

Aviva Ariel-Donges, PhD, MPH, CPH

EDUCATION & LICENSURE

Licensed Clinical Psychologist

Illinois Licensure: 071.010315 (Exp. 09/30/2022)

University of Florida

Clinical and Health Psychology (Ph.D.)

APA Accredited

Concentration in Medical/Health Psychology

Dissertation Chair: Michael Perri, Ph.D., ABPP

Public Health (M.P.H.)

Concentration in Social and Behavioral Sciences

Clinical and Health Psychology (M.S.)

APA Accredited

Concentration in Medical/Health Psychology

Skidmore College

Psychology (B.A.)

Summa cum Laude

Minor in English Literature

AWARDS & CERTIFICATIONS

- 2020 National Board of Public Health Examiners' Certification in Public Health (C.P.H.)
Passed the Examination for Professional Practice in Psychology (EPPP)
- 2019 National Board of Public Health Examiners' Certification in Public Health (C.P.H.)
- 2018 National Board of Public Health Examiners' Certification in Public Health (C.P.H.)
- 2017 Harrower Memorial Award for Excellence in Psychodiagnostic Assessment
University of Florida Health Psychology Research Award
Sivinski Memorial Award for Excellence in Community Service
University of Florida Graduate Student Council Research Travel Award
University of Florida Office of Research Graduate Student Travel Award
- 2016 Shafer Memorial Award for Excellence in Psychotherapeutic Counseling
University of Florida Graduate Student Council Research Travel Award
University of Florida Office of Research Graduate Student Travel Award
- 2015 University of Florida Graduate Student Council Research Travel Award
University of Florida Office of Research Graduate Student Travel Award
- 2014 College of Public Health and Health Professions Outstanding Research Award
University of Florida Office of Research Graduate Student Travel Award

PROFESSIONAL EXPERIENCE

Rush University Medical Center

8/2020 – Present

Assistant Professor

Evaluate and treat patients pursuing bariatric surgery and medical weight management services as part of an interdisciplinary treatment team of surgeons, dietitians, and psychologists. Provide evidence-based individual psychotherapy related to health behavior change, binge eating, emotional eating, adjustment disorder, anxiety, and

depression. Teach communication skills to first-year medical students. Develop, execute, and disseminate research as part of the Eating, Obesity, and Diabetes Research Lab.

CLINICAL TRAINING

Rush University Medical Center

7/2019 – 7/2020

Postdoctoral Fellowship in Clinical Health & Bariatric Psychology

Evaluating and treating patients pursuing bariatric surgery and medical weight management services as part of an interdisciplinary treatment team of surgeons, dietitians, and psychologists. Providing evidence-based individual psychotherapy related to health behavior change (e.g., diet, exercise, smoking cessation, and insomnia), binge eating, emotional eating, adjustment disorder, anxiety, and depression. Co-leading a weekly DBT skills group therapy. Supervised by Joyce Corsica, Ph.D., Megan Hood, Ph.D., and Nicole Heath, Ph.D.

Jesse Brown VA Medical Center

6/2018 – 6/2019

Clinical Internship in Health Psychology (APA Accredited)

Chronic Pain Clinic: Conducting psychological evaluations for veterans engaged in specialty pain treatment. Leading weekly peer support group and DBT skills group for chronic pain management. Administering electrical stimulation treatments (Alphastim) for central sensitization. Supervised by David Cosio, Ph.D., ABPP.

Biofeedback and Insomnia Clinic: Conducting psychological evaluations for veterans with stress, PTSD, anxiety, and insomnia. Leading biofeedback training sessions using respiration, SCR, EMG, temperature, and HR. Providing individual CBTi treatment to veterans with insomnia. Supervised by Susan Payvar, Ph.D., BCB.

Transition Care Management Clinic: Providing long-term outpatient therapy for post-9/11 veterans. Utilizing a psychodynamic and relational approach to treat mental health diagnoses. Supervised by Holly Passi, Psy.D.

Bariatric Surgery and MOVE! Program: Leading weekly co-ed and women-only MOVE! groups for weight management. Conducting psychological evaluations for veterans under consideration for bariatric surgery. Co-leading bariatric surgery support groups for pre- and post-surgical patients. Supervised by Tracy Bisterfeldt, Psy.D., and Sarah Catanese, Ph.D.

Health Promotion/Disease Prevention Program: Conducting intake assessments with veterans interested in health behavior change programs. Leading weekly group interventions for insomnia, smoking cessation, and CPAP adherence. Implementing programmatic changes in the Pulmonary Clinic's sleep apnea interventions. Supervised by Sarah Catanese, Ph.D.

UF Health Medical Center

8/2014 – 5/2018

Graduate Therapy Practica

Outpatient Psychology Clinic: Providing short- and long-term psychotherapy to adults, adolescents, and children. Utilizing CBT, ACT, and DBT skills to treat mental health and health-related diagnoses. Providing tiered psychotherapy supervision to younger graduate students. Supervised by Lori Waxenberg, Ph.D., and Deidre Pereira, Ph.D.

Medical Inpatient Consultation/Liaison: Conducting inpatient assessments of individuals with acute brain and spinal cord injuries. Conducting inpatient therapy with

individuals undergoing medical treatment at UF Health. Administering, scoring, and interpreting neuropsychological testing (e.g., Cognistat, SF-36). Supervised by Bob Guenther, Ph.D.

Graduate Assessment Practica

Fear and Anxiety Disorders Clinic: Conducting structured outpatient assessments of individuals with anxiety and fear disorders. Providing diagnostic feedback and recommendations to patients and referring providers. Administering, scoring, and interpreting psychodiagnostic testing. Supervised by Evelyn Sullivan, Ph.D., and Cyd Strauss, Ph.D.

Bariatric Surgery Clinic: Conducting psychological evaluations for patients under consideration for bariatric surgery. Developing presentations for outpatient support groups (e.g., meal planning strategies). Administering, scoring, and interpreting psychodiagnostic testing. Supervised by Lisa Clifford, Ph.D.

Women's Reproductive Health Clinic: Conducting outpatient assessments of individuals and couples seeking in-vitro fertilization. Providing diagnostic feedback and recommendations to patients as needed. Supervised by Patricia Durning, Ph.D.

Children's Medical Services Assessment Clinic: Conducting outpatient assessments of children with Autism Spectrum Disorder, intellectual disabilities, sensory disorders, language disorders, and other developmental conditions. Supervised by Krestin Radonovich, Ph.D.

Chronic Illness and Transplant Assessment Clinic: Conducting outpatient assessments of individuals seeking organ transplantation, treatment for chronic illness, or treatment for chronic pain. Supervised by Lori Waxenberg, Ph.D., Glenn Ashkanazi, Ph.D., and Bob Guenther, Ph.D.

Mental Health Assessment Clinic: Conducting outpatient assessments of personality, emotional functioning, and life stressors. Administering, scoring, and interpreting psychodiagnostic testing. Supervised by Nicole Ennis-Whitehead, Ph.D.

Movement Disorders Neuropsychology Assessment Clinic: Conducting outpatient assessments of cognitive, personality, and emotional functioning of adults with a variety of neurological and cognitive impairments (e.g., Parkinson's disease). Administering, scoring, and interpreting standardized neuropsychological testing. Supervised by Vonetta Dotson, Ph.D.

North Florida/South Georgia VA Medical Center

1/2016 – 4/2016

Graduate Therapy Practicum

Primary Care/Mental Health Integration Clinic: Conducting outpatient assessments of personality, emotional functioning, and life stressors. Providing brief cognitive-behavioral therapy for veterans referred by their primary care team. Co-leading weekly smoking cessation groups for veterans and their families. Supervisors: Julius Gylys, Ph.D., and Timothy Ketterson, Ph.D.

CLINICAL RESEARCH EXPERIENCE

Rush University Medical Center

7/2019 – Present

Postdoctoral Researcher

Coordinating entry of data from patients pursuing bariatric surgery. Developing

independent research projects utilizing existing databases and clinical data.

University of Florida Weight Management Lab 8/2013 – 5/2018

Graduate Research Assistant

Leading behavioral weight-loss groups for adults with obesity living in rural communities. Managing data entry and data accuracy in REDCap and Access. Recruiting, interviewing, and training a team of undergraduate research assistants. Developing standard operating procedures and training manuals for study staff. Drafting hybrid implementation-dissemination grant proposals submitted to NIH.

University of Florida 1/2016 – 10/2017

Principal Investigator

Coordinating intervention study evaluating the efficacy of a brief yoga intervention for body image dissatisfaction in college-aged women (dissertation). Conducting in-person depression, eating disorder, and body image dissatisfaction screenings for interested participants between 18-30 years old ($N = 198$). Recruiting, training, and managing a team of five undergraduate research assistants.

Massachusetts General Hospital Bipolar Clinic & Research Program 6/2010 – 5/2011

Research Coordinator/Site Monitor

Conducting clinical assessments and interviews with interested research participants. Monitoring Bipolar Trials Network study sites in OH, NY, and TX on protocol adherence. Initiating the clinic's volunteer research registry, participant newsletter, and Twitter feed.

LEADERSHIP & PROFESSIONAL SERVICE

Society for Health Psychology (SfHP/APA Div. 38) 10/2016 – Present

Past-Chair of SfHP Student Advisory Council

Providing support to Chair on a variety of student-oriented projects. Coordinating and disseminating a student member needs assessment. Assisting with planning of student-focused events at the 2020 APA Convention.

Chair of SfHP Student Advisory Council

Managing student-led Diversity, Communications, and Membership Committees. Coordinating student initiatives related to SfHP's Executive Board vision and mission. Acting as Student Advisory Council liaison to Early Career Professionals Committee. Redesigning and updating SfHP website using WordPress to provide resources to student members. Participating in the SfHP Executive Board Annual Meeting at APA and MidWinter Executive Board Meeting. Planning four student-focused events at the 2019 APA Convention.

Chair-Elect of SfHP Student Advisory Council

Providing support to Chair on a variety of student-oriented projects. Developing and managing a panel for students applying for health psychology internships at the 2018 APA Convention. Participating in the SfHP Executive Board Annual Meeting at APA.

Campus Representative

Facilitating communications between University of Florida and SfHP leadership. Organizing department-wide health psychology careers panel.

Jesse Brown VA Medical Center 6/2018 – 12/2018
Systems Redesign Committee Member

Conducting interviews with key stakeholders to inform redesign of internal clinical database. Designing flow map of clinical intake processes for veterans seeking psychological services. Developing and disseminating department-wide checklist for new employee orientation tasks

UF Department of Clinical and Health Psychology 8/2013 – 5/2018
Cohort Representative, Class of 2013-2019

Representing cohort at department-wide events (e.g., faculty awards ceremonies).
Assisting with organization of interview weekend events for incoming first year students.

Founding Member, Education and Advocacy Committee

Organizing monthly colloquium series on multicultural awareness and discrimination.
Leading presentations on weight stigma and managing patients with offensive beliefs.
Developing and managing committee's website using WordPress.

Founding Member, Doctoral Student Council

Promoting collaboration among the College of Public Health and Health Professions students. Organizing interprofessional networking and social events on campus.

Student Representative, Curriculum Committee

Serving two-year term as student representative on the department's Curriculum Committee. Providing student feedback on issues related to APA accreditation and curriculum changes.

Free Therapy Night Clinic 9/2015 – 12/2017
Clinic Co-Director

Managing team of trainees conducting therapy for underinsured and uninsured individuals as part of the Equal Access Clinic Network. Conducting psychological intakes for walk-in clients. Coordinating with clinical supervisors to assign patients to therapists. Engaging in community outreach efforts to increase interdisciplinary treatment of patients.

Clinical Intake Coordinator

Conducting free psychodiagnostic interviews for underinsured and uninsured individuals. Coordinating with clinical supervisors to assign patients to therapists.

Eating Behaviors (Journal) 8/2016 – 12/2017
Ad Hoc Reviewer

Reviewing and providing written feedback to editors regarding article submissions.

RELEVANT WORK EXPERIENCE

Suwannee River Area Health Education Center 1/2018 – 5/2018
Public Health Intern

Developing, implementing, and evaluating a healthy lifestyles group for incarcerated women. Assisting with grant applications and ongoing smoking cessation programming. Coordinating the 2018 Florida Rural Health Association conference in Orlando, FL. Developing and implementing a needs assessment for members of the Florida Rural

Health Association.

Cengage Learning, Inc.

12/2011 – 6/2013

Editorial Assistant

Managing internal development of print and digital educational materials.
Communicating with customers, authors, and sales representatives. Monitoring and analyzing budgets for ongoing and future projects.

Elizabeth Freeman Center

5/2011 – 12/2011

Crisis Hotline and Volunteer Coordinator

Managing 24/7 crisis hotline serving survivors of domestic violence and sexual assault.
Providing supportive counseling for small caseload of female survivors with disabilities.
Recruiting, training, and scheduling team of over 30 hotline and community event volunteers.

Hedgerow Halfway House

11/2009 – 5/2010

Counseling Intern

Facilitating group and individual counseling sessions for adults in recovery from addiction.

PEER-REVIEWED PUBLICATIONS

- Ariel-Donges, A. H.**, Oyama, C., Hood, M. M. (2020). Patient-reported barriers to and facilitators of adherence to behavioral recommendations following bariatric surgery. *Bariatric Times*, 17(7), 15-17. <https://bit.ly/39iN2qj>
- Cosio, D. & **Ariel-Donges, A. H.** (2020). Does Cognitive Behavioral Therapy increase acceptance of chronic pain? *Journal of Behavioral and Cognitive Therapy*, 30(4), 283-290.
- Ariel-Donges, A. H.**, Gordon, E. L., Dixon, B. N., Eastman, A., Bauman, V., Ross, K. M., & Perri, M. G. (2019). Rural/urban disparities in access to the National Diabetes Prevention Program. *Translational Behavioral Medicine*, *ibz098*. <https://bit.ly/212DMlx>
- Bauman, V., **Ariel-Donges, A. H.**, Gordon, E. L., Daniels, M. J., Ross, K. M., & Perri, M. G. (2019). Effect of dose of behavioral weight-loss treatment on glycemic control in adults with prediabetes. *BMJ Open Diabetes Research & Care*, 7, e000653. <https://bit.ly/2HWIVEi>
- Perri, M. G., **Ariel-Donges, A. H.**, Shankar, M. N., Limacher, M. C., Daniels, M. J., Janicke, D., ... Befort, C. A. (2018). Design of the Rural LEAP randomized trial: An evaluation of extended-care programs for weight management delivered via group or individual telephone counseling. *Contemporary Clinical Trials*, 76, 55-63. <https://bit.ly/2PWZmpG>
- Ariel-Donges, A. H.**, Gordon, E. L., Bauman, V., & Perri, M. G. (2018). Does yoga help college-aged women feel better about their bodies? *Sex Roles*, 1-11. <http://rdcu.be/J2pJ>
- Gordon, E. L., **Ariel-Donges, A. H.**, Bauman, V., & Merlo, L. J. (2018). What is the evidence For "Food Addiction?" A systematic review. *Nutrients*, 10, 477-488. <https://bit.ly/2BxXFX1>
- Ariel, A. H.** & Perri, M. G. (2016). Effect of dose of behavioral treatment for obesity on binge eating severity. *Eating Behaviors*, 22, 55-61. <https://bit.ly/2r7jx1W>
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BOOK CHAPTERS

- Perri, M. G. & **Ariel-Donges, A. H.** (2018). Chapter 23: Maintenance of weight lost in behavioral treatment of obesity (pp. 393-410). In G. Bray & T. Wadden (Eds.), *The Handbook of Obesity Treatment, Second Edition*. New York, NY: Guilford Press.
- Perri, M. G., Laitner, M. L., & **Ariel, A. H.** (2017). Obesity. In S. Richards & L. Cohen (Eds.), *The Wiley Encyclopedia of Health Psychology, Volume III: Clinical Health Psychology and Behavioral Medicine*. Oxford, UK: John Wiley and Sons.

PUBLISHED ABSTRACTS

- Cosio, D. & **Ariel-Donges, A. H.** (2019). Does Cognitive Behavioral Therapy increase acceptance of chronic pain? A practice-based evaluation amongst veterans. *PAIN*.
- Gordon, E. L., **Ariel-Donges, A. H.**, Bauman, V., Eastman, A., Dixon, B., Ross, K. M., & Perri, M. G. (2018). Effects of behavioral weight-loss treatment on food addiction symptoms and fruit intake among adults with obesity. *Annals of Behavioral Medicine, 52*, S89.
- Bauman, V., **Ariel-Donges, A. H.**, Gordon, E. L., Dixon, B., Eastman, A., Ross, K. M., & Perri, M. G. (2018). Disparities in rural access to the National Diabetes Prevention Program for obesity treatment. *Annals of Behavioral Medicine, 52*, S306.
- Dixon, B., **Ariel-Donges, A. H.**, Gordon, E. L., Eastman, A., Bauman, V., Ross, K. M., & Perri, M. G. (2018). Reflections in the mirror: A novel experiential measure of body image dissatisfaction in women. *Annals of Behavioral Medicine, 52*, S780.
- Eastman, A., Dixon, B., **Ariel-Donges, A. H.**, Gordon, E. L., Bauman, V., Perri, M. G., & Ross, K. M. (2018). Staying on track: The association between perceived effort, importance, and self-weighing behavior. *Annals of Behavioral Medicine, 52*, S795.
- Ariel, A. H.**, Degener, R. T., Laitner, M. H., Warren, E. L., & Perri, M. G. (April 2016). Relation of improvements in binge eating severity to dietary self-monitoring and weight change in behavioral treatment for obesity. *Annals of Behavioral Medicine, 50*.
- Dupuy, J. M., McMurrich, S., Peters, A. T., **Ariel, A. H.**, Deckersbach, T., & Perlis, R. H. (2011). Characterizing pilot data to establish a clinical profile of patients with bipolar disorder following a first episode of mania. *Bipolar Disorders, 13*(1), 40.

POSTERS & PRESENTATIONS

- Cosio, D. & **Ariel-Donges, A. H.** (Oct. 2019). Does Cognitive Behavioral Therapy increase acceptance of chronic pain? A practice-based evaluation amongst veterans. *Presented at the 2019 Midwest Pain Society Scientific Meeting in Chicago, IL*.
- Ariel-Donges, A. H.**, Oyama, C. K., & Hood, M. M. (Sept. 2019). Patient-reported barriers to and facilitators of adherence to behavioral recommendations following bariatric surgery. *Presented at the Rush Mentoring Program 5th Annual Symposium in Chicago, IL*.
- Cosio, D. & **Ariel-Donges, A. H.** (Sept. 2019). Does Cognitive Behavioral Therapy increase acceptance of chronic pain? A practice-based evaluation amongst veterans. *Presented at the 2019 PAINWeek National Conference in Las Vegas, NV*.
- Ariel-Donges, A. H.** (May 2019). Overview of smoking cessation services for veterans. *Interview on CAN TV in Chicago, IL*.
- Gordon, E. L., **Ariel-Donges, A. H.**, Bauman, V., Eastman, A., Dixon, B. N., Ross, K. M., & Perri, M. G. (Aug. 2018). Eating patterns among adults with food addiction in a

- behavioral weight-loss program. *Presented at 2018 APA Convention, San Francisco, CA.*
- Gordon, E. L., **Ariel-Donges, A. H.**, Bauman, V., & Merlo, L. J. (Aug. 2018). What is the evidence for "Food Addiction?" A systematic review. *Presented at 2018 APA Convention, San Francisco, CA.*
- Bauman, V., **Ariel-Donges, A.H.**, Gordon, E. L., Dixon, B. N., Eastman, A., Ross, K. M., & Perri, M. G. (April 2018). Disparities in rural access to the National Diabetes Prevention Program. *Presented at the 2018 Society for Behavioral Medicine 39th Annual Meeting, New Orleans, LA.*
- Gordon, E. L., **Ariel-Donges, A. H.**, Bauman, V., Eastman, A., Dixon, B. N., Ross, K. M., & Perri, M. G. (April 2018). Effects of behavioral weight-loss treatment on food addiction symptoms and fruit intake among adults with obesity. *Presented at the 2018 Society for Behavioral Medicine 39th Annual Meeting, New Orleans, LA.*
- Eastman, A., Dixon, B., **Ariel-Donges, A. H.**, Gordon, E. L., Bauman, V., Perri, M. G., & Ross, K. M. (April 2018). Staying on track: The association between perceived effort, importance, and self-weighing behavior. *Presented at the 2018 Society for Behavioral Medicine 39th Annual Meeting, New Orleans, LA.*
- Dixon, B., **Ariel-Donges, A. H.**, Gordon, E. L., Eastman, A., Bauman, V., Ross, K. M., & Perri, M. G. (April 2018). Reflections in the mirror: A novel experiential measure of body image dissatisfaction in women. *Presented at the 2018 Society for Behavioral Medicine 39th Annual Meeting, New Orleans, LA.*
- Dixon, B. N., **Ariel-Donges, A. H.**, Gordon, E. L., Eastman, A., Bauman, V., Ross, K. M., & Perri, M. G. (April 2018). Reflections in the mirror: A novel experiential measure of body image dissatisfaction in women. *Presented at the 2018 University of Florida Public Health and Health Professions Research Day, Gainesville, FL.*
- Gordon, E. L., Ariel-Donges, A. H., Bauman, V., Eastman, A., Dixon, B., Ross, K. M., & Perri, M. G. (April 2018). Fruit consumption and weight loss associated with reduced food addiction symptoms among adults with obesity in a behavioral weight-loss program. *Presented at the 2018 University of Florida Public Health and Health Professions Research Day, Gainesville, FL.*
- Ariel-Donges, A. H.**, Gordon, E. L., Bauman, V., Sanchez, D., Rodriguez, A., Rai, O., McMillin, M., Eastman, A., Dixon, B., Ross, K., & Perri, M. G. (Nov. 2017). Characterizing the unique effects of Body Mass Index, disordered eating, and depressive symptoms on body image dissatisfaction in college-aged women. *Presented at the 2017 American Public Health Association meeting, Atlanta, GA.*
- Dixon, B. N., Eastman, A., Gordon, E. L., Bauman, V., **Ariel-Donges, A. H.**, Perri, M. G., & Ross, K. M. (Nov. 2017). Social support, weight control strategies, and weight loss. *Presented at the 2017 American Public Health Association meeting, Atlanta, GA.*
- Ariel-Donges, A. H.**, Gordon, E. L., Bauman, V., Rodriguez, A., McMillin, M., Sanchez, D., Rai, O., Eastman, A., Dixon, B., Ross, K., & Perri, M. G. (April 2017). Racial differences in Body Mass Index, body image dissatisfaction, disordered eating, and depressive symptoms in college-aged women. *Presented at the 2017 University of Florida Public Health and Health Professions Research Day, Gainesville, FL.*
- Gordon, E. L., Bauman, V., **Ariel-Donges, A. H.**, Eastman, A., Dixon, B., Ross, K. M., & Perri, M. G. (April 2017). Effects of a behavioral weight-loss program on symptoms of food addiction in adults with obesity. *Presented at the 2017 University of Florida Public*

- Health and Health Professions Research Day, Gainesville, FL.*
- Bauman, V., **Ariel-Donges, A. H.**, Gordon, E. L., Eastman, A., Dixon, B., Ross, K.M., & Perri, M. G. (April 2017). Effect of dose of behavioral obesity treatment on HbA1c in adults with prediabetes. *Presented at the 2017 University of Florida Public Health and Health Professions Research Day, Gainesville, FL.*
- Ariel-Donges, A. H.**, Gordon, E. L., Bauman, V., McMillin, M., Rai, O., Rodriguez, A. Sanchez, D., Eastman, A., Dixon, B., Ross, K., & Perri, M. G. (March 2017). Body image dissatisfaction, depression, and disordered eating in college-aged women seeking a yoga intervention. *Presented at 2017 Society of Behavioral Medicine meeting, San Diego, CA.*
- Bauman, V., **Ariel-Donges, A. H.**, Gordon, E. L., Ross, K., & Perri, M. G. (March 2017). Effect of dose of behavioral obesity treatment on HbA1c in adults with prediabetes. *Presented at the 2017 Society of Behavioral Medicine meeting, San Diego, CA.*
- Gordon, E. L., **Ariel-Donges, A. H.**, Bauman, V., & Perri, M. G. (March 2017). Effects of a behavioral weight-loss program on food addiction. *Presented at the 2017 Society of Behavioral Medicine meeting, San Diego, CA.*
- Ariel-Donges, A. H.**, & Waxenberg, L. B. (Dec. 2017). Challenges of working with patients with personality disorders. *Case presentation at the University of Florida Department of Clinical and Health Psychology, Gainesville, FL.*
- Ariel, A. H.**, Degener, R. T., Laitner, M. H., Warren, E. L., & Perri, M. G. (Oct. 2016). Binge eating and coping skills in adults seeking treatment for obesity. *Roundtable presentation at the 2016 American Public Health Association meeting, Denver, CO.*
- Degener, R. T., Laitner, M. H., **Ariel, A. H.**, Warren, E. L., & Perri, M. G. (Oct. 2016). Perception of health status by Black and White women before and after treatment for obesity. *Poster at the 2016 American Public Health Association meeting, Denver, CO.*
- Warren, E. L., Laitner, M. H., Degener, R. T., **Ariel, A. H.**, & Perri, M. G. (April 2016). The effect of dose on physical activity in a behavioral weight-loss program. *Presented at the 2016 University of Florida College of Public Health and Health Professions Research Day. Recipient of the PPHP 2016 Best Abstract Award.*
- Warren, E. L., Laitner, M. H., Degener, R. T., **Ariel, A. H.**, & Perri, M. G. (April 2016). Effects of treatment dose on changes in physical activity in lifestyle interventions for weight loss. *Presented at the 2016 Society of Behavioral Medicine meeting, Washington, DC.*
- Ariel, A. H.**, Degener, R. T., Laitner, M. H., Warren, E. L., & Perri, M. G. (April 2016). Relation of clinically significant improvements in binge eating to treatment adherence and weight change in a behavioral weight management program (April 2016). *Poster at the 2016 Society of Behavioral Medicine meeting, Washington, DC.*
- Ariel, A. H.**, Degener, R. T., Laitner, M. H., Warren, E. L., & Perri, M. G. (Oct. 2015). Relation of clinically significant improvements in binge eating to treatment adherence and weight change in a behavioral weight management program. *Presented at the 2015 University of Florida Graduate Student Research Day, Gainesville, FL.*
- Ariel, A. H.**, Lespinasse, D. M., Maurer, S. N., Minski, S. A., Alabduljabbar, M., Degener, R. T., Laitner, M. H., Warren, E. L., & Perri, M. G. (April 2015). Binge eating severity improvement in response to dose of behavioral treatment for obesity. *Presented at the 2015 International Conference on Eating Disorders, Boston, MA.*
- Ariel, A. H.**, Minski, S. A., Degener, R. T., Laitner, M. H., Warren, E. L., & Perri, M. G. (April

- 2015). Does binge eating severity respond to a behavioral intervention for obesity? *Presented at the 2015 University of Florida College of Public Health and Health Professions Research Day, Gainesville, FL.*
- Minski, S. A., Laitner, M. H., **Ariel, A. H.**, Warren, E.L., & Perri, M. G. (April 2015). The Impact of three doses of behavioral weight-loss counseling on health-related quality of life. *Presented at the 2015 Society of Behavioral Medicine meeting, San Antonio, TX.*
- Laitner, M. H., Minski, S. A., **Ariel, A. H.**, Warren, E. L., & Perri, M. G. (April 2015). Effects of treatment dose on blood lipids in the behavioral treatment of obesity. *Presented at the 2015 Society of Behavioral Medicine meeting, San Antonio, TX.*
- Warren, E. L., Minski, S. A., Alabduljabbar, M., Laitner, M. H., Degener, R. T., **Ariel, A. H.**, & Perri, M.G. (April 2015). Does self-monitoring mediate the effect of treatment dose on weight loss in behavioral management of obesity? *Presented at the 2015 Society of Behavioral Medicine meeting, San Antonio, TX.*
- Warren, E. L., Minski, S. A., Alabduljabbar, M., Laitner, M. H., Degener, R. T., **Ariel, A. H.**, & Perri, M.G. (April 2015). Does self-monitoring mediate the effect of treatment dose on weight loss in behavioral management of obesity? *Presented at University of Florida College of Public Health and Health Professions Research Day, Gainesville, FL.*
- Ariel, A. H.**, Lespinasse, D. M., Maurer, S. N., Minski, S. A., Alabduljabbar, M., Degener, R. T.,
Laitner, M. H., & Perri, M. G. (Nov. 2014). Craving treatment: Binge eating in obese adults seeking a behavioral weight management intervention. *Presentation at the 2014 Department of Clinical and Health Psychology Fall Symposium, Gainesville, FL.*
- Ariel, A. H.**, Lespinasse, D. M., Maurer, S. N., Minski, S. A., Alabduljabbar, M., Degener, R. T.,
Laitner, M. H., & Perri, M. G. (Nov. 2014). Binge eating, Body Mass Index, and weight management self-efficacy in treatment seeking obese adults. *Presented at the 2014 University of Florida Graduate Student Research Day, Gainesville, FL.*
- Ariel, A. H.**, Lespinasse, D. M., Maurer, S. N., Minski, S. A., Alabduljabbar, M., Degener, R. T.,
Laitner, M. H., & Perri, M. G. (April 2014). Impact of weight regain on depressive symptoms after a behavioral weight loss program. *Presented at the 2014 Society of Behavioral Medicine meeting, Philadelphia, PA.*
- Ariel, A. H.**, Lespinasse, D. M., Maurer, S. N., Minski, S. A., Alabduljabbar, M., Degener, R. T.,
Laitner, M. H., & Perri, M. G. (April 2014). Weight regain and depressive symptoms after a behavioral weight loss program. *Presented at the 2014 University of Florida College of Public Health and Health Professions Research Day, Gainesville, FL.*
- Laitner, M. H., Lespinasse, D. M., Maurer, S. N., Minski, S. A., Alabduljabbar, M, Degener, R. T., **Ariel, A. H.**, & Perri, M. G. (April 2014). Self-monitoring as a mechanism for success following behavioral weight loss treatment. *Presented at the 2014 Society of Behavioral Medicine meeting, Philadelphia, PA. Recipient of the Obesity & Eating Disorders Special Interest Group Best Graduate Student Research Abstract Award.*
- Laitner, M. H., Lespinasse, D. M., Maurer, S. N., Minski, S. A., Alabduljabbar, M, Degener, R. T., **Ariel, A. H.**, & Perri, M. G. (April 2014). Self-monitoring as a mechanism for success following behavioral weight loss treatment. *Presented at the 2014 University of*

- Florida College of Public Health and Health Professions Research Fair, Gainesville, FL. Recipient of the PPHP Outstanding Research Award.*
- Degener, R. T., Laitner, M. H., Lespinasse, D. M., Medina, K. E., Mauer, S. N., Minski, S. A., Alabduljabbar, M., **Ariel, A. H.**, von Castel-Roberts, K. M., & Perri, M. G. (April 2014). Are obese women who feel healthy more likely to engage in physical activity? Or does engagement in physical activity lead to obese women feeling healthier? *Presented at the 2014 Society of Behavioral Medicine meeting, Philadelphia, PA.*
- Ariel, A. H.**, Peters, A. T., Chou, T., Rodman, A., Martowski, J., Peckham, A. D., Hay, A. C., Eisner, L., Ghaznavi, L., Sylvia, L. G., Nierenberg, A., & Deckersbach, T. (Nov. 2011). Weighing in: The impact of obesity on work and psychosocial functioning in individuals with bipolar I disorder. *Presented at the 45th Association for Behavioral and Cognitive Therapies Convention, CAN.*
- Ariel, A. H.**, Martowski, J., Friedman, E. S., Calabrese, J., Ketter, T. K. McElroy, S. L., Perlis, R. H., Bowden, C. L., Kocsis, J. H., McInnis, M. G., Thase, M., Shelton, R. C., Reilly-Harrington, N. C., McMurrich, S., Nierenberg, A., & Sylvia, L. G. (Nov. 2011). Rationale and design of a comparative effectiveness trial of a second generation antipsychotic and a classic mood stabilizer for bipolar disorder. *Presented at the 45th Association for Behavioral and Cognitive Therapies Convention, CAN.*
- Calkins, A. W., Deckersbach, T., Otto, M. W., Deckersbach, T., Duffy, A., Chou, T., Rodman, A. M., Hay, A., Martowski, J., Peters, A. T., **Ariel, A. H.**, Peckham, A. D., Nierenberg, A., D'Avanzato, C. M., Joormann, J., Calkins, A. W., Siegle, G. J., Otto, M. W., Mohlman, J. Collier, A., & Siegle, G. J. (Nov. 2011). From cortex to context: New strategies and refined targets in the interventions of mood disorders. *Symposium at the 45th Association for Behavioral and Cognitive Therapies Convention, CAN.*
- Chou, T., Rodman, A. M., **Ariel, A. H.**, Peters, A., Martowski, J. C., Hay, A., Peckham, A., Sylvia, L., Ghaznavi, S., Perlis, R. H., Nierenberg, A., & Deckersbach, T. (Nov. 2011). Correlates of disability in bipolar disorder: Data from the Systematic Treatment Enhancement Program. *Presented at the 45th Association for Behavioral and Cognitive Therapies Convention, CAN.*
- Peters, A. T., **Ariel, A. H.**, Rodman, A. M., Chou, T., Martowski, J., Hay, A. C., Peckham, A. D., Eisner, L., Ghaznavi, S., Nierenberg, A., & Deckersbach, T. (Nov. 2011). Generalized anxiety disorder in the context of bipolar disorder: An examination of functional outcomes. *Presented at the 45th Association for Behavioral and Cognitive Therapies Convention, CAN.*
- Rodman, A., **Ariel, A. H.**, Peckham, A. D., Chou, T., Peters, A. T., Martowski, J., Hay, A., Eisner, L., Ghaznavi, S., Sylvia, L. G., Nierenberg, A., & Deckersbach, T. (Nov. 2011). Gender differences in self-perceived social functioning in bipolar disorder. *Presented at 45th Association for Behavioral and Cognitive Therapies Convention, CAN.*
- Rodman, A., Chou, T., Peters, A. T., **Ariel, A. H.**, Martowski, J., Peckham, A. D., Hay, A., Ghaznavi, S., Sylvia, L. G., Nierenberg, A., Perlis, R. H., & Deckersbach, T. (Nov. 2011). Bipolar Disorder: How Euthymic is Euthymic? *Presented at the 45th Association for Behavioral and Cognitive Therapies Convention, CAN.*
- Rodman, A., Hay, A., Martowski, J., Chou, T., Peters, A. T., **Ariel, A. H.**, Peckham, A. D.,

- Eisner, L., Ghaznavi, S., Sylvia, L. G., Nierenberg, A., & Deckersbach, T. (Nov. 2011). Suicidal behaviors and social functioning in child-onset versus adult-onset bipolar disorder. *Presented at the 45th Association for Behavioral and Cognitive Therapies Convention, CAN.*
- Rodman, A., Peckham, A. D., Hay, A., Peters, A. T., Chou, T., **Ariel, A. H.**, Martowski, J., Eisner, L., Ghaznavi, S., Sylvia, L.G., Nierenberg, A., & Deckersbach, T. (Nov. 2011). Axis II disorders in bipolar disorder: Increased risk for suicidal behavior? *Presented at the 45th Association for Behavioral and Cognitive Therapies Convention, CAN.*
- Dupuy, J., McMurrich, S., Peters, A.T., **Ariel, A. H.**, Deckersbach, T., & Perlis, R. H. (June 2011). Characterizing pilot data to establish a clinical profile of patients with bipolar disorder following a first episode of mania. *Presented at the 9th International Conference on Bipolar Disorder, Pittsburgh, PA.*
- Ariel, A. H.**, Martowski, J., Friedman, E. S., Calabrese, J., Ketter, T. K. McElroy, S. L., Perlis, R. H., Bowden, C. L., Kocsis, J. H., McInnis, M. G., Thase, M., Shelton, R. C., Reilly-Harrington, N. C., McMurrich, S., Nierenberg, A., & Sylvia, L. G. (April 2011). Rationale and design of “Comparative Effectiveness of a Second Generation Antipsychotic Mood Stabilizer and a Classic Mood Stabilizer for Bipolar Disorder (Bipolar CHOICE)”. *Presented at 64th annual meeting of the MGH Scientific Advisory Committee, Boston, MA.*
- Duffy, A. M., Rodman, A. M., Chou, T., Peckham, A. D., Hay, A. C., Peters, A. T., **Ariel, A. H.**, Martowski, J., Nierenberg, A., Rauch, S. L., Dougherty, D. D., & Deckersbach, T. (April 2011). Emotional context and attentional dysfunction in bipolar disorder: An fMRI study. *Presented at the 64th MGH Scientific Advisory Committee Conference, Boston, MA.*
- Leaver, E., Wennenberg, A., Frawley, A., & **Ariel, A. H.** (April 2010). The effect of lifestyle on cognition and aging. *Presented at 12th Biennial Cognitive Aging Conference, Atlanta, GA.*

TEACHING EXPERIENCE

Rush University Medical College

Professor, Introduction to Communication Skills 2020 – Present

University of Florida

Guest Lecturer, Smoking and Pregnancy	3/2018
Instructor, Introduction to Health Psychology	1/2017 – 5/2017
Panel Speaker, Applying to Ph.D. Programs	2/2017
Guest Lecturer, Eating Disorders	11/2016
Guest Lecturer, Eating Disorders	2/2016
Guest Lecturer, Domestic Violence/Sexual Assault	2/2016
Panel Speaker, Applying to Ph.D. Programs	8/2015
Guest Lecturer, Eating Disorders	2/2015

Healthy Lifestyles Teen Summit

Panel Speaker, Healthy Living 11/2013

PROFESSIONAL MEMBERSHIPS

2016 – Present Society for Health Psychology (SfHP/APA Division 38)
 American Psychological Association
 American Public Health Association

2014 – Present Society for Behavioral Medicine