# **CURRICULUM VITAE** FOR **CLEVELAND CLINIC LERNER COLLEGE OF MEDICINE**

MARCH 21, 2024

# PERSONAL INFORMATION

Name; last, first middle Credentials; MD, PhD, etc.

Peterson, Ninoska DeBraganza PhD

Institution / Institute Department Office Address & Mail Code Office Phone Office Email



University of Florida, Gainesville, FL

University of Florida, Gainesville, FL

University of Florida, Gainesville, FL

PhD, Clinical and Health Psychology

in Sport & Exercise Psychology

BS, Psychology 07/1997 - 05/2001

08/2001-08/2004

07/2008-6/2009

Cleveland Clinic/ Digestive Disease & Surgery Institute

# **EDUCATION & TRAINING**

#### Education

School & City, State / Country Degree Start-End Dates

School & City, State / Country Degree

Start-End Dates

School & City, State / Country Degree Start-End Dates

#### **PhD** Thesis

Title Thesis Committee Members

#### **Post-Graduate Training**

Institution & City, State / Country Position Start-End Dates

Institution & City, State / Country

Position Start-End Dates University of Virgina Health Systems, Behavioral Medicine Clinic, Charlottesville, VA Post-doctoral Fellow. Behavioral Medicine 08/2010-08/2012

# **PROFESSIONAL APPOINTMENTS**

Position Institution / Institute Department City, State / Country Start-End Dates

Staff Cleveland Clinic/ Digestive Disease & Surgery Institute Bariatric & Metabolic Institute Cleveland, OH 01/2018-present

Self-Monitoring in the Long-term Management of Obesity Michael G. Perri, PhD, David Janicke, PhD, Michael Marsiske, PhD, and

MSESS, Master of Science in Exercise & Sport Sciences, concentration

08/2004-05/2010

Rush University Medical Center, Chicago, IL Pre-doctoral Resident, Clinical Psychology

Heather Hausenblas, PhD

Position Institution / Institute Department City, State / Country Start-End Dates

Position Institution & Institute Department City, State / Country Start-End Dates

Position Institution & Institute City, State / Country Start-End Dates

Position City, State / Country Start-End Dates

# **ACADEMIC APPOINTMENTS**

Rank, DepartmentAdjunct Assistant Professor of MedicineInstitution & City, State / CountryCleveland Clinic Lerner College of Medicine of Case Western Reserve<br/>University, Cleveland, OHStart-End Dates03/2017-presentRank, DepartmentAssistant Professor -Community FacultyInstitution & City, State / CountryEastern Virginia Medical School, Department of Psychiatry & Behavioral<br/>Sciences, Norfolk, VAStart-End Dates06/2013-04/2016

Pursuing insurance panel credentialing

Associate Staff

Cleveland, OH

05/2016-01/2018

Bariatric Psychologist

Virginia Beach, VA

05/2014-4/2016

Chesapeake, VA

01/2013-4/2014

Gainesville, FL

08/2012-12/2012

Sentara Medical Group

Bariatric & Metabolic Institute

Cleveland Clinic/ Digestive Disease & Surgery Institute

Bariatric Psychologist/Contractor with Sentara Medical Group

Sentara Comprehensive Weight Loss Solutions

Assessment & Therapy Associates (private practice)

## ADDITIONAL CAREER DEVELOPMENT

# Leadership Development

School / Institution Title /Certificate Start-End Dates Cleveland Clinic Learning Academy Women's Professional Staff Association (WPSA) Representative Program 2020-2021 Cohort

## **CERTIFICATION & LICENSURE**

Certification Name of Board Certificate Number (if applicable) Date Issued & Expires

The Association of State and Provincial Psychology Boards (ASPPB) Mobility # 10092 12/20/2021-11/18/2023

Licensure Name of State Medical Board License Number Date Issued & Expires

Name of State Medical Board License Number Date Issued & Expires State of Virginia Board of Psychology 0810004540 01/24/2012 -06/17/2017

State of Ohio Board of Psychology 7422 4/20/2016 -9/30/2024

# **MEMBERSHIP IN PROFESSIONAL SOCIETIES**

Name of Society	Society of Behavioral Medicine (SBM)
Role / Title	Member
Start-End Dates	2010-2017
Name of Society	Virginia Bariatric Society (VBS; ASMBS State Chapter)
Role / Title	Non-Physician Member
Start-End Dates	2011-2015
Name of Society	American Psychological Association (APA)
Role / Title	Member
Start-End Dates	2012-2018
Name of Society	American Society for Metabolic & Bariatric Surgery (ASMBS)
Role / Title	Regular Associate Member for Integrated Health (IH)
Start-End Dates	2013-present
Name of Society	Ohio Psychological Association (OPA)
Role / Title	Member
Start-End Dates	2016- present
Name of Society	The Obesity Society (TOS)
Role / Title	Member
Start-End Dates	2016-present
Name of Society	Ohio/Kentucky ASMBS State Chapter
Role / Title	Non-Physician Member
Start-End Dates	2016-present
PROFESSIONAL SEE	DVICES

## PROFESSIONAL SERVICES

## Manuscript Reviewer

Journal 1 Start-End Dates

Journal 2 Start-End Dates

Journal 3 Start-End Dates

Journal 4 Start-End Dates

Journal 5 Start-End Dates

Journal 6 Start-End Dates Obesity 2014-present Surgery for Obesity and Related Disorders 2016-present

Obesity Surgery 2018- present

Eating Behaviors 2018- present

Mayo Clinic Proceedings 2022-present

Frontiers in Endocrinology 2022-present

## **COMMITTEE SERVICE**

National Organization Committee Name / Role Start-End Dates Committee Name / Role Start-End Dates Committee Name / Role Start-End Dates

Organization Committee Name / Role Start-End Dates

Organization Committee Name / Role Start-End Dates Committee Name / Role Start-End Dates

Organization Committee Name / Role Start-End Dates

## **Regional / Midwest**

Organization Committee Name / Role Start-End Dates

<u>Cleveland Clinic Committees</u> Organization Committee Name / Role Start-End Dates

## **Educational Committees**

Organization Committee Name / Role Start-End Dates

Organization Committee Name / Role Start-End Dates American Society for Metabolic & Bariatric-Integrated Health IH-Support Group Committee/Member 2017-present IH-Support Group Committee/Co-Chair 2021-2023 IH-Support Group Committee/Chair 2023-present

The Obesity Society Education Committee Member 2017-2020

The Obesity Society Ethics Committee/Member 2021-present Ethics Committee/Co-Chair 2024-present

American Society for Metabolic & Bariatric Surgery-Integrated Health (IH) IH-Executive Council Member-At -Large (3-year elected position) 2021-2024

American Society for Metabolic & Bariatric Surgery -Integrated Health IH-Taskforce for ASMBS Integrated Health Fellow Designation Program 2022-2023

American Society for Metabolic & Bariatric Surgery- Integrated Health FASMBS-IH Review Taskforce 2023-present

American Society for Metabolic & Bariatric Surgery Diversity & Inclusion Committee/Member and Integrated Health Liaison 2023-present

The Ohio Psychological Association OPA MCE Committee (Mandatory Continuing Education) 2023-present

Cleveland Clinic Women's Professional Staff Association (WPSA) May 2016-Present

Cleveland Clinic, Neurological Institute Bariatric & Metabolic Institute Psychology Fellowship Committee/Member June 2016-present

Cleveland Clinic, Digestive Disease & Surgery Institute Health Psychology Fellowship Committee/member June 2016- present

# HONORS & AWARDS

- 1. Phi Eta Signa (honor society), Inducted 1997
- 2. National Society of Collegiate Scholars (honor society), Inducted 1999
- 3. Graduate Student Representative, Department of Exercise and Sport Sciences at the University of Florida's Summer Exchange Program at the Technical University of Darmstadt. Darmstadt, Germany. (University of Florida, June-July 2003)
- 4. Office of Graduate Minority Programs, Supplemental Retention Program Award (University of Florida, 2003-2004)
- 5. Class Representative for Department of Clinical and Health Psychology (University of Florida, 2004-2008)
- 6. Nominated for the Molly Harrower Award for Excellence in Psychodiagnostic Assessment (University of Florida, Fall 2007)
- 7. Nominated for the Florence Shafer Memorial Award for Excellence in Psychotherapeutic Counseling (University of Florida, Fall 2007)
- 8. Fellow (Integrated Health, inaugural class), American Society for Metabolic & Bariatric Surgery (FASMBS-IH) 2024

# **TEACHING ACTIVITIES**

## Curriculum/Course Development

- 1. Invited CME Presenter: Behavioral Management of Obesity November 2021-November 2023
  - a. The Obesity Society (TOS) exam prep course
  - b. Audience: Physicians seeking board certification in obesity Medicine
- 2. Invited CME Presenter: *Evaluation Formulating and Communicating Recommendations*. June 2022present
  - a. Fundamentals of Bariatric Behavioral Health Course ASMBS annual conference
  - b. Inaugural course June 6, 2022 in Dallas, TX
  - c. Audience: Licensed Behavioral Health Providers
- 3. Invited CME Presenter: Substance Use and Abuse. June 2022-present
  - a. APP Advanced Based Certificate (ABC) Course at the ASMBS annual conference
  - b. Exam prep course for advanced practice providers seeking a certificate of knowledge
  - c. Inaugural course June 6, 2022 in Dallas, TX
  - d. Audience: Licensed Advanced Practice Providers (e.g., Nurses, PAs)

## **Invited Lectures**

#### International

1. *Caring for Ourselves- Stress Management*. Invited presentation for corporate advisory services from Cleveland Clinic Toronto; Recorded talk for October 2021; slide deck was also translated to French and presented by a colleague with my permission.

#### National

- 1. *How will what you learned impact your clinical practice?* Invited CME co-presenter for Pre-Conference Workshop Panel at the Obesity Week Annual Conference, New Orleans, LA. November 1, 2016.
- 2. *Surgery or no surgery: A look inside deliberations at a multidisciplinary team meeting.* Invited CME speaker for Integrated Healthcare Case Studies presentation at Obesity Week Annual Conference, New Orleans, LA. November 4, 2016.
- 3. *Integrated Health: Meet-the-Expert Roundtable- When All Team Members Don't Agree.* Invited CME co-Director for Integrated Health Professional Education Committee at the Obesity Week Annual Conference, Washington, DC. October 29, 2017.
- 4. *What Patients Want in Support Groups vs What They Need. Invited* CME presenter for ASMBS-IH Support Group Committee at the Obesity Week Annual Conference, Washington, DC. October 29, 2017.
- 5. *The Role of Psychological Evaluation in Reoperative Assessment*. Invited CME Presentation for ASMBS-IH Revisions Course at Obesity Week Annual Conference, Washington, DC. October 30, 2017.

- 6. *Integrated Health: Support Group Round Table*. Invited CME Course Director for Integrated Health Professional Education Committee at the Obesity Week Annual Conference, Nashville, TN. November 11, 2018.
- Psychological Evaluation of the bariatric Patient for Revisional Surgery. Invited CME Presentation for ASMBS-IH Revisions Collaborative Course at Obesity Week Annual Conference, Nashville, TN. November 11, 2018.
- 8. Beyond Standard Binge Eating Treatment: Pre-operative Group Psychoeducation and Interventions to Optimize Successful Outcomes. Invited CME oral presentation at ASMBS Obesity Week 2018, Masters in Behavioral Health Session II, Nashville, TN. November 12, 2018.
- 9. Innovative and Creative Ways to Engage Patients in Support Group and Implementing Special Events. Invited CME presenter for ASMBS-IH Support Group Committee Workshop at the Obesity Week Annual Conference, Las Vegas, NV. November 3, 2019.
- 10. Beyond A Single Identity: Using an Intersectional Approach to Improve Equity in Access and Outcomes in Bariatric Surgery; Case Presentation #1. Invited CME oral presentation at ASMBS Obesity Week 2019, Masters in Behavioral Health Session III, Las Vegas, NV. November 4, 2019.
- 11. Social Media That Matters- Using Tele-Health for Support Groups. Invited CME oral presentation at ASMBS Obesity Week 2019, Scientific Session, Las Vegas, NV. November 7, 2019.
- 12. I thought I was stressed before .... Re-engaging Staff: Burnout and Wellness. Invited CME Course Director and speaker for ASMBS Weekend Annual meeting. Virtual. January 29, 2021.
- 13. "What can Psychology do to optimize this patient?": Mental health barriers to weight loss surgery. Case Presentation: D.I.D. I hear that correctly?". Invited CME Presenter at the 37<sup>th</sup> Annual Meeting of the ASMBS, Masters in Behavioral Health Session I, Virtual Meeting. June 10, 2021.
- 14. Panel: The Intersection of Obesity, Race/Ethnicity, and COVID-19: The Role of Behavioral Health. Case Presentation #1: "Take Me home Country Roads". Invited CME Presenter at the 37<sup>th</sup> Annual Meeting of the ASMBS, Masters in Behavioral Health Session II, Virtual Meeting. June 10, 2021.
- Virtual Support Groups Maximizing Value to the Patient; Cultural Sensitivity and Inclusivity in Support Groups Invited CME Presenter at the 37<sup>th</sup> Annual Meeting of the ASMBS, Scientific Session. Virtual Meeting. June 11, 2021.
- 16. Symposium: COVID-19; "Engaging and staying connected to bariatric surgery patients utilizing telehealth, social media, and other internet connections." Invited CME Presenter at the 37<sup>th</sup> Annual Meeting of the ASMBS, Scientific Session, Virtual Meeting. June 12, 2021.
- 17. Self-Care and Preventing Burnout. Invited CME speaker for The Obesity Society's ObesityWeek Annual meeting. Virtual. November 3, 2021.
- Substance Related Concerns: To Delay or Not Delay- That is the Question at the Perioperative Management to Optimized Safety and Success Course. Invited CME presenter at the ASMBS reUNITED meeting. Las Vegas, NV. January 21, 2022.
- *19. Imposter Syndrome Am I the only one experiencing this?* at the Forgive and Remember: Lessons Learned Course. Invited CME presenter at the ASMBS reUNITED meeting. Las Vegas, NV. January 22, 2022.
- 20. Improper, Illegal, or Negligent? Navigating Patient Complaints and Ethical Considerations in Bariatric Behavioral Health. Invited CME co-presenter at the Annual Meeting of the ASMBS, Masters in Behavioral Health Session II at the Annual ASMBS Conference, Dallas, TX. June 6, 2022.
- 21. Support Group; thinking out of the virtual box. Course Director for CME Symposium at ASMBS-Integrated Health Program at the Annual ASMBS Conference, Dallas, TX. June 8, 2022.
- 22. Enhancing Outcomes through Support Groups. Course Director for CME Symposium at ASMBS-Integrated Health Program at the Annual ASMBS Conference, Las Vegas, NV. June 28, 2023.
- 23. Navigating Trauma and PTSD in Patients Seeking Metabolic and Bariatric Surgery, Invited CME copresenter at the Annual Meeting of the ASMBS, Masters in Behavioral Health Session II at the Annual ASMBS Conference, Las Vegas, NV. June 25, 2023.
- 24. Impact of Bariatric Surgery on Personal Relationships. Invited CME Workshop presenter at ASMBS Weekend Conference, New Orleans, LA. October 6, 2023.
- 25. *Effect of Obesity Treatment on Infertility and Sexual Well-Being.* Course Co-Director at ASMBS Weekend Conference, New Orleans, LA. October 6, 2023.
- 26. *The Dark Side of Weight Loss*. Invited CME presenter at ASMBS Weekend Conference, New Orleans, LA. October 6, 2023.

- 27. *Group Education and Treatment for Optimizing Success.* Invited Lead Speaker Accepted for Masters in Behavioral Health Session II at ASMBS-Integrated Health Program at the Annual ASMBS Conference, San Diego California. June 9, 2024.
- Enhancing Outcomes through Support Groups. Course Director Accepted for CME Pre-Conference Symposium at ASMBS-Integrated Health Program at the Annual ASMBS Conference, San Diego California. June 9, 2024.
- 29. Effects of Obesity on Body Image/Body Dysmorphia. . Invited CME speaker Accepted at ASMBS-Integrated Health Program at the Annual ASMBS Conference, San Diego California. June 12, 2024
- Infertility and Sexual Health. Course Co-Director for CME Collaborative Symposium Accepted at ASMBS-Integrated Health Program at the Annual ASMBS Conference, San Diego California. June 12, 2024.
- *31. Support Group 101.* Invited CME speaker **Accepted** at ASMBS-Integrated Health Program at the Annual ASMBS Conference, San Diego California. June 13, 2024

## **Regional / Midwest**

- 1. *Motivational Interviewing*. Invited CME Workshop co-presenter at 11<sup>th</sup> Annual Obesity Summit at Cleveland Clinic, Cleveland, OH. September 29, 2016.
- 2. *Behavioral Modification*. Invited CME Workshop co-presenter at 12<sup>th</sup> Annual Obesity Summit at Cleveland Clinic, Cleveland, OH. September 29, 2017.
- 3. *Case Based Lessons*. Invited Q&A panel co-presenter at 12<sup>th</sup> Annual Obesity Summit at Cleveland Clinic, Cleveland, OH. September 29, 2017.
- 4. *Behavioral Interventions*. Invited CME Workshop co-presenter at 13<sup>th</sup> Annual Obesity Summit at Cleveland Clinic, Cleveland, OH. October 11, 2018
- 5. *Behavioral Interventions*. Invited CME Workshop co-presenter at 14<sup>th</sup> Annual Obesity Summit at Cleveland Clinic, Cleveland, OH. September, 26, 2019
- 6. *Case Based Lessons*. Invited Q&A panel co-presenter at 14<sup>th</sup> Annual Obesity Summit at Cleveland Clinic, Cleveland, OH. September 27, 2019.
- 7. *Motivational Interviewing*. Invited CME Workshop co-presenter at 16<sup>th</sup> Annual Obesity Summit at Cleveland Clinic, Cleveland, OH. September 22, 2022.
- 8. Obesity of the Future; the Age of Telemedicine and Digital Care. Invited CME Workshop co-presenter at 16<sup>th</sup> Annual Obesity Summit at Cleveland Clinic, Cleveland, OH. September 22, 2022.
- 9. Assessing and Managing Disordered Eating in the Obesity Population. Invited CME Workshop copresenter at 17<sup>th</sup> Annual Obesity Summit at Cleveland Clinic, Cleveland, OH. September 21, 2022.
- 10. Body Positivity and Weight Loss Treatment: Are They Mutually Exclusive? 3-hour CME Workshop copresenter at the Ohio Psychological Association (OPA) annual conference, Columbus, OH. April 27, 2018.
- 11. Intersectionality: Addressing Equity in Access and Outcomes in Obesity Treatment. 1-hour CME Workshop co-presenter at the Ohio Psychological Association (OPA) annual conference, Columbus, OH. April 26, 2019.
- 12. Sleep Apnea Groups and Sleep Telemedicine in the new Population Health Paradigm. Invited Breakout panel co-presenter at Wake Up to Sleep Disorders 2019. A Cleveland Clinic Sleep Disorders Center Update. Emerging Therapies, New Perspectives, Cleveland OH, October 26, 2019.
- 13. Mindfulness-Based Approaches for Disordered Eating Behaviors: Adapting Interventions for Culturally Diverse Populations. 2-hour CME Workshop co-presenter at the Ohio Psychological Association (OPA) annual conference, OPA Webinar May 29, 2020.
- 14. Caring for Ourselves while Caring for Patients. Invited CME speaker for The Ohio/Kentucky State Chapter of ASMBS, Annual Meeting- Virtual. October 24, 2020.
- 15. Telehealth and Presurgical Evaluations, 2-hour CME Workshop co-presenter at the Ohio Psychological Association (OPA) annual conference, OPA Pre-recorded Webinar with Live Q&Q April 29, 2022.

#### **Regional/Southeast**

- Psychology and the Scale: Factors Affecting Post-Bariatric Surgery Weight Regain. Invited CME speaker for The Virginia Bariatric Society (state chapter of ASMBS), Annual Meeting, Glen Allen, VA. September 18, 2011.
- 3. *Mindful Eating*. Invited CME speaker for The Virginia Bariatric Society (state chapter of ASMBS), Annual Meeting, Glen Allen, VA. May 2, 2014.

#### Local (Ohio, Illinois, Virginia)

- 1. *Problem Solving in the Treatment of Obesity.* Co-presenter for Med Psych Meeting, Dept. of Clinical & Health Psychology, University of Florida, Gainesville, FL. May 4, 2007.
- Treatment of Obesity: Lifestyle Intervention, Pharmacotherapy, and Bariatric Surgery at UF. Co-presenter for Med Psych Meeting, Dept. of Clinical & Health Psychology, University of Florida, Gainesville, FL. May 2, 2008.
- 3. *How To Do "Check Ins"*. Invited CME speaker for Diabetes Train-the-Trainer Workshop 2010 University of Florida/Institute of Food and Agricultural Sciences/Florida Department of Health; Funded by the Florida Department of Health, Diabetes Prevention and Control Program, Gainesville, FL. May 26, 2010.
- 4. *Eating Disorders*. Invited guest lecture for undergraduate students in Curry School of Education, University of Virginia, Charlottesville, VA. February 7, 2011.
- 5. Cognitive Behavioral Therapy for Insomnia (CBT-I). Invited presenter for Psychiatry Resident Teaching Seminar, Dept. of Psychiatry & NB Sciences, University of Virginia, Charlottesville, VA. April 12, 2012.
- 6. *Food for Thought: Psychological Factors affecting Weight management.* Invited CME speaker for Sentara Comprehensive Weight Loss Solutions Conference: Current Concepts in the Management of Obesity, Sentara Norfolk General Hospital, Norfolk, VA. September 20, 2014.
- Psychological Consultation in a Comprehensive Weight Loss Practice. Invited CME speaker for Association of periOperating Registered Nurses (AORN) of Tidewater Workshop, Sentara Norfolk General Hospital, Norfolk, VA. October 18, 2014.
- 8. *Treatment of Obesity: Lifestyle Intervention, Pharmacotherapy, and Bariatric Surgery.* Presentation for Weekly Psychology Resident Teaching Seminar, Eastern Virginia Medical School, Norfolk, VA. July 29, 2015.
- 9. *Food and Mood: What Emotions Cause You to Overeat?* Invited speaker at "The Truth about Weight Loss" Health Talk, Cleveland Clinic-Twinsburg Family Health & Surgery Center, Twinsburg, OH. October 26, 2016.
- 10. *Keeping Your Cool in a Stressful World*. Invited speaker for D2d Participant Appreciation and Education Session, Cleveland Clinic, Cleveland, OH. October 27, 2016.
- 11. *Role of Psychology in Bariatrics*. Invited presentation for Bariatric and Metabolic Surgery Preceptorship program at the Cleveland Clinic. June 20, 2019.

Cleveland Clinic Health Psychology Fellowship Didactic Series

- 1. Finding a Job; Fellowship and Beyond (2017-present)
- 2. The \$85 Cheesecake Incident: A Case Study on Patient Complaints and Ethics (2020-present)
- 3. Mental health barriers to weight loss surgery (2022) —co-presentation
- 4. Imposter Syndrome—Am I the only one experiencing this? (2022-present)

Cleveland Clinic, Adolescent Psychiatry Resident Didactic Series

1. Motivational Interviewing (March 2018, March 2019, April 2022, May 2023; invited for 2024)

## **Grand Rounds**

## International

- 1. Behavioral Approaches to Weight Management: Eat Less, Move More?, April 3, 2024
  - a. Invited Presenter
  - b. Cleveland Clinic Primary Care Grand Rounds
  - c. Enterprise-wide primary care (London, Abu Dhabi, all Ohio, and Florida)
  - d. Audience is a mix of physicians and advanced practice providers from the entire spectrum of primary care (express care, family medicine, internal medicine, primary care pediatrics, and geriatric medicine):

#### Local

- 1. If you could hear my panic": Ethical and legal issues in a complicated therapy case. February 8, 2008
  - a. Invited Ethics CME co-presenter: DeBraganza, N. & Durning, T.
  - b. Weekly Department Grand Rounds, Case Conference
  - c. Dept. of Clinical & Health Psychology, University of Florida, Gainesville, FL.
- 2. Psychosocial Consequences of Obesity. April 11, 2008.
  - a. Co-presenter: DeBraganza, N. & Milsom, V
  - b. Weekly Department Grand Rounds, Case Conference
  - c. Dept. of Clinical & Health Psychology, University of Florida, Gainesville, FL.

- 3. Complementary and Alternative Medicine for Sleep Disorders. May 1, 2009
  - a. Presenter Weekly Department Grand Rounds
  - b. Sleep Disorders Center, Rush University Medical Center, Chicago, IL.
- 4. Panel: Shared Psychology Appointments (SPA), February 28, 2018
  - a. Co-presenter: Goodpaster, K., Peterson, N., & Stevens, S.
    - b. Cleveland Clinic Psychiatry & Psychology Grand Rounds

#### **Other Presentations**

#### International

1. **DeBraganza, N.** & Hausenblas, H.A. (August 2003). *The Role of Television in Women's Eating Attitudes and Behaviors*. Poster presented at the annual meeting of the American Psychological Association, Toronto, Canada.

#### National

- Ames, G.E., Perri, M.G., Fox, L.D., Fallon, E.A., DeBraganza, N., Murawski, M., Gardner, R., & Hausenblas, H.A. (April 2004). Test of a Cognitive Behavioral Treatment for Obesity and Weight-Related Expectations. Poster presented at the annual meeting of the Society of Behavioral Medicine, Baltimore, MD.
- 2. Milsom, V.A., Rickel, K.A., **DeBraganza**, N., Murawski, M.E., & Perri, M.G. (April 2005). Weight loss improves functional mobility in older obese women. Poster presented at the annual meeting of the Society of Behavioral Medicine, Boston, MA.
- Milsom, V.A., Gibbons, L.M., DeBraganza, N., Rickel, K.A., Murawski, M.E., Durning, P.E., Perri, M.G. (March 2006). What constitutes a successful weight-loss outcome? The impact of 5% and 10% weight reductions on metabolic risk factors for disease. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.
- Gibbons, L.M., Milsom, V.A., Murawski, M.E., DeBraganza, N., Rickel, K.A., Durning, P.E., Perri, M.G. (March 2006). Length of treatment and successful outcome in the management of obesity. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.
- Ames, G., Perri, M.G., Lutes, L., DeBraganza, N., Fallon, E., Kalupa, K., Williams, L., Serber, E., & Walker, K. (March 2006). A pilot investigation of cognitive-behavioral strategies to improve the maintenance of lost weight. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.
- Milsom, V.A., Rickel, K.A., DeBraganza, N., Gibbons, L.M., Nackers, L., Durning, P.E., & Perri, M.G. (March 2007). Contributions of Weight Loss and Physical Activity to Improvements in Fitness and Metabolic Profile. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington D.C.
- Gibbons, L.M., DeBraganza, N., Milsom, V.A., Murawski, M.E., Nackers, L.M., Rickel, K.A., Durning, P.E., & Perri, M.G. (March 2007). Do The Benefits of Weight-Loss Treatment Outweigh the Risks for Elderly, Obese Women? Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington D.C.
- Nackers, L. M., Ross, K. M., Thomas, C. H., DeBraganza, N., Andre, R., Hoover, V. J., Newell, K. E., Milsom, V. A., von Castel-Roberts, K. M., Thomas, M. L., Allen, K. K., Rogers, C. J., Lynch W., Bobroff, L. B., Mathews, A. E., & Perri, M. G. (April 2010). Family matters: The impact of children in the home on weight change in adults undergoing a weight management program. Poster presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA.
- Newell, K.E., Mathews, A.E., Nackers, L.M., Ross, K.M., DeBraganza, N., André, R., Hoover, V.J., von Castel-Roberts, K. M., Thomas, C.H., Thomas, M.L., Allen, K.K., Rogers, C.J., Lynch, W.W., & Perri, M.G. (April 2010). Impact of a Posttreatment Campaign on Weight Change Following Obesity Treatment. Poster presented at the annual meeting of the Society of Behavioral Medicine, Seattle, WA.
- 10. Support Group Professional Networking Group. Co-led networking session for ASMBS-IH Support Group Committee at the Obesity Week Annual Conference, Washington, DC. October 31, 2017.
- 11. Support Group Professional Networking Group. Co-led networking session for ASMBS-IH Support Group Committee at the Obesity Week Annual Conference, Nashville, TN. November 13, 2018.
- 12. *Shared Medical Appointments*. Course Director for CME Course at ASMBS-Integrated Health Program at the Obesity Week Annual Conference, Nashville, TN. November 14, 2018

13. Support Group Professional Networking Group. Co-led networking session for ASMBS-IH Support Group Committee at the Obesity Week Annual Conference, Las Vegas, NV. November 5, 2019.

#### Local

1. Rickel, K. A., Milsom, V. A., **DeBraganza**, N., Murawski, M. E., & Perri, M. G. (April 2005). It's not where you start...it's how much you change. The contributions of caloric intake & expenditure to weight loss in an obesity treatment program. Poster presented at the University of Florida, PHHP Research Fair, Gainesville, FL

#### Trainees / Mentees (current roles are listed)

Clinical supervisor through Cleveland Clinic Bariatric & Metabolic Institute

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1.	Carolyn Fisher, Ph.D.	June 2016-Aug 2017	Private Practice, Columbus, OH
2.	Gail Williams-Kerver, PhD	July 2016-June 2017	Research Associate at Sanford Research, Center for
			Biobehavioral Research, ND
3.	Emily White, PhD	Aug 2016-Aug 2017	Staff Psychologist, Baptist Behavioral Health, FL
4.	Sara Assar, PsyD	Sept 2017- Aug 2018	Psychologist UCLA Insomnia Clinic, CA
5.	Serena Stevens, PhD	Sept 2017- Aug 2018	Staff psychologist Cleveland Clinic Main Campus
6.	Lauren Pudalov, PsyD	Sept 2018- May 2019	Staff psychologist, Mayo Clinic, FL
7.	Allyson Diggins, PhD	Sept 2018- Aug 2019	Private Practice, Strongsville, OH
8.	Alicia Roth, PhD	Sept 2019- June 2020	Staff psychologist, Cleveland Clinic Main Campus
9.	Emily Fink, PsyD	Sept 2019- Aug 2020	Staff psychologist, Cleveland Clinic Main Campus
10.	Afiah Hasnie, PsyD	Sept 2020-March 2021	Staff psychologist, Cleveland Clinic Main Campus
11.	Steven DiFrancesco, PhD	Sept 2020- Aug 2021	Psychologist, UMass Primary Care, Worcester, MA
12.	Kami McManus, PsyD	Sept 2021- March 2022	Private Practice, Pittsburg, PA
13.	Marielle Collins, PhD	Sept 2021- Aug 2022	Assoc staff psychologist, Cleveland Clinic Main Campus
14.	Gina Gerardo, PhD	Jan 2023-Dec 2023	Assoc staff psychologist, Cleveland Clinic Main Campus

#### Clinical supervisor through Sentara Comprehensive Weight Loss Solutions

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1.	Jonathan Haber, PsyD	June 2013-Dec 2013	Staff psychologist, Riverside Rehabilitation Institute
2.	Caroline Luong-Tran, PsyD	Jan 2014-March 2014	Neuropsychologist, Children's National Health System
3.	Courtney Prather, PhD	July 2014-Dec 2014	Clin Assistant Professor, Northern Arizona University
4.	Eva Panigrahi, PhD	Aug 2014-Aug 2015	Assistant Professor, The Ohio State University/Wexner
	-		Medical Center
5.	Heather Bruschwein, PhD	Jan 2015-June 2015	Psychologist at University of Virginia's Behavioral
			Medicine Clinic
6.	Anna Ord, PsyD, MBA	July 2015-Oct 2015	Associate Professor of Psychology, Regent University
7.	Emily Oettinger, PhD	Nov 2015-Feb 2016	Private Practice, Corpus Christi Texas
			-

# 8. Raisa Garcia, PhD Jan 2016-April 2016 Psychologist with San Mateo Medical Center

#### Co-mentor for graduate research training/Committee member for doctoral dissertation

1.	Tyler Mason, PhD	Jan 2014-April 2015	Assistant Professor at UCLA's Keck School of Medicine in	
			Clinical Preventive Medicine	
2.	Amy White, PsyD	June 2013-Oct 2016	Staff Psychologist Cleveland Clinic Akron General Hospital	
3.	Eva Panigrahi, PhD	June 2013-April 2016	Assistant Professor, The Ohio State University/Wexner Medical	
			Center	
<u>Co-r</u>	Co-mentor for undergraduate research training/honors thesis			
1.	Allison Holgerson	2009-2010	Clin Assistant Professor, University of Florida (PhD)	
2.	Kelly McFarling	2010-2011	Medical Fellow MUSC, Obstetrics & Gynecology (DO)	
3.	Pia Mazella DiBosco	2024	Nursing Student at Moravian University (BSN)	

#### **Teaching Material Produced**

1. "Back on Track" for Sentara Comprehensive Weight Loss Solutions (January 2014)

• Created session content and handouts for 7 behavioral/CBT-based sessions for post-bariatric surgery patients with weight regain in an 18-week lifestyle treatment program

- Created additional attendance tracking forms, behavioral goal-setting sheets, and training materials
- Used for patients in medical weight management program
- 2. "Healthy STEPS: Strategies and Tools for Eating and Physical Activity Success" for Cleveland Clinic Bariatric & Metabolic Institute (July 2016)
  - Created session content and handouts for 6 behavioral/CBT-based sessions medical weight loss groups
  - Used for the following patients:
    - a. Hernia Pilot Program (medical weight loss for patients who need to qualify for hernia surgery)
    - b. Medical Weight Loss through Endocrinology & Metabolism Institute (EMI)
    - c. Medical Weight Loss through Bariatric & Metabolic Institute (BMI)

#### **Teaching Administration**

Organization	Cleveland Clinic, Bariatric & Metabolic Institute
Committee Name / Role	Obesity Medicine Residency Rotation/Psychology Faculty
Start-End Dates	August 2023-Present
Organization	Cleveland Clinic, Bariatric & Metabolic Institute
Committee Name / Role	Psychology Fellowship/ Training Director

August 2020-Present

#### **Teaching Activities**

Start-End Dates

8.

- 1. Graduate Instructor: Jazz Dance January 2002-May 2004 (undergraduate level)
  - a. Department of Exercise and Sports Science, University of Florida
  - b. Total of 10 sections with approximately 30 students per section
  - c. 90 minute classes, twice a week
- 2. Graduate Teaching Assistant: Psychopathology of Adults August 2006-December 2006 (graduate level)
  - a. Department of Clinical and Health Psychology, University of Florida
  - b. 50 minute class, once a week
- 3. Co-Instructor: Intro to Health Psychology January 2007-April 2007 (undergraduate level)
  - a. Department of Clinical and Health Psychology, University of Florida
  - b. 2.5 hour class, once a week
- 4. Co-Instructor: Psychiatric Disorders January 2008-April 2008 (undergraduate level)
  - a. Department of Clinical and Health Psychology, University of Florida
  - b. 2.5 hour class, once a week
- 5. Co-Led Training: BEST Start-Binge Eating Strategies and Tools. March 31, 2017
  - a. Psychology colleagues at Cleveland Clinic Akron General Hospital
- 6. Preceptor: Communication Skills July 2017-Present
  - a. 2<sup>nd</sup> Year Medical Students, Cleveland Clinic Lerner College of Medicine
- 7. Training: Substance Risk Reduction. Training
  - a. Psychology colleagues visiting from Singapore, October 5, 2017
  - Invited Workshop Training: Behavioral Interventions: Training for E-Coaches. December 6, 2018
    - a. E-Coaching program at Cleveland Clinic, Cleveland, OH.

#### **Undergraduate Research Training/Mentoring:**

Co-mentor for research training/honors thesis

mentor for research training/nonor	5 (110515
University of Florida	2009-2010
University of Virginia	2010-2012

#### Graduate Research/Supervision Training/Mentoring:

Research Practicum Supervisor	
The Virginia Consortium	2013-2016
Clinical Practicum Supervisor	
Old Dominion University	2013-2016
Eastern Virginia Medical School	2013-2016
Case Western Reserve University	2016-Present
Kent State University	2016-Present

Doctoral Committee Member

The Virginia Consortium	2013-2016
Eastern Virginia Medical School	2013-2016

Pre-doctoral Instruction/Internship/Clinical Supervision

Eastern Virginia Medical School 2013-2016

## **BIBLIOGRAPHY**

## Peer Reviewed Articles

- 1. Ames, G.E., Perri, M.G., Fox, L.D., Fallon, E.A., **DeBraganza**, N., Murawski, M.E., Pafumi, L., & Hausenblas, H.A. (2005). Changing weight-loss expectations: A randomized pilot study. *Eating Behaviors*, *6*, 259-269.
- 2. Storch, E.A., Milsom, V.A., **DeBraganza**, N., Lewin, A.B., Geffken, G.R., & Silverstein, J.H. (2007). Peer victimization, psychosocial adjustment, and physical activity in overweight and at-risk-for-overweight youth. *Journal of Pediatric Psychology*, *32*, 80-89.
- DeBraganza, N. & Hausenblas, H.A (2008, published ahead of print). Media exposure of the ideal physique on women's body dissatisfaction and mood: The moderating effect of ethnicity. *Journal of Black Studies*, first published on May 23, 2008 as doi:10.1177/0021934708317723
- Murawski, M.E., Milsom, V.A., Ross, K.M., Rickel, K.A., DeBraganza, N., Gibbons, L.M., & Perri, M.G. (2009). Problem solving, treatment adherence, and weight loss-outcome among women participating in lifestyle treatment for obesity. *Eating Behaviors*, 10, 146-151.
- Ross, K.M., Milsom, V.A., Rickel, K.A., DeBraganza, N., Gibbons, L.M., Murawski, M.E., & Perri, M.G. (2009). The contributions of weight loss and increased physical fitness to improvements in health-related quality of life. *Eating Behaviors*, 10, 84-88
- Rickel, K.A., Milsom, V.A., Ross, K.M., Hoover, V.J., Peterson, N.D., & Perri, M.G. (2011). Differential response of African American and Caucasian women to extended-care programs for obesity management. *Ethnicity & Disease*, 21, 170-175.
- 7. Gonder-Frederick, L., Shepard, J., & Peterson N. (2011). Closed-loop glucose control: Psychological and behavioral considerations. *Journal of Diabetes Science & Technology*, 5, 1-9.
- 8. Peterson, N.D., Middleton, K.R., Nackers, L.M., Medina, K.E., Milsom, V.A., & Perri M.G. (2014). Dietary self-monitoring and long-tern success with weight management, *Obesity*, *22*, 1962-1967.
- Ingersoll, K, Banton T., Gorlin, E., Vajda, K., Singh H., Peterson, N., Gonder-Frederick, L., & Cox, D.J. (2015). Motivational Interviewing support for a behavioral health intervention for drivers with type 1 diabetes. *Internet Interventions, 2*, 103-109.
- 10. Peterson, N.D., Goodpaster, K.P.S., & Heinberg, L.H (in review). Psychological Considerations in Patients Seeking Bariatric Surgery. *Cleveland Clinic Journal of Medicine*.

#### **Book & Book Chapters**

- 1. **Peterson, N.D.** & Goldman, R.L. (in press). The Role of the Behavioral Health Provider in the Management of the Patient Seeking Metabolic and Bariatric Surgery. In Ghanem, Husain, Chen, Lim, and Kroh Eds. The SAGES Manual of Bariatric Surgery. Springer
- Lavery, M.E., Ashton, K., & Peterson N.D. (in press). Psychosomatic Medicine: Obesity. In Sadock, B.J., & Sadock, V.A., Eds. Kaplan and Sadock's Comprehensive Textbook of Psychiatry. 11th edition. Wolters Kluwer.
- 3. Diggins, A. & **Peterson**, N. (2023). Bariatric Surgery. In Marek, R.J & Block, A.R, Eds. Psychological Assessment of Surgical Candidates: Evidence-Based Procedures and Practices. American Psychological Association Press.
- Peterson N.D. (2018) The Role of the Psychologist in the Management of the Bariatric Patient. In Reavis K., Barrett A., Kroh M., Eds. The SAGES Manual of Bariatric Surgery. Springer, Cham. DOI: 10.1007/978-3-319-71282-6\_14
- 5. Freeman, J., Williams, B., & **Peterson**, N. (2014). Psychologic Adjustment to Athletic Injury. In DeLee, J & Drez, D., Eds. Orthopaedic Sports Medicine Fourth Edition: Elsevier Inc.

### Media Appearances & Coverage / Podcasts

- 1. Bariatric Support Groups: Why are They Beneficial (April 2022) for Weight Matters magazine; written with Lauren Carey, RDN and Andrea Rigby, PsyD
- 2. Here's How to Respond to Food Shaming (Sept 2021) Cleveland Clinic Health Essentials
- 3. 7 Tips for Building a Better Body Image as an Adult (May 2019) Cleveland Clinic Health Essentials

#### Published Abstracts (underline denotes fellow/students/trainees)

- 1. **DeBraganza, N. &** Hausenblas, H.A. (2003). Does Ethnicity Moderate Body Image Concerns? *Journal of Sport* and Exercise Psychology, 25, S-48.
- Ames, G. E., Perri, M. G., Fox, L. D., Fallon, E. A., DeBraganza, N., Murawski, M. E., Gardner, R., & Hausenblas, H. A. (2004). Test of a reformulated cognitive behavioral therapy for obesity. *Annals of Behavioral Medicine*, 27, s088.
- Murawski, M. E., DeBraganza, N., Rickel, K. A., Milsom, V. A., Durning, P. E., Fox, L. D., Janicke, D.M., & Perri, M. G. (2005). Treatment of Obesity in Underserved Rural Settings (TOURS): Effects on quality of life, *Annals of Behavioral Medicine*, 29, S-2005, p S068.
   \*\*\* Meritorious Award Poster
- 4. Fallon, E. A., **DeBraganza**, N., Chittester, N., & Hausenblas, H. A. (2005). Correlates of drive for muscularity in college-aged men. *Journal of Sport and Exercise Psychology*, *27*, 863.
- 5. **DeBraganza, N.** & Hausenblas, H. A. (2005). Media effects of the ideal physique on mood: Is ethnicity a moderator? *Journal of Sport and Exercise Psychology*, *27*, S54.
- Rickel, K. A., Durning, P.E., DeBraganza, N., Milsom, V.A., Murawski, M.E., Gibbons, L.M., Perri, M.G. (2006). Treatment of obesity in underserved rural settings (TOURS): Changes in physical activity and physical fitness in African American and Caucasian Women. *Annals of Behavioral Medicine*, 31, S-2006, p. S167.
- Lutes, L.D., Perri, M.G., Dale, M.S., Milsom, V.A., DeBraganza, N., Rickel, K.A., Durning, P.E., & Bobroff, L.B. (2006). Treatment of Obesity in Underserved Rural Settings (TOURS): Changes in nutritional intake in African American and Caucasian women. *Annals of Behavioral Medicine*, 31, S-2006, p. S060.
- Rickel, K. A., Gibbons, L. M., Milsom, V. A., DeBraganza, N., Murawski, M. E., Nackers, L. M., & Perri, M. G. (2007). Racial/ethnic differences in the effectiveness of extended care following lifestyle intervention for obesity. *Annals of Behavioral Medicine, 33*, S083.
  \*\*\* Meritorious Award Poster
- 9. Ross, K. M., Ewigman, N. L., Nackers, L. M., Milsom, V. A., Andre, R., **DeBraganza**, N., Onkala, A. L., & Perri, M. G. (2008). Of fitness and fatness: The contributions of weight loss and increased physical fitness to improvements in health-related quality of life. *Annals of Behavioral Medicine*, *35*, S-2008, S154.
- Nackers, L. M., Andre, R., Ross, K. M., Ewigman, N. L., Milsom, V. A., DeBraganza, N., Onkala, A. L., & Perri, M. G. (2008). The impact of rate of initial weight loss on long-term success. *Annals of Behavioral Medicine, 35*, S-2008, p. S109.
   \*\*\* Meritorious Award Paper
- Ross, K. M. Mathews, A. E., Milsom, V. A., DeBraganza, N., André, R., Nackers, L. M., Dubyak, P. J., Hoover, V. J., Newell, K. E., Foss, S. M, von Castel-Roberts, K. M., & Perri, M. G. (2010). How accurate are self-report measures of physical activity in rural obese adults? *Annals of Behavioral Medicine*, 39, S-2010, p. S62.
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   \*\*\* Meritorious Award Poster
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- DeBraganza, N., Milsom, V.A., Nackers, L.M., Ross, K.M., André, R., Hoover, V.J., Newell, K.E., von Castel-Roberts, K.M., & Perri, M.G. (2010). Self-monitoring and the maintenance of lost weight in lifestyle treatment of obesity. *Annals of Behavioral Medicine*, 39, S-2010, p. S22.
- Milsom, V.A., Ross, K.M., Nackers, L.M., Durning, P.E., Thomas, C., DeBraganza, N., & Perri. M.G. (2011). Behavioral mastery and long-term maintenance of lost weight. *Annals of Behavioral Medicine*, 41, S-2011, p. S175.

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   \*\*\*Citation Award Poster
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- 19. Wohlgemuth, S., & Peterson, N. (November 2013). Improved 3D Stimuli: A Novel Innovative Approach to Perceptual Body Image Assessment. *Obesity Abstract Book 2013*, S235.
- Panigrahi, E.,\* Peterson, N.D., Latulip, S.E., & Cubic, B.A., (2016) Differences in Race, Gender, Social Isolation, and Functional Deficits on Eating Behaviors and BMI Among Bariatric Candidates. *Annals of Behavioral Medicine*, 43, S-2016, p. S63.
- 21. <u>Panigrahi, E.\*</u> & Peterson, N.D. (2016). Ready, Set, Scan: Acute Changes in Mood after Visual Body Scan among Bariatric Candidates. *Annals of Behavioral Medicine, 43*, S-2016, p. S17.

#### Published Abstract Oral Presentations (underline denotes fellow/students/trainees)

- Cox, D., Singh, H., Banton T., Gorlin E., Peterson, N., Vajda, K., Gonder-Frederick, L., & Ingersoll, K. (2013). Motivational Interviewing by Telephone Enhances Engagement in an Internet Intervention. *Diabetes* 62(Supplement 1): A-2, Abstracts –OR. [Oral presentation at the American Diabetes Association's 73<sup>rd</sup> Scientific Sessions, Chicago, Illinois, June 2013]
- Goodpaster, K., Heinberg, L., Lavery, M., & Peterson, N. (2017). Chewing and Spitting and Early Postsurgical Psychological Complications of Bariatric Surgery. *Surgery for Obesity and Related Diseases, 13, 10S, p. S37.* [Oral presentation at ASMBS, ObesityWeek 2017, Scientific Sessions, National Harbor, Maryland, October 2017]
- Lavery, M., Goodpaster, K., Heinberg, L., <u>Fisher, C., & Peterson, N.</u> (2017). A Brief Four Session CBT Group To Increase Knowledge and Coping Skills in a High-Risk Bariatric Surgery Population: Who Is Referred and Who Responds Best? *Surgery for Obesity and Related Diseases, 13, 10S, p. S40.* [Oral presentation at ASMBS, ObesityWeek 2017, Scientific Sessions, National Harbor, Maryland, October 2017]
- Heinberg, L. <u>Mohun, S.</u>, Goodpaster, K., **Peterson, N.**, Lavery, M., & Marek, R. (2017). Early Psychological Complications: Pre-Operative Psychological Factors Predict Post-Operative Regret, Fear of Failure and Grieving the Loss of Food. *Surgery for Obesity and Related Diseases, 13, 10S*, p. S42. [Oral presentation at ASMBS, ObesityWeek 2017, Scientific Sessions, National Harbor, Maryland, October 2017]
- Fisher, C., Peterson, N., Goodpaster, K., Lavery, M., & Heinberg, L. (2017). History of trauma and relationship with the Minnesota Multiphasic Personality Inventory-2 Restructured Form (MMPI-2-RF) in individuals seeking bariatric surgery. *Surgery for Obesity and Related Diseases, 13, 10S, p. S43.* [Oral presentation at ASMBS, ObesityWeek 2017, Scientific Sessions, National Harbor, Maryland, October 2017]
- Peterson, N., Goodpaster, K., <u>Fisher, C.</u>, Lavery, M., & Heinberg, L. (2017). Bariatric Surgery Patients with Fibromyalgia: Psychological Factors and Post-Surgical Outcomes. *Surgery for Obesity and Related Diseases*, *13*, 10S, p. S43. [Oral presentation at ASMBS, ObesityWeek 2017, Scientific Sessions, National Harbor, Maryland, October 2017]
- Goodpaster, K., Heinberg, L.J. & Peterson, N.D. (2018) Prevalence and correlates of psychiatry medication discontinuation one month after bariatric surgery. *Surgery for Obesity and Related Diseases*, 14, 11S, p. 588.
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# **CLINICAL ACCOMPLISHMENTS**

## Cleveland Clinic Bariatric & Metabolic Institute Support Groups (2020-present)

Support Groups (non-billable) are required for accreditation for bariatric surgery centers across the US

- Created/coordinated schedules and speakers for monthly in-person support groups at Main Campus and Twinsburg FHC (2017-2020)
- Lead in transitioning support groups to virtual format (2020-present)
  - a. Creates/coordinates schedules for twice-monthly virtual support groups
  - b. Co-Facilitator for monthly virtual open discussion support group ("Food for Thought" with BMI Nutrition, 2021-present)

c. Moderator for the monthly virtual topic + Q&A support group

# **COMMUNITY SERVICE / VOLUNTEER CONTRIBUTIONS**

- 1. Cleveland Clinic Men's Minority Health Fair (2019). Bariatric & Metabolic Institute Table
- 2. Northeast Ohio Gator Club (University of Florida Alumni Association)
  - a. Secretary (2018-2020)
  - b. President Elect (2020-present)