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Education:

DSW: Social Work, *Simmons University,* Boston, MA, January 2026, GPA: 4/4
MSW: Social Welfare, *University of California, Berkeley,* Berkeley, CA, May 2004, GPA: 3.9/4
BA: Psychology, *Brown University*, Providence, RI, May 1999, GPA: 3.8/4

Credentials and Professional Affiliations:

Editorial Board Member, Eating Disorders Review (EDR), 2026-Present
Editorial Board Member, BioMed Central (BMC) Psychology, 2023-Present
Associate Member, The Royal Society of Medicine, 2021-Present (00723278)
Faculty Member, Brown University, The Warren Alpert Medical School, 2026-Present
Faculty Member, University of California San Diego, School of Medicine, 2019-2027
Faculty Member, Brown University, School of Public Health, 2016-2026
Faculty Member, Academy for Eating Disorders (AED), 2017-Present
Associate, International Association of Eating Disorders Professionals (IAEDP), 2017-Present
Accredited Clinical Social Worker (ACSW) Credential, 2010-Present
Qualified Clinical Social Worker (QCSW) Credential, 2009-Present
Faculty Member, Brown University, The Warren Alpert Medical School, 2007-2018
Licensed Independent Clinical Social Worker, Rhode Island, October 2006-Present (ISW01800)
Licensed Clinical Social Worker, Rhode Island, August 2004-October 2006 (CSW00842)
Member, National Association of Social Workers (NASW), 2002-Present (886390136)
Member, American Psychological Association (APA), 1998-Present (8519-3111)

Honors and Awards:

Consortium for Research in Eating Disorders (CoRe-ED) Next Big Research Idea Finalist, 2026
Academy for Eating Disorders (AED) Special Interest Group (SIG) Member: Universities, Child and Adolescent, Early Career, Professionals and Recovery SIGs, 2018-Present
AED SIG Oversite Committee (SOC) Member, 2020-2023
Frontiers in Nutrition (Front. Nutrition) Guest Editor, Special Issue, "The Spectrum of Eating Behaviors in Athletes: Health and Performance Consequences," 2023-2026
International Journal of Environmental Research and Public Health (IJERPH), Guest Editor, Special Issue, "Bipolar Spectrum Disorders: Longitudinal Factors Associated with Risk and Improvement," 2022-2025
National Eating Disorders Association (NEDA) Board Member, Research Advisory Council (RAC), Development Committee, Feeding Hope Fund Contributor, 2013-2021
Brown University Development Committee-Psychiatry Campaign Coordinator, 2007-2017
City Year Rhode Island Board and Development Committee Co-Chair, 2007-2017
Brown University President's Staff Advisory Council (SAC) Chair, 2010-2012
Brown University Division of Biology and Medicine CORE Team, 2008-2009
Brown University Managing for Excellence Award, 2007
University of California, Berkeley, Social Work Research Award, 2004
University of California, Berkeley, Social Work Child Clinical Practice Award, 2003-2004
Sigma Xi National Scientific Research Honor Society, 1999
Brown University Clinical Psychology Professor Emeritus Award, 1999

National Honor Society, 1994
National Junior Classical League Latin Honor Society, 1990-1994

Research Grant Panels Peer-Reviewer:

1. Austrian Science Fund (FWF) Clinical Research Projects, Grant Reviewer, 2025-Presesent

2. Department of Defense (DOD) Congressionally Directed Medical Research Program (CDMRP) Peer Review Medical Research Program (PRMRP), Discovery Award, Clinical Trial Award, Investigator Initiated/Translational Research Award, Grant Reviewer, 2017-Present

3. National Eating Disorders Association (NEDA) Feeding Hope Fund, Early Career Investigator Award, Prevention Award, Innovative Treatment Award, Grant Reviewer, 2016-2021

Conference Proposals Peer-Reviewer:

1. Academy for Eating Disorders (AED), 2021-2023
2. International Association of Eating Disorders Professionals (IADEP), 2018-2023
3. National Eating Disorders Association (NEDA), Conference Committee Co-Chair, 2013-2021

Journal Manuscripts Peer-Reviewer (Chronological Order) (11/12/26 Total Reviews: 102):

1. *Eating Disorders Review (EDR) Editorial Board Member, 2026-Present
2. Frontiers in Sport and Active Living (Front. Sports Act. Living), 2026-Present
3. Psychiatry International, 2026-Present
4. Health Psychology, 2026-Present
5. Future, 2025-Present
6. Journal of the American Academy of Child and Adolescent Psychiatry Open (JAACAPOPEN), 2025-Present
7. Frontiers in Psychology (Front. Psychology), 2025-Present
8. Body Image, 2025-Present
9. Preventative Medicine, 2025-Present
10. Biological Psychiatry, 2025-Present
11. Nutrition and Dietetics, 2025-Present
12. Applied Physiology, Nutrition, and Metal, 2024-Present
13. Journal of the American Academy of Child and Adolescent Psychiatry (JAACAP), 2024-Present
14. Sports Medicine Open Access (SMOA), 2024-Present
15. Journal of Eating Disorders (JED), 2024-Present
16. *BioMed Central (BMC) Psychology Editorial Board Member, 2023-Present
17. Acta Psychologica (ACTPSY), 2023-Present
18. eClinicalMedicine (eclinm), 2023-Present
19. European Child & Adolescent Psychiatry (ECAP), 2023-Present
20. European Neuropsychopharmacology (ENP), 2023-Present
21. Frontiers in Psychiatry (Front. Psychiatry), 2023-Present
22. *Frontiers in Nutrition (Front. Nutrition) Special Issue Guest Editor, 2023-Present
23. Bioluminescence, 2023-Present
24. Psychology Research and Behavior Management (PRBM), 2023-Present

25. *International Journal of Environmental Research and Public Health (IJERPH), Special Issue Guest Editor, 2022-Present
26. International Journal of Molecular Science (IJMS), 2022-Present
27. Diseases, 2022-Present
28. Heliyon, 2022-Present
29. Nutrients, 2022-Present
30. Viruses, 2022-Present
31. Behavioural Brain Research (BBR), 2021-Present
32. Eating Behaviors (EATBEH), 2021-Present
33. Journal of Affective Disorder Reports (JADR), 2022-Present
34. Brain Sciences (brainsci), 2021-Present
35. Journal of Personalized Medicine (JPM), 2021-Present
36. Journal of Clinical Medicine (JCM), 2021-Present
37. Journal of Nervous and Mental Disease (JNMD), 2021-Present
38. BioMed Central (BMC) Psychiatry, 2021-Present
39. European Eating Disorders Review (EEDR), 2020-Present
40. Clinical Psychology Review (CPR), 2019-Present
41. International Journal of Eating Disorders (IJED), 2018-Present
42. Journal of Affective Disorders (JAD), 2018-Present

    * = Editorial Board Member or Special Issue Guest Editor

Research Activities and Funding (Chronological Order):

1. Predicting Adult Outcomes in Bipolar Youth (PROBY)
   National Institutes of Health (NIH) RO1 MH5270580
   May 1, 2018-February 28, 2023
   Role: Project Director-Brown University site
2. Course and Outcome of Bipolar Youth (COBY)
   National Institutes of Health (NIH) RO1 MH5270580
   June 1, 2000-April 30, 2018
   Role: Project Director-Brown University site

Panel and Symposium Presentations (Chronological Order):

1. **Hower, H**., Hafeman, D., Goldstein, B.I., Hunt, J. I., Birmaher, B., & Miklowitz, D.J. (2026, October). *Innovating for Impact: Participant, Clinical, Educational, and Research Lessons Learned from the Course and Outcome of Bipolar Youth (COBY) Study.* Symposium presented at the 73rd Annual Meeting of the American Academy of Child and Adolescent Psychiatry (AACAP), Atlanta, USA.

2. **Hower, H.,** Kaye, W.H., Bulik, C.M., Frank, G.K.W., Murray, S., & Micali, N. (2023, October). *The Relationship Between Anxiety and Eating Pathology: Novel Insights from Genetics, Childhood Temperamental Traits, Neuroimaging, and Treatments.* Symposium presented at the 70th Annual Meeting of the American Academy of Child and Adolescent Psychiatry (AACAP), New York, USA.

3. **Hower, H**., Diler, R.S., Andreu Pascual, M., Fiedorowicz, J.G., Goldstein, T.R., Miklowitz, D.J. (2022, October). *Longitudinal Factors Associated with Improvement and Risk in Youths*

and Young Adults with Bipolar Spectrum Disorders. Symposium presented at the 69th Annual Meeting of the American Academy of Child and Adolescent Psychiatry (AACAP), Toronto, Canada.

4. **Hower, H.,** Calvert, S., Bennett, E., Piekunka, K., Wilson, N. (2022, June-Online due to COVID19). *Embracing Change and Extending Reach: A Collaboration with Lived Experience Perspectives for Improved Eating Disorder Outcomes*. Panel presented at the International Conference on Eating Disorders (ICED), Academy for Eating Disorders (AED).

5. **Hower, H.,** Calvert, S., Bennett, E., Brockman, F., Ayuzo-del-Valle, N. (2022, June-Online due to COVID19). *Embracing Change and Extending Reach: Introduction to the Lived Experience Professionals (LEP) SIG for Cultivating Advocacy Skills*. Panel presented at the International Conference on Eating Disorders (ICED), Academy for Eating Disorders (AED).

6. **Hower, H.,** Cueto, J., Donaldson, D., Tortolani, C. (2022, March-Online due to COVID19). *Eating Disorder Training in Triple Board Residency: A Case Study of Clinical Experience, Didactics, and Opportunities for Further Training.* Panel presented at the International Association of Eating Disorder Professionals (IAEDP).

7. **Hower, H.,** Kaye, W., Towne, T., Runfola, C., Safer, D. (2021, October-Online due to COVID19). *New Treatment Modalities Aimed at Expanding Access.* Panel presented at the National Eating Disorders Association (NEDA) Virtual Fall Conference.

8. **Hower, H.,** Gorell, S., Saigal, M., Somehara, F., Copeland, M. (2021, June-Online due to COVID19). *The Role of Lack of Diversity, Equity, and Inclusion in Ballet: Learning from the Past and Present to Shape the Future of Eating Disorder Prevention and Treatment in Dancers.* Panel presented at the International Conference on Eating Disorders (ICED), Academy for Eating Disorders (AED).

9. **Hower, H.,** Kaye, W., Wierenga, C., Lauro, B. (2021, June- Online due to COVID19). *Using Technology to Improve Understanding and Therapy Training for Eating Disorders.* Panel presented at the International Conference on Eating Disorders (ICED), Academy for Eating Disorders (AED).

10. **Hower, H.,** Krasna, J., Lamarre, A., Baker, S., Bennett, E. (2021, June-Online due to COVID19). *The Clash Between Research and Lived Experiences with Eating Disorders*. Panel presented at the International Conference on Eating Disorders (ICED), Academy for Eating Disorders (AED).

11. **Hower, H.,** Donaldson, D., Tortolani, C., DerMarderosian, D (2021, April-Online due to COVID19). *"It Takes a Village:" Collaborative Care of Eating Disorders*. Panel presented at the Bradley Hospital Conference Series-Spring 2021, East Providence, RI.

12. **Hower, H**., Frazier, E., Hafeman, D., Birmaher, B., Youngstrom, E. (2020, October-Online due to COVID19). *Predictors of Course and Outcomes in Youths and Young Adults with*

Bipolar Spectrum Disorders. Symposium presented at the 67th Annual Meeting of the American Academy of Child and Adolescent Psychiatry (AACAP).

13. Kenny, T., LaMarre, A., **Hower, H.,** Harrop, E.., Bachner-Melman, R. (2020, June-Online due to COVID19). *Taking a Different Perspective on Recovery.* Panel presented at the International Conference on Eating Disorders (ICED), Academy for Eating Disorders (AED).

14. Kaye, W.H., **Hower, H.,** Pryor, T., Lampert, J., Turner, C. (2020, June-Online due to COVID19). *Eating Disorder Traits as Strengths in Recovery.* Panel presented at the International Conference on Eating Disorders (ICED), Academy for Eating Disorders (AED).

15. **Hower, H.,** Kaye, W., Frank, G., Berner, L., Rhee, K. (2020, February). New Insights into Eating Disorder Treatment: *Eating Disorder Traits as Strengths*. Plenary presented at the University of California at San Diego (UCSD) 4th Annual Eating Disorders Conference, San Diego, CA.

16. Hafeman, D., Merranko, J., Goldstein, B.I., Sakolsky, D.J., Diler, R.S., Axelson, D., **Hower, H.,** Birmaher, B. (2019, October). *Person-Level Prediction of Progression Along the Bipolar Trajectory*. Symposium presented at the 66th Annual Meeting of the American Academy of Child and Adolescent Psychiatry (AACAP), Chicago, IL.

17. Parks, E., **Hower, H.,** Cortese, M., Arnold, C., Sabey, L. (2019, March*). Start Spreading the News-But How? A workshop on creating a cultural dialogue.* Panel presented at the International Conference on Eating Disorders (ICED), Academy for Eating Disorders (AED), New York, NY.

18. **Hower, H.,** Bermudez, O., Setliff, S. (2019, March). *Eating Disorders in 2019*. Panel presented at the National Eating Disorders Association (NEDA) Conference, Houston, TX.

19. Kaye, W. **Hower, H.,** Frank, G. (2018, April). *From Clinical Practice to Brain Research and Back-Anxiety in the Assessment and Treatment of Eating Disorders*. Panel presented at the International Conference on Eating Disorders (ICED), Academy for Eating Disorders (AED), Chicago, IL.

20. Hunt, J., Yen, S., & **Hower, H.** (2017, October). *Resolving Controversies in Pediatric Bipolar Disorder: Lessons Learned from the Course and Outcome of Bipolar Youth (COBY) Study.* Panel presented at the Child and Adolescent Psychiatry Grand Rounds, Bradley Hospital, Warren Alpert Medical School at Brown University, Providence, RI.

21. Johnson, C., **Hower, H.,** Wonderlich, S., Sacco, B. (2016, October). *Eating Disorders Treatment: Levels of Care.* Panel presented at the 13th Annual Meeting of the National Eating Disorders Association (NEDA), Chicago, IL.

22. Yen, S., Stout, R., **Hower, H.,** Killam, M., Hunt, J., Weinstock, L., Topor, D., Axelson, D., Gill, M.K., Goldstein, B., Goldstein, T., Ryan, N., Birmaher, B., Strober, M., & Keller, M.B. (2013, October). *Effects of Comorbid Disorders on the Longitudinal Course of Children and*

Adolescents with Bipolar Disorder. Symposium presented at the 60th Annual Meeting of the American Academy of Child and Adolescent Psychiatry (AACAP), Orlando, FL.

23. Birmaher, B., Goldstein, T., Axelson, D., Goldstein, B., Liao, F., Gill, M.K., Ryan, N. Yen, S., Hunt, J., **Hower, H.,** Keller, M.B., & Strober, M. (2013, October). *Prevalence and Factors Associated with Long-Term Remission in Youth with Bipolar Spectrum Disorders.* Symposium presented at the 60th Annual Meeting of the American Academy of Child and Adolescent Psychiatry (AACAP), Orlando, FL.

24. **Hower, H.** (2010, October). *Neuropsychological Implications of Cannabis Abuse and Dependence.*
Panel presented at The Roger Williams University School of Law, Bristol, RI.

25. **Hower, H.** (2010, November). *Psychological Clinical Research*. Panel presented at Bryant University College of Arts and Sciences, Lincoln, RI.

Poster and Oral Presentations (Chronological Order):

1. Herboso, M., Merranko, J., Gill, M. K., Liao, F., **Hower, H.,** Hafeman, D., Diler, R., Weinstock, L., Yen, S., Goldstein, B., Ryan, N., Stober, M., Keller, M. B., Birmaher, B., & Goldstein, T. (2026, November). *Parent-Youth Discrepancies in Family Environment and Subsequent Family Functioning in Youth with Bipolar Disorder.* Poster presented at the 60th Annual Meeting of the Association for Behavioral and Cognitive Therapies , Baltimore, Maryland, USA.

2. Fiedorowicz, J.G,. Merranko, J.A., Goldstein, T.R., Iyengar, S., **Hower, H.**, Gill, M.K., Yen, S., Strober, M., Hafeman, D., Keller, M.B., Goldstein, B.I., Diler, R.S., Hunt, J.I., & Birmaher, B. (2023, October). *Validation of the Youth Suicide Risk Calculator in an Adult Sample with Bipolar Disorder.* Poster presented at the 70th Annual Meeting of the American Academy of Child and Adolescent Psychiatry, New York, USA.

3. Towne, T., Knatz Peck, S., Wierenga, C., **Hower, H.,** & Kaye, W.H. (2023, June). *New Directions in Eating Disorder Treatment: Acceptability, Feasibility, & Outcomes of a Virtual Parent Training Course.* Poster presented at the 30th Annual Meeting of the Academy for Eating Disorders, Washington, D.C., USA.

4. Fiedorowicz, J.G,. Merranko, J.A., Goldstein, T.R., Iyengar, S., **Hower, H.**, Gill, M.K., Yen, S., Strober, M., Hafeman, D., Keller, M.B., Goldstein, B.I., Diler, R.S., Hunt, J.I., & Birmaher, B. (2023, May). *Validation of the Youth Suicide Risk Calculator in an Adult Sample with Bipolar Disorder.* Oral presentation at the 34th International College of Neuropsychopharmacolgy World Congress of Neuropharmacology, Montreal, Canada.

5. Fiedorowicz, J.G., Merranko, J.A., Goldstein, T.R., Iyengar, S., **Hower, H**., Gill, M.K., Yen, S., Strober, M., Hafeman, D., Keller, M.B., Goldstein, B.I., Diler, R.S., Hunt, J.I., & Birmaher, B. (2023, March). *Validation of the Youth Suicide Risk Calculator in an Adult*

Sample with Bipolar Disorder. Oral presentation at the Centre for Youth Bipolar Disorder (CYBD) World Bipolar Research Day, Toronto, Canada.

6. Elhosary, M.Y., Merranko, J., Goldstein, T.R., Axelson, D.A., Goldstein, B.I., Keller, M.B., Yen, S., **Hower, H.,** Strober, M., & Birmaher, B. (October, 2022). *Medication Nonadherence in Youth with Bipolar Disorder is Distinctly Affected by Comorbid ADHD.* Poster presented at the 69th Annual Meeting of the American Academy of Child and Adolescent Psychiatry, Toronto, Canada.

7. **Hower, H.,** Shott, M.E., Sternheim, L.C., Swindle, S., Pryor, T., Frank, G.K.W. (2021, October-Online Due to COVID19) *Reward Processing and Behavior Traits in Female Youth: Implications for Psychiatric Vulnerabilities.* Poster presented at 63rd Annual Meeting of the American Academy of Child and Adolescent Psychiatry.

8. Fiedorowicz, J.G., Merranko, J.A., Gill, M.K., Yen, S., Goldstein, T.R., Strober, M., Hafeman, D., Keller, M.B., Iyengar, S., **Hower, H.**, Diler, R.S., Goldstein, B.I., Hunt, J.I., & Birmaher, B. (2021, June -Online Due to COVID19). *Validation of the Personalized Risk of Mood Recurrences Risk Calculator in an Adult Sample.* Poster presented at the 23rd Annual Conference of the International Society for Bipolar Disorders Conference.

9. Mitchell, R., **Hower, H.,** Birmaher, B., Strober, M., Merranko, J., Rooks, B., Goldstein, T.R., Hunt, J.I., Dickstein, D.P., Diler, R.S., Ryan, N., Gill, M.K., Axelson, D., Keller, M.B., Yen, S., & Goldstein, B.I. (2020, June-Online due to COVID19). *Sex Differences in the Longitudinal Course and Outcome of Bipolar Disorder in Youth.* Poster presented at the 22nd Annual International Society for Bipolar Disorders Conference.

10. Frazier, E.A., Hunt, J.I., **Hower, H.,** Jones, R.N., Goldstein, B.I., Birmaher, B. Strober, M., Weinstock, L.M., Dickstein, D.P., Gill, M.K., Goldstein, T.R., Diler, R.S., Ryan, N.D., Axelson, D., Keller, M.B., Yen, S. (2018, November). *Correlates, Course, and outcomes of increased energy in youth with bipolar disorder.* Poster presented at the Association for Behavioral and Cognitive Therapies 52nd Annual Convention, Washington, D.C.

11. Pascual, M.A., Levenson, J.C., Goldstein, T.R., Gill, M.K., Merranko, J., Axelson, D., Goldstein, B.I., **Hower, H.,** Yen, S., Birmaher, B. (2018, October). *The Effect of Traumatic Events on the Longitudinal Course of Youth with Bipolar Disorders.* Poster presented at the 65th Annual Meeting of the American Academy of Child and Adolescent Psychiatry, Seattle, WA.

12. Lin, M., **Hower, H.,** Brick, L., Weinstock, L., Dickstein, D., Hunt, J., Keller, M.B., Birmaher, B., Gill, M.K., Goldstein, T., Goldstein, B., Merranko, J., Ryan, N., Strober, M., Axelson, D., & Yen, S. (2018, March). *Polypharmacy in Comorbid Bipolar and Borderline Personality Disorder Individuals.* Poster presented at The Warren Alpert Medical School of Brown University 5th Annual Mind Brain Research Day, Providence, RI.

13. Lee, E., **Hower, H.,** Jones, R.N., Birmaher, B., Strober, M., Merranko, J., Goldstein, T., Goldstein, B., Weinstock, L., Hunt, J., Dickstein, D.P., Diler, R.S., Gill, M.K., Axelson, D.,

Keller, M.B., & Yen, S. (2018, February). *Psychosocial Impairment in Transition-Age Youth with Bipolar Disorder.* Poster presented at 8th Klingenstein Third Generation Foundation National Medical Student Conference, Los Angeles, CA.

14. Borue, X., Mazefsky, C., Rooks, B., Strober, M., Keller, M.B., **Hower, H.,** Yen, S., Gill, M.K., Diler, R.S., Axelson, D.A., Goldstein, B.I., Goldstein, T.R., & Birmaher, B. (2016, May). *The Longitudinal Course of Mood and Psychosocial Functioning in Youth with comorbid Bipolar and Autism Spectrum Disorders.* Poster presented at the International Society for Autism Research, Baltimore, MD.

15. Celis-de Hoyos, C., Yen, S., **Hower, H.,** Weinstock, L., Dickstein, D., Hunt, J., Strober, M., Birmaher, B., & Keller, M.B. (2016, October). *Increased Irritability May Distinguish Participants with Comorbid BPD Enrolled in a Longitudinal Study of Bipolar Disorder.* Poster presented at the Association for Behavioral and Cognitive Therapies 50th Annual Convention, New York, NY.

16. Celis-de Hoyos, C., Yen, S., **Hower, H.,** Weinstock, L., Dickstein, D., Hunt, J., Strober, M., Birmaher, B., & Keller, M.B. (2016, October). *Increased Irritability May Distinguish Participants with Comorbid BPD Enrolled in a Longitudinal Study of Bipolar Disorder.* Poster presented at the 63rd Annual Meeting of the American Academy of Child and Adolescent Psychiatry, New York, NY.

17. Lee, E., Yen, S., **Hower, H.,** Killam, M., Jones, R., Hunt, J., Dickstein, D., Birmaher, B., Gill, M.K., Ryan, N., Goldstein, T., Merranko, J., Goldstein, B., Axelson, D., Strober, M., & Keller, M.B. (2016, October). *Psychosocial Impairment in Transition Age Youth with Bipolar Disorder.* Poster presented at the Association for Behavioral and Cognitive Therapies 50th Annual Convention, New York, NY.

18. Celis-de Hoyos, C., Yen, S., **Hower, H.,** Weinstock, L., Dickstein, D., Hunt, J., Strober, M., Birmaher, B., & Keller, M.B. (2016, March). *Increased Irritability May Distinguish Participants with Comorbid BPD Enrolled in a Longitudinal Study of Bipolar Disorder.* Poster presented at The Warren Alpert Medical School of Brown University 3rd Annual Mind Brain Research Day, Providence, RI.

19. Christensen, R., Kasoff, L., Bojanek, E., Kim, K., Hunt, J., Yen, S., **Hower, H.,** Killam, M., Keller, M.B., Leibenluft, E., & Dickstein, D. (2016, March). *Reduced Neural Signaling in Young Adults with Bipolar Disorder During Cognitive Flexibility.* Poster presented at The Warren Alpert Medical School of Brown University 3rd Annual Mind Brain Research Day, Providence, RI.

20. Kasoff, L., Bojanek, E., Christensen, R., Kim, K., Hunt, J., Yen, S., **Hower, H.,** Killam, M., Keller, M.B., & Dickstein, D. (2016, March). *Neural Activation During Masked and Unmasked Emotional Face Processing in Young Adults with Bipolar Disorder.* Poster presented at The Warren Alpert Medical School of Brown University 3rd Annual Mind Brain Research Day, Providence, RI.

21. Yen, S., Celis-de Hoyos, C., Chuong, A., **Hower, H.,** Stout, R., Gill, M.K., Goldstein, T., Goldstein, B., Ryan, N., Strober, M., Birmaher, B., & Keller, M.B. (2015, March). *Treatment Utilization among Racial and Ethnic Minorities: Findings from the Course and Outcome of Bipolar Youth Study.* Poster presented at The Warren Alpert Medical School of Brown University 2nd Annual Mind Brain Research Day, Providence, RI.

22. Goldstein, B., Ha, W., Liao, F., Iyengar, S., Yen, S., **Hower, H.,** Hunt, J., Dickstein, D., Ryan, N., Keller, M.B., & Birmaher, B. (2014, October). *Comorbid Anxiety Disorders in Children and Adolescents with Bipolar Spectrum Disorders.* Poster presented at 61st Annual Meeting of the American Academy of Child and Adolescent Psychiatry, San Diego, CA.

23. Dickstein, D., Galvin, T., Yen, S., Hunt, J., **Hower, H.,** Gill, M.K., Weinstock, L., Goldstein, T., Goldstein, B., Ryan, N., Strober, M., Birmaher, B., & Keller, M.B. (2013, May). *Cognitive Task Performance in Children and Adolescents with Bipolar Spectrum Disorders.* Poster presented at The Warren Alpert Medical School of Brown University Department of Psychiatry and Human Behavior 16th Annual Research Symposium on Mental Health Sciences, Providence, RI.

24. Weinstock, L., Armey, M.F., Yen, S., Axelson, D., Dickstein, D., Gill, M.K., Goldstein, B., Goldstein, T.R., **Hower, H.,** Hunt, J., Ryan, N., Birmaher, B., Strober, M., & Keller, M.B. (2013, May). *Empirically Derived Subgroups of Youth with Bipolar Disorder Not Otherwise Specified: A Latent Class Analysis of Mania and Co-Occurring Symptoms*, Poster presented at The Warren Alpert Medical School of Brown University Department of Psychiatry and Human Behavior 16th Annual Research Symposium on Mental Health Sciences, Providence, RI.

25. Yen, S., Stout, R., **Hower, H.,** Killam, M., Hunt, J., Weinstock, L., Topor, D., Axelson, D., Gill, M.K., Goldstein, B., Goldstein, T., Ryan, N., Birmaher, B., Strober, M., & Keller, M.B. (2013, May). *Effects of Comorbid Disorders on the Longitudinal Course of Children and Adolescents with Bipolar Disorder.* Poster presented at the 16th Annual Research Symposium on Mental Health Sciences, Providence, RI.

26. Dickstein, D., Galvin, T., Yen, S., Hunt, J., **Hower, H.,** Gill, M.K., Weinstock, L., Goldstein, T., Goldstein, B., Ryan, N., Strober, M., Birmaher, B., & Keller, M.B. (2012, December). *Cognitive Task Performance in Children and Adolescents with Bipolar Spectrum Disorders.* Poster presented at the 51st Annual Meeting of the American College of Neuropsychopharmacology, Hollywood, FL

27. Dickstein, D., Galvin, T., Yen, S., Hunt, J., **Hower, H.,** Gill, M.K., Weinstock, L., Goldstein, T., Goldstein, B., Ryan, N., Strober, M., Birmaher, B., & Keller, M.B. (2012, October). *Cognitive Task Performance in Children and Adolescents with Bipolar Spectrum Disorders.* Poster presented at the Poster presented at the 59th Annual Meeting of the American Academy of Child and Adolescent Psychiatry, San Francisco, CA.

28. Weinstock, L., Armey, M.F., Yen, S., Axelson, D., Dickstein, D., Gill, M.K., Goldstein, B., Goldstein, T.R., **Hower, H.,** Hunt, J., Ryan, N., Birmaher, B., Strober, M., & Keller, M.B.

(2012, October). *Empirically Derived Subgroups of Youth with Bipolar Disorder Not Otherwise Specified: A Latent Class Analysis of Mania and Co-Occurring Symptoms*, Poster presented at the 59th Annual Meeting of the American Academy of Child and Adolescent Psychiatry, San Francisco, CA.

29. Weinstock, L., Armey, M.F., Yen, S., Axelson, D., Dickstein, D., Gill, M.K., Goldstein, B., Goldstein, T.R., **Hower, H.,** Hunt, J., Ryan, N., Birmaher, B., Strober, M., & Keller, M.B. (2012, October). *Empirically Derived Subgroups of Youth with Bipolar Disorder Not Otherwise Specified: A Latent Class Analysis of Mania and Co-Occurring Symptoms*, Poster presented at the 26th Annual Meeting of the Society for Research in Psychopathology, Ann Arbor, MI.

30. Hunt, J.I., Case, B., Birmaher, B., Strober, M., Stout, R., **Hower, H.,** Yen, S., Swenson, L., Dickstein, D., Axelson, D., Goldstein, B., Gill, M.K., Goldstein, T., Ryan, N., & Keller, M.B. (2011, October). *Irritability Without Elation in a Large Bipolar Youth Sample: Clinical Outcomes at 48 Months.* Poster presented at 58th Annual Meeting of the American Academy of Child and Adolescent Psychiatry, Toronto, Canada.

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39. Esposito-Smythers, C., Shashoua, M., Pincince, S., Wolford. A., **Hower, H.,** Rizzo, C. & Spirito, A. (2008, March). *Social Cognitive Moderators of the Relation Between Dating Violence Victimization and Suicidality Among Psychiatrically Hospitalized Adolescents.* Poster presented at The Warren Alpert Medical School of Brown University Department of Psychiatry and Human Behavior 12th Annual Research Symposium on Mental Health Sciences, Providence, RI.

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Peer-Reviewed Publications (Chronological Order):

1. Hower, H., & Miklowitz, D. J. (2026). Innovating for Impact: Participant, Clinical, Educational, and Research Lessons Learned From the Course and Outcome of Bipolar Youth (COBY) Study. *Journal of the American Academy of Child & Adolescent Psychiatry*, *65*(10), S379. https://doi.org/10.1016/j.jaac.2026.07.986

2. Hower, H., Dooley-Hash, S., & Firouzjah, M. H. (2026). Editorial: The spectrum of eating behaviours in athletes: health and performance consequences. *Frontiers in Nutrition, 13*, 1-3. https://doi.org/10.3389/fnut.2026.2021497

3. Birmaher, B., et al. (2026). Course and Outcome of Bipolar Spectrum Disorders from Youth to Adulthood: 20-Year Findings from the COBY Study. *Journal of the American Academy of Child and Adolescent Psychiatry, Under Revision.*

4. Andreau-Pascual, M., et al. (2026). Course of Bipolar Spectrum Disorder From Childhood Through Adulthood: A 23-Year Prospective Longitudinal Study. *American Journal of Psychiatry, Under Revision.*

5. Hunt, J. I., Peters, J. R., Merranko, J. A., Birmaher, B., Keller, M. B., Gill, M. K., Goldstein, T. R., Goldstein, B. I., Hafeman, D. M., Milliken, L., Axelson, D. A., **Hower, H.,** Weinstock, L. M., Diler, R., Strober, M., Ryan, N., & Yen, S. (2026). Abrupt onset of mania or depression in youth with bipolar disorder: Associations with time to recovery over follow-up. *American Journal of Psychiatry, Under Revision.*

6. Celis-de Hoyos, C., Peters, J. R., **Hower, H.,** Frazier, E. A., Weinstock, L. M., Dickstein, D. P., Hunt, J. I., Keller, M. B., & Yen, S. Association between irritability and borderline personality disorder symptoms: Findings from the Longitudinal Course and Outcome of Bipolar Youth cohort study. *Personality and Mental Health, Under Revision.*

7. Bergen, A. W., Makowski, C., Garvin, M., Cil, G., Krueger, A., McGlone, K., Litvan, I., **Hower, H.,** & Kaye, W. H. (2026). Eating Disorders and Parkinson's Disease – 2: Genetic Epidemiology and Shared Genomics. *European Eating Disorders Review,* 1-10. https://doi.org/10.1002/erv.70158

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9. Estrada-Prat, X., Romero, S., Borras, R., Merranko, J., Goldstein, T., Hafeman, D., **Hower, H.,** Yen, S., Hunt, J., Goldstein, B., Ryan, N., Diler, R., Strober, M., Gill, M. K., & Birmaher, B. (2025). Seasonal mood variation in youth and young adults with bipolar spectrum disorder: A longitudinal prospective analysis. *Journal of Affective Disorders, 370,* 159-167. DOI: https://doi.org/10.1016/j.jad.2024.10.115

10. Firouzjah, M. H., **Hower, H.,** & Shahrbanian, S. (2024). Associations between physical activity, mental health concerns, eating disorder symptoms, and emotional intelligence in adolescent athletes transitioning from COVID-19. *Journal of Eating Disorders, 12*(2). DOI: https://doi.org/10.1186/s40337-023-00961-2

11. Esmaeili, K., Firouzjah, E. M. A. N., Firouzjah, M. H. H., & **Hower, H**. (2024). Comparison of some postural and functional factors in the elderly with and without a history of falling.

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Research Experience (Chronological Order):

Faculty-Research Associate Adjunct, Brown University, The Warren Alpert Medical School, Department of Pediatrics, Providence, RI, October 2026-Present.

Duties include collaborating with Department faculty, students, and trainees on eating disorder academic, research, and advocacy project formulation/preparation/submission.

Research Grant-Other Significant Contributor, Oregon Research Institute (ORI), Springfield, OR, June 2026-Present.

Duties include providing clinical expertise and grant preparation for original project National Institute of Mental Health (NIMH) R21 and R01 submissions, “Anorexia Nervosa and Parkinson’s Disease: Shared Genetic Risks and Mechanisms.”

Doctoral Dissertation, Simmons University, School of Social Work, Boston, MA, January 2024-January 2026.

Duties included proposal and conduction of original project, "Eating Disorders in Marginalized Youth: A Facilitator-Led Training Program for Interdisciplinary Pediatric Primary Care Provider Teams."

Faculty-Research Associate Specialist, University of California San Diego, School of Medicine, Department of Psychiatry, San Diego, CA, July 2019-June 2027.

Duties include serving as a research advisor to the University of California San Diego Eating Disorders Center for Treatment and Research.

Research Assistant, Jenni Schaefer, Eating Disorders (ED) and Post-Traumatic Stress Disorder (PTSD), Book Preparation, April 2018-Present.

Duties include conducting literature reviews on eating disorders and post-traumatic stress disorders in preparation for a book submission.

Faculty-Research Associate, Brown University, School of Public Health, Department of Health Services, Policy, and Practice, Providence, RI, August 2016-January 2026.

Duties included serving as a research advisor to the Hassenfeld Child Health Innovation Institute.

Project Director, Brown University, The Warren Alpert Medical School, Department of Psychiatry and Human Behavior, Providence, RI, January 2007-December 2018.

Duties included assisting in NIMH grant submissions, IRB renewals, poster and manuscript submissions, and conference presentations for the Course and Outcome of Bipolar Youth (COBY) and Predicting Outcomes in Bipolar Youth (PROBY) studies.

Research Project, University of California, Berkeley, Department of Social Welfare, Berkeley, CA, September 2003-April 2004.

Duties included proposal and conduction of original project, "Military Trauma Focus Group Therapy among Male Veterans in a PTSD Residential Rehabilitation Program: Impact of Treatment on Coping and Quality of Life."

Research Assistant, E.P. Bradley Hospital and Brown University, Warren Alpert Medical School, Laboratory of Sleep Research and Chronobiology, East Providence, RI, May 1996 -May 1999.

Duties included applying electrodes to produce polysomnographic recordings.

Research Assistant, Brown University, Warren Alpert Medical School, Department of Psychiatry and Human Behavior, Providence, RI, June 1998-September 1998.

Duties included screening adult subjects for the Primary Care Anxiety Project (PCAP), administering questionnaires for the Collaborative Longitudinal Study of Personality Disorders (CLPS), and conducting literature reviews on Borderline Personality Disorder (BDP) in preparation for a book chapter submission.

Clinical Experience (Chronological Order):

Child and Family Services of Newport County — *Network Clinician* — Middletown, RI — Jan 2005 – Jan 2007

Duties involved providing clinical services for adolescents in residential placements under the custody of the Rhode Island Department of Children, Youth, and Families, including psychosocial assessments, treatment plans, individual and family therapy, as well as client centered advocacy and case consultation for residential staff and multidisciplinary providers.

Family Service of RI — *Clinician* — Providence, RI
Mount Pleasant Academy — June 2004 – Jan 2005

Duties included developing diagnostic assessments and IEP goals addressing clinical needs, providing CBT and play therapy, facilitating specialized services, and staff consultation.

Dept of Veterans Affairs	*Community Mental Health Internship (Berkeley)*	Menlo Park, CA Sept 2003 – Apr 2004

Completed internship (24 hrs/wk) at National Center for Post-Traumatic Stress Disorders, Residential Rehabilitation Program. Duties included conducting psychosocial assessments, developing treatment and discharge plans, co-facilitating group therapy (e.g., Military Trauma Focus Group) and milieu sessions, and participating in team meetings and client case reviews.

Catholic Charities, Behavioral Health Svcs	*Community Mental Health Internship (Berkeley)*	San Jose, CA Sept 2002 – Apr 2003

Completed internship (16 hrs/wk) at Community Counseling, Family Preservation, and Aftercare Programs. Duties included providing psychosocial assessments, treatment plans, visitation reports, and outcome measures, for families in outpatient treatment, parents and children in therapeutic supervised visitation sessions, and adolescents in juvenile hall aftercare services.

Teaching Experience (Chronological Order):

Master of Advanced Studies in Clinical Research, Thesis Independent Study Project, Thesis Committee Member, University of California, San Diego, School of Medicine, San Diego, CA.

Course CLRE-297

2025-2026: "Predicting Antidepressant Treatment Response in Major Depressive Disorder Using Machine Learning."

Serving as a thesis committee member for a Master of Advanced Studies in Clinical Research candidate, including reviewing the study, providing feedback on interpretation of findings during the analysis phase, reading draft revisions, and attending the final thesis presentation.

Senior Honors Thesis Primary Advisor, Brown University, School of Public Health, Providence, RI.

Course PHP1980

2020-2021: "Latina Identity in the Context of Western Beauty and Body Norms: A Qualitative Study."

2019-2020: "The Effects of Art Therapy on Youth Navigating Bereavement, Grief, and Mourning: A Systematic Review."

Served as the primary thesis advisor for undergraduate seniors completing their honors degree, including regular meetings, content outlines, draft revisions, poster presentations, final papers.

Developmental Psychopathology Course Instructor, Brown University, Department of Continuing Education, Providence, RI, February 2011.

Facilitated introductory course of child and adolescent psychological disorders; provided a review of the etiology, diagnostic criteria, assessment, and treatment of psychological disorders in youth.

Web Sites:
Brown University Faculty Researchers @Brown Vivo:
https://vivo.brown.edu/display/hhower#All

University of California San Diego Faculty Profile: https://profiles.ucsd.edu/heather.hower

Academy for Eating Disorders (AED) Faculty Profile:
https://www.aedweb.org/network/members/profile?UserKey=2f2cc284-6659-4aaf-a8d7-33237fb523cc
ORCID ID: https://orcid.org/0000-0002-9411-2059
Scopus: https://www.scopus.com/authid/detail.uri?authorId=33667668700
PubMed:
https://www.ncbi.nlm.nih.gov/pubmed?term=Hower%2C+Heather%5Bauthor%5D&cmd=detailssearch
Research Gate: https://www.researchgate.net/profile/Heather_Hower
Google Scholar:
https://scholar.google.com/scholar?start=20&q=Heather+Hower&hl=en&as_sdt=0,40

Social Media:
LinkedIn: https://www.linkedin.com/in/heather-hower-dsw-licsw-b60/
X.com: https://x.com/heatherhower
Facebook: https://www.facebook.com/hhower
Instagram: https://www.instagram.com/heatherdixonhower/

Blog Posts:
National Eating Disorders Association (NEDA)*: https://www.nationaleatingdisorders.org/blog*
Project HEAL: http://theprojectheal.org/blog/
Medium: https://medium.com/libertased
Jenni Schaefer: https://jennischaefer.com/blog/eating-and-body-image/recovered-eating-disorders-professionals-stigma/
Families Empowered And Supporting Treatment for Eating Disorders (F.E.A.S.T.):
https://www.feast-ed.org/eating-disorder-traits-as-strengths-in-recovery/

Media Publications:
"Academy for Eating Disorders (AED) 10 Actions-Individuals"
https://www.aedweb.org/resources/online-library/publications/10-actions

Webinars:
"Eating Disorder Recovery: What Are We Aiming For?"
Academy for Eating Disorders (AED) Professionals and Recovery Special Interest Group (SIG)
https://www.aedweb.org/viewdocument/aed-webinar-recordings?CommunityKey=2e0113bc-7857-4706-a170-3faf1e6ceca2&tab=librarydocuments

Podcasts:
"Anxiety in the Assessment and Treatment of Eating Disorders"- ED Matters by Gurze/Salucore Episodes 99 (Part 1) and 100 (Part 2)

https://www.edcatalogue.com/episode-99-walter-kaye-guido-frank-heather-hower-role-anxiety-eating-disorders/#more-5453
https://www.edcatalogue.com/episode-100-walter-kaye-guido-frank-heather-hower-role-anxiety-eating-disorders-part-2/#more-5464

"Definitions of Recovery"- ED Matters by Gurze/Salucore Episode 199
https://www.edcatalogue.com/episode-199-heather-hower-definitions-recovery/

"Eating Disorder Traits as Strengths in Recovery" – ED Matters by Gurze/Salucore, Episodes 207 (Part 1), 208 (Part 2), 209 (Part 3)
https://podcasts.apple.com/us/podcast/ed-matters/id1173632000#episodeGuid=e93fb3d1-f528-4d92-a766-b69e3f7aa27a
https://podcasts.apple.com/us/podcast/episode-208-dr-walter-kaye-panel-eating-disorder-traits/id1173632000?i=1000492778776
https://podcasts.apple.com/us/podcast/episode-209-walter-kaye-panel-eating-disorder-traits/id1173632000?i=1000493608973

"Recovery is Not Linear" -Recovery Bites, Episode 80
https://podcasts.apple.com/us/podcast/recovery-bites/id1502277665?i=1000539589143