

CURRICULUM VITAE
The Johns Hopkins University School of Medicine

(Signature)

(Typed Name)

Colleen C. Schreyer

(06/15/2023)

DEMOGRAPHIC AND PERSONAL INFORMATION

Current Appointments

University

2015-present Assistant Professor, Department of Psychiatry and Behavioral Sciences, Johns Hopkins University School of Medicine

Hospital

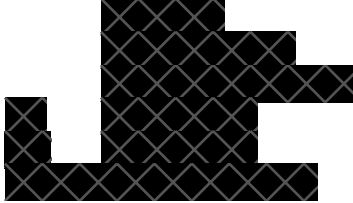
None

Other

None

Personal Data

Psychiatry and Behavioral Sciences



Education and Training

Undergraduate

2001 B.A., Johns Hopkins University, Baltimore, MD

Doctoral/graduate

2009 M.A. (Clinical Psychology) University of Maryland, Baltimore County, Catonsville, MD

2011-2012 Psychological Intern, Spring Grove Hospital Center, Catonsville, MD

2012 Ph.D. (Clinical Psychology) University of Maryland, Baltimore County, Catonsville, MD

Postdoctoral

2012-2013 Postdoctoral Fellow, Psychiatry and Behavioral Sciences, Dr. Angela Guarda MD, Johns Hopkins School of Medicine, Baltimore, MD

2016 Faculty Development Leadership Program: Emerging Women Leadership Program, Johns Hopkins Medicine, Baltimore, MD

Professional Experience

2001-2003 Research Assistant, Mood Disorders, Department of Psychiatry and Behavioral Sciences, Johns Hopkins School of Medicine under Ray DePaulo, MD

2003-2011 Teaching Assistant, Department of Psychology, University of Maryland Baltimore County under Steven Pitts PhD, Thomas Blass PhD, and Jason Schiffman PhD

2008-2011 Research Assistant, Eating Disorders, Department of Psychiatry and Behavioral Sciences, Johns Hopkins School of Medicine under Angela Guarda, MD

2013-2014 Research Associate, Psychiatry and Behavioral Sciences, Johns Hopkins University School of Medicine, Baltimore, MD

2014-2015 Instructor, Psychiatry and Behavioral Sciences, Johns Hopkins University School of Medicine, Baltimore, MD

2015-present Assistant Professor, Psychiatry and Behavioral Sciences, Johns Hopkins University School of Medicine, Baltimore, MD

2019-present Director of Clinical Research, Johns Hopkins Eating Disorders Program, Johns Hopkins University School of Medicine, Baltimore, MD

PUBLICATIONS:

h-index: 11, 10 since 2018; Total citations: 561, 469 since 2017; i10-index: 12, 12 since 2018. Google Scholar page (accessed 06/15/23): https://scholar.google.com/scholar?start=0&q=colleen+schreyer&hl=en&as_sdt=0,21

Original Research [OR] *Role in multi-authored articles is indicated, if not first or senior author*

1. Coughlin JW, **Schreyer CC**, Sarwer DB, Heinberg LJ, Redgrave GW, Guarda AS. Cosmetic surgery in inpatients with eating disorders: Attitudes and experience. *Body Image*. 2012;9(1):180-183. PMID: 22119760. *I was responsible for data collection and analyses, wrote the method and results sections, and edited the manuscript.*
2. Makhzoumi SH, Guarda AS, **Schreyer CC**, Reinblatt SP, Redgrave GW, Coughlin JW. Chewing and spitting: A marker of psychopathology and behavioral severity in inpatients with an eating disorder. *Eat Behav*. 2015;17:59-61. PMID: 25580013. *The first author was a graduate student extern in the Eating Disorders Lab. Data from this study came from the Longitudinal Study of Inpatients with Eating Disorders, a project I took over primary responsibility for in 2012 including study design, recruitment, and data management. I also oversaw data analyses and helped to edit the manuscript for this manuscript.*
3. Redgrave GW, Coughlin JW, **Schreyer CC**, Martin LM, Leonpacher AK, Seide M, Verdi AM, Pletch A, Guarda AS. Refeeding and weight restoration outcomes in anorexia nervosa: Challenging current guidelines. *Int J Eat Disord*. 2015;48(7):866-873. PMID: 25625572; [SI/QI]. *Data from this study came from the Longitudinal Study of Inpatients with Eating Disorders, a project I took over primary responsibility for in 2012 including study design, recruitment, and data management. Additionally, I conducted study analyses, wrote the method section, and edited the manuscript.*
4. **Schreyer CC**, Coughlin JW, Makhzoumi SH, Redgrave GW, Hansen JL, Guarda AS. Perceived coercion in inpatients with anorexia nervosa: Associations with illness severity and hospital course. *Int J Eat Disord*. 2016;49 (4):407-412. PMID: 2657842.
5. Fischer LK, **Schreyer CC**, Coughlin JW, Redgrave GW, Guarda AS. Neuroticism and clinical course of weight restoration in a meal-based, rapid-weight gain, inpatient-partial hospitalization program for eating disorders. *Eat Disord*. 2017;25(1):52-64. PMID: 27775490. *The first author was a postdoctoral fellow in the Eating Disorders Lab. Data from this study came from the Longitudinal Study of Inpatients with Eating Disorders, a project I took over primary responsibility for in 2012 including study design, recruitment, and data management. I co-mentored the 1st author during her fellowship in the Eating Disorders Lab. I also collaboratively developed research questions, planned appropriate analyses, oversaw data analyses, and edited the manuscript.*
6. Guarda AS, **Schreyer CC**, Fischer L, Hansen J, Coughlin JW, Kaminsky M, Attia E, Redgrave GW. Intensive treatment for adults with anorexia nervosa: the cost of weight restoration. *Int J Eat Disord*. 2017;50(3):302-306. PMID: 28130794. *Data from this study came from the Longitudinal Study of Inpatients with Eating Disorders, a project I took over primary responsibility for in 2012 including study design, recruitment, and data management. I also collaboratively developed the research questions and project design with the 1st author, conducted data analyses, drafted the method and results section, and edited the manuscript.*
7. **Schreyer CC**, Guarda AS, Hansen J, Redgrave GW. Self-selection bias in eating disorders outcomes research: does treatment response of underweight research participants and non-participants differ? *Int J Eat Disord*. 2017; 50(5):602-605. PMID: 28225563.
8. Makhzoumi S, Coughlin JW, **Schreyer CC**, Redgrave GW, Pitts S, Guarda AS. Weight gain trajectories in hospital-based treatment of anorexia nervosa. *Int J Eat Disord*. 2017; 50(3):266-274. PMID: 28186654. *The 1st author was a postdoctoral fellow I co-mentored in the Eating Disorders Lab. Data from this study came from the Longitudinal Study of Inpatients with Eating Disorders, a project I took over primary responsibility for in 2012 including study design, recruitment, and data management. I also collaboratively developed the research question, planned and oversaw data analyses, and edited the manuscript.*

9. Attia E, Steinglass JE, Walsh BT, Wang Y, Wu P, **Schreyer C**, Wildes J, Yilmaz Z, Guarda AS*, Kaplan AS*, Marcus MD* (**equal contribution as senior authors*). Olanzapine versus Placebo in Adult Outpatients with Anorexia Nervosa: A Randomized Clinical Trial. *Am J Psychiatry*. 2019;176(6):449-456. PMID: 30654643. *I was the site coordinator for this study and was responsible for study recruitment, assessment, data collection and management, and edited the manuscript.*
10. Makhzoumi SH, **Schreyer CC**, Hansen JL, Laddaran LA, Redgrave GW, Guarda AS. Hospital course of underweight youth with ARFID treated with a meal-based behavioral protocol in an inpatient-partial hospitalization program for eating disorders. *Int J Eat Disord*. 2019;52(4):428-434. PMID: 30779365. *The 1st author was a postdoctoral fellow I co-mentored in the Eating Disorders Lab. Data from this study came from the Longitudinal Study of Inpatients with Eating Disorders, a project that I became primarily responsible for in 2012 including study design, recruitment, and data management. I also collaboratively developed the research question, planned and oversaw data analyses, and edited the manuscript.*
11. **Schreyer CC**, Guarda AS, Pletch AW, Redgrave GW, Salwen-Deremer JK, Coughlin JW. A modified inpatient eating disorders treatment protocol for postbariatric surgery patients: patient characteristics and treatment response. *Surg Obes Relat Dis*. 2019;15(9):1612-1619. PMID: 31439529.
12. Salwen-Deremer JK, **Schreyer C**, Hymowitz GF, Montanari A, Smith MT, Coughlin JW. Sleep disturbance and insomnia in individuals seeking bariatric surgery. *Surg Obes Relat Dis*. 2020 Jul;16(7):940-947. doi: 10.1016/j.soard.2020.03.007. Epub 2020 Mar 18. PMID: 32331997. *I collaboratively developed the study design, planned data analyses, and revised the manuscript.*
13. Guarda AS, Cooper M, Pletch A, Laddaran L, Redgrave G, **Schreyer C**. Acceptability and tolerability of a meal-based, rapid refeeding, behavioral weight restoration protocol for anorexia nervosa. *Int J Eat Disord*. 2020;53(12):2032-2037. PMID: 33026118.
14. Santa-Maria CA, Coughlin JW, Sharma D, Armanios M, Blackford AL, **Schreyer C**, Dalcin A, Carpenter A, Jerome GJ, Armstrong DK, Chaudhry M, Cohen GI, Connolly RM, Fetting J, Miller RS, Smith KL, Snyder C, Wolfe A, Wolff AC, Huang CY, Appel LJ, Stearns V. The Effects of a Remote-based Weight Loss Program on Adipocytokines, Metabolic Markers, and Telomere Length in Breast Cancer Survivors: the POWER-Remote Trial. *Clin Cancer Res*. 2020 Jun 15;26(12):3024-3034. doi: 10.1158/1078-0432.CCR-19-2935. Epub 2020 Feb 18. PMID: 32071117; PMCID: PMC7299780. *I served as the study interventionist on this project and reviewed the manuscript.*
15. Redgrave GW, **Schreyer CC**, Coughlin JW, Fischer LK, Pletch A, Guarda AS. Discharge body mass index, not illness chronicity, predicts six-month weight outcome in patients hospitalized with anorexia nervosa. *Front Psychiatry*. 2021;12:641861. PMID: 33716836. *Data from this study came from the Longitudinal Study of Inpatients with Eating Disorders, a project that I became primarily responsible for in 2012 including study design, recruitment, and data management. I additionally conducted data analyses, wrote the method section, and helped revise the manuscript.*
16. Cooper M, Collison AO, Collica SC, Pan I, Tamashiro KL, Redgrave GW, **Schreyer CC**, Guarda AS. Gastrointestinal symptomatology, diagnosis, and treatment history in patients with underweight avoidant/restrictive food intake disorder and anorexia nervosa: Impact on weight restoration in a meal-based behavioral treatment program. *Int J Eat Disord*. 2021;54(6):1055-1062. PMID: 33973254. *The 1st author was a postdoctoral fellow in the Eating Disorders Lab. My role on this project was limited to planning the research design, overseeing the chart review, and minimally revising the manuscript.*
17. Cooper M, Guarda AS, Petterway F, **Schreyer CC**. Change in normative eating self-efficacy is associated with six-month weight restoration following inpatient treatment for anorexia nervosa. *Eat Behav*. 2021;42:101518. PMID: 33989938.
18. **Schreyer CC**, Salwen-Deremer JK, Montanari A, Coughlin JW. Restriction of range effects in post-metabolic and bariatric surgery outcomes research: considerations for clinical decision making. *Surg Obes Relat Dis*. 2022 Mar;18(3):425-432. doi: 10.1016/j.soard.2021.11.022. Epub 2021 Nov 27. PMID: 34973926.
19. Salwen-Deremer JK, Smith MT, Haskell HG, **Schreyer C**, Siegel CA. Poor Sleep in Inflammatory Bowel Disease Is Reflective of Distinct Sleep Disorders. *Dig Dis Sci*. 2022 Jul;67(7):3096-3107. doi:

- 10.1007/s10620-021-07176-y. Epub 2021 Jul 30. PMID: 34331174. *I reviewed data analyses and revised the manuscript.*
20. **Fischer LK, Schreyer CC**, Pletch A, **Cooper M, Vanzhula IA**, Redgrave GW, Guarda AS. Monitoring and treating hypoglycemia during meal-based rapid nutritional rehabilitation in patients with extreme anorexia nervosa. *Eat Weight Disord.* 2022 Aug 22. doi: 10.1007/s40519-022-01460-0. Epub ahead of print. PMID: 35994205. *The first author was a postdoctoral fellow in the Eating Disorders Lab. Data from this study came from the Longitudinal Study of Inpatients with Eating Disorders, a project I have held primary responsibility for since 2012. My involvement in this project included study design, recruitment and data management. I oversaw data analyses completed by the postdoctoral fellow and contributed to manuscript revision.*
 21. **Schreyer CC**, Pletch A, **Vanzhula IA**, Guarda AS. Evaluating individual- and sample-level response to treatment for inpatients with eating disorders: Is change clinically significant? *Int J Eat Disord.* 2022 Oct 27. doi: 10.1002/eat.23842. Epub ahead of print. PMID: 36300553.
 22. Gukasyan N, **Schreyer CC**, Griffiths RR, Guarda AS. Psychedelic-Assisted Therapy for People with Eating Disorders. *Curr Psychiatry Rep.* 2022 Nov 14. doi: 10.1007/s11920-022-01394-5. Epub ahead of print. PMID: 36374357. *I contributed to the literature search and revised the manuscript.*
 23. **Schreyer CC, Vanzhula IA**, Guarda AS. Evaluating the impact of COVID-19 on severity at admission and response to inpatient treatment for adult and adolescent patients with eating disorders. *Int J Eat Disord.* 2022 Nov 16. doi: 10.1002/eat.23855. Epub ahead of print. PMID: 36394170.
 24. **Duck SA**, Guarda AS, **Schreyer CC**. Parental dieting impacts inpatient treatment outcomes for adolescents with restrictive eating disorders. *Eur Eat Disord Rev.* 2023 Jul;31(4):539-546. 19. doi: 10.1002/erv.2977. Epub 2023 Mar 19. PMID: 36934407.
 25. **Vanzhula I, Duck SA**, Pletch A, Guarda AS, **Schreyer C**. Greater dietary variety is associated with lower food anxiety at discharge from intensive eating disorder treatment. *Int J Eat Disord.* 2023 Jul;56(7):1365-1377. 23. doi: 10.1002/eat.23940. Epub 2023 Mar 23. PMID: 36951232.
 26. **Vanzhula I**, Wang E, **Martinelli MK, Schreyer C**, Guarda AS. Inpatient hospital course and self-reported symptomatology in underweight adults with ARFID compared to age- and sex matched controls with anorexia nervosa. *J Eat Disord.* 2023 Nov;11(1)206. doi: 10.1186/s40337-023-00912-x. *The first author was a postdoctoral fellow in the Eating Disorders Lab. Data from this study came from the Longitudinal Study of Inpatients with Eating Disorders, a project I have held primary responsibility for since 2012. My involvement in this project included study design, recruitment and data management. I oversaw data analyses completed by the postdoctoral fellow and contributed to manuscript revision.*

Review Articles [RA]

1. Guarda AS, **Schreyer CC**, Boersma GJ, Tamashiro KL, Moran TH. Anorexia nervosa as a motivated behavior: Relevance of anxiety, stress, fear and learning. *Physiol Behav.* 2015;152(Pt B):466-472. PMID: 25846837.

Book Chapters, Monographs [BC]

1. Guarda AS, **Schreyer C**, Coughlin JC. Treatment Resistance: Persuasion, Perceived Coercion, and Compulsion. Dancyger I, Fornari V (eds). *Evidence-Based Treatments for Eating Disorders: Children, Adolescents, and Adults*, 2nd Ed. Nova Science Publ, New York, 2014; 219-235. ISBN: 978-1-63117-400-1.
2. **Schreyer CC, Makhzoumi S**, Coughlin JW, Guarda AS. Eating Disorders. Caballero B, Finglas P, Toldra F (eds). *Encyclopedia of Food and Health*, Elsevier Ltd., Oxford, England, 2015; 463-469. ISBN: 9780123849472.
3. Guarda AS, **Schreyer CC**. Coercion in Treatment. Westmoreland P (ed), *Tipping the Scales: Ethical and Legal Dilemmas in Managing Severe Eating Disorders*, American Psychiatric Publ. Arlington VA, 2020; 41-54. ISBN 9781615373499.

Other Publications:

Editorials [ED]

1. **Schreyer CC.** Comment on: Interrater reliability and internal consistency of the eating disorder examination in the longitudinal assessment of bariatric surgery study. *Surg Obes Relat Dis.* 2022 Aug;18(8):1022-1024. doi: 10.1016/j.soard.2022.05.017. Epub 2022 May 18. PMID: 35739051. *This invited editorial commented on a manuscript examining the psychometric validity of a gold-standard assessment of eating disorder psychopathology when used in patients undergoing bariatric surgery.*
2. **Schreyer CC.** Comment on: Psychopathology, Disordered Eating, and Impulsivity as Predictors of Weight Loss Twenty-Four Months after Metabolic and Bariatric Surgery. *Surg Obes Relat Dis.* 2024 Mar 21. Epub ahead of print. *This invited editorial commented on a manuscript demonstrating that pre-surgical psychopathology is not a strong predictor of post-surgical outcome in patients undergoing metabolic and bariatric surgery and called for re-assessment of the aims of the pre-surgical psychosocial evaluation.*

Media Releases or Interviews [MR]

- 4/15/15 Reporter Marissa Larusso in Matters of the Mind. Experiencing Eating Disorders: This is Not the Life I Want to Live. <http://www.themillennialminds.com/eating-disorders-i-want-to-take-up-less-space-in-the-world/>
- 12/17/19 Reporter Becky Upham in Everyday Health. “A Label That Suggests Exercise Needed to Burn off a Food’s Calories May Aid Weight Loss.” <https://www.everydayhealth.com/diet-nutrition/a-food-label-that-suggests-exercise-needed-to-burn-calories-may-aid-weight-loss/>
- 10/10/22 Reporter Alyssa Hui in Verywell Health. “Can Anxiety Kill Your Appetite? Why We Under (and Over) Eat.” <https://www.verywellhealth.com/anxiety-eating-what-to-do-about-it-6748062>
- 10/30/22 Interviewer Jennifer Franciotti from WBAL TV for the Maryland Peace of Mind segment. “The Connection Between Overeating and Mental Health.” <https://www.wbaltv.com/article/maryland-peace-of-mind-connection-between-overeating-mental-health/41818784>
- 1/30/23 Reporter Linda Carroll for NBC News. “Can’t Say No to Snacks and Sweets? It May be a Sign of Food Addiction.” <https://www.nbcnews.com/health/health-news/cant-say-no-sweets-snacks-sign-food-addiction-rcna67881>
- 2/03/23 Reporter Julia Ries in The Huffington Post. “What Happens to Your Body If You Don’t Workout Over the Holidays.” https://www.huffpost.com/entry/body-not-working-out-over-the-holidays_1_639203c8e4b015bb57392afe
- 2/10/23 Reporter Angela Roberts in the Baltimore Sun. “Pandemic Compounded Challenges For People Struggling with Eating Disorders.” <https://www.baltimoresun.com/health/bs-hs-eating-disorder-pandemic-20230210-nr5udqw2gfbaffrewkl6ukpztu-story.html>
- 4/30/23 Reporter Angela Roberts in the Baltimore Sun. “New Pediatric Guidelines Aim to Treat Obesity without Stigma. Critics Say They’ll Make Bias Worse.” <https://www.baltimoresun.com/2023/04/30/new-pediatric-guidelines-aim-to-treat-obesity-without-stigma-critics-say-theyll-make-bias-worse/?clearUserState=true>

Other Media [OM]

Audio/Video/Webinars CEU/CME

- 10/19 **Schreyer CC**, Hymowitz G. Incorporating Behavioral Change into Multidisciplinary Patient Care. Webinar for the American Society of Metabolic and Bariatric Surgery. (Speaker).
- 2/20 Saucier A, Doucet B, **Schreyer CC**. Harnessing Social Media and Software Applications to Engage and Maintain Patients Undergoing Bariatric Surgery. Webinar for the American Society of Metabolic and Bariatric Surgery. (Panelist).

- 5/20 Guarda AS, Redgrave GW, **Schreyer CC**. “Big Little Lies: Why patients don’t always disclose their eating disorder and the basics of treating them anyway,” APA On Demand CME video recorded session <https://www.psychiatry.org/psychiatrists/education/apa-on-demand>
- 5/21 Rountree K, Dungey A, Hymowitz G, **Schreyer CC**, Stepnowski D, Tuppo C. Mentorship in Integrated Health: Building a Program for Multidisciplinary Care Providers. Webinar for the American Society of Metabolic and Bariatric Surgery. (Panelist)
- 1/22 Gachassin P, Hymowitz G, Rountree K, Tuppo C, **Schreyer CC**. A Multidisciplinary Approach to Nonpharmacological Pain Management. Webinar for the American Society of Metabolic and Bariatric Surgery. (Moderator)
- 12/22 **Schreyer CC**. Fact or Fiction? Combatting Common Myths About Eating Disorders. Webinar for Hopkins at Home in partnership with Johns Hopkins Medicine A Women’s Journey. (Speaker).
- 01/23 Hymowitz G, Panigrahi E, Rountree K, Stepnowski D, **Schreyer C**. Tunneling through Barriers: Addressing Obstacles with Bariatric Patient Follow-up. Webinar for the American Society of Metabolic and Bariatric Surgery (Moderator).

Websites/Blogs

- 12/2/21 **Schreyer CC**. TikTok: The Good, the Bad, and the Ugly. Johns Hopkins University of Medicine. Closler: A Miller Coulson Academy of Clinical Excellence Initiative. <https://closler.org/lifelong-learning-in-clinical-excellence/tiktok-the-good-the-bad-and-the-ugly>
- 3/10/22 **Schreyer CC**. Balanced Conversations about Weight. Johns Hopkins University of Medicine. Closler: A Miller Coulson Academy of Clinical Excellence Initiative. <https://closler.org/lifelong-learning-in-clinical-excellence/balanced-conversations-about-weight>
- 11/29/22 **Schreyer CC**. A Weighty Matter. Johns Hopkins University of Medicine. Closler: A Miller Coulson Academy of Clinical Excellence Initiative. <https://closler.org/lifelong-learning-in-clinical-excellence/a-weighty-matter>
- 05/25/23 Schreyer CC. Fighting the Feed. Johns Hopkins University of Medicine. Closler: A Miller Coulson Academy of Clinical Excellence Initiative. <https://closler.org/lifelong-learning-in-clinical-excellence/fighting-the-feed>

FUNDING

EXTRAMURAL FUNDING

Research Extramural Funding

Current

03/01/2024-02/28/25 Positive Mortality Bias
GenRe
PI: Albert Wu
Role: Co-Investigator, 20% FTE, The aims of this project are to provide clinical expertise and research knowledge that will assist GenRe to improve its mortality prediction and identify risks of death, and to provide interventions that could improve the course for insured clients.

Previous

9/25/06 – 6/30/11 Integrated clinical behavioral interventions to accomplish weight loss: POWER Trial U01 HL087085

- NIH/NHLBI
PI: Appel
Role: Interventionist, 40% FTE; this grant was a randomized control trial to test the effectiveness of 2 different interventions for weight loss implemented into primary care settings.
- 8/1/10-6/30/16 Olanzapine versus Placebo for Outpatients with Anorexia Nervosa
RO1MH0859211
NIH/NIMH
\$205,681- Total direct cost Year 1 for Hopkins Site
PI: Guarda
Role: Assessor, Research Coordinator, 15% FTE, this randomized control trial examined the effectiveness of olanzapine treatment vs. placebo to treat outpatients diagnosed with anorexia nervosa.
- 10/1/12-9/30/16 A Randomized Study Evaluating the Effect of a Remote-Based Weight Loss Program (POWER-REMOTE) on Biomarkers in Women with Early Stage Breast Cancer
304-2294
Breast Cancer Research Foundation
PI: Stearns
Role: Primary Interventionist, 35% FTE; the main goal of this project was to evaluate the association between weight loss and biological breast cancer risk factors.
- 8/1/18-7/31/21 Meal-based exposure and response prevention in anorexia nervosa: reducing physiological and self-reported food-related anxiety
Hilda and Preston Davis Foundation Award Program for Eating Disorders
\$200,000
Role: PI, 30% FTE; this randomized controlled trial examined an adjunctive exposure and response prevention (EX-RP) intervention to reduce food-related fears during intensive meal-based weight restoration in patients with anorexia nervosa compared to a control treatment, Motivational Interviewing (MI).
- 7/1/19-6/30/22 Fear conditioning and extinction learning in anorexia nervosa
Hilda and Preston Davis Foundation Award Program for Eating Disorders.
\$200,000
PI: McGuire J
Role: Co-I, 5%; this study assessed fear conditioning and extinction learning in youth with anorexia nervosa.
- 12/1/18-12/31/22 Bariatric embolization of arteries with imaging visible embolics: Single arm pilot
Biocompatibles International Limited
PI: Weiss
Role: Co-I, 10% FTE; this study investigated the safety and efficacy of bariatric embolization for patients with obesity.
- 12/1/19-11/30/22 Effects of psilocybin in anorexia nervosa
Private Philanthropic Funding
PI: Griffiths R
Role: Co-I, 10% FTE; this open-label pilot study investigated the safety and efficacy of psilocybin in patients with chronic (≥ 3 years duration) anorexia nervosa and who

had failed at least one adequate trial of specialized treatment and were unable to maintain a normal body mass index.

INTRAMURAL FUNDING

Research Intramural Funding

Current

7/1/21-6/30/23

Meal-based decision-making for patients with anorexia nervosa

Dalio Explore Fund

Role: PI, 10% FTE; This funding provides protected time to support ongoing, research on meal-based interventions for patients with anorexia nervosa, with a focus on collecting pilot data to support future grant applications, data analyses, grant writing, and manuscript preparation. This funding supported three grant applications focused on implementing a meal-based exposure and response prevention intervention to reduce relapse in weight restored patients with anorexia nervosa a) NIMH R34 application, impact score 39, not funded and b) NARSAD Brain and Behavior Research Foundation, Young Investigator award, not funded and c) National Eating Disorder Association Feeding Hope Fund, pending.

Pending

None

Previous

7/1/16-6/30/17

Caloric Avoidance and Reward in Patients with Anorexia Nervosa: A Measure of Delay Discounting

Dalio Explore Fund

Role: PI, 30% FTE; I developed and tested a novel delay discounting task in which participants with anorexia nervosa can choose a smaller sooner, or a larger later, food avoidance reward

CLINICAL ACTIVITIES

Clinical Focus

My clinical focus has been on providing outpatient treatment for adult and adolescent patients diagnosed with eating disorders and on presurgical psychological screening of patients seeking bariatric surgery. My expertise is in implementing Cognitive Behavioral Therapy and Motivational Enhancement Therapy for the treatment of disordered eating as well as comorbid anxiety, depression, and substance abuse. Recently, I have focused on developing outpatient meal-based interventions for patients with anorexia nervosa including Exposure and Response Prevention therapeutic techniques. Obsessive compulsive disorder is highly comorbid with anorexia nervosa and fear of weight is associated with avoidance of high-energy density foods and the use of safety and avoidance behaviors to limit calorie intake. Exposure and Response Prevention has shown preliminary efficacy in the treatment of patients with anorexia nervosa and is the gold standard treatment for obsessive compulsive disorder. Following a well-received workshop at the annual International Conference on Eating Disorders in June 2022, I have been developing a treatment manual focused on meal-based approaches for eating disorders including therapist-patient meals and coaching strategies to help patients with anorexia consume feared foods in appropriate portions and social settings. I also conduct a 1-day/week clinic providing pre-surgical psychiatric evaluations for individuals preparing to undergo metabolic and bariatric surgery (MBS) and provide individual cognitive behavioral therapy for pre- and post-surgical patients with eating disorders, anxiety, or depression. The bariatric eating disorders clinic has a focus on managing binge eating pathology following MBS, as binge behavior can negatively impact post-

surgical outcomes. I am frequently referred patients from within Johns Hopkins Medicine and from the local community. (MD/PA/DC).

Certification

Medical, other state/government licensure

2013 - present Maryland Board of Psychological Examiners, #05171, license renewed every two years

2023- present Psychology Interjurisdictional Compact, APIT #13233, license renewed annually to practice telemedicine in 38 states (to date).

Boards, other specialty certification None

Clinical (Service) Responsibilities

2013-present Eating Disorders Consultation and Outpatient Clinic, 90% (currently)

2015-present Clinical Supervisor, Johns Hopkins Eating Disorders Outpatient Clinic. *I am the supervising clinical psychologist for post-doctoral fellow Mary Martinelli, PhD. In this role, I provide approximately 3-5 hours a week of clinical supervision.*

Clinical Productivity

2014-present My current targeted clinical effort in the Johns Hopkins Eating Disorders Outpatient Clinic is approximately 80%. In FY 2022, I performed 104 initial outpatient consultations and 537 return outpatient visits. I have the highest number of clinic visits/year of any provider in the Johns Hopkins Eating Disorders Outpatient Clinic. I am frequently consulted by specialists both within and outside the eating disorders and bariatric surgery field and by community mental health providers.

Clinical Draw from outside local/regional area (*reflecting national/international reputation*)

2019-present For the Johns Hopkins Outpatient Eating Disorders Clinic in FY 2020, 8% of visits were for out-of-state patients (PA, VA, CT).

2013-present Presurgical psychological evaluations conducted for the Johns Hopkins Bariatric Surgery Program, in FY 2013-2022, 8% of visits were for out of state patients (PA, VA, DC) and 3% were international patients (Saudi Arabia, United Arab Emirates).

Membership in or examiner for specialty board Not applicable

Clinical Program Building / Leadership None

Clinical Demonstration Activities to external audience, on or off campus

2012-present Training undergraduate and graduate students to conduct the Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition, Johns Hopkins School of Medicine

2023-present Training undergraduate students to conduct the Quick Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition, Johns Hopkins School of Medicine

Development of nationally/internationally recognized clinical standard of care: None

EDUCATIONAL ACTIVITIES

Educational Focus

My educational focus is on the diagnosis and treatment of eating disorders including anorexia nervosa, bulimia nervosa, binge eating disorder and other eating disorder as well as the onset or recurrence of disordered eating following metabolic and bariatric surgery. I have focused on mentoring others in the use of evidence-based psychotherapeutic approaches to treating these conditions including Cognitive Behavioral Therapy, Motivational Enhanced Therapy, and Family Based Treatment. I have lectured extensively on these topics and have presented to undergraduate and graduate learners, mental health practitioners and allied health specialty groups as well as physicians in related fields including psychiatry, pediatrics, internal and family medicine and general surgery. I have personally supervised and mentored students at different learner levels, many of whom have gone on to academic careers or to specialize in the treatment of patients with eating disorders or obesity.

Teaching

Classroom instruction

JHMI/Regional

2003-2011	Teaching Assistant, Undergraduate course, Experimental Psychology: Design and Analysis II (Statistics), University of Maryland, Baltimore County, MD, 6 semesters, 2/week lectures
2004-2008	Teaching Assistant, Undergraduate course, Experimental Psychology: Design and Analysis I (Statistics), University of Maryland, Baltimore County, MD, 3 semesters, 2/week lectures
2009	Graduate Teaching Assistant, Graduate course, Methods of Assessment I, University of Maryland, Baltimore County, MD
2010	Graduate Teaching Assistant, Graduate course, Intervention I, University of Maryland, Baltimore County, MD
2013-2018	Lecturer, Graduate students, Treatment of Psychopathology Course, Eating Disorders, Loyola University, Department of Pastoral Studies, Columbia MD, given yearly
2013-present	Lecturer, Graduate students, Clinical Interventions in Behavioral Medicine, Managing Overweight and Obesity, University of Maryland, Baltimore County, MD, given yearly with exception of 2020 (COVID)
10/13	Lecturer, Graduate students, Introduction to Public Health, Eating Disorders, Johns Hopkins School of Public Health, Baltimore, MD
12/13	Small group facilitator, Medical students, Motivation and Behavioral Change, Johns Hopkins School of Medicine, Baltimore, MD
2014-19	Lecturer, Undergraduate students, Clinical and Public Health Behavior Change, Motivating Behavior Change, Johns Hopkins University, Baltimore, MD, given 1-2/year
2015-present	Lecturer, medical students, "Eating disorders as motivated behaviors", Johns Hopkins University School of Medicine, Baltimore MD, quarterly lecture to 3 rd year medical students on Psychiatry Clinical Clerkship rotation
2020-present	Lecturer, medical residents "Treating outpatients with eating disorders", Johns Hopkins University School of Medicine, Baltimore MD, annual lecture to 2 nd year psychiatry residents
12/21-present	Lecturer, medical students, "Eating disorders: Clinical presentation and treatment recommendations" Johns Hopkins School of Medicine, Baltimore, MD, Lunch and learn program for medical students, given yearly
09/23	Lecturer, medical residents "Eating disorders in adolescents: Risk factors, screening, and treatment" Johns Hopkins School of Medicine, Baltimore, MD

National None

International None

Clinical instruction

JHMI/Regional

2015-present Clinical supervisor, postdoctoral clinical psychology fellows in Eating Disorders; Johns Hopkins Eating Disorders Program. 2-5 hours per week year-round, Johns Hopkins School of Medicine

National None

International None

CME instruction

JHMI/Regional

5/2014 Lecturer, community pediatricians, internists, psychiatrists, psychologists, social workers and dietitians interested in the treatment of patients with eating disorders, “Family Therapy and Parent Training: A primer”, 2014 Johns Hopkins Eating Disorders Conference: “Bridging the Gap, Applying Research to Treatment, Johns Hopkins School of Medicine, Baltimore, MD

5/2015 Lecturer, community pediatricians, internists, psychiatrists, psychologists, social workers and dietitians interested in the treatment of patients with eating disorders, “Evidence Based Treatments of Bulimia Nervosa”, 2015 Johns Hopkins Eating Disorders Conference: “Meeting the Challenge across the Lifespan”, Johns Hopkins School of Medicine, Baltimore, MD

11/2021 Lecturer, psychiatrists, psychologists, social workers, students, “The identification and treatment of eating disorders: Screening and intervention strategies by diagnosis” Continuing Medical Education presentation to the Spring Grove Hospital Center, Catonsville, MD

National

11/2019 Panel organizer and moderator, “Assessment and behavioral treatment of chronic pain”, panel was presented at the annual meeting of the American Society of Metabolic and Bariatric Surgery, Las Vegas, NV

11/2019 Panel presenter, “Pain catastrophizing in patients undergoing bariatric surgery: clinical considerations”, presented as part of the course: “Assessment and behavioral treatment of chronic pain” at the annual meeting of the American Society of Metabolic and Bariatric Surgery, Las Vegas, NV

10/2020 Panel presenter, “Managing significant psychological issues before and after bariatric surgery”, Panel Presentation: Embracing Multidisciplinary Care- Medical and Surgical Care Under One Roof. Obesity Medicine Association Annual Conference *Converted to virtual conference during COVID pandemic*

6/2022 Panel presenter, “The treatment of eating disorders before and after metabolic and bariatric surgery: An update” presented as part of the course: “Master’s in Behavioral Health” at the annual meeting of the American Society of Metabolic and Bariatric Surgery, Dallas, TX

International

5/2020 Symposium co-presenter, “Big Little Lies: Why patients don’t always disclose their eating disorder and the basics of treating them anyway,” accepted for presentation at 2020 American Psychiatric Association (APA) Annual Conference scheduled in Philadelphia, general session 1635. *In person conference cancelled due to COVID-19 pandemic. Invited by APA On Demand to record the session for distribution (see other media section for details)*

Workshops /seminars

JHMI/Regional

- 05/2016 Workshop presenter, “Integrating families into treatment for eating disorders”, presented at the annual Johns Hopkins Eating Disorders Conference, Baltimore, MD
- 10/2017 Workshop presenter, “Anxious at the table”, presented at the annual Johns Hopkins Eating Disorders Conference, Baltimore, MD
- 10/2018 Workshop presenter, “Tackling weight loss in patients with disordered eating”, presented at the annual Johns Hopkins Eating Disorders Conference, Baltimore, MD

National

- 11/2014 Workshop presenter, “How I do it: Clinical issues for patients seeking bariatric surgery”, presented as part of the course: Master’s in Behavioral Health for the annual conference of the American Society of Metabolic and Bariatric Surgery, Obesity Week, Boston, MA
- 10/2015 Workshop presenter, “Eating disorders after bariatric surgery: Prevalence, detection, and treatment”, presented as part of the course: Master’s in Behavioral Health for the annual conference of the American Society of Metabolic and Bariatric Surgery, Obesity Week, Los Angeles, CA

International

- 04/2015 Workshop presenter, “Treatment in anorexia nervosa: Ethical issues and a pragmatic approach to treatment refusal in the severely ill patient, presented at the annual meeting of the International Conference on Eating Disorders, supported by the Academy of Eating Disorders, Boston, MA
- 05/2016 Workshop presenter, “Satisfaction with treatment: Evaluating a behavioral inpatient program for eating disorders”, Workshop presented at the annual meeting of the International Conference on Eating Disorders, supported by the Academy of Eating Disorders, San Francisco, CA
- 06/2022 Workshop leader, “Breaking bread: Exposure informed strategies for meal coaching and eating with your outpatients”, Workshop presented at the annual meeting of the International Conference of Eating Disorders sponsored by the Academy of Eating Disorders, Mexico City, Mexico (converted to virtual).
- 03/2024 Workshop Presenter, “Navigating the Intersection of ARFID and AN: Strategies for Nutritional and Behavioral Management” Workshop presented at the annual meeting of the International Conference of Eating Disorders sponsored by the Academy of Eating Disorders, New York, NY.

Mentoring

Pre-doctoral Advisees /Mentees

- 2013-2015 Saniha Makhzoumi, PhD [clinical psychology predoctoral student at University of Maryland Baltimore County and research extern/practicum student], currently private practice in Towson with specialization in the treatment of eating disorders. Clinical Psychology PhD, University of Maryland, Baltimore County. awarded 2016 dissertation title “Predictors and outcomes of different growth curve trajectories of weight gain in treatment for anorexia nervosa,” Clinical Psychology Internship Stanford University 2015-2016, Eating Disorders Fellowship, Center for Eating Disorders, Sheppard Pratt 2016-2017, *co-authored* OR 2, 4, 8, 10, BC 2
- 2014-2018 Jenny Hansen, MHS, MD [Johns Hopkins undergraduate research tutorial student, then research extern while obtaining MHS at Johns Hopkins School of Public Health], currently OB/GYN intern at Cleveland Clinic, Cleveland, OH, completed her BA and MHS from the Johns Hopkins University and School of Public Health respectively, I supervised her undergraduate honors research thesis which won the “Most Distinguished Thesis in Public Health Studies”, *co-authored* OR 4, 6, 7, 10

- 2017-2020 Lori Laddaran, BA [Johns Hopkins undergraduate research tutorial student and later research extern volunteer], currently 3rd year medical student, Quinnipiac School of Medicine, New Haven, CT, *co-authored* OR 10, 13
- 2018-2020 Felicia Pettey, BA [Johns Hopkins undergraduate research tutorial student], currently an NIH Diversity Fellow and a clinical research coordinator in the Massachusetts's General Hospital Eating Disorders Program, Boston MA and has been accepted to Temple University's doctoral program in clinical psychology, I supervised her undergraduate honors thesis which was accepted as a poster presentation at the Eastern Psychological Association in 2020 (cancelled due to COVID), *co-authored* OR 17
- 2019-2020 Kristie Sun BA [Johns Hopkins undergraduate research tutorial student], currently 3rd year medical student, Case Western Reserve School of Medicine, OH
- 2020-2022 Sarah Ann Duck [Johns Hopkins undergraduate and research tutorial student], 2022 Psi Chi International Honor Society in Psychology Eastern Regional Research Award for research poster "Parental dieting impacts inpatient treatment outcomes for adolescents with restrictive eating disorders" presented at the Eastern Psychological Association Annual Meeting. I supervised Ms. Duck on this project, and the results were recently published in the International Journal of Eating Disorders, *co-authored* OR 24, 25
- 2022-2023 Kathy Hong [Johns Hopkins undergraduate research tutorial student], I supervised her independent research project "Exploring the relationship between sleep and eating disorder symptoms for adolescents with restrictive eating disorders" presented at the Johns Hopkins Undergraduate Research Conference (DREAMS), Spring 2023
- 2023-2024 Kenye ("Lucy") Zhao [Johns Hopkins undergraduate and research tutorial student], 2024 Psi Chi International Honor Society in Psychology Eastern Regional Research Award for research poster "Appearance investment in eating disorders: Considering diagnosis, illness duration, and treatment response" presented at the Eastern Psychological Association Annual Meeting. I supervised Ms. Zhao on this project and a manuscript is currently in preparation.

Post-doctoral Advisees /Mentees

- 2016-2017 Laura Fischer, PhD, RD [clinical research postdoctoral fellow Johns Hopkins Eating Disorders Program], currently ICTR Research Dietician, Children's National Hospital, Washington DC, *coauthored* OR 5, 6, 15, 20
- 2017-2020 Saniha Makhzoumi, PhD, [clinical research postdoctoral fellow Johns Hopkins Eating Disorders Program 2017-2018; part time Clinical Assistant in Johns Hopkins Eating Disorders Clinic 2018-2020], currently private practice in Towson MD, I was Dr. Makhzoumi's primary clinical supervisor; *co-authored* OR 2, 4, 8, 10, BC 2
- 2019-2021 Marita Cooper, PhD, clinical research postdoctoral fellow, Johns Hopkins Eating Disorders Program, currently postdoctoral fellow with the Eating Disorders Assessment and Treatment Program at Children's Hospital of Philadelphia (CHOP) I was Dr. Cooper's research co-mentor and primary clinical supervisor, *coauthored* OR 13, 16, 17, 20
- 2021-2023 Irina Vanzhula PhD, clinical research postdoctoral fellow; Johns Hopkins Eating Disorders Program, currently a Research Assistant Professor at the University of Kansas. Dr. Vanzhula's abstract won the Top Scoring Abstract Award for Students, Trainees, and Early

Career Professionals at the annual International Conference on Eating Disorders in 2022. I was Dr. Vanzhula's research co-mentor and her primary clinical supervisor, *coauthored* OR 20, 21, 23, 25, 26

2022-present Mary Martinelli PhD, currently clinical research postdoctoral fellow; Johns Hopkins Eating Disorders Program, Johns Hopkins School of Medicine, Baltimore, MD. I am Dr. Martinelli's primary clinical supervisor and research co-mentor, *coauthored* OR 26

Thesis committees None

Educational Program Building / Leadership

2016 Attendee, Johns Hopkins Office of Women in Medicine Emerging Women in Leadership Program – selected as participant for 2016 cohort

2016-present Co-director, I organized and co-directed the annual Johns Hopkins Eating Disorders Conference. This full day CME/CEU activity provides a practical update on research and treatment of eating disorders to interested community providers. It has attracted 100-150 attendees annually and consistently receives high ratings for quality and breadth of the presentations. The program includes a combination of lectures and workshops and includes both Hopkins and invited external speakers.

2021- present Mentorship Sub-committee Leader, As the Chair of the Integrated Health Multidisciplinary Care Committee, I collaboratively organized an interdisciplinary mentorship program for Integrated Health members within the American Society of Metabolic and Bariatric Surgery. My term as Chair ended in 2023, and I am currently leading the Mentorship Sub-committee to oversee this project, which launched in January 2024 with 18 mentee/mentor dyads for a 1-year pilot program.

Educational Demonstration Activities to external audiences None

RESEARCH ACTIVITIES

Research Focus

My clinical interests include examining predictors of short-term outcome following intensive treatment for anorexia nervosa and avoidant restrictive food intake disorder (ARFID). I have focused on the importance of achieving weight restoration and practicing normative eating behaviors, including consumption of high-calorie density foods as the strongest predictors of treatment outcome and am interested in developing strategies, to help prevent relapse in patients with anorexia nervosa during the high-risk period immediately following inpatient discharge and achievement of a healthy minimum weight. Specifically I am interested in the roles of food anxiety, learning, and decision making around food that influence food preferences and choice in eating disorders. A secondary clinical research interest focuses on examining psychosocial predictors of treatment outcomes for patients undergoing bariatric surgery, including the impact of disordered eating, depression, and pain catastrophizing.

Research Program Building / Leadership

2009 – 2018 Researcher, Johns Hopkins Eating Disorders Program, I had primary responsibility for the creation and maintenance of a longitudinal clinical outcomes database for inpatient and outpatient eating disorders treatment at Johns Hopkins.. Clinical data from this initiative resulted in over a dozen peer reviewed publications and over 30 posters and oral presentations at national and international eating disorders conferences (list provided on request - see posters section for first authored posters and presentations). Over 10

undergraduate, 3 predoctoral students and five postdoctoral clinical-research fellows were mentored through this project during this timeframe.

2019-present Director of Clinical Research, Johns Hopkins Eating Disorders Program, In this role, I hold primary responsibility for all current clinical research projects conducted within the Eating Disorders program. I am the primary supervisor for a clinical-research postdoctoral fellow, graduate student and several undergraduate research students involved in this project. This includes the data management of a large (>1,000 participants) longitudinal eating disorder treatment study, and responsibility for overseeing study regulatory issues.

Research Demonstration Activities: None
Inventions, Patents, Copyrights None
Technology Transfer Activities None

SYSTEM INNOVATION AND QUALITY IMPROVEMENT ACTIVITIES None

ORGANIZATIONAL ACTIVITIES

Institutional Administrative Appointments

2017-present Member, Faculty Development Committee

Editorial Activities

Editorial Board appointments

2023-present Frontiers in Psychology (Eating Behaviors section)

2023-present Surgery for Obesity and Related Disease

Journal peer review activities

2013-present Behavioral Modification

2014-present European Eating Disorders Review

2015-present Surgery for Obesity and Related Disease

2015-present The Journal of the American Medical Association, Pediatrics

2016-present International Journal of Eating Disorders

2017-present PLOS ONE

2017-present Obesity Surgery

2018-present Physiology and Behavior

2019-present Clinical Psychology Review

2019-present Eating Behaviors

2019-present Psychological Medicine

2020-present Learning and Motivation

2020-present Appetite

2020-present British Medical Journal Open

2021-present Frontiers in Psychology (section Eating Behaviors) and Psychiatry

Other peer review activities

None

Advisory Committees, Review Groups/Study Sections

None

Professional Societies

2013-present American Psychological Association

2013-present	Academy for Eating Disorders (AED)
2013-present	Member (AED)
2014-2021	Member, Bariatric Surgery Special Interest Group
2017-2020	Co-chair, Bariatric Surgery Special Interest Group
2013-present	Member, American Society of Metabolic and Bariatric Surgery
2018-2019	Member, Integrated Health Multidisciplinary Care Committee
2019-2021	Co-chair, Integrated Health Multidisciplinary Care Committee
2021-2023	Chair, Integrated Health Multidisciplinary Care Committee
2023-present	Immediate Past Chair, Integrated Health Multidisciplinary Care Committee
2023-present	Subcommittee Leader, Mentorship Subcommittee, Integrated Health Multidisciplinary Care Committee

Conference Organizer

JHMI/Regional

2016	Conference Organizer and Course Director, Johns Hopkins Eating Disorders 3rd Annual CME Conference “Enhancing Motivation and Engagement in Treatment,” Johns Hopkins University School of Medicine, Baltimore, MD (8-hour program, 92 registered participants). Average talk rating 4.45/5.0
2017	Conference Organizer and Course Director, Johns Hopkins Eating Disorders 4th Annual CME Conference, “Eating Disorders: From Prevention to Intervention,” Johns Hopkins University School of Medicine, Baltimore, MD, (8-hour program, 115 registered participants)
2018	Conference Organizer and Course Director, Johns Hopkins Eating Disorders 5th Annual CME Conference, “Enhancing Care and Solving Clinical Challenges,” Johns Hopkins University School of Medicine, Baltimore, MD (8-hour program - 122 registered participants). Average talk rating 4.5/5.0
2020	Conference Organizer and Course Director, Johns Hopkins Eating Disorders 6 th Annual CME Conference, “Integrating Best Practices and New Approaches,” Johns Hopkins University School of Medicine, Baltimore, MD (8-hour program), <i>scheduled and advertised but postponed to 2021 due to COVID-19 epidemic</i>

National- None

International-None

Session Chair

JHMI/Regional- None

National- None

International- None

Consultantships- None

RECOGNITION

Awards, Honors

2021	Editor’s Recognition Award for Distinction in Reviewing, Honorable Mention, Obesity Surgery
2023	Golden Heart Award

Invited Talks

JHMI/Regional

12/13	“Behavioral, pharmacological, and surgical management of obesity”, Johns Hopkins School of Medicine, Baltimore, MD, panel discussion
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- 1/14 “Perceived coercion and response to hospital-based treatment for eating disorders”, Medical Psychology Lecture, Johns Hopkins School of Medicine, Department of Psychiatry and Behavioral Sciences, Baltimore, MD
- 11/15 Symposium speaker, “Inpatient treatment for post-bariatric surgery patients diagnosed with an eating disorder” presented as part of the course: “Master’s in Behavioral Health” at the annual meeting of the American Society of Metabolic and Bariatric Surgery, Los Angeles, CA
- 12/15 “Eating disorders: Dispelling myths”, Johns Hopkins School of Medicine, Department of Marketing and Communications, Baltimore, MD
- 7/16 “Body image in eating disorders”, Fashion Week, Baltimore, MD
- 11/16 “Eating disorders in athletes: The role of exercise”, Regional Conference of the American Physical Therapy Association (DC, Delaware, Maryland Chapters)
- 2/17 “Evaluating and treating eating disorders: An update”, Psychiatry Research Conference, Johns Hopkins School of Medicine, Department of Psychiatry and Behavioral Sciences, Baltimore MD
- 1/20 “Eating disorders”, Divisional Psychiatry Lecture, Adolescent Medicine, Johns Hopkins School of Medicine, Baltimore, MD
- 4/21 “Emerging and recurring psychological risks after bariatric surgery”, Medical Psychology Seminar, Johns Hopkins School of Medicine, Department of Psychiatry, Baltimore, MD
- 1/22 “Facing food: Meal-based exposure and response prevention in anorexia nervosa”, Psychiatry Grand Rounds at the Johns Hopkins School of Medicine, Baltimore, MD
- 3/22 “Eating disorders and maladaptive eating: Treatment considerations”, Presentation for the Healthy Eating, Activity, and Weight Management Program at the Johns Hopkins School of Medicine, Baltimore, MD
- 8/22 “Eating disorders: Clinical presentation and treatment recommendations”, University Health Services, Johns Hopkins School of Medicine, Baltimore, MD
- 05/23 “Eating Disorders in Adolescents: Risk Factors, Screening, and Treatment”, 49th Annual Pediatric Trends Conference, Johns Hopkins Children’s Center, Baltimore, MD
- National**
- 3/17 “Delay discounting in anorexia nervosa”, The Columbia Center for Eating Disorders, New York State Psychiatric Institute, New York, NY
- 11/21 “The identification and treatment of eating disorders: Screening and intervention strategies by diagnosis” Spring Grove Hospital Center, Catonsville, MD
- 6/22 “Identifying patient specific barriers to behavioral/nutritional changes” Panel presenter for the Innovative Approaches: Patient optimization for Pre and Post Surgery Weight Loss at the annual meeting of the American Society of Metabolic and Bariatric Surgery, Dallas, TX
- 9/22 “Disordered eating After bariatric surgery”, Presentation for the New York State Chapter of the American Society of Metabolic and Bariatric Surgery, New York, NY
- 10/22 “Risky food choices require deliberation: Examining food choice in patients with anorexia nervosa”, Presentation to the Eating Disorders Program at The Columbia Center for Eating Disorders, New York State Psychiatric Institute, New York, NY
- 11/22 “The identification and treatment of eating disorders”, Medical Grand Rounds, Abington-Jefferson Hospital, Abington, PA
- 11/22 “Facing food: Meal-based exposure and response prevention in anorexia nervosa”, Psychiatry Grand Rounds at the Dartmouth-Hitchcock Medical Center, Hanover, NH
- 6/23 “Helpful strategies for challenging bariatric surgical patients who struggle with mental health: A case study”, “A Masters Course in Metabolic and Bariatric Surgery, Annual Meeting of the American Society of Metabolic and Bariatric Surgery, Las Vegas, NV.
- International**
- 6/20 “Factors affecting surgical completion in patients seeking bariatric surgery” Presentation at the annual meeting of the Bariatric Surgery Special Interest Group for the Academy of Eating Disorders, International Conference on Eating Disorders (virtual).

Visiting Professorships- None

OTHER PROFESSIONAL ACCOMPLISHMENTS

Posters

- 9/09 **Schreyer CC**, Pinto AM, Coughlin JW, Redgrave GW, Heinberg L, Thornburg M, & Guarda AS. The Eating Disorders Self-Efficacy Questionnaire (EDRSQ) predicts outcomes following discharge from partial hospitalization, poster presentation at the annual conference of the Eating Disorder Research Society, Brooklyn, NY.
- 9/10 **Schreyer CC**, Coughlin JW, Redgrave GW, Lui R, Shao S, & Guarda AS. Patient satisfaction with hospital-based behavioral treatment is related to outcome, poster presentation at the annual conference of the Eating Disorder Research Society, Cambridge, MA.
- 9/13 **Schreyer CC**, Coughlin JW, Redgrave GW, Gunay, K, & Guarda AS. Participation in Eating Disorder Research Studies is Associated with Small Effect Sizes for Differences in Clinical Response. Poster presentation at the annual conference of the Eating Disorder Research Society, Bethesda, MD.
- 5/16 **Schreyer CC**, Redgrave GW, Coughlin JW, Makhzoumi SH, & Guarda AS. Hospital course, neuroticism, and anxiety in inpatients with ARFID. Poster presentation at the annual International Conference on Eating Disorders, supported by the Academy of Eating Disorders, San Francisco, CA.
- 3/19 **Schreyer CC**, Makhzoumi SH, Redgrave GW, Sun K, Guarda AS. Clinically Significant Change in Underweight Patients Treated in a Hospital-Based, Rapid Weight Restoration Behavioral Eating Disorders Program Poster presentation at the annual International Conference on Eating Disorders, supported by the Academy of Eating Disorders, New York, NY.
- 9/19 **Schreyer CC**, Johnson M, Berry M, Hansen JL & Guarda AS. Delay discounting in anorexia nervosa: Trait anxiety is associated with preference for larger later caloric restriction rewards. Poster presentation at the annual meeting of the Eating Disorder Research Society, Chicago, IL.
- 9/21 **Schreyer CC**, Cooper, M, Guarda AS. Exposure and Response Prevention is Associated with Reductions in Physiological, but not Self-Report Anxiety in Hospitalized Underweight Patients with Anorexia Nervosa. Poster presented at the annual meeting of the Eating Disorder Research Society (virtual).

Oral/Podium Presentations

- 5/2-4/13 **Schreyer CC**, Coughlin JW, Pitts, S., Redgrave, G., & Guarda AS. Perceived Coercion Regarding Hospital Admission and Readiness to Change Affect Patient Outcomes at Discharge and Six Month Follow-up. Paper Presentation at the annual International Conference on Eating Disorders, supported by the Academy of Eating Disorders, Montreal, Canada.
- 3/27-29/14 **Schreyer CC**, Coughlin JW, Redgrave GW, & Guarda AS. Low Estrogen State in Underweight Hospitalized Patients with Eating Disorders is Associated with Increased State and Trait Level Anxiety Independent of BMI. Paper Presentation at the annual International Conference on Eating Disorders, supported by the Academy of Eating Disorders, New York, NY.
- 10/31-11/4/16 **Schreyer CC**, Coughlin JW, & Guarda AS. Hospital Course for Post-Surgical Bariatric Patients Requiring Specialty Eating Disorder Inpatient Treatment: A Case Control Study. Paper Presentation at the annual conference of the American Society of Metabolic and Bariatric Surgery, Obesity Week, New Orleans, LA.

- 4/19-21/18 **Schreyer CC**, Berry MS, Hansen JL, Redgrave GW, Johnson MW, Steinglass JE, Guarda AS. "Delay discounting in anorexia nervosa"- Paper presentation at the annual meeting of the International Conference on Eating Disorders, supported by the Academy of Eating Disorders, Chicago, IL
- 11/10-15/18 **Schreyer CC**, Salwen-Dermer J, Holloway B, Montanari A, Coughlin JW. Pain perceptions in bariatric surgery candidates: The Role of Pain Catastrophizing. Paper Presentation at the American Society of Metabolic and Bariatric Surgery, Obesity Week, Nashville, TN
- 11/3-8/19 **Schreyer CC**, Salwen-Dermer J, Montanari A, Coughlin JW. "Clinically significant psychopathology and weight loss outcomes: Is there a floor effect?", Paper presentation at the annual meeting of the American Society of Metabolic and Bariatric Surgery, Las Vegas, NV.
- 6/9-11/22 **Schreyer CC**, Vanzhula IA, Guarda AS. "The imagined food consumption task: Assessing food-related anxiety via skin conductance level in patients with anorexia nervosa", Paper presented at the annual meeting of the International Conference on Eating Disorders sponsored by the Academy of Eating Disorders, Mexico City, Mexico (virtual)
- 6/26/23 **Schreyer CC**, Salwen-Dermer JS, Sanicola C, Martinelli MK, Vanzhula IA, Coughlin JW, Hymowitz GF. Assessing reliability and validity of sleep assessments in patients seeking metabolic and bariatric surgery. Paper Presentation at the American Society of Metabolic and Bariatric Surgery Annual Conference, Las Vegas, NV.
- 9/18/23 **Schreyer CC**, Vanzhula IA, Guarda AS. Pre-admission food exposure and trait anxiety impact reductions in food-related anxiety during treatment for patients with eating disorders. Paper presented at the annual meeting of the Eating Disorder Research Society, Boston, MA.
- 3/15/24 **Schreyer CC**, Martinelli MK, Vanzhula IA, Guarda AS. "Weight Suppression is associated with illness severity, but not treatment outcomes in inpatients with bulimia nervosa., Paper presented at the annual meeting of the International Conference on Eating Disorders sponsored by the Academy of Eating Disorders, New York, NY.