









CO CHAIRS



Name, Degrees, Title, Affiliation, and Email	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Anne L. Peters, MD</p> <p>Professor of Clinical Medicine Division of Endocrinology Keck School of Medicine of the University of Southern California</p> <p>momofmax@mac.com</p>		<p>My work has been in the area of creating clinical diabetes programs for people throughout the socio-economic spectrum. In particular I run a program in LA County where we provide technology to under-resourced individuals with diabetes and study how to make it work most effectively. Maintenance of behavior change is particularly important in this population where social determinants of health often dictate the persistence (or lack thereof) of any given therapy.</p>	<p>Holt RIG, DeVries JH, Hess-Fischl A, Hirsch IB, Kirkman MS, Klupa T, Ludwig B, Nørgaard K, Pettus J, Renard E, Skyler JS, Snoek FJ, Weinstock RS, Peters AL. The Management of Type 1 Diabetes in Adults. A Consensus Report by the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD). <i>Diabetes Care</i>. 2021;44:2589-2625.</p> <p>Orrange S, Ruelas V, Peters A. Specialized Technology Education for Pumps & Pens in Underserved Populations with Diabetes (STEPP-UP). <i>Diabetes Technol Ther</i>. 2021 Nov 22. doi: 10.1089/dia.2021.0265.</p> <p>Pyatak EA, Carandang K, Vigen CLP, Blanchard J, Diaz J, Concha-Chavez A, Sequeira PA, Wood JR, Whittmore R, Spruijt-Metz D, Peters AL. Occupational Therapy Intervention Improves Glycemic Control and Quality of Life among Young Adults with Diabetes: The Resilient, Empowered, Active Living with Diabetes (REAL Diabetes) Randomized Controlled Trial. <i>Diabetes Care</i> 41:696-704, 2018</p>


Name, Degrees, Title, Affiliation, and Email	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Alexander J. Rothman, PhD</p> <p>Professor of Psychology Department of Psychology University of Minnesota</p> <p>rothm001@umn.edu</p>		<p>My research program is grounded on a synthesis of basic research on how people process and use health information with the development and evaluation of theory-based interventions to promote healthy behavior. This work is done across a broad array of health domains and has focused on issues such as why and when different health communication strategies are most effective, the decision processes that underlie the initiation and maintenance of behavior change, and the development of strategies for optimizing the integration of theory and practice.</p>	<p>Rothman, A.J. (2000). Toward a theory-based analysis of behavioral maintenance. <i>Health Psychology, 19</i>, 64-69.</p> <p>Rothman, A.J., & Sheeran, P. (2020). What is slowing us down? Six challenges to accelerating advances in health behavior change. <i>Annals of Behavioral Medicine, 54</i>, 948-959. DOI: 10.1093/abm/kaaa090</p>
<p>K. Rivet Amico, PhD</p> <p>Associate Professor, Health Behavior & Health Education, University of Michigan</p> <p>ramico@umich.edu</p>		<p>My research program focuses on social behavioral aspects of living with and preventing HIV and social determinants of health and well-being among youth, pregnant and breastfeeding women, and members of the LGBTQ+ community.</p>	<p>Amico KR, Lindsey JC, Hudgens M, Dallas R, Horvath KJ, Dunlap A, et al. Randomized Controlled Trial of a Remote Coaching mHealth Adherence Intervention in Youth Living with HIV. <i>AIDS and behavior</i> 2022; 26(12):3897-3913.</p> <p>Amico KR, Mugavero M, Krousel-Wood MA, Bosworth HB, Merlin JS. Advantages to Using Social-Behavioral Models of Medication Adherence in Research and Practice. <i>Journal of general internal medicine</i> 2018; 33(2):207-215.</p> <p>Amico KR, Wallace M, Bekker LG, Roux S, Atujuna M, Sebastian E, et al. Experiences with HPTN 067/ADAPT Study-Provided Open-Label PrEP Among Women in Cape Town: Facilitators and Barriers Within a Mutuality Framework. <i>AIDS and behavior</i> 2017; 21(5):1361-1375</p>


Name, Degrees, Title, Affiliation, and Email	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Genevieve Dunton, PhD</p> <p>Professor of Population and Public Health Sciences & Psychology; Division Chief for the Division of Health Behavior Research, Keck School of Medicine USC</p> <p>dunton@usc.edu</p>		<p>Research develops, tests, and applies real-time data capture methodologies, statistical strategies, and interventions using smartphones and wearable sensors, to better understand the effects of psychological, social, and environmental factors on eating and physical activity adoption and maintenance.</p>	<p>Dunton, G. F., Leventhal, A. M., Rebar, A. L., Gardner, B., Intille, S. S., & Rothman, A. J. (2022). Towards consensus in conceptualizing and operationalizing physical activity maintenance. <i>Psychology of Sport and Exercise, 61</i>, 102214.</p> <p>Dunton, G. F., Rothman, A. J., Leventhal, A. M., & Intille, S. S. (2021). How intensive longitudinal data can stimulate advances in health behavior maintenance theories and interventions. <i>Translational Behavioral Medicine, 11</i>(1), 281-286.</p> <p>Wang, S., Intille, S., Ponnada, A., Do, B., Rothman, A., & Dunton, G. (2022). Investigating Microtemporal Processes Underlying Health Behavior Adoption and Maintenance: Protocol for an Intensive Longitudinal Observational Study. <i>JMIR Research Protocols, 11</i>(7), e36666.</p>



Name, Degrees, Title, Affiliation, and Email	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Donald Edmondson, PhD</p> <p>Director of the Center for Behavioral Cardiovascular Health, Associate Professor of Behavioral Medicine, Columbia University Irving Medical Center</p> <p>dee2109@cumc.columbia.edu</p>		<p>I am an expert in the psychological impact of life-threatening illness, and how interoceptive distress undermines health behaviors in CVD patients. I am also PI of the Columbia NIH Science of Behavior Change (SOBC) Resource and Coordinating Center at CBCH, a trans-NIH effort to promote the adoption of the experimental medicine approach to identifying causal mechanisms of behavior change and optimizing behavioral interventions to those mechanisms.</p>	<p>Edmondson D. (2014). An enduring somatic threat model of posttraumatic stress disorder due to acute life-threatening medical events. <i>Social and Personality Psychology Compass</i>, 8(3), 118-134. PMID: PMC4048720</p> <p>Kronish, I. M., Cornelius, T., Schwartz, J. E., Shechter, A., Diaz, K. M., Romero, E. K., & Edmondson, D. (2020). Posttraumatic stress disorder and electronically measured medication adherence after suspected acute coronary syndromes. <i>Circulation</i>, 142(8), 817-819.</p> <p>Edmondson, D., Conroy, D., Romero-Canyas, R., Tanenbaum, M., & Czajkowski, S. (2022). Climate change, behavior change and health: a multidisciplinary, translational and multilevel perspective. <i>Translational Behavioral Medicine</i>, 12(4), 503-515.</p>
<p>Allison Harvey, PhD</p> <p>Professor of Clinical Psychology; Director of the Golden Bear Sleep and Mood Research Clinic, UC Berkeley</p> <p>aharvey@berkeley.edu</p>		<p>Habit formation, adherence, improving memory for treatment and sleep/circadian rhythms across the lifespan.</p>	<p>Harvey, A. G., Callaway, C. A., Zieve, G. G., Gumport, N. B., & Armstrong, C. C. (2022). Applying the science of habit formation to evidence-based psychological treatments for mental illness. <i>Perspectives on Psychological Science</i>, 17(2), 572-589.</p> <p>Sarfan, L. D., Zieve, G. G., Mujir, F., Gumport, N. B., Xiong, M., & Harvey, A. G. (2023). Serial Mediators of Memory Support Strategies Used With Cognitive Therapy for Depression: Improving Outcomes Through Patient Adherence and Treatment Skills. <i>Behavior Therapy</i>, 54(1), 141-155.</p>


Name, Degrees, Title, Affiliation, and Email	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Marisa Hilliard, PhD</p> <p>Associate Professor, Pediatrics/Psychology, Baylor College of Medicine and Texas Children’s Hospital</p> <p>marisa.hilliard@bcm.edu</p>		<p>Behavioral interventions to promote resilience, quality of life, self-management behaviors, and target health outcomes in youth and young people with type 1 diabetes and their families</p>	<p>Hilliard ME, Powell PW, Anderson BJ. Evidence-based behavioral interventions to promote diabetes management in children, adolescents, and families. <i>Am Psychol</i>. 2016;71(7):590-601. doi:10.1037/a0040359</p> <p>Hood KK, Hilliard M, Piatt G, Ievers-Landis CE. Effective strategies for encouraging behavior change in people with diabetes. <i>Diabetes Manag (Lond)</i>. 2015;5(6):499-510.</p> <p>Modi AC, Pai AL, Hommel KA, et al. Pediatric self-management: a framework for research, practice, and policy. <i>Pediatrics</i>. 2012;129(2):e473-e485. doi:10.1542/peds.2011-1635</p>
<p>Girardin Jean-Louis, PhD</p> <p>Adjunct Professor of Population Health and Psychiatry, New York University</p> <p>Professor of Psychiatry and Neurology, Miller School of Medicine, University of Miami</p> <p>girardin.jean-louis@miami.edu</p>		<p>The overarching goal of his research is to address multi-level barriers hindering adoption of healthful practices in minoritized communities. His research focuses on the application of agile digital health models to enhance treatment adherence to reduce risk of CVD and Alzheimer’s Disease. Dr. Jean-Louis’ research also addresses the psychosocial and environmental determinants of health behavior preventing access to adequate care in diverse communities, disproportionately burdened by adverse cardiovascular and cerebrovascular outcomes.</p>	<p>Jean-Louis G, Robbins R, Williams NJ, Allegrante JP, Rapoport DM, Cohall A, Ogedegbe G. Tailored Approach to Sleep Health Education (TASHE): a randomized controlled trial of a web-based application. <i>J Clin Sleep Med</i>. 2020 Aug 15;16(8):1331-1341.</p> <p>Jean-Louis G, Newsome V, Williams NJ, Zizi F, Ravenell J, Ogedegbe G. Tailored Behavioral Intervention Among Blacks With Metabolic Syndrome and Sleep Apnea: Results of the MetSO Trial. <i>Sleep</i>. 2017 Jan 1;40(1):zsw008.</p> <p>Seixas AA, Trinh-Shevrin C, Ravenell J, Ogedegbe G, Zizi F, Jean-Louis G. Culturally tailored, peer-based sleep health education and social support to increase obstructive sleep apnea assessment and treatment adherence among a community sample of blacks: study protocol for a randomized controlled trial. <i>Trials</i>. 2018 Sep 24;19(1):519.</p>


Name, Degrees, Title, Affiliation, and Email	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Adam Leventhal, PhD</p> <p>Professor of Population and Public Health Sciences, Director of the Institute for Addiction Science, Keck School of Medicine USC</p> <p>adam.leventhal@usc.edu</p>		<p>Currently focusing on the risk factors for substance use among youth, the epidemiology of addictive behaviors in the U.S., and science designed to inform regulation of tobacco and other addictive consumer products.</p>	<p>Leventhal, A. M., & Zvolensky, M. J. (2015). Anxiety, depression, and cigarette smoking: a transdiagnostic vulnerability framework to understanding emotion-smoking comorbidity. <i>Psychological bulletin</i>, 141(1), 176–212. https://doi.org/10.1037/bul0000003</p> <p>Leventhal A. M. (2016). The Sociopharmacology of Tobacco Addiction: Implications for Understanding Health Disparities. <i>Nicotine & tobacco research : official journal of the Society for Research on Nicotine and Tobacco</i>, 18(2), 110–121. https://doi.org/10.1093/ntr/ntv084</p>
<p>Andrea Mendoza-Vasconez</p> <p>Assistant Professor of Behavioral and Social Sciences, Brown University School of Public Health</p> <p>andrea_mendoza@brown.edu</p>		<p>Promotion and maintenance of health behavior, mainly physical activity promotion and maintenance among Latino populations; use of technology to disseminate and tailor interventions; dissemination and implementation science; promotion of behaviors that can impact both health and environmental sustainability.</p>	<p>Mendoza-Vasconez, A. S., Badii, N., Becerra, E. S., Crespo, N., Hurst, S., Larsen, B., ... & Arredondo, E. M. (2022). Forming Habits, Overcoming Obstacles, and Setting Realistic Goals: A Qualitative Study of Physical Activity Maintenance Among Latinas. <i>International Journal of Behavioral Medicine</i>, 1-12.</p> <p>Mendoza-Vasconez, A. S., Becerra, E. S., Badii, N., Crespo, N., Hurst, S., Larsen, B., ... & Arredondo, E. M. (2022). Regular and App-Enhanced Maintenance of Physical Activity among Latinas: A Feasibility Study. <i>Translational Journal of the American College of Sports Medicine</i>, 7(1), e000188.</p> <p>Mendoza-Vasconez, A. S., Arredondo, E. M., Larsen, B., Crespo, N., Hurst, S., & Marcus, B. H. (2021). Lapse, relapse, and recovery in physical activity interventions for Latinas: A survival analysis. <i>International Journal of Behavioral Medicine</i>, 1-12.</p>



Name, Degrees, Title, Affiliation, and Email	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Jessica Merlin, MD, PhD, MBA</p> <p>Professor of Medicine with Tenure Director, CHallenges in Managing and Preventing Pain (CHAMPP) Clinical Research Center</p> <p>Co-Director, Tailored Retention and Engagement in Equitable Treatment of Opioid use disorder and Pain (TREETOP) research center University of Pittsburgh merlinjs@upmc.edu</p>		<p>Dr. Merlin’s research focuses on the intersection of chronic pain and opioid misuse/use disorder across populations and settings, particularly developing, testing, and implementing behavioral interventions.</p>	<p>Janet Ho J, Jones KF, Sager Z, Neale K, Childers JW, Loggers E, Merlin JS. Barriers to Buprenorphine Prescribing for Opioid Use Disorder in Hospice and Palliative Care. <i>J Pain Symptom Manage</i>. 2022 Aug;64(2):119-127. doi: 10.1016/j.jpainsymman.2022.05.004. Epub 2022 May 10. PMID: 35561938.</p> <p>Merlin JS, Westfall AO, Long D, Davies S, Saag M, Demonte W, Young S, Kerns RD, Bair MJ, Kertesz S, Turan JM, Kilgore M, Clay OJ, Starrels J, Pekmezi D, Johnson MO. A Randomized Pilot Trial of a Novel Behavioral Intervention for Chronic Pain Tailored to Individuals with HIV. <i>AIDS Behav</i>. 2018 Aug;22(8):2733-2742. doi: 10.1007/s10461-018-2028-2. PMID: 29340913; PMCID: PMC6047927.</p> <p>Merlin JS, Khodyakov D, Arnold R, Bulls HW, Dao E, Kapo J, King C, Meier D, Paice J, Ritchie C, Liebschutz JM. Expert Panel Consensus on Management of Advanced Cancer-Related Pain in Individuals With Opioid Use Disorder. <i>JAMA Netw Open</i>. 2021 Dec 1;4(12):e2139968. doi: 10.1001/jamanetworkopen.2021.39968. PMID: 34962565.</p>


Name, Degrees, Title, Affiliation, and Email	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Paula Anne Newman-Casey, MD, MS</p> <p>Associate Professor, Department of Ophthalmology & Visual Sciences, University of Michigan Health</p> <p>panewman@med.umich.edu</p>		<p>I am an ophthalmologist specializing in the medical and surgical treatment of glaucoma. My research involves understanding and navigating social determinants of health from a systems perspective to engage people in eye care and once diagnosed with glaucoma, using motivational interviewing- based health coaching and tailored education to engage people in their glaucoma self-management.</p>	<p>Newman-Casey PA, Killeen O, Miller S, MacKenzie C, Niziol LM, Resnicow K, Creswell JW, Cook P, Heisler M. A Glaucoma-Specific Brief Motivational Interviewing Training Program for Ophthalmology Para-professionals: Assessment of Feasibility and Initial Patient Impact. Health Commun. 2020 Feb;35(2):233-241.</p> <p>Newman Casey PA, Niziol LM, Lee PP, Musch DC, Resnicow K, Heisler M. The Impact of the Support, Educate, Empower (SEE) Personalized Glaucoma Coaching Pilot Study on Glaucoma Medication Adherence. Ophthalmology Glaucoma 2020; 3(4): 228-237.</p> <p>Killeen OJ, Niziol LM, Cho J, Heisler M, Resnicow K, Darnley-Fisch D, Musch DC, Lee PP, Newman-Casey PA. Glaucoma Medication Adherence 1 Year after the Support, Educate, Empower Personalized Glaucoma Coaching Program. Ophthalmol Glaucoma. 2023 Jan-Feb;6(1):23-28.</p>


Name, Degrees, Title, Affiliation, and Email	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Michael Otto, PhD</p> <p>Professor of Psychological and Brain Sciences, Boston University</p> <p>mwotto@bu.edu</p>		<p>I am a clinical psychologist with a research focus on developing and validating new psychosocial interventions, which includes a focus on health-behavior promotion, including investigations of addictive behaviors, medication adherence, sleep, and exercise. Across these behaviors, I have been concerned with cognitive, learning, and affective factors that amplify distress and/or derail adaptive behaviors.</p>	<p>Otto, M. W., Eastman, A., Lo, S., Hearon, B. A., Bickel, W. K., Zvolensky, M., Smits, J. A. J., Doan, S. N. (2016). Anxiety sensitivity and working memory capacity: Risk factors and targets for health behavior promotion. <i>Clinical Psychology Review, 49</i>, 67-78.</p> <p>Hearon, B. A., Beard, C., Kopeski, L. M., Smits, J. A. J., Otto, M. W., Björgvinsson, T. (2016). Attending to timely contingencies: Promoting physical activity uptake among adults with serious mental illness with an exercise-for-mood vs. an exercise-for-fitness prescription. <i>Behavioral Medicine, 27</i>, 1-8.</p> <p>Fitzgerald HE, Gorlin EI, & Otto MW. (2021). Working memory moderates the predictive influence of distress intolerance on health-related goal attainment. <i>Cognitive Behaviour Therapy, 50(2)</i>, 172-177.</p>
<p>L. Alison Phillips, PhD</p> <p>Associate Professor of Psychology, Iowa State University</p> <p>alisonp@iastate.edu</p>		<p>I do basic science and scale development work in the area of healthy habits, such as exercise, diet, and medication adherence: To what degree does habitual actual determine maintenance of these behaviors? What are health “habits” and how can we promote them? I also study identity as a mechanism of behavioral maintenance.</p>	<p>Phillips, L. A., & Mullan, B. A. (2022). Ramifications of behavioural complexity for habit conceptualization, promotion, and measurement. <i>Health Psychology Review</i>. doi:10.1080/17437199.2022.2060849</p> <p>Phillips, L. A., Burns, E., & Leventhal, H. (2020). Time-of-day differences in treatment-related habit strength and adherence. <i>Annals of Behavioral Medicine, 55(3)</i>, 280-285. https://doi.org/10.1093/abm/kaaa042</p> <p>Orbell, S., & Phillips, L. A. (2019). Automatic processes and self-regulation of illness. <i>Health Psychology Review</i>. doi:10.1080/17437199.2018.1503559</p>


Name, Degrees, Title, Affiliation, and Email	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Bernardine M. Pinto, PhD</p> <p>Professor and Associate Dean for Research College of Nursing University of South Carolina</p> <p>pintob@mailbox.sc.edu</p>		<p>My focus has been on physical activity promotion among middle aged and older adult patient populations, to manage chronic diseases such as cardiovascular disease. More recently, my focus has been on the adoption and maintenance of physical activity among cancer survivors to enhance their recovery.</p>	<p>Pinto B.M., Goldstein, M.G., Papandonatos, G.D., Farrell, N., Tilkemeier, P., Marcus, B.H. & Todaro, J.F. (2011). Maintenance of exercise after Phase II cardiac rehabilitation. <i>American Journal of Preventive Medicine</i>, 41, 274-283.</p> <p>Grimmett C, Corbett, T., Brunet, J., Shepherd, J., Pinto, B.M., May, CR., Foster, C. (2019). Systematic review and meta-analysis of maintenance of physical activity behavior change in cancer survivors. <i>International Journal of Behavioral Nutrition and Physical Activity</i>, 16(1):37. doi: 10.1186/s12966-019-0787-4.</p> <p>Pinto, B. M., Dunsiger, S.I., Kindred, M. M., & Mitchell, S. (2022). Physical activity adoption and maintenance among breast cancer survivors: A randomized trial of peer mentoring. <i>Annals of Behavioral Medicine</i>. doi: 10.1007/s11764-021-01162-z. Online ahead of print.PMID: 34994945</p>

Name, Degrees, Title, Affiliation, and Email	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Barbara Riegel, PhD, RN, FAAN, FAHA</p> <p>Professor of Nursing, University of Pennsylvania (Emerita) Senior Research Scientist, The Center for Home Care Policy & Research at VNS Health</p> <p>briegel@nursing.upenn.edu</p>		<p>I study self-care behaviors of adults with chronic illness, using a broad definition of self-care that includes treatment adherence, healthy behaviors, monitoring of signs and symptoms, and the management of symptoms when they occur.</p>	<p>Riegel B, Dickson VV, Vellone E. The Situation-Specific Theory of Heart Failure Self-Care: An Update on The Problem, Person, and Environmental Factors Influencing Heart Failure Self-Care. <i>Journal of Cardiovascular Nursing</i>, 2022, 37(6), 515-529. PMID: 35482335, DOI: 10.1097/JCN.0000000000000919</p> <p>Riegel B, Dunbar SB, Fitzsimons D, Freedland K, Lee CS, Middleton S, Stromberg A, Webber D, Vellone E, Jaarsma T. Self-care research: Where are we now? Where are we going? <i>International Journal of Nursing Studies</i>. 2021; 103402. [published online ahead of print, 2019 Aug 23] PMID: 31630807. PMCID: PMC7035984. DOI: 10.1016/j.ijnurstu.2019.103402.</p> <p>Riegel B, Hanlon A, Coe NB, Hirschman KB, Thomas G, Stawnychy M, Wald JW, Bowles KH. Health Coaching to Improve Self-Care of Informal Caregivers of Adults with Chronic Heart Failure – iCare4Me: Study Protocol for a Randomized Controlled Trial. <i>Contemporary Clinical Trials</i>. 2019; 85:105845. PMID: 31499227. PMCID: PMC6815729. DOI: 10.1016/j.cct.2019.105845</p>



Name, Degrees, Title, Affiliation, and Email	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Kathryn Ross, PhD, MPH</p> <p>Associate Professor & Associate Chair for Research, Clinical and Health Psychology, University of Florida</p> <p>kmross@php.ufl.edu</p>		<p>Using technology to improve the reach and effectiveness of behavioral weight management interventions; self-monitoring; promoting long-term weight loss maintenance</p>	<p>Ross, K. M., Qiu, P., You, L., & Wing, R. R. (2019). Week-to-week predictors of weight loss and regain. <i>Health Psychology, 38</i>(12), 1150-1158. PMID: PMC6861630</p> <p>Ross, K. M. & Wing, R. R. (2016). Impact of newer self-monitoring technology and brief phone-based intervention on weight loss: A randomized controlled pilot study. <i>Obesity, 24</i>(8), 1653-1659. PMID: PMC4963263.</p> <p>Ross Middleton, K. M., Patidar, S. A., & Perri, M. G. (2012). The impact of extended care on long-term weight loss maintenance: A systematic review and meta-analysis. <i>Obesity Reviews, 13</i>, 509-517.</p>
<p>Paschal Sheeran, PhD</p> <p>Professor, Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill</p> <p>psheeran@unc.edu https://psheeran.web.unc.edu</p>		<p>Behavior change interventions; health behavior theories; the intention-behavior 'gap'; affect regulation.</p>	<p>Sheeran, P., Wright, C. E., Listrom, O., Klein, W. M. P., & Rothman, A. J. (in press). Which intervention strategies promote the adoption and maintenance of physical activity? Evidence from behavioral trials with cancer survivors. <i>Annals of Behavioral Medicine</i>. PDF [ResearchGate]</p> <p>Rothman, A. J., & Sheeran, P. (2021). The Operating Conditions Framework: Integrating mechanisms and moderators in health behavior interventions. <i>Health Psychology, 40</i>(12), 845-857.</p>


Name, Degrees, Title, Affiliation, and Email	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Falko Sniehotta, PhD</p> <p>Professor of Public Health, Social and Preventive Medicine. University Heidelberg, Germany.</p> <p>Director of NIHR Policy Research Unit Behavior Science, Professor of Behavior Medicine and Health Psychology, Newcastle University, UK.</p> <p>falko.sniehotta@medma.uni-heidelberg.de</p>		<p>Behavior change interventions; health behavior theories; weight loss interventions, Public Health</p>	<p>Sniehotta FF, Evans EH, Sainsbury K, Adamson A, Batterham A, Becker F, Brown H, Dombrowski SU, Jackson D, Howell D, Ladha K, McColl E, Olivier P, Rothman A, Steel A, Vale L, Vieira R, White M, Wright P & Araújo-Soares V (2019). Behavioural intervention for weight loss maintenance versus standard weight advice in adults with obesity: A randomised controlled trial in the UK (NULevel Trial). <i>PLoS Medicine</i>, 16(5):e1002793.</p> <p>Lean MEJ, Leslie WS, Barnes AC, Brosnahan N, Thom G, McCombie L, Peters C, Zhyzhneuskaya S, Al-Mrabeh A, Hollingsworth KG, Rodrigues AM, Rehackova L, Adamson AJ, Sniehotta FF, Mathers JC, Ross HM, McIlvenna Y, Stefanetti R, Trenell MI, Welsh P, Kean S, Ford I, McConnachie A, Sattar N & Taylor R. (2018). Primary care weight-management for type 2 diabetes: the cluster-randomised Diabetes Remission Clinical Trial (DiRECT). <i>The Lancet</i>, 391, p541–551.</p> <p>Kwasnicka D, Dombrowski SU, White M & Sniehotta FF (2016). Theoretical explanations for maintenance of behaviour change: A systematic review of behaviour theories. <i>Health Psychology Review</i>, 30(3), 277-296.</p>



Name, Degrees, Title, Affiliation, and Email	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Bonnie Spring, PhD</p> <p>Director, Center for Behavior and Health - Institute for Public Health and Medicine; Professor of Preventive Medicine, Psychiatry and Psychology, Northwestern University Feinberg School of Medicine</p> <p>bspring@northwestern.edu</p>		<p>Development and evaluation of fit-for- context technology- assisted interventions to promote healthy change and maintenance of improvement in multiple chronic disease behavioral risk factors (e.g., suboptimal diet, physical inactivity, obesity, smoking). Implementation of scalable, sustainable health promotion programming.</p>	<p>Spring, B., Schneider, K., McFadden, H.G., Vaughn, J., Kozak, A.T., Smith, M., Moller, A.C., Epstein, L.H., DeMott, A., Hedeker, D., Siddique, J., Lloyd-Jones, D.M. Multiple Behavior Change in Diet and Activity: A Randomized Controlled Trial Using Mobile Technology. <i>JAMA Internal Medicine</i>, 2012. 172(10), 789-796</p> <p>Spring, B., Pellegrini, C.A., McFadden, H.G., Pfammatter, A.F., Ph.D., Stump, T.K., Siddique, J., King, A.C., Hedeker, D. Multicomponent mHealth intervention for large, sustained change in multiple diet and activity risk behaviors: Make Better Choices 2 RCT. <i>Journal of Medical Internet Research</i>. 2018. PMID: 6030572.</p> <p>Spring, B., Champion, K., Acabchuk, R., Hennessy, E.A. Self-regulatory behavior change techniques in interventions to promote healthy eating, physical activity, and weight loss: A meta-review. <i>Health Psychology Review</i>. 2020; Feb. 17; PMID: PMC7429262.</p>



Name, Degrees, Title, Affiliation, and Email	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Ira Wilson, MD</p> <p>Professor of Health Services, Policy and Practice, Professor of Medicine, Chair of Health Services, Policy and Practice, Brown University School of Public Health, Alpert Medical School, Brown University</p> <p>ira_wilson@brown.edu</p>		<p>Medication adherence, and provider behavior change more broadly.</p>	<p>Wilson IB, Tie Y, Padilla M, Rogers WH, Beer L. Performance of a short, self-report adherence scale in a probability sample of persons using HIV antiretroviral therapy in the United States. <i>AIDS</i>. 2020 Dec 1;34(15):2239-2247. doi: 10.1097/QAD.0000000000002689.PMID: 32932340</p> <p>Wachira J, Genberg B, Mwangi A, Chemutai D, Braitstein P, Galarraga O, Siika A, Wilson I. Impact of an Enhanced Patient Care Intervention on Viral Suppression Among Patients Living With HIV in Kenya. <i>J Acquir Immune Defic Syndr</i>. 2022 Aug 1;90(4):434-439. doi: 10.1097/QAI.0000000000002987.PMID: 35320121.</p> <p>Beach MC, Laws MB, Rose G, Roter DL, Lee Y, Chander G, Woodson T, Moore RD, Rogers W, Wilson IB. Effects of Minimal vs. Intensive Intervention to Enhance Motivational Interviewing in HIV Care. <i>AIDS Behav</i>. 2018 Jan;22(1):276-286. doi: 10.1007/s10461-017-1794-6. PMID:28578544</p>



NIH STAFF




Name, Degrees, Title, Affiliation, and Email Address	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Tanya Agurs-Collins, PhD, RD</p> <p>Dr. Tanya Agurs-Collins, Program Director, Health Behaviors Research Branch, Behavioral Research Program, Division of Cancer Control and Population Sciences, National Cancer Institute.</p> <p>collinsta@mail.nih.gov</p>		<p>Research interests include diet and weight loss behavioral interventions for cancer prevention and control. Also, health disparities in dietary intake and obesity outcomes.</p>	<p>O'Connor SG, Boyd P, Bailey CP, Shams-White MM, Agurs-Collins T, Hall K, Reedy J, Sauter ER, Czajkowski SM. Perspective: Time-Restricted Eating Compared to Caloric Restriction: Potential Facilitators and Barriers of Long-Term Weight Loss Maintenance. <i>Adv Nutr</i> 2021, Mar 31;12(2).</p> <p>Herren OM, Agurs-Collins T, Dwyer L, Perna F, Ferrer R. <i>Emotion Suppression, Coping Strategies, Dietary Patterns, and BMI</i>. <i>Eating Behav.</i> 2021, April;41.</p> <p>Agurs-Collins T, Persky S, Paskett ED, Barkin SL, Meissner HI, Nansel TR, Arteaga SS, Zhang X, Das R, Farhat T. Designing and Assessing Multilevel Interventions to Improve Minority Health and Reduce Health Disparities. <i>Am J Public Health.</i> 2019 Jan;109(S1)</p>
<p>Maureen Monaghan Center, PhD, CDCES</p> <p>Program Director, Diabetes Behavioral Science: Division of Diabetes, Endocrinology, & Metabolic Diseases</p> <p>maureen.center@nih.gov</p>		<p>Research interests include psychosocial and behavior factors associated with optimal diabetes self-care and health in youth with diabetes and their families; behavioral interventions to promote health and well-being among youth and adults with diabetes; behavioral strategies to promote self-management of chronic conditions.</p>	


Name, Degrees, Title, Affiliation, and Email Address	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Susan Czajkowski, PhD</p> <p>Chief, Health Behaviors Research Branch, Behavioral Research Program, Division of Cancer Control and Population Sciences, National Cancer Institute</p> <p>susan.czajkowski@nih.gov</p>		<p>My research interests focus on psychosocial and behavioral risk factors for chronic diseases such as cancer and cardiovascular disease, and the development and testing of interventions for behavioral risk factors such as obesity, physical inactivity, adverse diets, and non-adherence to medical and behavioral regimens</p>	<p>Czajkowski SM, Powell LH, Adler N, Naar-King S, Reynolds KD, Hunter CM, Laraia B, Olster DH, Perna FM, Peterson JC, Epel E, Boyington JE, Charlson ME. From ideas to efficacy: The ORBIT model for developing behavioral treatments for chronic diseases. <i>Health Psychol.</i> 2015 Oct;34(10):971-82. doi: 10.1037/hea0000161. Epub 2015 Feb 2. PMID: 25642841; PMCID: PMC4522392.</p> <p>MacLean PS, Rothman AJ, Nicastro HL, Czajkowski SM, Agurs-Collins T, Rice EL, Courcoulas AP, Ryan DH, Bessesen DH, Loria CM. The Accumulating Data to Optimally Predict Obesity Treatment (ADOPT) Core Measures Project: Rationale and Approach. <i>Obesity.</i> 2018 Apr;26 Suppl 2:S6-S15. doi: 10.1002/oby.22154.</p> <p>Bosworth, H. B., Blalock, D. V., Hoyle, R. H., Czajkowski, S. M., & Voils, C. I. (2018). The role of psychological science in efforts to improve cardiovascular medication adherence. <i>American Psychologist</i>, 73(8), 968–980. https://doi.org/10.1037/amp0000316</p>

Name, Degrees, Title, Affiliation, and Email Address	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Laurie Friedman Donze, PhD</p> <p>Program Director, Clinical Applications and Prevention Branch, Division of Cardiovascular Sciences, National Heart, Lung, and Blood Institute</p> <p>laurie.donze@nih.gov</p>		<p>My research interests focus on the treatment and prevention of obesity, especially in high-risk populations that experience health disparities, studies of behavioral and medical interventions for obesity and cardiovascular risk factors and diseases, and understanding what promotes treatment and medication adherence and long-term behavior change over time. My clinical interests include psychological treatment of eating and weight-related disorders, anxiety, and post-traumatic stress disorder in adults.</p>	
<p>Paul Gaist, PhD, MPH</p> <p>Senior Advisor to the Director NIH Office of AIDS Research</p> <p>gaistp@nih.gov</p>		<p>Paul Gaist is Senior Advisor to the Director of the NIH Office of AIDS Research. He also leads the behavioral, social, and population health sciences area of the NIH HIV Research Program and is co-lead for HIV prevention research for his Office and the Program.</p>	<p>Gaist P. and Stirratt M., The Roles of Behavioral and Social Science Research in the Fight Against HIV/AIDS: A Functional Framework J Acquir Immune Defic Syndr. 2017 Aug 1;75(4):371-381. doi: 10.1097/QAI.0000000000001399. https://pubmed.ncbi.nlm.nih.gov/28418987/</p> <p>Glenshaw M., Gaist. P., Wilson A., Cregg R. Holtz T., Goodenow, M. Role of NIH in the Ending the HIV Epidemic in the US Initiative: Research Improving Practice J Acquir Immune Defic Syndr. 2022 Jul 1;90(S1):S9-S16. doi: 10.1097/QAI.0000000000002960. https://pubmed.ncbi.nlm.nih.gov/35703750/</p>

Name, Degrees, Title, Affiliation, and Email Address	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Christine Hunter, PhD, ABPP</p> <p>Acting Director of the NIH Office of Behavioral and Social Sciences Research</p> <p>hunterchristine@nih.gov</p>		<p>My research interests span the translational spectrum and include mechanisms of behavior change, understanding individual differences in treatment response, translating basic science findings into meaningful human application, and implementation science.</p>	<p>Czajkowski, S. C. & Hunter, C.M. (2021) From Ideas to Interventions: A Review and Comparison of Frameworks used in Early-Phase Behavioral Translation Research. <i>Health Psychology</i> 40(12), 829–844. doi.org/10.1037/hea0001095</p> <p>Hekler E, Tiro J.A., Hunter C.M., Nebeker C.(2020) Precision Health: The Role of the Social and Behavioral Sciences in Advancing the Vision. <i>Annals of Behavior Medicine</i>; Apr 27: kaaa018. doi: 10.1093/abm/kaaa018</p> <p>Aklin, W. A, Stoeckel, L, Green, P., Keller, C., King, J.W., Nielsen, L., & Hunter, C.M. (2020) Commentary: National Institutes of Health (NIH) Science of Behavior Change (SOBC), <i>Health Psychology Review</i>; Mar;14(1):193-198. doi: 10.1080/17437199.2020.1716383</p>
<p>Alina Majid, MPH</p> <p>NCI Communications Fellow in the Office of the Associate Director of the Healthcare Delivery Research Program</p> <p>alina.majid@nih.gov</p>		<p>My research interests are in medical uncertainty, health judgements and medical decision making, and risk communication.</p>	

Name, Degrees, Title, Affiliation, and Email Address	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Sydney O'Connor, PhD</p> <p>Health Scientist Administrator, NIH Office of Behavioral and Social Sciences Research</p> <p>sydney.o'connor@nih.gov</p>		<p>Theories of health behavior, behavior maintenance, mHealth and ecological momentary assessment methodologies, environmental and social determinants of health, obesity and cancer prevention, 24hr behavioral patterns, climate change and health</p>	<p>O'Connor, S.G., Boyd, P., Bailey, C.P., Nebeling, L., Reedy, J., Czajkowski, S.M., Shams-White, M.M. (2022) A qualitative exploration of facilitators and barriers of adherence to time-restricted eating. <i>Appetite</i>. doi: 10.1016/j.appet.2022.106266. PMID: 35934114</p>
<p>Lisa Onken, PhD</p> <p>Director, Behavior Change & Intervention Program, Individual Behavioral Processes Branch, Division of Behavioral and Social Research, Health Behaviors Research Branch, National Institute on Aging</p> <p>lisa.onken@nih.gov</p>		<p>The integration of basic behavioral science within the development of interventions defined by their governing principles. This includes all behavioral and psychosocial interventions to promote the physical, psychological, cognitive and affective well-being of individuals. The NIH Stage Model, a conceptual framework that promotes the optimization of interventions to produce maximally potent and implementable interventions, has been used to foster this research.</p>	<p>Onken, L., Carroll, K., Shoham, V., Cuthbert, B., & Riddle, M. (2014) Reenvisioning Clinical Science: Unifying the Discipline to Improve the Public Health, <i>Clinical Psychological Science</i>, 2, 22-34. doi: 10.1177/2167702613497932.</p> <p>Onken, L., (2022) Implementation Science at the National Institute on Aging: The Principles of It. <i>Public Policy & Aging Report</i>, Volume 32, Issue 1, 2022, Pages 39– 41, https://doi.org/10.1093/ppar/prab034</p> <p>Onken, L. (2019) “<i>The NIH Stage Model: The Origins of a Conceptual Framework</i>,” in “Evidence-Based Practice in Action,” (Sona Dimidjian, Editor), Guilford Press.</p>

Name, Degrees, Title, Affiliation, and Email Address	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Elise Rice, PhD</p> <p>Program Officer Community and Behavioral Intervention Development National Institute on Aging</p> <p>elise.rice@nih.gov</p>		<p>Development, testing, and implementation of individual- and community-based interventions to promote health across the life course, with an emphasis on understanding mechanistic processes and moderating factors</p>	
<p>Michael Stirratt, PhD</p> <p>Program Officer and Senior Behavioral Scientist Division of AIDS Research National Institute of Mental Health</p> <p>stirrattm@mail.nih.gov</p>		<p>My research interests center on behavioral, social, and structural interventions to improve the sustained use of antiretroviral medications for HIV treatment and prevention.</p>	
<p>Cheri Wiggs, PhD</p> <p>Program Director, National Eye Institute</p> <p>cheri.wiggs@nih.gov</p>		<p>I oversee 3 vision related programs: Perception & Psychophysics // Myopia & Refractive Errors // Low Vision & Blindness Rehabilitation</p>	

Name, Degrees, Title, Affiliation, and Email Address	Photo	Research and Clinical Interests	1-3 publications you would like to highlight as influential to the science of behavior maintenance
<p>Deborah Young-Hyman, PhD, FTOS, FeI SBM, CDCES</p> <p>Health Scientist Administrator Office of Behavioral and Social Science Research Office of the Director, NIH</p> <p>deborah.young-hyman@nih.gov</p>		<p>Dr. Young-Hyman’s research interests focus on optimizing effective behavioral strategies to improve the health and well-being of people with diabetes through improving the rigor of the science of behavior change, and promoting dissemination of effective methods in clinical practice.</p>	<p>Nuha A. ElSayed, Grazia Aleppo, Vanita R. Aroda, Raveendhara R. Bannuru, Florence M. Brown, Dennis Bruemmer, Billy S. Collins, Marisa E. Hilliard, Diana Isaacs, Eric L. Johnson, Scott Kahan, Kamlesh Khunti, Jose Leon, Sarah K. Lyons, Mary Lou Perry, Priya Prahalad, Richard E. Pratley, Jane Jeffrie Seley, Robert C. Stanton, Deborah Young-Hyman, and Robert A. Gabbay, on behalf of the American Diabetes Association</p> <p>Facilitating Positive Health Behaviors and Well-being to Improve Health Outcomes: Standards of Care in Diabetes—2023 <i>Diabetes Care</i> 2023;46(Suppl. 1):S68–S96 https://doi.org/10.2337/dc23-S005</p> <p>Voils, Corrine & Gierisch, Jennifer & Yancy, William & Sandelowski, Margarete & Smith, Rose & Bolton, Jamiyla & Strauss, Jennifer. (2013). Differentiating Behavior Initiation and Maintenance: Theoretical Framework and Proof of Concept. <i>Health education & behavior: the official publication of the Society for Public Health Education</i>. 41. 10.1177/1090198113515242.</p> <p>Seymour RB, Hughes SL, Ory MG, Elliot DL, Kirby KC, Migneault J, Patrick H, Roll JM, Williams G. A lexicon for measuring maintenance of behavior change. <i>Am J Health Behav</i>. 2010 Nov-Dec;34(6):660-8. doi: 10.5993/ajhb.34.6.3. PMID: 20604692; PMCID: PMC4034462.</p>