chronic pain."  
Institution: Center for Child Health, Behavior and Development, Seattle Children's Hospital  
Years: 2024-2029

Mentee: Charlotte J. Hagerman, PhD  
Role: Co-mentor on K01 award: "Testing just-in-time adaptive interventions (JITAIs) to prevent goal disengagement in response to weight regain following behavioral weight loss treatment."  
Institution: Drexel University  
Years: 2024-2029

### **UNIVERSITY TEACHING ROLES**

Role: Drexel University, Philadelphia, PA  
Department of Psychology  
Teaching Assistant  
Course Name: Computer-Assisted Data Analysis I  
Number of Students: 20 students  
Year: 2013

Role: Drexel University, Philadelphia, PA  
Department of Psychology  
Teaching Assistant  
Course Name: Computer-Assisted Data Analysis II  
Number of Students: 20 students  
Year: 2014

Role: Drexel University, Philadelphia, PA  
Department of Psychology  
Guest Lecturer

Course Name:	Introduction to Psychology
Number of Students:	Two sections with 30 students each
Year:	2014, 2015
	Drexel University, Philadelphia, PA
	College of Medicine
Role:	Guest Lecturer
Course Name:	Psychosocial and Behavioral Factors in Health and Medicine
Number of Students:	Two sections with 20 students each
Year:	2016, 2017
	Johnson & Wales University, Providence, RI
	Center for Physician Assistant Studies
Role:	Adjunct Lecturer- Behavioral Medicine Module
Course Name:	DS I: Screening for Eating Disorders
Number of Students:	40 students, graduate level
Year:	2018
	University of Rhode Island (URI), South Kingstown, RI
Role:	Guest Lecturer
Course Name:	A Research Agenda to Develop Effective Just-in-Time Adaptive Interventions (JITAIs): From Proof-of-Concept to Optimization Studies
Number of Students:	20 students, graduate level
Year:	2022
	School of Public Health, Brown University, Providence, RI
Role:	Guest Lecturer
Course Name:	A Research Agenda to Develop Effective Just-in-Time Adaptive Interventions (JITAIs): From Proof-of-Concept to Optimization Studies
Number of Students:	10 students, graduate level
Year:	2024