

CURRICULUM VITAE
Kathryn M. Ross, Ph.D. M.P.H.

Department of Clinical & Health Psychology
College of Public Health & Health Professions
University of Florida
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Gainesville, FL 32610-0165
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EDUCATION

Post-doctoral Fellowship: Brown Medical School
 Specialty: NIH F32 (NRSA), Obesity Research
 Attended: 2013-2015

Internship: Brown Medical School
 Specialty: Obesity Research Track, Behavioral Medicine
 Attended: 2012-2013

PhD: University of Florida
 Major Area: Clinical & Health Psychology
 Minor Area: Health Psychology
 Attended: 2009-2013

MPH: University of Florida
 Concentration: Biostatistics
 Attended: 2008-2012

MS: University of Florida
 Major Area: Psychology
 Attended: 2007-2009

BS: Virginia Commonwealth University
 Major Area: Psychology (Honors)
 Attended: 2002-2006

ACADEMIC APPOINTMENTS

2016 – Assistant Professor, Department of Clinical & Health Psychology, College
 of Public Health & Health Professions, University of Florida

2015 – 2016 Instructor (Research), Department of Psychiatry and Human Behavior,
 Alpert Medical School of Brown University

PROFESSIONAL LICENSE

Clinical Psychologist, Florida
PY9567
2016-present

Clinical Psychologist, Rhode Island
PS 01461
2014-2016

HONORS AND AWARDS

- 2016 NIH Loan Repayment Program, NIDDK, awarded 2016-2018
- 2015 The Obesity Society Early Career Young Professionals Travel Grant
- 2015 NIH OBSSR / NHLBI Summer Institute on the Design and Conduct of Randomized Clinical Trials Involving Behavioral Interventions
- 2014 NIH Loan Repayment Program, NIDDK, awarded 2014-2016
- 2013 NIH Ruth L. Kirschstein Award (F32), NIDDK, awarded 2013-2016
- 2012 Inducted into *Delta Omega*, honorary society for Public Health, University of Florida
- 2011 *Nathan W. Perry Memorial Scientist-Practitioner Award* for outstanding integration of scientific method and scholarship with clinical work; Department of Clinical & Health Psychology, University of Florida
- 2011 Outstanding Research Award, College of Public Health and Health Professions, University of Florida
- 2009 Biostatistics Public Health Fellowship, Health Resources and Services Administration, US Department of Health and Human Services
- 2009 Outstanding Research Award, College of Public Health and Health Professions, University of Florida
- 2009 Research Travel Award, Graduate Student Council, University of Florida
- 2008 Outstanding Research Award, College of Public Health and Health Professions, University of Florida
- 2008 Research Travel Award, Graduate Student Council, University of Florida

GRANTS

Active

R21 DK109205 Ross, KM (PI) 09/15/2016 – 08/31/2018
Identification and Prediction of High-Risk Periods for Regain After Weight Loss

This project will use innovative statistical techniques to analyze a complex longitudinal dataset, collected as part of an existing behavioral lifestyle intervention, to identify and predict high-risk times for weight regain following weight loss.

Role: Principal Investigator

R18 HL112720 Perri, MG (PI) 08/15/2013– 05/31/2018
Rural Lifestyle Eating and Activity Program (Rural LEAP)

This trial will test the effects of two telehealth interventions for the management of obesity in rural settings.

Role: Co-Investigator

Completed

F32DK100069 Ross, KM (PI) 08/05/2013-07/31/2015
Impact of Self-Monitoring Technology and Interventionist Contact on Weight Loss

Role: Principal Investigator

U01 HL090864 Wing, RR (PI) 08/18/2009 – 05/31/2016
Prevention of Weight Gain in Young Adults

Role: Interventionist

R18 DK083248 Wing, RR (PI) 07/01/2010 – 06/30/2016
Using a State-Wide Initiative to Disseminate Effective Behavioral Weight Loss Strategies

Role: Interventionist

K23 DK097143 Lillis, J (PI) 09/1/2013 -- 07/31/2018
Using Novel Behavioral Approaches to Improve Long-Term Weight Loss Outcomes

Role: Interventionist

University of Florida College of Public Health & Health Professions Research Grant
2011

Preventing the Freshman 15: Effects of a brief lifestyle intervention on changes in body weight, caloric intake, and physical activity

Role: Principal Investigator

University of Florida Graduate Student Council Research Grant 2010
Preventing the Freshman 15: Effects of a brief lifestyle intervention on changes in body weight, caloric intake, and physical activity

Role: Principal Investigator

The effect of daily self-monitoring of weight on changes in caloric intake and energy expenditure

Role: Principal Investigator

PUBLICATIONS (Current name: KM Ross, Previous Name: KR Middleton)Peer-Reviewed Journal Articles (*Designates Mentee)

1. Kozak, A.T., Buscemi, J., Hawkins, M.A.W., Wang, M.L., Breland, J.Y., **Ross, K.M.**, & Kommu, A. (in press). Technology-based interventions for weight management: current evidence and future directions. *Journal of Behavioral Medicine*.
2. Lillis, J., Niemeier, H.M., Thomas, J.G., Unick, J., **Ross, K.M.**, Leahey, T.M., Kendra, K.E., Dorfman, L., & Wing, R.R. (2016). A randomized trial of an Acceptance Based Behavioral Intervention for weight loss in people with high internal disinhibition. *Obesity*, 24(12), 2509-2514. PMID: PMC5125828
3. *Tanenbaum, M. L., **Ross, K. M.**, & Wing, R. R. (2016). Overeat today, skip the scale tomorrow: An examination of micro-level factors linked with non-adherence to self-weighing. *Obesity*, 24(11), 2341-2343. PMID: PMC5093049
4. **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. *Obesity*, 24, 1653-1659. PMID: PMC4963263
5. **Ross, K. M.** & Wing, R. R. (2016). Concordance of in-home “smart” scale measurement with body weight measured in-person. *Obesity Science & Practice*, 2, 224-228. PMID: PMC4970749
6. **Ross, K. M.** & Wing, R. R. (2016). Implementation of an Internet weight loss program in a worksite setting. *Journal of Obesity*, 2016, 1-7. PMID: PMC4749817
7. **Ross, K. M.**, Thomas, J. G., & Wing, R. R. (2016). Successful weight loss maintenance associated with morning chronotype and better sleep quality. *Journal of Behavioral Medicine*, 39, 465-171. PMID: PMC4854772
8. Lillis J., Niemeier, H. M., **Ross, K. M.**, Thomas, J. G., Leahey, T., Unick, J., Kendra, K. E., & Wing, R. R. (2015). Weight loss intervention for individuals with high internal disinhibition: Design of the Acceptance Based Behavioral Intervention (ABBI) randomized controlled trial. *BMC Psychology*, 3, 1-10. PMID: PMC4446109

9. Xu, X., Demos, K. E., Leahey, T. L., Hart, C. N., Trautvetter, J., Coward, P., **Middleton, K. R.**, & Wing, R. R. (2014) Failure to replicate depletion of self-control. *PloS One*, 9, e109950. PMID: PMC4204816
10. Peterson, N. D., **Middleton, K. R.**, Nackers, L. M., Newell, K. E., Milsom, V. A., & Perri, M. G. (2014). Dietary self-monitoring and long-term success with weight management. *Obesity*, 22, 1962-1967.
11. Higgins, T. J., **Middleton, K. R.**, Winner, L., & Janelle, C. M. (2014). Physical activity interventions differentially affect exercise task and barrier self-efficacy: A meta-analysis. *Health Psychology*, 33, 891-903. PMID: PMC4148031
12. **Middleton, K. R.** & Perri, M. G. (2014). A randomized trial investigating the effect of a brief lifestyle intervention on freshman-year weight gain. *Journal of American College Health*, 62, 109-109.
13. **Middleton, K. R.**, Anton, S. D., & Perri, M. G. (2013). Long-term adherence to health behavior change. *American Journal of Lifestyle Medicine*, 7, 395-404. PMID: PMC4988401
14. Nackers, L. M., **Middleton, K. R.**, Daniels, M. J., Dubyak, P. J., Anton, S. A., & Perri, M.G. (2013). Effects of prescribing 1,000 versus 1,500 kilocalories per day in the behavioral treatment of obesity: A randomized trial. *Obesity*, 21, 2481-2487.
15. Rossen, L. M., Milsom, V. A., **Middleton, K. R.**, Daniels, M. J., Nackers, L. M., & Perri, M. G. (2013). Benefits and risks of weight-loss treatment for elderly, obese women. *Clinical Interventions in Aging*, 8, 157-166.
16. **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. *Obesity Reviews*, 13, 509-517.
17. Milsom, V. A., **Ross Middleton, K. M.**, & Perri, M. G. (2011). Successful long-term weight loss maintenance in a rural population. *Clinical Interventions in Aging*, 6, 303-309.
18. Rickel, K. A., Milsom, V. A., **Ross, K. M.**, Hoover, V. J., DeBraganza, N., & Perri, M. G. (2011). Differential response of African American and Caucasian women to extended-care programs for obesity management. *Ethnicity and Disease*, 21, 170-175. PMID: PMC3772655
19. Nackers, L. M., **Ross, K. M.**, & Perri, M. G. (2010). The association between rate of initial weight loss and long-term success in obesity treatment: Does slow and steady win the race? *International Journal of Behavioral Medicine*, 17(3), 161-167. PMID: PMC3780395

20. **Ross, K. M.**, Shivy, V. A., & Mazzeo, S. E. (2009). Ambiguity and judgments of obese individuals: No news could be bad news. *Eating Behaviors*, 10(3), 152-156.
21. Murawski, M. E., Milsom, V. A., **Ross, K. M.**, and Perri, M. G. (2009). Problem solving, treatment adherence, and weight-loss outcome among women participating in lifestyle treatment for obesity. *Eating Behaviors*, 10(3), 146-151. PMID: PMC2726832
22. **Ross, K. M.**, Milsom, V.A., Rickel, K. A., DeBraganza, N., Gibbons, L. M., and Perri, M. G. (2009). The contributions of weight loss and increased physical fitness to improvements in health related quality of life. *Eating Behaviors*, 10(2), 84-88. PMID: PMC2720563

Book Chapters

1. Wing, R. R., & **Middleton, K. R.** (2014). Changing behaviors – physical activity and weight control. In B.W. Stewart and C.P. Wild (Eds.) *World Cancer Report*. Lyon, France: International Agency for Research on Cancer, World Health Organization, pp. 384-398.
2. **Ross, K. M.**, & Perri, M. G. Adherence. (2011). In J.M. Rippe (Ed.) *Encyclopedia of Lifestyle Medicine and Health*. Thousand Oaks, CA: Sage.

Published Abstracts (*Designates Mentee)

1. Gordon, E. L., Bauman, V., Ariel-Donges, A. H., **Ross, K. M.**, & Perri, M. G. (2017). Effects of behavioral weight-loss treatment on symptoms of food addiction in adults with obesity. *Annals of Behavioral Medicine*, 51, S573. Poster presented at the 2017 Society of Behavioral Medicine Meeting, San Diego, CA.
2. Bauman, V., Ariel-Donges, A. H., Gordon, E. L., **Ross, K. M.**, & Perri, M. G. (2017). Effect of dose of behavioral obesity treatment on HBA1C in adults with prediabetes. *Annals of Behavioral Medicine*, 51, S1964. Poster presented at the 2017 Society of Behavioral Medicine Meeting, San Diego, CA.
3. Ariel-Donges, A. H., Gordon, E. L., Bauman, V., McMillin, M., Rai, O., Rodriguez, A., Sanchez, D., *Dixon, B.,* Eastman, A., **Ross, K. M.**, & Perri, M. G. (2017). Body image dissatisfaction, depression, and disordered eating in college-aged women seeking a yoga intervention. *Annals of Behavioral Medicine*, 51, S1020. Poster presented at the 2017 Society of Behavioral Medicine Meeting, San Diego, CA.
4. **Ross, K. M.**, Leahey, T. M., & Keirnan, M. (2016). Validation of a brief measure of leisure-time physical activity. *Annals of Behavioral Medicine*, 50, S95. Paper presented at the 2016 Society of Behavioral Medicine Meeting, Washington, D.C.

5. *Tannenbaum M. L., **Ross K. M.**, Wing R. R. (2015). Frequency and variability of self-monitored weight and calories in Internet-based weight management program. *Diabetes*, 64, A215. Poster presented at the 2015 American Diabetes Association meeting, Philadelphia PA.
6. Leahey, T. M., Seiden, A., Rosen, J., **Middleton, K. R.** (2015). Weight loss: Is there really “an app for that?” *Annals of Behavioral Medicine*, 49, S168. Paper presented at the 2015 Society of Behavioral Medicine Meeting, San Antonio, TX.
7. **Middleton, K. R.**, Thomas, J. G., & Wing, R. R. (2014). Recovery from weight regain: 5-year results from the National Weight Control Registry. *Annals of Behavioral Medicine*, 47, s173. Paper presented at the 2014 Society of Behavioral Medicine meeting, Philadelphia PA.
8. Hoover, V. J., **Middleton, K. R.**, Medina, K., Lespinasse, D., Maurer, S., Minski, S., Alabduljabbar, M., von Castel-Roberts, K., & Perri, M. G. (2014). Dietary restraint and weight change in college women participating in a weight gain prevention program. *Annals of Behavioral Medicine*, 47, s115. Poster presented at the 2014 Society of Behavioral Medicine meeting, Philadelphia, PA.
9. **Middleton, K. R.**, Hoover, V. J., & Perri, M. G. (2014). Increases in self-weighting associated with less weight gain in freshman college students. *Annals of Behavioral Medicine*, 47, s.27. Poster presented at the 2014 Society of Behavioral Medicine Meeting, Philadelphia, PA.
10. Nackers, L. M., **Middleton, K. R.**, Anton, S. D. & Perri, M. G. (2013). The impact of 'small' versus 'large' reductions in caloric intake on reported levels of hunger, disinhibition, and restraint during lifestyle intervention for obesity. *Annals of Behavioral Medicine*, 45, s29. Poster presented at the 2013 Society of Behavioral Medicine meeting, San Diego, CA.
11. **Middleton, K. R.**, Hoover, V. J., Mathews, A. E., Medina, K. E., Minski, S. A., Maurer, S. N., Lespinasse, D. M., Durda, H. N., White, J., Jung, J., & Perri, M. G. (2013). Preventing the Freshman 15: Effects of a brief lifestyle intervention on changes in body weight, caloric intake, and physical activity. *Annals of Behavioral Medicine*, 45, s28. Poster presented at the 2013 Society of Behavioral Medicine meeting, San Diego, CA.
12. Peterson, N. D., **Ross Middleton, K. M.**, Milsom, V. A., & Perri, M. G. (2012). Self-monitoring for successful maintenance of lost weight in lifestyle treatment of obesity. *Annals of Behavioral Medicine*, 43, s109. Poster presented at the 2012 Society of Behavioral Medicine meeting, New Orleans, LA. *Citation Abstract Award
13. **Ross Middleton, K. M.**, Mathews, A. E., Minski, S. A., Maurer, S. N., & Perri, M. G. (2012). The effect of daily self-monitoring of weight on changes in caloric intake and energy expenditure. *Annals of Behavioral Medicine*, 43, s151. Paper presented at the 2012 Society of Behavioral Medicine meeting, New Orleans, LA

14. Nackers, L. M., **Ross, K. M.**, Dubyak, P. J., Durning, P. E., von Castel-Roberts, K. M., Daniels, M. J., Anton, S. D., & Perri, M. G. (2012). Improving lifestyle interventions for obesity: The effects of prescribing moderate versus mild caloric restriction goals on long-term weight loss maintenance. *Annals of Behavioral Medicine*, *43*, s272. Paper presented at the 2012 Society of Behavioral Medicine meeting, New Orleans, LA **Meritorious Student Abstract Award*.
15. Milsom, V. A., **Ross, K. M.**, Nackers, L. M., Durning, P. E., Thomas, C. T., Peterson, N. D., & Perri, M. G. (2011). Successful long-term weight loss maintenance in a rural population. *Annals of Behavioral Medicine*, *41*, s86. Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.
16. Milsom, V.A., **Ross, K. M.**, Nackers, L. M., Durning, P. E., Thomas, C. T., DeBraganza, N., & Perri, M. G. (2011). Behavioral mastery and long-term maintenance of lost weight. *Annals of Behavioral Medicine*, *41*, s175. Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.
17. **Ross, K. M.**, & Perri, M. G. (2011). The association between obesity and primary care utilization. *Annals of Behavioral Medicine*, *41*, s99. Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.
18. **Ross, K. M.**, Mathews, A. E., Nackers, L. M., Hoover, V. J., Newell, K. E., Lespinasse, D. M., Minski, S. A., Maurer, S. N., Von Castel Roberts, K. M., & Perri, M. G. (2011). Weekday and weekend patterns of physical activity in older adults. *Annals of Behavioral Medicine*, *41*, s34. Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.
19. Hoover, V. J., Nackers, L. M., Dubyak, P. J., **Ross, K. M.**, Newell, K. E., Lespinasse, D. M., Maurer, S. M., Minski, S. A., Von Castel-Roberts, K. M., & Perri, M. G. (2011). Problem-solving deficits, negative affect, and the maintenance of binge eating behavior. *Annals of Behavioral Medicine*, *41*, s102. *Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.*
20. Nackers, L. M., DeBraganza, N., André, R., **Ross, K. M.**, Hoover, V. J., Newell, K. E., Milsom, V. A., von Castel-Roberts, K. M., Perri, M. G. (2010). Improvements in LDL cholesterol associated with lifestyle intervention treatment for obesity. *Annals of Behavioral Medicine*, *39*, s179. Poster presented at the 2010 Society of Behavioral Medicine meeting, Seattle, Washington.
21. Hoover, V. J., DeBraganza, N., Nackers, L. M., André, R., Dubyak, P. J., **Ross, K. M.**, Newell, K. E., von Castel-Roberts, K. M., & Perri, M. G. (2010). Primary motives for weight loss in older, obese women from rural communities. *Annals of Behavioral Medicine*, *39*, s91. Poster presented at the 2010 Society of Behavioral Medicine meeting, Seattle, Washington.
22. DeBraganza, N., Milsom, V. A., Nackers, L. M., **Ross, K. M.**, André, R., Hoover, V. J., Newell, K. E., von Castel-Roberts, K. M., & Perri, M. G. (2010). Self-

monitoring and the maintenance of lost weight in lifestyle treatment of obesity. *Annals of Behavioral Medicine*, 39, s22. Poster presented at the 2010 Society of Behavioral Medicine meeting, Seattle, Washington.

23. **Ross, K. M.**, Mathews, A. E., Milsom, V. A., DeBraganza, N., André, R., Nackers, L. M., Hoover, V. J., Newell, K. E., Foss, S. M., von Castel-Roberts, K. M., & Perri, M. G. (2010). How accurate are self-report measures of physical activity in rural obese adults? *Annals of Behavioral Medicine*, 39, s62. Paper presented at the 2010 Society of Behavioral Medicine meeting, Seattle, Washington.
24. Nackers, L. M., Milsom, V. A., André, R., **Ross, K. M.**, Hoover, V. J., Buhi, L. A., & Perri, M. G. (2009). Stepping up for success: the impact of initial increase in physical activity on long-term change in physical activity. *Annals of Behavioral Medicine*, 37, s157. Poster presented at the 2010 Society of Behavioral Medicine meeting, Montréal, Quebec.
25. Hoover, V. H., **Ross, K. M.**, Milsom, V. A., Nackers, L. M., André, R., Buhi, L. A., & Perri, M. G. (2009). Influence of weight-loss expectations on changes in caloric intake, physical activity and body weight. *Annals of Behavioral Medicine*, 37, s123. Poster presented at the 2009 Society of Behavioral Medicine meeting, Montréal, Quebec.
26. Buhi, L. A., **Ross, K. M.**, Milsom, V. A., Hoover, V. J., Nackers, L. M., André, R., Durning, P. E., & Perri, M. G. (2009). Effect of lifestyle treatment for obesity on risk for heart disease. *Annals of Behavioral Medicine*, 37, s123. Paper presented at the 2010 Society of Behavioral Medicine meeting, Montréal, Quebec.
27. **Ross, K. M.**, Milsom, V. A., André, M. S., Nackers, L. M., Hoover, V. J., Buhi, L. A., & Perri, M. G. (2009). Self-reported caloric intake and weight loss: Predictive validity of food records and the Block Food Frequency Questionnaire. *Annals of Behavioral Medicine*, 37, s206. Poster presented at the 2010 Society of Behavioral Medicine meeting, Montréal, Quebec.
28. Nackers, L. M., André, R., **Ross, K. M.**, Ewigman, N. L., Milsom, V. A., DeBraganza, N., Onkala, A. L., & Perri, M. G. (2008). The impact of rate of initial weight loss on long-term success. *Annals of Behavioral Medicine*, 35, s109. Paper presented at the 2008 Society of Behavioral Medicine meeting, San Diego, California. *Meritorious student paper award
29. Milsom, V. A., **Ross, K. M.**, Murawski, M. E., DeBraganza, N., Nackers, L. M., André, R., Ewigman, N. L., Onkala, A. L., Durning, P. E., & Perri, M. G. (2008). Problem solving, treatment adherence, and weight loss outcome. *Annals of Behavioral Medicine*, 35, s62. Poster presented at the 2008 Society of Behavioral Medicine meeting, San Diego, California.
30. **Ross, K. M.**, Ewigman, N. L., Nackers, L. M., Milsom, V. A., André, R., DeBraganza, N., Onkala, A. L., & Perri, M. G. (2008). Of fitness and fatness: The contributions of weight loss and increased physical fitness to improvements in health related quality of life. *Annals of Behavioral Medicine*, 35, s154. Poster

presented at the 2008 Society of Behavioral Medicine meeting, San Diego, California.

Symposia

1. Kozak, A. T., Buscemi, J., Hawkins, M., Wang, M., Breland, J., **Ross, K. M.**, Kommu, A. (2017). Current RCT evidence and future directions for technology-based weight management among adults. *Annals of Behavioral Medicine*, 51, S1578. Symposium presented at the 2017 Society of Behavioral Medicine Meeting, San Diego, CA.
2. **Ross, K. M.**, Buman, M. P., Zoellner, J. M., Kiernan, M., & Perri, M. G. (2016). *Annals of Behavioral Medicine*, 50, S94. Symposium presented at the 2016 Society of Behavioral Medicine Meeting, San Diego, CA.

Other Conference Presentations (*Designates Mentee)

1. *Dixon, B. N., **Ross, K. M.** (2017). A social-ecological perspective of the rural-urban obesity disparity in the United States. *Poster presented at the 2017 National Conference on Health Disparities, New Orleans, LA.*
2. **Ross, K. M.**, Fernandez D., Krol J., Williams S., & Wing, R. R. (2015). Impact of newer self-monitoring technology and interventionist contact on weight loss. *Poster presented at the 2015 annual meeting of The Obesity Society, Los Angeles, CA.*
3. **Middleton, K. R.**, Thomas, J. G., Seiden, B. A., Trautvetter J., & Wing, R. R. (2014). Sleep quality, duration, and chronotype in the National Weight Control Registry. *Poster presented at the 2014 meeting of The Obesity Society in Boston, MA.*
4. **Ross, K. M.**, & Perri, M. G. (2011). Availability and usability of web-based nutrition information for major chain restaurants. *Poster presented at the 2011 American Public Health Association annual meeting, Washington, D.C.*
5. Newell, K. E., **Ross, K. M.**, Nackers, L. M., Hoover, V. J., Lespinasse, D. M., Maurer, S. N., Minski, S. A., Durning, P. E., & Perri, M. G. (2011). The effect of individual caloric variability on weight loss. *Poster presented at the 2011 Society of Behavioral Medicine meeting, Washington, D.C.*
6. Nackers, L. M., **Ross, K. M.**, Thomas, C. H., DeBraganza, N., André, R., Hoover, V. J., Newell, K. E., Milsom, V. A., von Castel-Roberts, K. M., Thomas, M. L., Allen, K. K., Rogers, C. J., Lynch, W. W., Bobroff, L. B., Mathews, A. E., & Perri, M. G. (2010). Family matters: The impact of children in the home on weight change in adults undergoing a weight management program. *Poster presented at the 2010 Society of Behavioral Medicine meeting, Seattle, Washington.*
7. Newell, K. E., Mathews, A. E., Nackers, L. M., **Ross, K. M.**, DeBraganza, N., André, R., Hoover, V. J., von Castel-Roberts, K. M., Thomas, C. H., Thomas, M. L., Allen, K. K., Rogers, C. J., Lynch, W. W., & Perri, M. G. (2010). Impact of a post-treatment campaign on weight change following obesity treatment. *Poster*

presented at the annual meeting of the Society of Behavioral Medicine, Seattle, Washington.

Other Non-Peer-Reviewed Publications

1. **Ross, K. M.** Healthy Living: Tips to avoid the holiday bulge. *Providence Journal*. December 22, 2014.
2. **Ross, K. M.** Healthy Living: 10,000 who shed pounds share how they keep them off. *Providence Journal*. June 29, 2015.
3. **Ross, K. M.** Healthy Living: More people are using technology to monitor their own behaviors. *Providence Journal*. November 23, 2015.

TEACHING

Courses Taught

- Summer 2017 **Theoretical Foundations of Public Health (graduate level)**
College of Public Health & Health Professions, University of Florida
- Fall 2016
Spring 2017 **Psychological, Behavioral, and Social Issues in Public Health (graduate level)**
College of Public Health & Health Professions, University of Florida
- Spring 2010 **Introduction to Health Psychology (undergraduate level)**
Department of Clinical & Health Psychology, University of Florida

Seminars

- 2013-2014 **Clinical Psychology Training Consortium, Psychology Intern Core Seminar: Preparing and Obtaining an F-32 Award**
Department of Psychiatry & Human Behavior, Brown Medical School
Description: Grant writing seminar for 10-15 psychology interns
- 2014 **Clinical Psychology Training Consortium, Behavioral Medicine Psychology Intern Seminar: The Obesity Epidemic and Lifestyle Weight Management**
Department of Psychiatry & Human Behavior, Brown Medical School
Description: Grant writing seminar for 6-10 psychology interns

2014 **Cardiovascular Behavioral Medicine Seminar: Prevention and Treatment of Obesity.**
Department of Psychiatry & Human Behavior, Brown Medical School
Description: Lecture to Cardiovascular Medicine T32 fellows

CLINICAL TRAINING

- 07/12-6/13 **Obesity Clinical Research**
Weight Control & Diabetes Research Center, The Miriam Hospital, Providence RI
- 07/12-6/13 **Outpatient Behavioral Medicine**
West River Behavioral Medicine Clinic, Miriam Hospital, Providence RI
- 02/13-6/13 **Postpartum and Antepartum Mood Disorder Day Hospital**
Women & Infants Hospital, Providence RI
- 07/12-2/13 **Inpatient Consultation Liaison**
Inpatient Medical Units at The Miriam Hospital, Providence RI
- 07/12-2/13 **Cardiac Rehabilitation**
Outpatient Cardiac Rehabilitation Center, Miriam Hospital, Providence RI
- 5/09-6/12 **Advanced Psychotherapy Practicum**
Psychology Clinic and Inpatient Medical Units, Shands Teaching Hospital, Gainesville FL
- 5/10–7/11 **Parent-Child Interaction Therapy (PCIT)**
Psychology Clinic at Shands Hospital, Gainesville FL
- 5/10-8/10 **Oncology Treatment Advanced Specialty Practicum**
Oncology inpatient unit at Shands Cancer Hospital & the Gastrointestinal Oncology outpatient clinic at Shands Cancer Center, Gainesville FL
- 1/10-5/10 **Inpatient Consultation & Liaison Advanced Specialty Practicum**
Inpatient Medical Units at Shands Hospital, Gainesville FL
- 5/09-08/09 **General Mental Health Assessment Practicum**
University of Florida Fear and Anxiety Clinic, Gainesville FL
- 9/08-12/08 **Pediatric Neuropsychology Practicum**
Inpatient Epilepsy Monitoring Unit and Psychology Clinic at Shands Hospital, Gainesville FL

7/08-9/08 **Medical/Health Psychology Practicum
Transplant Medicine & Chronic Pain**
*Psychology Clinic and Medical Inpatient Units at Shands Hospital,
University of Florida Orthopedics & Sports Medicine Clinic, Gainesville
FL*

RELATED PROFESSIONAL EXPERIENCE

- 2015 **Consultant, Butler Hospital & Department of Psychiatry and
Human Behavior and Department of Neuroscience, Brown
University**
Providence, Rhode Island
- Assisted with writing and submission of a COBRE P20 Center grant entitled: “COBRE Center for Neurocircuits and Disease”
 - Organized 2 research cores and 5 sets of junior investigators/mentors, managed budgets and subcontracts, interfaced with NIH and the office of sponsored research at Butler Hospital
- 2011 **Biostatistics Intern, Alachua County Health Department**
Gainesville, Florida
- Responsibilities included cleaning data and running statistical analysis for internal reports and county/state-level presentations.
 - Trained health department nutrition educators on basic statistical techniques.
- 2005-2007 **Statistical Analyst, Virginia Department of Health**
Division of WIC and Family Nutrition Services
- Ran statistical analyses and drafted state-wide reports on findings (e.g., related to program reach, underserved Virginia residents, pediatric obesity rates, and health of program participants).
 - Monitored and ran weekly reports on WIC check disbursement databases; maintained online nutritional education website and associated databases and additional internal department websites/databases.

SERVICE

Committees

- 2016- **Research Committee**
Department of Clinical & Health Psychology, University of Florida
- 2016- **Education & Advocacy Committee**
Department of Clinical & Health Psychology, University of Florida
- 2016- **Graduate Admissions Committee**
Department of Clinical & Health Psychology, University of Florida

- 2016- **Graduate Admissions Committee**
College of Public Health & Health Professions, University of Florida
- 2015-2016 **Women in Psychology Steering Committee**
Department of Psychiatry and Human Behavior, Brown Medical School
- 2013-2016 **Technology Committee**
Department of Psychiatry and Human Behavior, Brown Medical School
- 2008-2011 **Graduate Student Delegate, Graduate Student Association**
University of Florida
- 2008-2010 **Student Representative, College of Public Health and Health Professions Research Committee**
University of Florida

Scientific Review

Invited Abstract Reviewer, Society of Behavioral Medicine annual meeting, 2014-2016

Ad-hoc Reviewer

American Journal of Preventive Medicine

Annals of Behavioral Medicine

Annals of Nutrition and Metabolism

Appetite

BMC Public Health

BMC Geriatrics

Health Psychology

Health Psychology and Behavioral Medicine

International Journal of Obesity

Journal of Contextual Behavioral Science

Journal of Medical Internet Research

JMIR: Research Protocols

JMIR: mHealth and uHealth

Journal of Translational Behavioral Medicine

Obesity

Preventive Medicine

Translational Behavioral Medicine

Translational Issues in Psychological Science

Professional Society Memberships

- 2012- **The Obesity Society (TOS)**
- 2011- **American Public Health Association (APHA)**
- 2007- **American Psychological Association (APA)**
- 2007- **Society for Behavioral Medicine (SBM)**