CO-CHAIRS

Name, Degrees, Title, Affiliation, and Email Address	Photo	Research and Clinical Interests	1–3 Influential Publications in the Field
Anne L. Peters, M.D. Professor of Clinical Medicine, Division of Endocrinology, Keck School of Medicine of the University of Southern California (USC) momofmax@mac.com		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.	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). *Diabetes Care*. 2021;44:2589–2625. Orrange S, Ruelas V, Peters A. Specialized Technology Education for Pumps & Pens in Underserved Populations with Diabetes (STEPP-UP). *Diabetes Technol Ther.* 2021 Nov 22. doi: 10.1089/dia.2021.0265. Pyatak EA, Carandang K, Vigen CLP, Blanchard J, Diaz J, Concha-Chavez A, Sequeira PA, Wood JR, Whittemore 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. *Diabetes Care.* 2018;41:696–704.
Alexander J. Rothman, Ph.D. Professor of Psychology, Department of Psychology, University of Minnesota rothm001@umn.edu		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.	Rothman AJ. Toward a theory-based analysis of behavioral maintenance. *Health Psychol.* 2000;19:64–69. Rothman AJ, Sheeran P. What is slowing us down?: Six challenges to accelerating advances in health behavior change. *Ann Behav Med.* 2020;54:948–959. doi: 10.1093/abm/kaaa090.

SPEAKERS

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
Genevieve Dunton, Ph.D. Professor of Population and Public Health Sciences & Psychology; Division Chief for the Division of Health Behavior Research, Keck School of Medicine USC dunton@usc.edu		Researches, 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.	Dunton GF, Leventhal AM, Rebar AL, Gardner B, Intille SS, Rothman AJ. Towards consensus in conceptualizing and operationalizing physical activity maintenance. *Psychol Sport Exerc.* 2022;61:102214. Dunton GF, Rothman AJ, Leventhal AM, Intille SS. How intensive longitudinal data can stimulate advances in health behavior maintenance theories and interventions. *Transl Behav Med.* 2021;11(1):281–286. Wang S, Intille S, Ponnada A, Do B, Rothman A, Dunton G. Investigating microtemporal processes underlying health behavior adoption and maintenance: protocol for an intensive longitudinal observational study. *JMIR Res Protoc*. 2022;11(7):e36666.
Stephanie P. Goldstein, Ph.D. Assistant Professor (Research), Psychiatry and Human Behavior, Brown University Research Scientist, Weight Control and Diabetes Research Center, The Miriam Hospital stephanie_goldstein@brown.edu		I apply digital health tools (e.g., ecological momentary assessment, passive sensing, just-in-time adaptive interventions), innovative research methods (e.g., optimization designs and behavioral phenotyping), and novel statistical approaches (e.g., machine learning) to advance precision interventions for weight-related behaviors implicated in cardiovascular disease risk. Specifically, my program of research focuses on treatment adherence, diet, and eating behaviors in the context of lifestyle modification programs.	Goldstein SP, Thomas JG, Brick LA, Zhang F, Forman EF. Identifying behavioral types of dietary lapse from a mobile weight loss program: preliminary investigation from a secondary data analysis. *Appetite*. 2021;166:105440. doi: 10.1016/j.appet.2021.105440. PMID: 34908003. Goldstein SP, Zhang F, Klasnja P, Hoover A, Wing RR, Thomas JG. Optimizing just-in-time adaptive intervention to improve dietary adherence in behavioral obesity treatment: study protocol for a micro-randomized trial. *JMIR Research Protocols*. 2021;10(12):e33568. doi: 10.2196/33568. PMID: 34874892. Thomas JG, Goldstein SP, Brick LA. Preliminary evidence of contextual factors' influence on weight loss treatment outcomes: implications for future research. *International Journal of Obesity*. 2022;46(6):1244-1246. doi: 10.1038/s41366-022-01070-x. PMID: 35184135.

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Jessica Haberer, M.D., M.S. Professor of Medicine, Harvard Medical School Director of Research, MGH Center for Global Health jhaberer@mgb.org		Research interests include adherence to medications for the treatment and prevention of HIV and tuberculosis, mHealth, ethics, data science, and implementation science.	Haberer JE, Mujugira A, Mayer KH. The future of HIV pre-exposure prophylaxis adherence: reducing barriers and increasing opportunities. *Lancet HIV.* 2023 06; 10(6):e404-e411. PMID: 37178710. Haberer JE, Bangsberg DR, Baeten JM, Curran K, Koechlin F, Amico KR, Anderson P, Mugo N, Venter F, Goicochea P, Caceres C, O'Reilly K. Defining success with HIV pre-exposure prophylaxis: a prevention-effective adherence paradigm. *AIDS*. 2015 Jul 17;29(11):1277-85.
Adam Leventhal, Ph.D. Professor of Population and Public Health Sciences, Director of the Institute for Addiction Science, Keck School of Medicine USC adam.leventhal@usc.edu		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.	Leventhal AM, Zvolensky MJ. Anxiety, depression, and cigarette smoking: a transdiagnostic vulnerability framework to understanding emotion-smoking comorbidity. *Psychol Bull.* 2015;141(1):176–212. doi: 10.1037/bul0000003. Leventhal AM. The Sociopharmacology of tobacco addiction: implications for understanding health disparities. *Nicotine Tob Res*. 2016;18(2):110–121. doi: 10.1093/ntr/ntv084.

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
Tyler Mason, Ph.D. Associate Professor of Clinical Population and Public Health Sciences, Keck School of Medicine USC tylermas@usc.edu		My research uses ecological momentary assessment to understand trait- and state-based processes underlying eating behaviors in children and adults. The goal of this research is to contribute to novel theoretical models and interventions and preventions for physical and mental health conditions, particularly eating disorders and obesity.	Mason TB, Do B, Wang S, Dunton GF. (2020). Ecological momentary assessment of eating and dietary intake behaviors in children and adolescents: a systematic review of the literature. *Appetite.* 2020;144:104465. doi: 10.1016/j.appet.2019.104465. Mason TB, Smith KE, Crosby RD, Engel SG, Wonderlich SA. Examination of momentary maintenance factors and eating disorder behaviors and cognitions using ecological momentary assessment. *Eating Disorders.* 2021;29:42-55. doi: 10.1080/10640266.2019.1613847. Mason TB, Smith KE, Lavender JM. Stigma control model of dysregulated eating: a momentary maintenance model of dysregulated eating among marginalized/stigmatized individuals. *Appetite.* 2019;132:67-72. doi: 10.1016/j.appet.2018.09.017.
Andrea Mendoza-Vasconez, Ph.D. Assistant Professor of Behavioral and Social Sciences, Brown University School of Public Health andrea_mendoza@brown.edu		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, and promotion of behaviors that can impact both health and environmental sustainability.	Mendoza-Vasconez AS, Badii N, Becerra ES, Crespo N, Hurst S, Larsen B, Arredondo EM. Forming habits, overcoming obstacles, and setting realistic goals: a qualitative study of physical activity maintenance among Latinas. *Int J Behav Med.* 2022;1–12. Mendoza-Vasconez AS, Becerra ES, Badii N, Crespo N, Hurst S, Larsen B, Arredondo EM. Regular and app-enhanced maintenance of physical activity among Latinas: a feasibility study. *Trans J Am Coll Sports Med.* 2022;7(1):e000188. Mendoza-Vasconez AS, Arredondo EM, Larsen B, Crespo N, Hurst S, Marcus BH. Lapse, relapse, and recovery in physical activity interventions for Latinas: a survival analysis. *Int J Behav Med.* 2021;1–12.

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Megan Piper, Ph.D. Professor, University of Wisconsin School of Medicine and Public Health Director of Research, Center for Tobacco Research and Intervention mep@ctri.wisc.edu		My research focuses on understanding and treating tobacco dependence among people who smoke and people who use e-cigarettes, with an additional focus on addressing issues of smoking-related health inequity based on race, gender, income, and mental illness.	Piper ME, Bullen C, Krishnan-Sarin S, Ossip DJ, Rigotti NA, Steinberg ML, Streck JM, Joseph AM. Defining and measuring abstinence in clinical trials of smoking cessation interventions: an updated review. *Nicotine & Tobacco Research*. 2020;22(7):1098-1106. PMCID: PMC9633719. Piper ME, Baker TB, Benowitz NL, Smith SS, Jorenby DE. E-cigarette dependence measures in dual users: reliability and relations with dependence criteria and e-cigarette cessation. *Nicotine & Tobacco Research.* 2019;22:756-763. PMCID: PMC7368344. Piper ME, Cook JW, Schlam TR, Jorenby DE, Smith SS, Collins LM, Mermelstein R, Fraser D, Fiore MC, Baker TB. A randomized controlled trial of an optimized smoking treatment delivered in primary care. *Annals of Behavioral Medicine*. 2018;52:854-864. PMCID: PMC6135958.
Bonnie Spring, Ph.D. 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 bspring@northwestern.edu		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.	Spring B, Schneider K, McFadden HG, Vaughn J, Kozak AT, Smith M, Moller AC, Epstein LH, DeMott A, Hedeker D, Siddique J, Lloyd-Jones DM. Multiple behavior change in diet and activity: a randomized controlled trial using mobile technology. *JAMA Intern Med.* 2012;172(10):789–796. Spring B, Pellegrini CA, McFadden HG, Pfammatter AF, Stump TK, Siddique J, King AC, Hedeker D. Multicomponent mHealth intervention for large, sustained change in multiple diet and activity risk behaviors: Make Better Choices 2 RCT. *J Med Internet Res.* 2018. PMCID: 6030572. Spring B, Champion K, Acabchuk R, Hennessy EA. Self-regulatory behavior change techniques in interventions to promote healthy eating, physical activity, and weight loss: a meta-review. *Health Psychol Rev.* Epub 2020 Feb 17. PMCID: PMC7429262.

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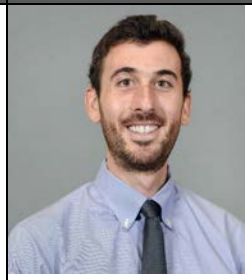
Chad Stecher, Ph.D. Assistant Professor, College of Health Solutions, Arizona State University chad.stecher@asu.edu		My research uses experimental and machine learning methods to design and test behavioral interventions for establishing healthy habits. This research agenda spans multiple behaviors, from mindfulness meditation to physical activity and medication adherence, and I use a range of statistical techniques for detecting patterns in high-frequency longitudinal behavioral data that are associated with behavioral maintenance.	Stecher C, Mukasa B, Linnemayr S. Uncovering a behavioral strategy for establishing new habits: evidence from incentives for medication adherence in Uganda. *Journal of Health Economics*. 2021;77:102443. Stecher C, Sullivan M, Huberty J. Using personalized anchors to establish routine meditation practice with a mobile app: randomized controlled trial. *JMIR mHealth and uHealth*. 2021;9(12):e32794. Fowers R, Berardi V, Huberty J, Stecher C. Using mobile meditation app data to predict future app engagement: an observational study. *JAMIA: Journal of the American Medical Informatics Association*. 2022;29(12): 2057-2065.
Bernard Vrijens, Ph.D. Scientific Lead, AARDEX Group Professor of Biostatistics, Liège University, Belgium bernard.vrijens@aardexgroup.com		As a founding member of the International Society for Medication Adherence (ESPACOMP), I am actively participating in several E.U.- and U.S.-funded collaborative projects around the theme of adherence to medications. My main interests consist of investigating (a) the most common errors in dosing using a simple but robust taxonomy, (b) particular dosing errors that can jeopardize the efficacy of a drug, and (c) the optimal measurement-guided medication management program that can enhance adherence to medications and maintain long-term persistence.	Vrijens B, De Geest S, Hughes DA, Przemyslaw K, Demonceau J, Ruppar T, Dobbels F, Fargher E, Morrison V, Lewek P, Matyjaszczyk M, Mshelia C, Clyne W, Aronson JK, Urquhart J, ABC Project Team. A new taxonomy for describing and defining adherence to medications. *Br J Clin Pharmacol.* 2012 May;73(5):691-705. doi: 10.1111/j.1365-2125.2012.04167.x. PMID: 22486599; PMCID: PMC3403197. Vrijens B, Urquhart J, White D. Electronically monitored dosing histories can be used to develop a medication-taking habit and manage patient adherence. *Expert Rev Clin Pharmacol.* 2014 Sep;7(5):633-44. doi: 10.1586/17512433.2014.940896. Epub 2014 Aug 4. PMID: 25088004. Phillips LA, Pironet A, Vrijens B. Evaluating objective metrics of habit strength for taking medications. *J Behav Med.* 2023 Aug;46(4):632-641. doi: 10.1007/s10865-023-00392-z. Epub 2023 Jan 20. PMID: 36662351.

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
Rena Wing Professor, Psychiatry and Human Behavior, Brown University Director, Weight Control and Diabetes Research Center, The Miriam Hospital rwing@lifespan.org https://vivo.brown.edu/display/rwingphd		My expertise is in behavioral interventions for obesity, with particular interest in clinical trials testing lifestyle interventions for the prevention of diabetes and its negative health consequences. I study approaches to improve weight loss and maintenance and for dissemination of obesity treatments.	Thomas, JG, Bond, DS, Phelan, S, Hill, JO, Wing, RR. (2014). Weight-loss maintenance for 10 years in the National Weight Control Registry. *Am J Prev Med.* 2014;46(1):17-23. MacLean PS, Wing RR, Davidson T, Epstein L, Goodpaster B, Hall KD, Levin BE, Perri MG, Rolls BJ, Rosenbaum M, Rothman AJ, Ryan D. NIH working group report: innovative research to improve maintenance of weight loss. *Obesity (Silver Spring).* 2015;23(1):7-15. Look AHEAD Research Group, Wadden TA, Bantle JP, Blackburn GL, Bolin P, Brancati FL, Bray GA, Clark JM, Coday M, Dutton GR, Egan C, Evans M, Foreyt JP, Sengardi SG, Gregg EW, Hazuda HP, Hill JO, Horton ES, Hubbard VS, Jakicic JM, Jeffery RW, Johnson KC, Kahn SE, Kitabchi AE, Knowler WC, Lewis CE, Maschak-Carey BJ, Montez MG, Montgomery B, Nathan DM, Nelson J, Patricio J, Peters A, Pi-Sunyer FX, Pownall H, Rickman AD, Vitolins M, Walkup MP, West DS, Williamson D, Wing RR, Wyatt H, Yanovski SZ. (2014). Eight-year weight losses with an intensive lifestyle intervention: The Look AHEAD study. *Obesity.* 2014;22(1):5-13.

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
Maureen Monaghan Center, Ph.D., CDCES Program Director, Diabetes Behavioral Science: Division of Diabetes, Endocrinology, & Metabolic Diseases, National Institute of Diabetes and Digestive and Kidney Diseases maureen.center@nih.gov		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, and behavioral strategies to promote self-management of chronic conditions.	
Sydney O'Connor, Ph.D. Health Scientist Administrator, Office of Behavioral and Social Science Research, Office of the Director, NIH sydney.oconnor@nih.gov		Theories of health behavior, behavior maintenance, mHealth and ecological momentary assessment methodologies, environmental and social determinants of health, 24-hour behavioral patterns, climate change and health	O'Connor SG, Boyd P, Bailey CP, Nebeling L, Reedy J, Czajkowski SM, Shams-White MM. A qualitative exploration of facilitators and barriers of adherence to time-restricted eating. *Appetite*. 2022. doi: 10.1016/j.appet.2022.106266. PMID: 35934114.

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
Jane M. Simoni, Ph.D. NIH Associate Director for Behavioral and Social Sciences Research Director, Office of Behavioral and Social Sciences Research, Office of the Director, NIH jane.simoni@nih.gov		Research interests focused on health disparities and resilience among populations that have been socially marginalized; intervention research focused on behavioral aspects of chronic illness, using mixed methods and clinical trials; and use of cutting-edge behavioral and social science methods and theory to inform development, efficacy, and implementation of health promotion and disease prevention programs.	Wang L, Ramaiya MK, Puttkammer N, Chery JM, Dervis W, Balan JG, Jane M. Simoni JM. An EMR-based alert with brief provider-led ART adherence counseling in Haiti: effects on information, motivation, and behavioral skills (IMB) and patient-provider communication (PPC). *AIDS Care.* 2023;35(7):982-988. doi: 10.1080/09540121.2022.2072803 Graham SM, Micheni M, Secor A, van der Elst EM, Kombo B, Operario D, Amico KR, Sanders EJ, Simoni JM. (2018) HIV care engagement and ART adherence among Kenyan gay, bisexual, and other men who have sex with men: a multi-level model informed by qualitative research. *AIDS Care.* 2018;30(sup5):S97-S105. doi: 10.1080/09540121.2018.1515471.
Michael Stirratt, Ph.D. Program Officer and Senior Behavioral Scientist, Division of AIDS Research, National Institute of Mental Health stirrattm@mail.nih.gov		My research interests center on behavioral, social, and structural interventions to improve the sustained use of antiretroviral medications for HIV treatment and prevention.	

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
Deborah Young-Hyman, Ph.D., FTOS, Fel SBM, CDCES Health Scientist Administrator, Office of Behavioral and Social Science Research, Office of the Director, NIH deborah.young-hyman@nih.gov		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, as well as promoting dissemination of effective methods in clinical practice.	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. Facilitating Positive Health Behaviors and Well-being to Improve Health Outcomes: Standards of Care in Diabetes—2023 Diabetes Care 2023;46(Suppl. 1):S68–S96. doi: 10.2337/dc23-S005. 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. *Health Education & Behavior.* 2014;41(3):325-326. doi: 10.1177/1090198113515242. 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. Am J Health Behav. 2010;34(6):660–8. doi: 10.5993/ajhb.34.6.3. PMID: 20604692; PMCID: PMC4034462.