

**CURRICULUM VITAE  
SUZANNE PHELAN, PH.D.**

**BUSINESS ADDRESS**

Brown Medical School/The Miriam Hospital  
Division of Behavioral and Preventive Medicine  
Weight Control and Diabetes Research Center  
196 Richmond Street  
Providence, Rhode Island 02903  
Phone: (401) 793-8968  
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**EDUCATION**

**B.S.** University of Colorado (1989), Boulder, CO  
Journalism

**B.A.** University of Colorado (1989), Boulder, CO  
French

**M.A.** MCP Hahnemann University (1999), Philadelphia, PA  
Clinical Psychology (APA-Approved)

**Ph.D.** MCP Hahnemann University (2001), Philadelphia, PA  
Clinical Psychology (APA-Approved)

**Clinical Psychology Internship** Brown University Clinical Psychology Training Consortium (2000)  
Providence, RI

**POSTGRADUATE TRAINING**

**Postdoctoral Fellowship** The Miriam Hospital and Brown Medical School (2001-2002)  
Providence, RI

**PROFESSIONAL LICENSES**

2005-present Licensed clinical psychologist RI license #PS00882

**ACADEMIC APPOINTMENTS**

2002-present Dept. of Psychiatry and Human Behavior Assistant Professor (Research)  
Brown Medical School  
Providence, RI

2000-2002	Dept. of Psychiatry University of Pennsylvania School of Medicine Philadelphia, PA	Instructor of Psychology
2001-2002	Dept. of Psychiatry and Human Behavior Brown Medical School Providence, RI	Postdoctoral Fellow
2000-2001	Dept. of Psychiatry and Human Behavior Brown University Providence, RI	Psychology Intern
1998-1999	Dept. of Clinical and Health Psychology MCP Hahnemann University Philadelphia, PA	Adjunct Faculty
1998-2000	Dept. of Psychiatry University of Pennsylvania School of Medicine Philadelphia, PA	Graduate Research Assistant
1997-2000	Dept. of Clinical and Health Psychology MCP Hahnemann University Philadelphia, PA	Graduate Research Assistant
1995 – 1996	Dept. of Preventive Medicine University of Southern California School of Medicine Philadelphia, PA	Research Assistant
1993 – 1995	Dept. of Psychology University of California at Los Angeles Los Angeles, CA	Research Assistant
1994-1995	Dept of Humanities and Social Sciences Los Angeles Unified School District	Adult Education Teacher

### **HOSPITAL APPOINTMENTS**

2002-present	The Miriam Hospital	Staff Psychologist
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### **OTHER APPOINTMENTS**

1998-present	American Dietetic Association American Journal of Health Promotion American Journal of Psychiatry	Reviewer
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Health Psychology  
International Journal of Obesity  
Obesity  
Psychological Bulletin  
Journal of Psychosomatic Research  
Body Image

1997	Weight Watcher's International Philadelphia, PA	Data Analyst
1999-2000	Epotec.com Philadelphia, PA	Web Page Writer
1992 –1993	Mediatime France S.A. Paris, France	Assistant Publisher
1991	Knight-Ridder Financial News Paris, France	Financial News Reporter

### **PROFESSIONAL COMMITTEES**

2004-present	Diabetes Support and Education Committee/Look Ahead project
2004-present	Health Maintenance Consortium/Long-term successful weight loss project

### **MEMBERSHIP IN SOCIETIES**

2004-present	American College of Obstetricians and Gynecologists
1996-present	American Psychological Association
1996-present	Association for the Advancement of Behavior Therapy
1996-present	North American Association for the Study of Obesity
1998-present	Society for Behavioral Medicine

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

Lowe, M.R., Miller-Kovach, K., Frye, N. & **Phelan, S.** (1999). An initial evaluation of a commercial weight loss program: Short-term effects on weight, eating behavior, and mood. Obesity Research 7:51-59.

Lowe, M.R., Miller-Kovach, K. & **Phelan, S.** (2001). Weight-loss maintenance in overweight individuals one to five years following successful completion of a commercial weight loss program. International Journal of Obesity and Related Metabolic Disorders 25(3):325-31

Foster, G.D., Wadden, T.A., **Phelan, S.** & Swain, R. (2001). Obese patients' perceptions of treatment outcomes and the factors that influence them. Archives of Internal Medicine 161(17):2133-2139.

**Phelan, S.**, Wing, R.R., Hill, J., Dibello, J. (2003). Recovery from relapse among successful weight maintainers. American Journal of Clinical Nutrition 78 (6):1079-1084

- Gorin, A., **Phelan, S.**, Hill, J., Wing, R.R. (2004). Promoting long-term weight control: does dieting consistency matter? International Journal of Obesity and Related Metabolic Disorders Feb;28(2):278-81
- Foster, G.D., **Phelan, S.**, Wadden, T.A. (2004) Helping obese patients alter unrealistic weight loss expectations: A pilot study. Obesity Research 12 (8):1271-1277.
- Gorin, A., **Phelan, S.**, Hill J., Wing, R.R. (2004) Medical triggers are associated with better short- and long-term weight loss outcomes. Preventive Medicine Sep;39(3):612-16.
- Foster GD, **Phelan S**, Wadden TA, Gill D, Ermold J, Didie E.(2004) Promoting more modest weight losses: a pilot study. Obesity Research. Aug;12(8):1271-7.
- Wadden TA, Foster GD, Sarwer DB, Anderson DA, Gladis M, Sanderson RS, Letchak RV, Berkowitz RI, **Phelan S.** (2004). Dieting and the development of eating disorders in obese women: results of a randomized controlled trial. American Journal of Clinical Nutrition. Sep;80(3):560-8.
- Gorin, A, **Phelan, S.**, Wing, R., Sherwood, N., Jeffery, R (2005). Involving peer support in weight loss treatment. Journal of Consulting and Clinical Psychology; Apr;73(2):341-3.
- Raynor, H., Wing, R.R., **Phelan, S.** (2005) Amount of food group variety consumed in the diet and long-term weight loss maintenance. Obesity Research May; 13(5):883-890.
- Wadden, T.A., Berkowitz, M.D., Womble, L.G., Sarwer, D.B., **Phelan, S.**, Cato, R., Hesson, L.A., Osei, S. Y., Kaplan, R., Stunkard, A.J (2005). A randomized trial of lifestyle modification, pharmacotherapy, and their combination in the treatment of obesity: Implications for primary care practice. New England Journal of Medicine 17;353(20):2111-20.
- Phelan, S.**, Wyatt, H, Hill, J., Wing, R.R. (2006) Are the eating and activity habits of successful weight losers changing? Obesity. Apr;14(4):710-6.
- Raynor, D., **Phelan, S.**, Hill, J.O., Wing, R.R. (in press) Television viewing among successful weight losers. Obesity

#### **OTHER PEER-REVIEWED PUBLICATIONS**

- Phelan, S.** & Wadden, T.A. (2002) Combining behavioral and pharmacologic treatments for obesity. Obesity Research 10:560-574.
- Phelan, S.**, Wing, R.R. (2005). Letter to the editor: Long-term successful weight loss. Archives of Internal Medicine; 165: 2430

#### **OTHER NON-PEER-REVIEWED PUBLICATIONS**

- Foster, G.D. & **Phelan, S.** (2001). Environmental challenges and assessment social models. In Carolyn Berndanier (Ed.), CRC Handbook of Food and Nutrition Assessment Section. Atlanta: CRC. 773-785.
- Wadden, T.A. & **Phelan, S.** (2002). Behavioral evaluation of the obese patient. In Handbook of Obesity Treatment. Wadden & Stunkard (Eds). New York: Guilford: 186-228.

- Wing, R.R., **Phelan, S.** & Tate, D. (2002). The role of adherence in mediating the relationship between depression and health outcomes. Journal of Psychosomatic Research 53; 877-881.
- Wadden, T.A. & **Phelan, S.** (2002). Assessment of quality of life in obese individuals. Obesity Research Nov;10 Suppl 1:50S-7S.
- Wing RR & **Phelan S** (2002). Behavioral treatment of obesity: Strategies to Improve Outcome and Predictors of Success. In Obesity: An Academic Basis for Clinical Evaluation and Treatment. Eckel R.H. (Ed.) Lippincott, Williams & Wilkens: 415-435.
- Phelan, S.** & Wadden,T.A. (2002). Psychosocial co-morbidities of obesity and dieting. In Obesity: An Academic Basis for Clinical Evaluation and Treatment. Eckel R.H. (Ed.) Lippincott, Williams & Wilkens: 358-377.
- Wing, R.R. & **Phelan, S.** (2002). Behavioral treatment of obesity. In Obesity: An Academic Basis for Clinical Evaluation and Treatment. Eckel R.H. (Ed.) Lippincott, Williams & Wilkens
- Phelan S** & Wing RR (2003). Treatment approaches for obesity. In Fulfilling the Potential for Cancer Prevention and Early Detection: National Cancer Policy Board's Report. Institute of Medicine of the National Academies.
- Phelan, S** & Wing,R.R. (2003). Maintaining weight loss. In Weight Management: A Practical Guide. Foster G.D. & Nonas C. (Eds). American Dietetic Association
- Phelan, S.** & Wadden, T.A (2003). Behavioral assessment of obesity. In Handbook of Eating Disorders and Obesity. J. Kevin Thompson (Ed). New Jersey: Wiley: 393-420.
- Wing, R.R., & **Phelan, S** (2005). Successful weight loss maintenance. American Journal of Clinical Nutrition. Jul;82(1 Suppl):222S-225S
- Hill, J.O., Wyatt H., **Phelan S.**, Wing, R.R. (2005). The National Weight Control Registry: Is it useful in helping deal with our obesity epidemic? Journal of Nutrition Education and Behavior. Jul-Aug; 37(4):206-10.
- Wyatt, H., **Phelan, S**, Wing, R.R., Hill, J.O. (2005). Lessons from successful weight loss maintainers. Obesity Management,1(2): 56-61.
- Brownell, K.D., Wadden, T.A., **Phelan, S.** (2005). Obesity. In Comprehensive Textbook of Psychiatry Sadock B & Sadock V (Eds.). Lippincott, Williams & Wilkens.
- Phelan, S.** Wing, R.R. (2005). Obesity in Women. Rhode Island Medical and Health Journal.
- Raynor, D., Wing, R.R., **Phelan, S.** (in press). Adherence and depression. In Adherence and Medical Illness. Steptoe (Ed). Cambridge University Press.

Hill, J.O., Wyatt, H., **Phelan, S.**, Wing, R.R. (in press). Lessons learned from the National Weight Control Registry. In Handbook for Primary Care Physicians. Kushner (Ed).

**Phelan, S.** Foster, G.D. (in press). Environmental challenges and assessment social models. In Carolyn Berndanier (Ed.), CRC Handbook of Food and Nutrition Assessment Section. Atlanta: CRC..

**Phelan, S.** Butryn, M., Wing, R.R. (in press). Prevention during adulthood. In S. Kumanyika (Ed). Prevention of Weight Gain and Obesity. Philadelphia, PA.

### **PUBLICATIONS UNDER REVIEW**

**Phelan, S.**, Wadden, T.A., Berkowitz, R.I., Sarwer, D.B., Womble, L.G., Cato, R.K., Rothman, R.B. Impact of weight loss on the metabolic syndrome. Unpublished manuscript (under review).

**Phelan, S.**, Wing, R.R., Hill, J., Nassery, S. Use of a low carbohydrate diet among successful weight losers. Unpublished manuscript (under review).

**Phelan, S.**, Roberts, M., Lang, W., Wing, R.R.. Empirical evaluation of current physical activity recommendations for prevention of weight gain in women. Unpublished manuscript (under review).

### **ABSTRACTS**

1. **Phelan, S.**, Buchwald, J.D., Lowe, M.R., Foster, G.D., Swain, R.M., Wadden, T.A. (1998). Psychological correlates of energy intake underreporting in obese women seeking weight loss treatment. Association for Advancement of Behavior Therapy, Washington D.C.
2. **Phelan, S.**, Lowe, M.R., Miller-Kovach, K., Frye, N. (1997). An initial evaluation of a commercial weight loss program: Short-term effects on weight, eating behavior, and mood. Allegheny University of the Health Sciences, 2<sup>nd</sup> annual research conference and retreat, "Synergy Among Scientists," Valley Forge, PA.
3. **Phelan, S.**, Crerand, C., Didie, E.R., Buchwald, J., Lowe, M.R. (1999). Food intake underestimation: Its nature and potential impact on obesity treatment. Drexel University Science Day, Philadelphia, PA.
4. Lowe, M.R., Miller-Kovach, K., **Phelan, S.** (1999). Weight-loss maintenance one to five years following successful completion of a commercial weight loss program. North American Association for the Study of Obesity, Charleston, SC.
5. Foster, G.D., Wadden, T.A., **Phelan, S.**, Swain, R.M. (1999). Stress, coping and upper body fat distribution in obese females. North American Association for the Study of Obesity, Charleston, SC.
6. Foster, G.D., Wadden, T.A., **Phelan, S.**, Sarwer, D.B., Swain, R.M. (1999). Determinants of outcome evaluations in obese Patients seeking treatment. North American Association for the Study of Obesity, Charleston, SC.

7. Lowe, M.R., Annunziato, R., Crerand, C., Didie, E., Kerzhnerman, I., Lucks, D., **Phelan, S.**, Timko, A., Ghossoub, Z., McKinney, S. (2000). Empirical evaluation of a nutrition-focused treatment for weight loss maintenance. North American Association for the Study of Obesity, Long Beach, CA.
8. Foster, G.D., **Phelan, S.**, Crerand, C., Schawab, R. (2000). The effects of weight loss on sleep functioning and quality of life in obese men with sleep apnea. North American Association for the Study of Obesity, Long Beach, CA.
9. **Phelan, S.**, Foster, G.D. (2001). Improving body image and self-esteem in obese women. Society of Behavioral Medicine, Seattle, WA.
10. Lowe, M.R. Annunziato, R., Crerand, C., Didie, E., Kerzhnerman, I., Lucks, D., **Phelan, S.**, Timko, A. (2001). A nutrition-focused treatment for weight loss maintenance: Behavioral and psychological outcomes at one-year follow-up. North American Association for the Study of Obesity, Quebec City, Canada.
11. **Phelan, S.**, Wadden, T.A., Wang, S.S., Sarwer, D.B., Womble, L.G., Berkowitz, R.I., Rothman, R. (2001) Combining behavioral modification and sibutramine for the treatment of obesity. Obesity Research 9: S1985.
12. **Phelan, S.**, Wadden, T.A., Wang, S.S. (2001) Combining behavioral and pharmacologic treatment for obesity. American Psychological Association, San Francisco, CA.
13. **Phelan, S.**, Hill, J.O., DiBello, J., Lang, W., Wing, R.R. (2003) Recovery from relapse among successful weight losers. Society of Behavioral Medicine, Salt Lake City, Utah.
14. Raynor, H., Wing, R.R., **Phelan, S.** (2003) Dietary variety and weight loss maintenance in the National Weight Control Registry. Society of Behavioral Medicine, Salt Lake City, Utah.
15. **Phelan, S.**, Gorin, A., Hill, J., Wing, R.R. (2003). Medical triggers are associated with better short and long-term weight loss outcomes. North American Association for the Study of Obesity, Ft. Lauderdale, Florida.
16. Gorin, A., **Phelan, S.**, Hill, J., Wing, R.R. (2003). Involving support partners in obesity treatment. North American Association for the Study of Obesity, Ft. Lauderdale, Florida.
17. **Phelan, S.**, Nassery, S., Dibello, J., Hill, J.O., Wing, R.R. (2004). Two-year weight change among successful weight losers who lost weight following a low carbohydrate diet. Society of Behavioral Medicine, Baltimore, Maryland.
18. **Phelan, S.** Hill, J.O., Wyatt, H., Wing, R.R. (2004). Are the Diets of Successful Weight Losers Changing? North American Association for the Study of Obesity, Las Vegas, Nevada.
19. **Phelan, S.**, Hill, J.O., Wing, R.R. (2004) Gender Differences in Motivation and Weight Control Behavior during Long-Term Successful Weight Loss. North American Association for the Study of Obesity, Las Vegas, Nevada.

20. **Phelan, S.** Wing, R.R., DiBello, J., Thlamann, K., Peng, W. (2005) How Do Successful Weight Loss Maintainers Handle High-Risk Periods? Society of Behavioral Medicine, Boston, Massachusetts
21. Niemeier, H.M., **Phelan, S.**, Wing, R.R. (2005). Internal Disinhibition as a Predictor of Weight Regain: Findings from a Randomized Controlled Trial of Behavioral Weight Loss and the National Weight Control Registry. North American Association for the Study of Obesity, Canada
22. **Phelan, S.**, Raynor D., Hill, J.O., Wing, R.R. (2005). Television Viewing in the National Weight Control Registry. North American Association for the Study of Obesity, Canada.
23. **Phelan, S.** Wadden, T.A. (2005). Impact of weight loss on the metabolic syndrome. North American Association for the Study of Obesity, Canada.
24. **Phelan, S.**, Wing, R.R. (2006) Weight gain during pregnancy. Society of Behavioral Medicine, San Francisco, CA
25. **Phelan, S.** Nallarie, M., Wing, R.R. (2006). Physicians' attitudes toward obesity. Society of Behavioral Medicine, San Francisco, CA

### **INVITED PRESENTATIONS**

1. **Phelan, S.** (1997). Cognitive-Behavioral Therapy: Applications for Treatment of Obesity and Social Anxiety. Invited lecture given at Central Montgomery MH/MR Center, Norristown, PA.
2. **Phelan, S.** (1998). Etiology and Treatment of Obesity and Eating Disorders. Invited lecture given at Fox Chase Cancer Center, Philadelphia, PA.
3. **Phelan, S.** (1998). Pharmacologic Treatment of Obesity. Invited lecture given at the University of Pennsylvania School of Medicine, Department of Psychiatry; Philadelphia, PA.
4. **Phelan, S.** (1999). Prevention and Treatment of Obesity. Invited lecture given at Barchum High School, Philadelphia, PA
5. **Phelan, S.** (1999). Acupuncture for Anovulation in Polycystic Ovarian Syndrome: A Multidimensional Investigation. Invited lecture given at the Center for Mind/Body Medicine at MCP Hahnemann University; Philadelphia, PA.
6. **Phelan, S.** (2001). Weight Management in Women. Invited lecture given at the Women's Health Conference at the Miriam Hospital; Providence, RI
7. **Phelan, S.** (2001). The Problem of Obesity. Keynote address given at the Ohio State University Health Sciences Center: Martha Nelson Lewis Conference on Managing Obesity; Columbus, OH.



8. **Phelan, S.** (2001). The National Weight Control Registry. Invited lecture given at the Ohio State University Health Sciences Center: Martha Nelson Lewis Conference on Managing Obesity; Columbus, OH.
9. **Phelan, S.** (2003). The Art and Science of Weight Loss Maintenance. Invited lecture given at the Women's Health Conference at the Miriam Hospital; Providence, RI
10. **Phelan, S.** (2003). Lifestyle Modification for Weight Loss in Type 2 Diabetics. Invited lecture given at the Genetics and Public Health Conference sponsored by the Rhode Island Department of Health; Providence, RI.
11. **Phelan, S.** (2003). Weight Loss and Long-Term Weight Loss Maintenance. Invited lecture given at the Division of Endocrinology, Hallett Center for Diabetes and Endocrinology, Rhode Island Hospital/Brown Medical School; Providence, RI.
12. **Phelan, S.** (2004). Long-Term Weight Loss Maintenance. Invited lecture given at the American Diabetes Association's annual postdoctoral course; San Francisco, CA.
13. **Phelan, S.** (2004). Keys to Successful Weight Loss. Invited lecture given at the Providence and Vicinity Club; First Annual "Health is Wealth" Minority Health Awareness Fair; Providence, RI.
14. **Phelan, S.** (2004). Strategies for Successful Weight Control. Invited lecture given at the Providence Baptist Church, Providence, RI.
15. **Phelan, S.** (2006). Successful Weight Loss Maintenance. Invited lecture given at the Maine Health Collaborative; Freeport, Maine
16. **Phelan, S.** (2006). Non-surgical interventions for weight loss. Invited lecture given at the Women's Wellness Conference; Warwick, RI

## **GRANTS**

National Institute of Diabetes & Digestive & Kidney Diseases: Prevention of pregnancy-associated weight gain and obesity

**Principal Investigator**

Pending

\$1,923,275

National Institute of Diabetes & Digestive & Kidney Diseases: Long-Term Weight Loss Maintenance-Functional Imaging

**Co-Investigator**

10/01/2005 – 09/30/2006

\$250,000

National Institute of Diabetes & Digestive & Kidney Diseases: Predictors of Long-Term Successful Weight Loss

**Principal Investigator**

5/1/05-1/31/08

\$150,000

National Institute of Diabetes & Digestive & Kidney Diseases: Long-Term Weight Loss Maintenance

**Co-Investigator**

2/1/04-1/31/08

\$949,750

The Community Foundation for Southeastern Michigan (Metabolife Settlement). "The National Weight Control Registry."

**Co-Principal Investigator**

4/02- 3/05

\$900,000

National Institute of Diabetes & Digestive & Kidney Diseases: Study of Health Outcomes of Weight Loss-SHOW Trial

**Interventionist**

9/99-9/08

\$5,496,057

Center for Mind/Body Medicine at MCP Hahnemann University. "A Multidimensional Evaluation of Polycystic Ovarian Syndrome."

**Co-Principal Investigator**

5/99- 4/00

\$5,000

**UNIVERSITY TEACHING ROLES**

**Course Name:** Developmental Psychology  
**Description:** Instructor of undergraduate course  
**Year:** 1999  
**No. of Students:** 25 in class  
**Where:** MCP Hahnemann University

**Course Name:** Pharmacologic Treatment of Obesity  
**Description:** Guest lecturer in course for postdoctoral fellows  
**Year:** 2001, 2002, 2003, 2004, 2005  
**No. of Students:** 25 in class  
**Where:** Brown Medical School

**Course Name:** Obesity  
**Description:** Lecturer in course for medical residents  
**Year:** 2002, 2003, 2004, 2005, 2006

**No. of Students:** 10 in class  
**Where:** Rhode Island Hospital/Brown Medical School

**Course Name:** Obesity  
**Description:** Lecturer in course for primary care residents  
**Year:** 2003, 2004, 2005, 2006  
**No. of Students:** 10 in class  
**Where:** Rhode Island Hospital/Brown Medical School

**Course Name:** Community Health Clerkship  
**Description:** Supervision of medical students completing six week clerkship and obesity projects  
**Year:** 2003, 2004, 2005, 2006  
**No. of Students:** 1 student every 6 weeks  
**Where:** Weight Control and Diabetes Research Center