EVAN M. FORMAN

CURRICULUM VITAE

October 2013

CONTACT INFORMATION

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Research lab websites:
Laboratory for Innovations in Health-Related Behavior Change:
www.drexel.edu/psychology/research/labs/innovationlab/
Acceptance-Based Behavior Therapy Program:
www.drexel.edu/psychology/research/labs/formanherbert/

EDUCATION

University of Pennsylvania Medical System, Psychopathology Research Unit, Department of Psychiatry, Philadelphia, PA
Postdoctoral Fellowship, 2001-2002
Trained under: Aaron T. Beck, M.D.

Beck Institute for Cognitive Therapy and Research, Bala Cynwyd, PA
Clinical Associateship, 2001-2002
Trained under: Judith S. Beck, Ph.D.

Harvard University Medical School, Victims of Violence Program, Cambridge Hospital, Cambridge, MA
Postdoctoral Fellowship, 2000-2001
Trained under: Judith L. Herman, M.D.

Albert Einstein College of Medicine, Montefiore Medical Center, Bronx, NY
APA-Accredited Internship, 1999-2000
Trained under: Lata K. McGinn, Ph.D.

University of Rochester, Department of Clinical and Social Sciences in Psychology, Rochester, NY
Ph.D., Clinical Psychology, 1997-1999
M.A., with Distinction, Clinical Psychology, 1994-1997
Trained under: Emory L. Cowen, Ph.D.; Patrick T. Davies, Ph.D.

Cornell University, Ithaca, NY
B.A., with Distinction in All Subjects, Psychology, 1988-1992

University of St. Andrews, St. Andrews, Scotland
Joint Program in Honours Psychology and Social Anthropology, 1990-1991

PROFESSIONAL PSYCHOLOGY LICENSURE

2001 - 2002 Massachusetts
2002 - Pennsylvania (PS 015133)

FACULTY /PROFESSIONAL APPOINTMENTS

2008 - **Associate Professor**, Department of Psychology, Drexel University, Philadelphia, PA
2012 - **Director of Graduate Training**, Department of Psychology, Drexel University, Philadelphia, PA
2008 - 2012 **Director of Clinical Training**, Ph.D. Program in Clinical Psychology, Department of Psychology, Drexel University, Philadelphia, PA
2002 - 2008 **Assistant Professor**, Department of Psychology, Drexel University, Philadelphia, PA
2004 - 2008 **Coordinator, Practicum Training**, Clinical Psychology Program, Drexel University
2002 - 2008 **Associate Director**, Student Counseling Center (Hahnemann Campus), Department of Psychology and Office of Student Life, Drexel University
2005 - 2008 **President**, Philadelphia Behavioral Therapy Association

PUBLICATIONS (PEER-REVIEWED)

[Blue designates hyperlink to manuscript; * designates student mentee]

*Goldstein, S.P. Forman, E.M. Meiran, N. Herbert, J.D., Juarascio, J.S., Butryn, M.L. (in press). The Discrepancy between Implicit and Explicit Attitudes in Predicting Disinhibited Eating, *Eating Behaviors*, http://dx.doi.org/10.1016/j.eatbeh.2013.10.021.

Herbert, J.D., Gaudiano, B.A. & **Forman** E.M. (in press). The Importance of Theory in Cognitive Behavior Therapy: A Perspective of Contextual Behavioral Science. *Behavior Therapy*.

*Juarascio, A.S., *Kerrigan, S., *Goldstein, S.P., *Shaw, J., **Forman**, E.M., Butryn, M.L., Herbert, J.D. (In Press). Baseline Eating Disorder Severity Predicts Response to an Acceptance and Commitment Therapy-based Group Treatment, *Journal of Contextual Behavioral Science*, http://dx.doi.org/10.1016/j.jcbs.2013.09.001.

*Juarascio, A.S, *Shaw, J., **Forman**, E.M., Timko, C.A., Herbert, J.D., Butryn, M.L., Lowe, M. (in press). Acceptance and Commitment Therapy for Eating Disorders: Clinical Applications of a Group Treatment . *Journal of Contextual Behavioral Science*.

*Katterman, S. N.**,** *Goldstein, S. P., Butryn, M. L., **Forman**, E., & Lowe, M. R. (in press). Efficacy of an acceptance-based behavioral intervention for weight gain prevention in young adult women. *Journal of Contextual Behavioral Sciences.*

Price, M., *Yuen, E. K., *Goetter, E., M., Herbert, J. D., **Forman**, E. M., Acierno, R., Ruggiero, K. J. (in press). mHealth: A mechanism to deliver more accessible, more effective mental heath care. *Clinical Psychology & Psychotherapy*.

*Tuscan, L., Herbert, J. D., **Forman**, E. M., *Juarascio, A. S., Izzetoglu, M., Schultheis, M. (in press). Examining Frontal Asymmetry Using Functional Near-Infrared Spectroscopy: The Effects of Social Anxiety During Interaction and Performance Tasks. *Brain Imaging and Behavior*

Forman, E. M., Butryn, M., *Juarascio, A. S., *Bradley, L., Lowe, M., Herbert, J. D., & *Shaw, J. (2013). The Mind Your Health Project: Evaluating an innovative behavioral treatment for obesity. *Obesity*. 21(6), doi:10.1002/oby.20169

*Yuen, E. K., Herbert, J. D., **Forman**, E. M., *Goetter, E. M., *Juarascio, A. S., *Rabin, S., *Goodwin, C., & Bouchard, S. (2013). Acceptance based behavior therapy for social anxiety disorder through videoconferencing. *Journal of Anxiety Disorders*.

*Juarascio, A. S., *Shaw, J. A., **Forman**, E. M., Timko. C. A., Herbert, J. D., Butryn, M. L., Bunnell, D., Matteucci, A. J., Lowe, M. R. (2013). Acceptance and Commitment Therapy as a novel treatment for eating disorders: An Initial test of efficacy and mediation. *Behavior Modification*, 37 (4), 459-489.

Butryn, M.L., *Juarascio, A., *Shaw, J., Kerrigan, S.G., Clark, V.L., O'Planick, A., & **Forman**, E.M. (2013). Mindfulness and its relationship with eating disorders symptomatology in women receiving residential treatment. Eating Behaviors, 14,13-16.

Forman, E. M., *Hoffman, K. L.,*Juarascio, A. S., Butryn, M. L., Herbert, J. D. (2013). Comparison of acceptance-based and standard cognitive-based coping strategies for craving sweets in overweight and obese women. *Eating Behaviors*, 14(1), 64-68.

*Goetter, E. M., Herbert, J. D., **Forman**, E. M., *Yuen, E. K., *Gershkovich, M., et al. (2013). Delivering exposure and ritual prevention for obsessive compulsive disorder via videoconference: Clinical considerations and recommendations. *Journal of Obsessive Compulsive and Related Disorders, 2*(2), 137-143.

Herbert, J.D., & **Forman**, E. M. (2013). Caution: The differences between CT and ACT may be larger (and smaller) than they appear. *Behavior Therapy, 44*, 218-223.

*Yuen, E.K., Herbert, J.D., **Forman**, E.M., *Goetter, E.M., Comer, R., & *Bradley, J. (2013). Treatment of social anxiety disorder using online virtual environments in Second Life. *Behavior Therapy*, 44, 51-61.

*Blacker, K. J., Herbert, J. D., **Forman**, E. M., & Kounios, J. (2012). Acceptance- versus change-based pain management: The role of psychological acceptance. *Behavior Modification*, 36 (1), 37-48.

*England, E.L. , Herbert, J.D., **Forman**, E.M., *Rabin, S.J., *Juarascio, A., *Goldstein, S.P. (2012). Acceptance-based exposure therapy for public speaking anxiety. *Journal of Contextual Behavioral Science, 1*(2), 66-72.

Forman, E. M., Chapman, J. E., Herbert, J. D., *Goetter, E. M., *Yuen, E. K., & *Moitra, E. M. (2012). Using session-by-session measurement to compare mechanisms of action for acceptance and commitment therapy and cognitive therapy. *Behavior Therapy*, 43(2), 341-352.

Forman, E. M., Herbert, J. D.,*Juarascio, A. S., *Yeomans, J. D., *Zebell, J.A., *Goetter, *Moitra, E. M. (2012). The Drexel Defusion Scale: A new measure of experiential distancing. *Journal of Contextual Behavioral Science, 1*, 55-65

Forman, E. M., *Park, J. A., *Goetter, E. M., Herbert, J. D, & *Yuen, E.K. (2012). Long-term follow up of a randomized controlled trial comparing acceptance and commitment therapy and cognitive therapy for anxiety and depression. *Behavior Therapy, 43*(4), 801-811.

*Goodwin, C.L., **Forman**, E.M., Herbert, J.D., Butryn, M.L. & Ledley, G.S. (2012). A pilot study examining the initial effectiveness of a brief acceptance based behavior therapy for modifying diet and physical activity among cardiac patients. *Behavior Modification, 36 (2),* 199-217.

Herbert, J. D., *Goetter, E. M., **Forman**, E. M., *Yuen, E. K., *Erford, B. M., *Milillo, J. J., *Goldstein, S. P. (2012). Crossing the Line: Interstate Delivery of Remote Psychological Services. *The Behavior Therapist*, *8,* 145-152.

*Yuen, E. K., *Goetter, E. M., Herbert, J. D., & **Forman**, E. M. (2012). Challenges and opportunities in Internet-mediated telemental Health. *Professional Psychology: Research and Practice*, 43(1), 1-8.

*Brown, L. A., **Forman**, E. M., Herbert, J. D., *Hoffman, K. L., *Yuen, E. K., & *Goetter, E. M. (2011). A randomized controlled trial comparing acceptance and commitment therapy and cognitive therapy for test anxiety: A pilot study. *Behavior Modification, 35*, 31-53.

Butryn, M. L., **Forman**, E. M., *Hoffman, K. L., *Shaw, J. A., *Juarascio, A. S. (2011). A pilot study of Acceptance and Commitment Therapy for promotion of physical activity, *Journal of Physical Activity and Health, 8*, 516-522.

*Feinstein, A. B., **Forman**, E. M., Masuda, A., Cohen, L.L., Herbert, J. D., Moorthy, L. N. & Goldsmith, D. P. (2011). Pain Intensity, Psychological Inflexibility, and Acceptance of Pain as Predictors of Functioning in Adolescents with Juvenile Idiopathic Arthritis: A Preliminary Investigation. *Journal of Clinical Psychology in Medical Settings, 18 (3)*, 291-298.

*Juarascio, A., **Forman**, E.M., Timko, C. A., Butryn, M. L., *Goodwin, C. L. (2011). The development and validation of the Food Craving Acceptance and Action Questionnaire. *Eating Behaviors, 12 (13)*, 182-187.

*Juarascio, A.S., **Forman**, E.M., Timko, C.A., Herbert, J.D., Butryn, M., & Lowe, M. (2011). Implicit internalization of the thin ideal as a predictor of increases in weight, body dissatisfaction, and disordered eating. *Eating Behaviors*, *12*, 207-213.

*Moitra, E., Herbert, J. D., & **Forman**, E. M. (2011). Acceptance-based behavior therapy to promote HIV medication adherence. *AIDS Care*, 23 (12), 1660-1667.

Ruocco A.C., Medaglia J.D., Tinker J.R., Ayaz H., **Forman** E.M., Newman C.F., Williams J.M., Hillary F.G., Platek S.M., Onaral B., Chute D.L. (2010). Medial prefrontal cortex hyperactivation during social exclusion in borderline personality disorder. *Psychiatry Research, 18*, 233-236.

*Juarascio, A. S., **Forman**, E. M. & Herbert, J. D. (2010). Acceptance and Commitment Therapy versus Cognitive Therapy for the Treatment of Co-Morbid Eating Pathology. *Behavior Modification, 34,* 175-190

Timko, C. A., *England, E. L., Herbert, J. D., & **Forman**, E. M. (2010). The Implicit Relational Assessment Procedure as a measure of self-esteem. *The Psychological Record, 60, 679-698.*

*Yeomans, P.D., **Forman**, E. F., & Herbert, J. D. & *Yuen, E. (2010). A randomized trial of a reconciliation workshop with and without PTSD psychoeducation in Burundian sample. *Journal of Traumatic Stress, 23*, 305-312.

Forman, E. M., Butryn, M., *Hoffman, K.L., & Herbert, J. D (2009). An open trial of an acceptance-based behavioral treatment for weight loss. *Cognitive and Behavioral Practice*, *16,* 223-235.

*Moitra, E., Herbert, J.D., & **Forman**, E.M. (2008). Behavioral avoidance mediates the relationship between anxiety and depressive symptoms among social anxiety disorder patients. *Journal of Anxiety Disorders, 22*, 1205-1213.

Redding, R., Herbert, J.D., **Forman**, E.M. & Guadiano, B. (2008). Popular self-help books for anxiety, depression and trauma: How scientifically grounded and useful are they? *Professional Psychology: Research and Practice, 39*, 537-545

*Cardaciotto, L., Herbert, J. D., **Forman**, E. M., *Moitra, E. & Farrow, V. (2008). The Assessment of Present-Moment Awareness and Acceptance: The Philadelphia Mindfulness Scale. *Assessment*, *15*, 204-223.

Dutra, L., Callahan, K., **Forman**, E. M., Mendelsohn, M. & Herman, J. L. (2008). Core schemas and suicidality in a chronically traumatized population. *Journal of Nervous and Mental Disease*, *196*, 71-74.

Lynch, S. M., **Forman**, E. M., Mendelsohn, M., Herman, J. (2008). Attending to dissociation: Assessing change in dissociation and predicting treatment outcome. *Journal of Trauma and Dissociation, 9, 301-319.*

*Yeomans, P., Herbert, J. D. & **Forman**, E. M. (2008). Symptom comparison across multiple solicitation methods among Burundians with traumatic event histories. *Journal of Traumatic Stress, 21,* 231-234.

Forman, E. M., Herbert, P. D., *Moitra, E. M., *Yeomans, P. D. & Geller, P. A. (2007). A Randomized Controlled Effectiveness Trial of Acceptance and Commitment Therapy and Cognitive Therapy for Anxiety and Depression. *Behavior Modification, 31,* 772-799.

Forman, E. M., *Hoffman, K. L., *McGrath, K. B., Herbert, J. D., Brandsma, L. L., & Lowe, M. R. (2007). A comparison of acceptance- and control-based strategies for coping with food cravings: An analog study. *Behaviour Research and Therapy, 45, 2372-2386*.

Butler, A. C., Chapman, J. E., **Forman**, E. M., & Beck, A.T. (2006). The empirical status of cognitive-behavioral therapy: A review of meta-analyses. *Clinical Psychology Review*, 17-31.

Forman, E. M., & Davies, P.T. (2005). Assessing Children's Appraisals of Security in the Family System: The Development of the Security in the Family System (SIFS) Scales. *Journal of Child Psychology and Psychiatry, 45*, 900-916.

Forman, E. M., Berk, M. S., Henriques, G. R, Brown, G. K., & Beck, A. T. (2004). History of multiple suicide attempts as a behavioral marker of severe psychopathology. *American Journal of Psychiatry*, 161, 437-443.

Warman, D. M., **Forman**, E. M., Henriques, G. R., Brown, G. K. & Beck, A. T. (2004). Suicidality and psychosis: Beyond depression and hopelessness. *Suicide and Life Threatening Behavior, 34,* 77-86.

Forman, E. M., & Davies, P. T. (2003). Family instability and adolescent adjustment: the mediating effects of parenting quality and adolescent appraisals of family security. *Journal of Clinical Child and Adolescent Psychology, 32, 94-105.*

Hansen, N. B., Lambert, M. J. & **Forman**, E. M. (2003). The psychotherapy dose effect in naturalistic settings revisited: Response to Gray. *Clinical Psychology: Research and Practice, 10,* 507-508.

Davies, P. T. & **Forman**, E. M. (2002) Children's patterns of preserving emotional security in the interparental subsystem. *Child Development, 32*, 97-108.

Davies, P. T., **Forman**, E. M., Rasi, J. A., & Stevens, K. (2002) Assessing children's emotional security in the interparental relationship: The Security in the Interparental Subsystems Scale. *Child Development*, *73*, 544-562.

Hansen, N. B., Lambert, M. J. & **Forman**, E. M. (2002). The psychotherapy dose-response effect and its implications for treatment delivery services. *Clinical Psychology: Research and Practice, 9,* 329-343.

Forman, E., Ratcliffe, M., & Thickett, E. J. (1994). Social disability and the Revolving Door Syndrome among the homeless. *Journal of Community Care, 11*, 24-33.

OTHER PUBLICATIONS

[* designates student mentee]

Forman, E.M., *Juarascio, A.S., *Martin, L.M. & Herbert, J.D. (in press). Acceptance and Commitment Therapy. In R. Cautin, S. Lillienfeld (Eds) & B. Gaudiano, (Assoc Ed.) *The Encyclopedia of Clinical Psychology*. Hoboken, NJ: Wiley-Blackwell.

Herbert, J.D., Forman, E.M. & Hitchcock, P. (in press). Contextual Perspectives on Cognitive Behavior Therapy: Philosophy, Theory, and Technique. In S. Hayes, T. Biglan, D. Barnes-Holmes, R. Zettle (Eds). *The Handbook of Contextual Behavioral Science.*

Herbert, J. D. & **Forman**, E. M. (2011). Mindfulness and Acceptance Techniques. In D. J. A. Dozois (Ed.), *Cognitive Behavioral Therapy: A Complete Reference Guide.* Hoboken, NJ: Wiley.

Herbert, J. D. & **Forman**, E. M., Eds. (2011). *Acceptance and Mindfulness in Cognitive Behavior Therapy: Understanding and Applying the New Therapies*. Hoboken, NJ: Wiley.

Herbert, J. D., & **Forman**, E. M. (2010). Cross-cultural perspectives on posttraumatic stress. In G. M. Rosen & B. C. Frueh (Eds.), *Clinician's Guide to Posttraumatic Stress Disorder* (pp. 235-261). Hoboken, NJ: Wiley.

Herbert, J. D. & **Forman**, E. M. (2011). The evolution of cognitive behavior therapy: The rise of psychological acceptance and mindfulness. In J. D. Herbert & E. M. Forman (Eds.), *Acceptance and mindfulness in cognitive behavior therapy: Understanding and applying the new therapies*. Hoboken, NJ: Wiley.

Forman, E. M. & Herbert, J. D. (2009). New directions in cognitive behavior therapy: Acceptance-based therapies. In W. O'Donohue & J. E. Fisher, (Eds.), *General principles and empirically supported techniques of cognitive behavior therapy* (pp. 77-101), Hoboken, NJ: Wiley.

Herbert, J. D, **Forman**, E. M. & *England, E. L. (2009). Psychological acceptance. In W. O'Donohue & J. E. Fisher, (Eds.), *Cognitive behavior therapy: Applying empirically supported treatments in your practice* (2nd ed., pp. 4-16), 2nd ed. Hoboken, NJ: Wiley.

*Yeomans, P. D. & **Forman**, E. M. (2009). *Cultural Factors in Traumatic Stress.* In S. Eshun & R. Gurung (Eds.), *Sociocultural Influences on Mental Health* (pp. 221-244). Boston: Blackwell Publishing.

Forman, E. M. (2007). A review of Cognitive Therapy: A Practical Guide. *Cognitive and Behavioral Practice*, 14, 417-420.

Forman, E.M. & Herbert, J. H. (2007, July 12). Acceptance and Commitment Therapy: Similarities and Differences with Cognitive Therapy - Part 2. *Scientist-Practitioner Weekly Update, 43.* Retrieved July 31, 2007, from http://www.scientist-practitioner.com.

Forman, E.M. & Herbert, J. H. (2007, July 5). Acceptance and Commitment Therapy: Similarities and Differences with Cognitive Therapy - Part 1. *Scientist-Practitioner Weekly Update, 42.* Retrieved July 31, 2007, from http://www.scientist-practitioner.com.

Forman, E.M., *Hoffman, K. L., *McGrath, K. B., Brandsma, L., Herbert, J. D. & Lowe, M. R. (2007). The Power of Food Scale predicts chocolate cravings and consumption and response to a cravings intervention (abstract). *Appetite*, 49, 291.

*Moitra, E., Herbert, J. D., & **Forman**, E. M. (2007). Avoidance and depression among socially anxious adults (abstract). *Depression and Anxiety*, 24, 299-300.

Herbert, J. H. & **Forman**, E.M. (2006). Post-traumatic stress disorder. In J. E. Fisher & W. O'Donohue (Eds.), 555-566. *Practitioner's Guide to Evidence-Based Psychotherapy*. New York: Springer Publishing.

Forman, E. M., Berk, M. S., Henriques, G. R, Brown, G. K., & Beck, A. T. (2005). Multiple suicide attempters have a more severe clinical profile than single attempters*, Clinician's Research Digest*, 23, 4.

CONFERENCE PRESENTATIONS (PEER-REVIEWED)

[* designates student mentee]

Forman, E. F., Butryn, M.L., *Juarascio, A. S., *Manasse, S.M., *Goldstein, S.P., Naik, G., Segall, J. (2014, March). *Utilizing ecological momentary intervention to enhance and disseminate CBT: The development of TakeControl, a smartphone app for the treatment of binge eating disorder.* Poster to be presented at the International Conference on Eating Disorders, New York City, NY.

*Manasse, S.M., **Forman**, E.M., Berner, L.A., Butryn, M.L., Frohn, A.F., & Ruocco, A.C. (2014, March). *Working Memory Capacity and Distress Tolerance as Predictors of Lab-based Eating Behavior in Overweight and Obese Women with Loss-of-Control Eating*. Poster to be presented at the International Conference on Eating Disorders, New York City, NY.

*Matteucci, A.J., *Juarascio, A.S., *Schumacher, L.M., **Forman**, E.M., & Herbert, J.D. (2014, March). *Perseveration as a potential mediator of body-image dissatisfaction and eating pathology*. Poster to be presented at the International Conference on Eating Disorders, New York City, NY.

*Gershkovich, M**.,** Herbert, J.D., & **Forman**, E. M. (2013, November). *A novel Internet guided self-help intervention for social anxiety disorder: Development and pilot data*. In M. M. Carper (Chair), New Directions in Computer-Based Psychological Interventions: How We Got There and Where We are Going. Symposium to be presented at the 47th Annual Convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

*Glassman, L.H., *Bradley, L.E., **Forman**, E.M., Herbert, J.D., Izzetoglu, M., Ruocco, A.C. (2013, November). *Brief Traditional Cognitive-Behavior Therapy vs. Acceptance Based Behavior Therapy for Public Speaking Anxiety: Differential Effects on Performance and Neurophysiology*. In J. Abramowitz (Chair), ACT and CBT for Anxiety: Comparing Process and Outcome Within Brief Interventions. Symposium to be presented at the 47th annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

*Glassman, L., *Gershkovich, M., *Ibrahim, A., Herbert, J.D. & **Forman**, E.M. (November, 2013). *The Impact of Theoretical Orientation, Professional Degree, and Discipline on the Utilization of Telemental Health Platforms*. Poster to be presented at the 47th annual meeting of The Association for Cognitive and Behavior Therapies, Nashville, Tennessee.

*Goldstein, S.P**.,** **Forman**, E.M., Butryn, M.L., *Frohn, A.F., & Herbert, J.D. (2013, November). *Distress tolerance moderates the relationship between implicit attitudes and overeating*. Poster to be presented at the 47th annual meeting of the Association for Behavior and Cognitive Therapies, Nashville, Tennessee.

Juarascio, A.S., Kerrigan, S.G., Goldstein, S.P., *Shaw, J.A., &**Forman**, E.M. (2013, November). *Distress tolerance moderates the relationship between implicit attitudes and overeating*. Poster to be presented at the 47th annual meeting of the Association for Behavior and Cognitive Therapies, Nashville, Tennessee.

*Manasse, S., **Forman**, E.M. *Frohn, A.F, *Matteucci, A.J., Ruocco, A., & Butryn, M.L. (November, 2013). *Overweight individuals with and without loss of control eating: An examination of differences in neurocognitive ability*. Poster to be presented at the 47th annual meeting of The Association for Cognitive and Behavior Therapies, Nashville, Tennessee.

*Manasse, S., **Forman**, E.M. *Frohn, A.F, *Matteucci, A.J., Ruocco, A., & Butryn, M.L. (November, 2013). *Neurocognitive performance as a predictor of early response to behavioral weight loss treatment*. Poster to be presented at the 47th annual meeting of The Association for Cognitive and Behavior Therapies, Nashville, Tennessee.

*Glassman, L., *Shaw, J.A., *Talkul, A., Herbert, J.D., Izzetoglu, M., & **Forman**, E.M. (November, 2013). *Using Near-Infrared Spectroscopy to Measure In-Vivo Functional Activation of the Prefrontal Cortex during Speech Performance in Adults with Generalized Social Anxiety*

Disorder. Poster to be presented at the 47th annual meeting of The Association for Cognitive and Behavior Therapies, Nashville, Tennessee.

*Bradley, L.E., **Forman**, E.M., Sarwer, D.B., Butryn, M.L., & Herbert, J.D. (November, 2013). *Behavioral Interventions to Stop Weight Regain in Bariatric Surgery Patients: Patient Attitudes and Preliminary Effectiveness*. Poster to be presented at the 47th annual meeting of The Association for Cognitive and Behavior Therapies, Nashville, Tennessee.

Forman, E.M., *Martin, L.M., *Shaw, J.A., Butryn, M.L., *Goldstein, S.P., Tilson, A.M., *Bradley, L.E., *Ibrahim, A.Y., & *Schumacher, L.M (November, 2013). Mindful Awareness Training Versus Computer-Based Inhibitory Control-Training for Decreasing Hedonic Eating. Poster to be presented at the 31st annual meeting of The Obesity Society, Atlanta, Georgia.

*Bradley, L. E., **Forman**, E. M., Sarwer, D. B., Butryn, M. L., & Herbert, J. D. (2013, November). A Role for Acceptance-Based Interventions to Stop Weight Regain in Bariatric Surgery Patients. Poster to be presented at Obesity Week, Atlanta, GA.

*Matteucci, A.J., Berner, L.A., Kerrigan, S.G., **Forman**, E.M**.**, & Butryn, M.L. (2013, November). *Decision-making impairment predicts weight-loss outcome.* Poster to be presented at the 31st annual meeting of The Obesity Society The Obesity Society, Atlanta, GA.

*Manasse, S.M**., Forman**, E.M., *Goldstein, S.P., Berner, L.A., Ruocco, A.C., Butryn, M.L., & Frohn, A.F. (2013, November) *Executive function and implicit attitudes as predictors of early outcome in a behavioral weight loss intervention*. Poster to be presented at the Obesity Society annual meeting. Atlanta, GA.

*Kerrigan, S.G., Butryn, M.L., **Forman**, E.M. (2013, November). Individual differences in physical activity and weight losses within a behavioral weight loss program. Poster to be presented at the annual convention of The Obesity Society, Atlanta, GA.

*Manasse, S.M., *Goldstein, S.P., **Forman**, E.M., Berner, L.A., Butryn, M.L., & Ruocco, A.C. (2013, November) *Does implicit attraction to high calorie foods moderate the relationship between executive function and BMI?* Poster to be presented at the Obesity Society annual meeting. Atlanta, GA.

*Goldstein, S.P**.**, *Manasse, S.M., **Forman**, E.M., Berner, L.A., Butryn, M.L., & *Frohn, A. (2013, November). The Power of Food: Relationships between delay discounting and eating behavior. Poster to be presented at the 31st annual meeting of The Obesity Society, Atlanta, Georgia.

*Goldstein. S.P., **Forman**, E.M., Butryn, M.L., & Herbert, J.D. (2013, November). Building an Innovative Physical Activity Program for College Students. Poster to be presented at the 31st annual meeting of The Obesity Society, Atlanta, Georgia.

*Gershkovich**,** M., Herbert, J. D., & **Forman**, E. M. (May, 2013). The unique challenges of developing a low-cost, exposure-based Internet self-help intervention for social anxiety disorder. Poster presented at the 6th Scientific Meeting of the International Society for Research on Internet Interventions, Chicago, IL.

Butryn, M.L., *Matteucci, A.J., **Forman**, E.M., Raggio, G., Mikorski, R., & Kerrigan, S.G. (2013, March). *An experimental pilot test of an acceptance-based physical activity intervention.* Poster presented at the annual meeting of the Society for Behavioral Medicine, San Francisco, CA.

Forman, E.M., Butryn, M.L., *Bradley, L.E., *Juarascio, A.S., *Shaw, J.A., Lowe, M.R., Herbert, J. Clark, V. (2013, March). Outcomes from Mind Your Health I and II: Randomized Controlled Trials of an Innovative Acceptance-based Behavioral Treatment for Obesity. In *Impact of Novel Obesity Intervention Studies.* Symposium presented at the annual meeting of the Society for Behavioral Medicine, San Francisco, CA.

*Goetter, E. M., Herbert, J. D., & **Forman**, E. M. (2013, April). Videoconference-Mediated Exposure and Ritual Prevention for Obsessive Compulsive Disorder. Poster presented at the 33rd annual convention of the Anxiety and Depression Association of America, La Jolla, CA.

*Goetter, E. M., Herbert, J. D., **Forman**, E. M., *Yuen, E. K., *Gershkovich, M., et al. (2013, April). Remote delivery of exposure and ritual prevention for obsessive compulsive disorder: Clinical recommendations. In E. M. Goetter (Chair), Implementing Internet-Mediated Exposure Therapy for Various Anxiety Disorders: Research Findings and Clinical Considerations. Symposium presented at the 33rd annual convention of the Anxiety and Depression Association of America, La Jolla, CA.

Forman, E. M. (November, 2012). *Discussant.* In L.A. Brown (Chair), *Mediators and Moderators of Behavioral Therapies for Anxiety Disorders*. Symposium presented at the 46th annual convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Forman, E.M., Butryn, M.L., *Bradley, L.E., *Juarascio, A.S., *Shaw, J.A., Lowe, M.R., Herbert, J. Kelly, M., Belmont, A., Clark, V (November, 2012). Outcomes from the Mind Your Health project: A randomized controlled trial comparing standard behavioral and acceptance-based behavioral interventions for obesity. In M. Butryn (Chair), *Innovative Behavioral Approaches to Weight Loss*. Symposium presented at the 46th annual convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

*Gershkovich, M., Herbert, J. D., **Forman**, E. M., *Glassman, L. H., & *Goldstein, S. P. (2012, November). *Client satisfaction and treatment distinctiveness in a randomized controlled trial of ACT versus CT for social anxiety disorder: Preliminary findings.* Poster presented at the 46th Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

*Glassman, L. H., Herbert, J. D., **Forman**, E. M., *Bradley, L. E., Izzetoglu, M., & Ruocco, A. C. (2012, November). *Using near-infrared spectroscopy to measure in vivo functional activation of the prefrontal cortex during speech performance in adults with public speaking anxiety*. Poster presented at the 46th Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

*Glassman, L. H., **Forman**, E. M., Herbert, J. D., *Bradley, L. E., Izzetoglu, M., Ruocco, A. C., & Foster, E. E. (2012, November). *Brief acceptance-based behavior therapy vs. traditional CBT for public speaking anxiety: Differential effects on performance and neurophysiology.* Poster presented at the 46th Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

*Goldstein, S. P., **Forman**, E. M., Herbert, J. D., *Juarascio, A. S., *Erford, B., & *Barbieri, A. J. (2012, November). *Implicit-explicit attitude discrepancy as a predictor of disinhibited eating and the moderating role of psychological acceptance.* Poster presented at the 46th Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

*Matteucci, A. J., *Juarascio, A. S., **Forman**, E. M., & Herbert, J. D. (2012, November). *Body-related acceptance as a potential mediator of body image dissatisfaction and eating pathology.* Poster presented at the 46th Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

*Rabin, S. J., Herbert, J. D., **Forman**, E. M., *Ibrahim, A. Y., *Matteucci, A. J., & *Goldstein, S. P. (2012, November). *The roles of therapist experiential avoidance and extraneous clinical information in predicting therapist preference for exposure treatment for OCD: Preliminary results*. Poster presented at the 46th Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

*Tuscan, L., Herbert, J. D., **Forman**, E. M., Izzetogl, M., & *Juarascio, A. S. (2012, November). *Examining frontal asymmetry using functional near-infrared spectroscopy: The effects of social anxiety during interaction and performance tasks.* Poster presented at the 46th Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Forman, E.M., Butryn, M., *Juarascio, A.S., *Bradley, L.E., Kelly, M., Belmont, A.P., Lowe, M.R., Herbert, J.D., & Clark, V.L. (September, 2012). *A randomized controlled trial comparing gold standard and acceptance-based behavioral treatment for obesity: Outcomes from the mind your health program*. Poster presented at the 30th annual convention of the Obesity Society, San Antonio, TX.

Forman, E.M., Butryn, M.L., *Bradley, L., *Shaw, J., & Kelly, M. (July, 2012). *Outcomes from the Mind Your Health project: A randomized controlled trial comparing standard behavioral and acceptance-based behavioral interventions for obesity*. In L. Martin (Chair), *The Role of ACT in Battling the Obesity Epidemic: Current Research and Future Directions*. Symposium presented at the 10th annual conference of the Association for Contextual Behavioral Science, Washington, D.C.

Butryn, M. L. & **Forman**, E. M. & *Bradley, L. E. (2012, May). Acceptance-based behavioral treatment for obesity: 6-month follow-up outcomes and moderators of effectiveness from a randomized clinical trial. Paper presented at the 19th annual European Congress on Obesity, Lyon, France.

*Goldstein, S. P., *Goetter, E. M., **Forman**, E. M., & Herbert, J. D. (2012, March). *Examination of Technological Difficulties and Interpersonal Relationships in Remote Treatment for OCD: An Interim Report*. Poster presented at the annual convention of the Eastern Psychological Association, Pittsburgh, PA.

*Goetter, E. M., Herbert, J. D., **Forman**, E. M., *Yuen, E. K., *Erford, B. M., *Milillo, J. J., & *Goldstein, S. P. (2011, November). Crossing the line: Interstate delivery of remote psychological services. In J. D. Herbert (Chair), *Internet-based psychological services: Legal, ethical, and clinical issues.* Symposium presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.

*Juarascio, A., *Shaw, J., *Matteucci, A., **Forman**, E., Timko, C. A., Herbert, J. D., Butryn, M., & Lowe, M. (2011, November). *Acceptance and commitment therapy as a novel treatment for eating disorders: An initial test of efficacy and mediation*. Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.

*Milillo, J. J., *Glassman, L., *Bradley, L., **Foster**, E., *Matteucci, A., Izzetoglu, M., Forman, E., & Herbert, J. D. (2011, November). *Functional near-infrared spectroscopy in public speaking anxiety: Preliminary findings.* Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.

*Rabin, S. J., Herbert, J. D., **Forman**, E. M., Lissek, S., *Erford, B. M., & *Goldstein, S. P. (2011, November). *Testing an alternative hypothesis for cognitive bias modification for public speaking anxiety*. Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.

*Shaw, J. A., Juarascio, A. S., **Forman**, E. M., *Bradley, L., Herbert, J. D., Butryn, M., Berner, L., Doshi, S., & Lowe, M. R. (2011, November). *Controlled trial of residential-based ACT for eating disorders: Impact on behavioral measures of eating psychopathology*. Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Ontario, Canada.

Butryn, M.L., Kelly, M., & **Forman**, E.M. (October, 2011). *Moderators of outcome in an RCT comparing standard behavioral treatment and acceptance-based behavioral treatment for obesity*. Poster presented at the annual convention of the Obesity Society, Orlando, FL.

*Goetter, E. M., Herbert, J. D., **Forman**, E. M., & *Milillo, J. (2011, July). Videoconferencing as a means for delivering exposure and ritual prevention for obsessive compulsive disorder: Preliminary findings from a randomized controlled trial. Poster presented to the 18th annual convention of the International OCD Foundation, San Diego, CA.

*Glassman, L. H., *Shaw, J., *Yuen, E. K., *Goetter, E. M., Herbert, J. D., & **Forman**, E. M. (2011, April). *Post-treatment changes in ABBT mechanisms and social anxiety symptoms*, Poster presented at the annual convention of the Society of Behavioral Medicine, Washington, DC.

Butryn, M., **Forman**, E. M., *Hoffman, K. L., *Shaw, J. A., & *Juarascio, A. S. (2010, November). A pilot study of acceptance and commitment therapy for promotion of physical activity. In E. M. Forman & C. D. Tart (Chairs), *The relationship between physical activity and anxiety processes: Basic and clinical findings*. Symposium presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Forman, E. M., Butryn, M. L., *Shaw, J. A., Glassman, L. H., Clark, V. L., Belmont, A. & Herbert, J. D. (2010, November). Preliminary outcomes from the Mind Your Health project: A randomized controlled trial comparing standard behavioral and acceptance-based behavioral interventions for obesity. In J. Arch (Chair), *Acceptance-based therapies for anxiety disorders and obesity.* Symposium presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Forman, E. M., Herbert, J. D., & *Park, J. A. (2010, November) Standard CBT and ACT as transdiagnostic treatments: Theory and outcome from an RCT. In M. Berking (Chair), *Addressing commonalities across mental health disorders with transdiagnostic treatments.* Symposium presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

*Geboy, A. G., *Glassman, L. H., *Yuen, E. K., *Park, J. A., *Goetter, E. M., Herbert, J. D., & **Forman**, E. M. (2010, November). *Moderators of acceptance-based behavior therapy for social anxiety disorder.* Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

*Glassman, L. H., *Goetter, E. M., **Forman**, E. M., & Herbert, J. D. (2010, November). *Hoarding, Obsessive-Compulsive Disorder and the DSM-V ? Report on the Status of Current Research.* Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

*Glassman, L. H., *Shaw, J. A., *Yuen, E. K., *Goetter, E. M., *Park, J.A., Herbert, J. D., & **Forman**, E. M. (2010, November). *Differences In ACT-based Constructs and Social Phobia Symptoms Between Post-Treatment and Follow-Up Periods Following ACT Intervention.* Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

*Goetter, E., **Forman**, E. M., Herbert, J. D., *Geboy, A., & *Yuen, E. K. (2010, November). *A Theoretical Examination of Depressive Rumination and the Role of Cognitive Flexibility and Mindfulness*. Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

*Goodwin, C.L., **Forman**, E.M., Butryn, M.L., Herbert, J.D., Ledley, G.S., *Park, J.A., *Yuen, E.K., Ambani, R. (2010, November). *Project ABLE: An Acceptance-based Behavioral Lifestyle Modification Program for Cardiac Patients. A Preliminary Investigation.* Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

*Goodwin, C.L., **Forman**, E.M., Butryn, M.L., Herbert, J.D., Ledley, G.S., *Yuen, E.K., *Park, J.A., Goldstein, S., Gamber, R.A. & Foster, E. (2010) *Project ABLE: An ABBT-based lifestyle modification program for cardiac patients. A preliminary investigation.* Poster presented at the annual meeting of the Philadelphia Behavior Therapy Association, Philadelphia, PA.

Herbert, J. D., **Forman**, E. M., *Yuen, E., *Goetter, E., *England, E., Massey, J., Brandsma, L. L., *Blacker, K., Timko, C. A., *Geboy, A. (2010, November). Awareness, acceptance, defusion, and psychopathology: Implications of recent data on the deconstruction of mindfulness. In K. Herzberg (Chair), *Assessment and evaluation of fusion and defusion as a universal process in psychopathology and behavior change*. Symposium presented at the 44th annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

*McGrath, K. B., **Forman**, E. M., Herbert, J. D., Arch, J. J., Craske, M. G., & Eifert, G. H. (2010, November). *Differences in Therapist Behavior in Implementing ACT and CT for the Treatment of Anxiety Disorders.* Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA. (Accepted)

*Park, J. A., **Rabin, S. R., Herbert, J. D., & **Forman**, E. M. (2010, November). *Examining potential mediators in an acceptance-based treatment for social anxiety disorder.* Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

*Yuen, E. K., Goldstein, S. P., *Geboy, A. G., Campbell, A. D., Barbieri, A. J., Capozzoli, M., C., Johnson, F. A., *Glassman, L. H., *Shaw, J. A., Herbert, J. D., & **Forman**, E. M. (2010, November). *Differences in baseline characteristics between adults enrolled in an online versus in-person treatment program for social anxiety disorder.* Poster presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

*Yuen, E. K., Herbert, J. D., **Forman**, E. M., *Goetter, E. M., *Juarascio, A. S., **Rabin, S. J., *McGrath, K. B., *Goodwin, C. L., *Park, J. A., & Bouchard, S. (2010, November). Using Skype videoconferencing and Second Life virtual environments to deliver acceptance-based behavior therapy for social anxiety disorder. In J. Herbert (Chair), *New developments in remote and internet-based treatment.* Symposium presented at the 44th annual convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Forman, E. M., *Goetter, E. M., *Park, J., Herbert, J. D., *Moitra, E., & *Yuen, E. K. (2010, June). *Mediators and long-term outcomes in a randomized controlled trial of ACT and CT*. In E. Foley (Chair), Empirical Innovations in Acceptance-Based Therapies. Symposium presented at the 6th World Congress of Behavioral and Cognitive Therapies, Boston, Massachusetts.

*Goetter, E., **Forman**, E. M., Herbert, J. D., *Yuen, E. K., *Geboy, A., Barbieri, A., & Goldstein, S. (2010, June). *Rumination, cognitive inflexibility and mindfulness: Implications for problem solving.* Poster presented at the 6th World Congress of Behavioral and Cognitive Therapies, Boston, Massachusetts.

*Yuen, E. K., *Goetter, E. M., *Park, J. A., Erford, B., Venable, C., Herbert, J. D., & **Forman**, E. M. (2010, June). *Treatment resistance in cognitive behavioral therapy for social anxiety disorder.* Poster presented at the 6th World Congress of Behavioral and Cognitive Therapies, Boston, Massachusetts.

*Yuen, E. K., *Goetter, E. M., *Park, J. A., Patterson, A., Courtois, E., Novac, R., Herbert, J. D., & **Forman**, E. M. (2010, June). M*oderators of Treatment Outcome in an Online CBT Intervention for Social Anxiety Disorder.* Poster presented at the 6th World Congress of Behavioral and Cognitive Therapies, Boston, Massachusetts.

*Juarascio, A., **Forman**, E. M., Butryn, M., Herbert, J. D., & Lowe, M. R. (2010, May). Implicit measurement of internalization of the thin ideal. In C.A. Timko (Chair), *Development of the Implicit Relational Assessment Procedure (IRAP) for use as a treatment outcome measure.* Sympoisium presented at the 36th annual meeting of the Association for Behavior Analysis, San Antonio, TX.

*Blacker, K., Herbert, J., Kounios, J., & **Forman**, E. (2009, November). *Differential Electroencephalography (EEG) Activity Exhibited in Acceptance- and Control/Distraction-based Pain Management Strategies.* Poster presented at the conference of the Association of Behavioral and Cognitive Therapies, New York, NY.

*Blacker, K., Herbert, J., Kounios, J., & **Forman**, E. (2009, November). *Differential electroencephalography (EEG) activity exhibited in acceptance- and control/distraction-based pain management strategies.* Poster presented at the Mid-Atlantic Regional Meeting of the Society for Psychotherapy Research, Philadelphia, PA.

*Brown, L., **Forman**, E. M., Herbert, J. D., & *Hoffman, K. L. (2009, November). *Acceptance and Commitment Therapy versus Cognitive Therapy for test anxiety: A pilot study.* In J. Herbert (Chair), C*ognitive Reappraisal vs. Experiential Acceptance.* Symposium presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

*Collins, J., Herbert, J. D., **Forman**, E.M., & Butryn, M. (2009, November). *Dietary restraint, physical activity and body image satisfaction: A study of college freshman women.* Poster presented at the conference of the Association of Behavioral and Cognitive Therapies, New York, NY.

*Goetter, E., Herbert, J. D., & **Forman**, E. M. (2009, November). *Exposure with acceptance-based vs. habituation-based rationale for public speaking anxiety*. In A. N. Pearson (Chair), New Applications of Acceptance-Based Interventions. Symposium presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

Forman, E. M., *Park, J., Herbert, J. D. (2009, November). Long-term follow-up of an ACT vs CT randomized controlled trial. In J. Herbert (Chair) *Cognitive Reappraisal vs. Experiential Acceptance*. Symposium presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

*Goetter, E. M., **Forman**, E. M., Herbert, J. D., & *Yuen, E. K (2009, November). *The impact of mindfulness and defusion on the relationship between rumination and problem solving.* Poster presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, New York.

*Goodwin, C.L., *Juarascio, A.J., **Rabin, S.L., *Goetter, E., *Park, J., **Forman**, E.M., & Herbert, J. (2009, November).*Acceptance and Commitment Therapy versus Cognitive Therapy for test anxiety in an undergraduate population.* Poster presented at the 43rd annual convention of Association for Behavioral and Cognitive Therapy, New York, NY.

Herbert, J. D., Yadavaia, J., & **Forman**, E. M. (2009, November). Experiential avoidance as a moderator and mediator of mindfulness-based behavioral and cognitive therapies: Explication and evidence for a transdiagnostic model. In J. Boulanger (Chair) *Experiential avoidance: A core common process in the development, maintenance, and treatment of psychological disorders.* Symposium presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

*Hoffman, K. L., **Forman**, E. M., Herbert, J. D., Butryn, M., *Juarascio, A. S., Ryan, N. M., & Asnaani, A. (2009, November). *Comparison of acceptance-based and standard cognitive-based coping strategies for craving sweets in overweight and obese women*. In J. Herbert (Chair), C*ognitive Reappraisal vs. Experiential Acceptance.* Symposium presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

*Juarascio, A., **Forman**, E., Herbert, J., **Rabin, S. & *Goodwin, C. (2009, November). Acceptance and Commitment Therapy versus Cognitive Therapy for the Treatment of Co-Morbid Eating Pathology. In S. C. Sheppard (Chair), *Beyond the Efficacy Ceiling: Targeting Universal Processes Across Diverse Problems in ACT Clinical Effectiveness*. Symposium presented at the 43rd annual convention of Association for Behavioral and Cognitive Therapies, New York, NY.

*McGrath, K.B., **Forman**, E.M., & Herbert, J.D. (2009, November). *Validation of the ACT/CT Adherence and Competence Rating Scale: Phase two.* Poster presented at the 43rd Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

Rabin, S., *Park, J., *Goodwin, C.L., *Juarascio, A., **Forman, E. & Herbert, J. (2009, November). *Comparison of Acceptance and Commitment Therapy and traditional Cognitive Behavior Therapy on reduction of hopelessness in depressed individuals.* Poster presented at the 43rd annual convention of Association for Behavioral and Cognitive Therapy, New York, NY.

*Yuen, E. K., Herbert, J. D., **Forman**, E. M., Comer, R., Bradley, J., *Goetter, E. M., & *Park, J. A. (2009, November).*Virtual Therapy for Social Anxiety Disorder using Second Life:*

Preliminary Results. Poster presented at the conference of the Association of Behavioral and Cognitive Therapies, New York, NY.

*England, E. L., Herbert, J. D., **Forman**, E. M. & Timko, C. A. (2008, November). *Use of the Implicit Relational Assessment Procedure to assess cognitive defusion, mindfulness, and psychological functioning*. Poster presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

*Feinstein, A. B., **Forman**, E. M. & Herbert, J. D. (2008, November). *Acceptance as a moderator of functional variables in adolescents with juvenile idiopathic arthritis*. Poster presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Forman, E. M., Butryn, M. L., *Hoffman, K. L., Herbert, J. D. & *Brown, L. (2008, November). An open pilot trial of an acceptance-based behavioral intervention for weight loss: Post-intervention and six-month follow-up findings. In P. Wupperman & S. R. Axelrod (Chairs), *Mindfulness training for problems of self-regulation: New applications and mechanisms of change*. Symposium presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Forman, E. M., Herbert, J. D. & *Moitra, E. (2008, November). Defusion: Development of a New Measure and Potential Mediating Role. In S. A. Hayes (Chair) *Processes and Mechanisms of Change in Mindfulness and Acceptance Based Therapies*. Symposium presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Forman, E. M., Herbert, J. D. & *Moitra, E. (2008, November). *Defusion as a Differential Mediator of Acceptance and Commitment Therapy and Cognitive Therapy*. In S. A. Hayes (Chair), *Processes and Mechanisms of Change in Mindfulness and Acceptance Based Therapies*. Symposium presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

*Goetter, E., *Yuen, E. K., *Moitra, E., **Forman**, E. M. & Herbert, J. D. (2008, November). *Acceptance and awareness: Differential effects as a function of anxiety*. Poster presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

*Moitra, E., *England, E., **Forman**, E. M. & Herbert, J. D. (2008, November). *Initial psychometric properties of the Drexel Defusion Scale*. Poster presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

*Park, J, **Forman**, E. M., & *Feinstein, A. B. (2008, November). *ACT versus CT: Differential effects on depression as a function of anxiety*. Poster presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

*Yuen, E. K., *Goetter, E., *Moitra, E. **Forman**, E. M., & Herbert ,J. D. (2008, November). *Predictors of treatment outcome in cognitive therapy and acceptance and commitment therapy*. Poster presented at the 42nd annual convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Forman, E. M., Chapman, J. E. & Herbert, J. D. (2008, June). Mediational analyses of session-by-session outcomes across two types of CBT. In L. K. McGinn (Chair), *The mediating impact of cognitive processes in anxiety and depression*. Symposium presented at the 6th International Congress of Cognitive Psychotherapy of the International Association for Cognitive Psychotherapy, Rome, Italy.

Butryn, M. L., **Forman**, E. M., *Hoffman, K. L., *Brown, L. & Herbert, J. D. (2008, March). A pilot test of an acceptance-based behavioral treatment for obesity. Paper presented at the 29th annual meeting of the Society for Behavioral Medicine, San Diego, California.

*Feinstein, A.B. & **Forman**, E.M. (2007, November). *Psychological interventions for children and adolescents with rheumatic conditions*. Poster presented at the 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA

Forman, E. M., Butryn, M., *Hoffman, K.L., & Herbert, J. D (2007, November). *A pilot study of an acceptance-based behavioral treatment for weight loss.* In M.J. Hildebrandt (Chair), *Behavioral demonstrations of distress tolerance: Understanding psychological processes as they apply to clinical outcomes.* Symposium presented at the 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Forman, E. M., Herbert, J. D., Cardaciotto, L. *Moitra, E. & *Brown, L. A. (2007, November). The relationship between mindfulness and psychopathology: Not all dimensions of mindfulness are created equal. In P. Wupperman & S. Axelrod (Chairs). *The role of mindfulness in conceptualizing and treating disorders of emotional regulation*. Symposium presented at the 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Forman, E. M., Herbert, J. D. & *McGrath, K. B. (2007, November). Evidence for ACT's Distinctiveness from CT across Five Overlapping Investigations**.** In K. Vowles (Chair), *Exploring the influence of acceptance, mindfulness, and values-based action on treatment outcomes and overall functioning: Unique contributions or old wine in a new bottle?* Symposium presented at the 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Forman, E.M., Redding, R., Herbert, J.D., & Guadiano, B. (2007, November). Scientific grounding and usefulness of 50 popular self-help books for anxiety, depression and trauma. In T. Lazzaroni (Chair) *Toward evidence-based self-help manuals*. Symposium presented at the 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

*Hoffman, K. L., *Brown, L., & **Forman**, E. M., Butryn, M., & Herbert, J. D. (2007, November). *Emotional eating as a mediator of weight loss in an acceptance-based behavioral weight control intervention*. Poster presented at the 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

*Hoffman, K. L., **Forman**, E. M., Butryn, M. L., *Brown, L., & Herbert, J. D. (2007, November). *Preliminary evaluation of an acceptance-based behavioral weight control intervention.* Paper presented at the meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.

*Yeomans, P. D., Herbert, J.D. & **Forman**, E. M. (2007, November). The relationship between exposure to western trauma discourse and posttraumatic symptoms among burundians with traumatic event histories. In J. D. Herbert (Chair) *Posttraumatic stress disorder: New data and emerging questions*. Symposium presented at the 41st annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Forman, E.M., *Hoffman, K. L., *McGrath, K. B., Brandsma, L., Herbert, J. D. & Lowe, M. R. (2007, July). The Power of Food Scale predicts chocolate cravings and consumption and response to a cravings intervention. In M. Boggiano (Chair) *Eating Disorders*. Symposium presented at the Annual Convention of the Society for the Study of Ingestive Behavior, Steamboat Springs, CO.

*Brown, L. A., *Hoffman, K. L., **Forman**, E.M., & Herbert, J. D. (2007, April). *Emotional eating as a mediator of weight loss in an acceptance-based behavioral weight control intervention*. Poster presented at the 5th annual Colonial Academic Alliance Research Conference, Wilmington, NC.

*Hoffman, K. L., **Forman**, E. M., *Yeomans, P. D., *McGrath, K. B., Marquez, K., Zebell, J. A., Brandsma, L., Herbert, J.D., & Lowe, M. (2007, April). *A comparison of experiential avoidance versus acceptance strategies for coping with food cravings: An analog study of dieting*. Poster presented at the Conference for the Dissemination of Research on Addiction, Infectious Disease and Public Health at Johns Hopkins University, Baltimore, MD.

Forman, E. M., Herbert, J. D., Chapman, J. E., *Yeomans, P. D., *Moitra, E., *McGrath, K., *Hoffman, K., Marquez, K. (2006, November). Using standard and session-by-session outcomes to delineate differential mediating mechanisms of Acceptance and Commitment and cognitive behavioral therapies. In E. M. Forman (Chair), *Mechanisms of action and comparative effectiveness of acceptance and commitment therapy across five treatment groups*. Symposium presented at the 40th Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Forman, E. M., *Hoffman, K., Lowe, M. R., Brandsma, L., Herbert, J. D., Marquez, K. *McGrath, K., *Moitra, E., *Yeomans, P. D. (2006, November). A comparison of experiential avoidance versus acceptance strategies for coping with food cravings: An analog study of dieting. In E. M. Forman and T. Kashdan (Chairs). *Experiential avoidance as a toxic mechanism in self-control, interpersonal, and emotional disturbances*. Symposium presented to the 40th Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

*Moitra, E., **Forman**, E. M., *Hoffman, K. L., Marquez, K., *McGrath, K. B., *Yeomans, P. D., & Zebell, J. A. (2006, November). *A preliminary comparison of two measures of mindfulness in an outpatient graduate health professional student sample.* Poster presented at the 40th Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

*Yeomans, P. D., **Forman**, E. M., *McGrath, K. B., Herman, J. L. (2006, November). *Trauma chronicity and assailant type as predictors of symptom presentation in a community-based clinic*. Poster presented at 40th Annual Meeting of the Association for Behavioral and Cognitive Therapy, Chicago, IL.

*McGrath, K. B., **Forman**, E. M., *Hoffman, K. L., Marquez, K., *Moitra, E., *Yeomans, P. D., & Zebell, J. (2006, August). *Development and validation of the ACT/CBT adherence scale: Phase two*. Poster presented at the 114th annual convention of the American Psychological Association.

Dalrymple, K.L., Herbert, J.D., & **Forman**, E.M. (2006, July). Acceptance and Commitment Therapy for generalized social anxiety disorder: A Pilot Study. In C.E. Drake (Chair), *ACT, mindfulness, and social anxiety disorder*. Symposium presented at the 2nd World Conference on ACT, RFT, and Contextual Behavioural Science, London, UK.

Forman, E.M., Herbert, J.D., Marquez, K., *Moitra, E., *Yeomans, P.D., *McGrath, K., & *Hoffman, K. (2006, July). Results from a randomized controlled trial comparing ACT and CBT in a mixed outpatient sample. In A. Biglan (Chair), *Effectiveness studies on ACT*. Symposium presented at the Second World Conference on ACT, RFT, and Contextual Behavioural Science, London, UK.

Forman, E.M., *Hoffman, K., *McGrath, K., Lowe, M.R., Herbert, J., & Brandsma, L. (2006, July). A comparison of acceptance- and control-based strategies for coping with food cravings: an analog study of dieting. In E.K. Sandoz (Chair), *All shapes and sizes: an exploration of body image acceptance and eating behaviour*. Symposium presented at the Second World Conference on ACT, RFT, and Contextual Behavioural Science, London, UK.

Forman, E.M., *Yeomans, P.D., Chapman, J.E. (2006, July). Using session-by-session data to delineate differential mediating mechanisms of ACT and CBT. In A.R. Murrell (Discussion Leader), *The nature and impact of acceptance*. Symposium presented at the Second World Conference on ACT, RFT, and Contextual Behavioural Science, London, UK.

*Moitra, E., Herbert, J. D., & **Forman**, E. M. (2006, March). *Avoidance and depression among socially anxious adults*. Poster presented at the 26th annual convention of the Anxiety Disorders Association of America, Miami, FL.

Brown, G.K., **Forman**, E.M., Berk, M.S., Henriques, G.R., Beck, A.T. (2005, November). History of multiple suicide attempts as a behavioral marker of severe psychopathology. In B.E. Gibb (chair). *History of Suicide Attempts: Are Multiple Attempters a Distinct Patient Population?* Symposium presented at the Annual Meeting of the Association of Behavior and Cognitive Therapy, Washington, D.C.

Forman, E. M., Herbert, J. D., *Yeomans, P. D., *McGrath, K., *Moitra, E., Geller, P. A. (2005, November). *Effectiveness and mediating mechanisms of acceptance and commitment and cognitive behavioral therapies in the treatment of mixed depression and anxiety*. Poster presented at Annual Meeting of the Association for Behavioral and Cognitive Therapy, Washington, DC.

*McGrath, K. B., **Forman**, E. M., *Hoffman, K. L., del Mar Cabiya, M., Marquez, K., *Moitra, E., *Yeomans, P. D., & Zebell, J. (2005, November). *Development and validation of the Drexel University ACT/CBT therapist adherence rating scale*. Poster presented at the 39th annual convention of the Association for Behavior and Cognitive Therapies, Washington, DC.

*Moitra, E., *del Mar Cabiya, M., **Forman**, E. M., Herbert, J. D., *Yeomans, P. D., & *McGrath, K. B. (2005, November). *Mindfulness as predictor of treatment outcome in cognitive behavioral and acceptance and commitment therapies*. Poster presented at the 39th annual convention of the Association for Behavioral and Cognitive Therapy, Washington, D.C.

*Yeomans, P. D., **Forman**, E. F., & Herbert, J. D. (2005, November). *The relationship between prior exposure to Western trauma discourse and the severity and nature of psychological symptoms.* Poster presented at the 39th annual convention of the Association for Behavioral and Cognitive Therapy, Washington, D.C.

Forman, E.M. & Herbert, J.D. (2005, July). *Cognitive-behavioral therapy and Acceptance and Commitment Therapy: Similarities, differences, and relative effectiveness*. ACT Summer Institute, Philadelphia, PA.

Forman, E. M., Herbert, J. D., *Yeomans, P. D., Geller, P. A. (2004, November). Comparing outcome and mechanisms of action in cognitive behavioral and Acceptance and Commitment therapies. In E. Forman (chair). *Mechanisms of Change in Acceptance-Based Interventions*. Symposium presented at the Annual Meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

Lynch, S. **Forman**, E., Mendelsohn, M. & Herman, J. (2004, November) *A comparison of high and low dissociators' response to trauma focused treatment*. Paper presented at the 21st International Society for the Study of Dissociation International Fall Conference, New Orleans.

*Yeomans, P. D., **Forman**, E. M., Herman, J. L. (2004, November). *Comorbidity of subclinical somatization disorder in posttraumatic stress disorder in an outpatient population*. Poster presented at the Annual Meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

Berk, M. S., Beck, A. T., **Forman**, E. M., Henriques, G. R., & Brown, G. K. (2002, August). (chair) Characteristics of suicide attempters with borderline personality disorder. In G. Henriques (chair), *New Directions in Suicide Research*. Symposium presented at the Annual Meeting of the American Psychological Association, Chicago, IL.

Forman, E. M., Beck, A. T., Berk, M. S., Henriques, G. R., & Brown, G. K. (2002, August). Outcomes from a new cognitive-based therapy to prevent repeated suicide attempts. In G. Henriques (chair), *New Directions in Suicide Research*. Symposium presented at the Annual Meeting of the American Psychological Association, Chicago, IL.

Forman, E. M., Warman, D. A., Beck, A. T., Brown, G. K. & Henriques, G. R. (2002, April). The impact of psychosis on suicidal ideation among recent suicide attempters. In K. Conner (chair) *Psychosis, Aggression, and Suicide*. Annual Conference of the American Association of Suicidology, Bethesda, MD

Forman, E., Herman, J., Lynch, S., & Bryant (2001, December). Treatment outcomes in a community-based sample of individuals with Complex PTSD. In M. Harvey (Chair) *Treatments outcomes in a community-based treatment of trauma*. Symposium presented at the Annual Meeting of the International Society for the Study of Traumatic Stress, New Orleans, LA.

Henriques, G. R., Berk, M. S., **Forman**, E. M., Brown, G. K., Beck, A. T., et. al. (2001, November). *Suicide attempters with and without Borderline Personality Disorder*. Poster presented at the Annual Meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.

Forman, E. M. (2001, April). Family instability and adolescent adjustment: Family and intrapsychic mediators. In B. Ackerman (Chair), *Family instability: Effects on the socioemotional development of children and adolescents*. Symposium presented at the biennial meeting of the Society for Research in Child Development, Minneapolis, MN.

Hansen, N. B., **Forman**, E. & Lambert, M. J. (2000, June). Advances in Patient-Focused Treatment Outcome Research. In K. I. Howard (Chair), *Operationalizing and assessing outcome in patient-focused research using clinical significance methodology and non-parametric statistical techniques*. Symposium presented at the Annual Meeting for Society for Psychotherapy Research, Chicago, IL.

Davies, P., & **Forman**, E. (2000, March). Strategies for testing the emotional security hypothesis: New methodological advances. In H. Gordon (Chair), *Marital conflict, emotional security, and adolescent adjustment: A cross-site investigation*. Symposium presented at the biennial meeting of the Society for Research in Adolescence, Chicago, IL.

Forman, E., & Davies, P.T. (2000, March). *Family instability and adolescent adjustment: Family and intrapsychic mediators*. Paper presented at the biennial meeting of the Society for Research in Adolescence, Chicago, IL.

Davies, P.T., **Forman**, E., & Burgio, L. (1999, April). New directions in understanding the pathways between interparental conflict, emotional security, and child development. In J.H. Grych (Chair), *Understanding the impact of interparental conflict on children: Recent theoretical developments*. Symposium presented at the biennial meeting of the Society for Research in Child Development, Albuquerque, NM.

PRESENTATIONS (INVITED)

Forman, E.M. (2014, February). Innovations in Health Behavior Change. Invited talk to be presented to the Fred Hutchinson Cancer Center. Seattle, WA.

Forman, E.M. (2013, October). Acceptance-based Behavioral Approaches to Weight Loss. Invited talk to be presented to the Center for Weight and Eating Disorders, University of Pennsylvania. Philadelphia, PA

Forman, E.M. (2013, October). Mindfulness and acceptance-based approaches to the treatment of obesity. Invited talk to be presented to Psychiatry Grand Rounds, Drexel University College of Medicine. Philadelphia, PA

Forman, E.M. (2013, March). Brief Technology-Related Preview: Outcomes from Mind Your Health I and II. In *Behavioral Informatics Roundtable.* Invited talk presented at the annual meeting of the Society for Behavioral Medicine, San Francisco, CA.

Forman, E. M., (2012, October). *Acceptance-based Behavior Therapies for Weight Control.* Invited talk presented to the Annual Meeting of the Scientific Review Board, Medifast, Baltimore, MD.

Forman, E. M., Butryn, M. L., *Martin, L., *Bradley, L. (2012, March). *Weight Management and Acceptance-based Behavior Therapies: Mindful Developments.* Invited talk presented to the annual meeting of the Weight Management Practice Group of the Academy of Nutrition and Dietetics, Las Vegas, NV.

Forman, E. M. (2012, February). *Empirically-supported Treatment for Anxiety.* Invited talk presented to University of Pennsylvania Counseling and Psychological Services Internship Program. Philadelphia, PA.

Forman, E. M. (2012, January). *ACT, Standard CBT and Anxiety: Dissonance or Convergence?* Invited talk presented to LaSalle University Colloquium. Philadelphia, PA.

Baron, I. S. & **Forman**, E. M. (2010, November). Pediatric neuropsychology: Critical issues in professional recognition, pre-doctoral internship, and post-doctoral training. In *Drexel University Pediatric Neuropsychology Symposium*. Philadelphia, PA.

Forman, E. M. (2010, June). *New applications of acceptance-based behavior therapy: Health behaviors, depression and anxiety*. Invited talk presented to Hebrew University. Jerusalem, Israel.

Forman, E. M. (2010, June). *New applications of acceptance-based behavioral approaches: Theory, technique and outcomes*. Invited talk presented to Ben Gurion University. Beer-Sheva, Israel.

Forman, E.M. (2009, May). Of two minds about food. Invited talk presented at the Dinner and Discussion at Drexel Event, *Food and Identity*. Philadelphia, PA.

McGinn, L.K., Prinstein, M. & **Forman**, E.M. (2009, February). *Reaching consensus on minimal requirements for internship eligibility*. Invited paper presented at the Council of University Directors of Clinical Psychology Annual Meeting. Albuquerque, NM.

Forman, E.M. (2006, July). *Flaming listservs, rival theories and empirical data: The three-ACT story of whether Acceptance and Commitment Therapy is anything new or different*. Invited Address presented at the Second World Conference on ACT, RFT, and Contextual Behavioral Science, London, UK.

Forman, E.M. (2004, June). *Acceptance-based versus traditional cognitive-behavioral psychotherapies*. Invited paper presented at the Annual Drexel University Psi Chi Induction, Philadelphia, PA.

Forman, E.M. (2002, December). *Understanding and preventing suicide*. Invited paper presented to Drexel University Practicum Seminar, Philadelphia, PA.

POPULAR MEDIA

The Daily Mail (2013, October). Subject: Development of smartphone app for Binge Eating. *http://www.dailymail.co.uk/femail/article-2452393/Could-app-stop-YOU-bingeing-junk-TakeControl-aims-help-overeaters-control-urges-logging-triggers.html*

The Independent (2013, October). Subject: Development of smartphone app for Binge Eating. http://www.independent.co.uk/news/uk/home-news/takecontrol-the-smartphone-app-that-alerts-users-when-they-are-at-risk-of-binge-eating-8853630.html

The Huffington Post UK (2012, December). Subject: The Psychology of Desire Reveals How to Achieve Any New Year's Resolution.

"The Early Show", CBS Television (January 4, 2011). Subject: Self-help Mobile Applications or "Apps"

Family Circle (2009, October). Subject: Food cravings.

Good Housekeeping (2009, June). Subject; Food cravings.

Body + Soul (2009, May). Subject: Food cravings.

The Triangle (January 16, 2009). Subject: Gossip.

MSNBC (May 23, 2008). Subject: Food cravings.

*Self (*2008, June*)*. Subject: Food cravings.

Women's Health (2007, December). Subject: Food cravings.

The Triangle (October 7, 2005). Subject: Depression

RESEARCH SUPPORT

(PQA3) Optimizing Neurocognitive Training Tools to Reduce Cancer Risk
[R01CA185390]
Funding Agency: National Cancer Institute
PI: Evan **Forman**. Co-Is: Meghan Butryn, Wilhelm Hofmann, Katrijn Houben, Ross Crosby
Period: 2014-2018
Under Review

TakeControl: A Smartphone App for Binge Eating Disorder
Funding Agency: Shire Pharmaceuticals Innovation Partnership
PI: Evan **Forman**. Co-Is: Meghan Butryn, Adrienne Juarascio, Stephanie Manasse, Gaurav Naik
Period: 2013
Total Cost: $250,000

Acceptance-based Behavioral Treatment for Obesity: Maintenance and Mechanisms
[R01 DK095069]
Funding Agency: National Institute for Diabetes and Digestive and Kidney Diseases
PI: Evan **Forman**. Co-Is: Meghan Butryn, Graham Thomas, Ross Crosby
Period: 2012-2017
Total Cost: $2,812,483

Environmental and Acceptance-Based Innovations for Weight Loss Maintenance
[R01 DK92374]
Funding Agency: National Institute for Diabetes and Digestive and Kidney Diseases
PI: Meghan Butryn. Co-Is: Evan **Forman**, Michael Lowe, Amy Gorin
Period: 2011-2016
Total Cost: $3,965,788

The Neurocognition of Eating Behavior.
Funding Agency: Stein Family Foundation
PI: Evan Forman. Co-Is: Meghan Butryn, Nachshon Meiran, Avishai Henik
Period: 2011-2013
Total Costs: $17,000

A Novel Strategy to Enhance Public Speaking Performance: A Test of Preliminary Effectiveness and Associations with Near Infrared Spectroscopy Measurements of Specific Brain Regions
Funding Agency: Human Cognitive Enhancement Program, Drexel University
PI: Lisa Glassman. Co-Is: Evan **Forman**, James Herbert, Meltem Izzetoglu
Period: 2010-2011
Total Direct Costs: $7,500

Acceptance-Based Behavior Treatment: An Innovative Weight Control Intervention.
[R21 DK080430]
Funding Agency: National Institute for Diabetes and Digestive and Kidney Diseases
PI: Evan **Forman**. Co-Is: Meghan Butryn, Michael Lowe, James Herbert
Period: 2009 – 2012
Total Direct Costs: $275,000

An Open Trial of an Acceptance-Based Behavior Treatment for Weight Control
Funding Agency: College of Arts and Sciences, Drexel University
PI: Evan **Forman**. Co-Is: Meghan Butryn, Michael Lowe, James Herbert
Period: 2007-2008
Total Direct Costs: $10,000

Neural Correlates Of Emotional and Interpersonal Processes in Borderline Personality Disorder
Funding Agency: Personality Disorder Research Foundation
PI: Steven Platek. Co-Is: Evan **Forman**, Anthony Ruocco.
Period: 2004– 2006
Total Direct Costs: $5,000

Reducing Cardiovascular Risk: Internet and In-Person Acceptance-Based Approaches
Funding Agency: National Heart Lung and Blood Institute
PI: Evan Forman. Co-Is: Meghan Butryn, Deborah Toobert, Gary Ledley, Eugene Hong, Issa Zakeri
Period: 2012-2017
(not funded)

TECHNICAL REPORTS

Forman, E. (1999). Center-based early intervention: A review of the literature. Technical Report, Primary Mental Health Project, Rochester, NY.

Forman, E. & Hightower, A.D. (1999). Effects of center-based early intervention projects: What we know, what we don't know, and where we go from here. Technical Report, Primary Mental Health Project, Rochester, NY.

Forman, E., Hightower, A.D., & Montes, G. (1999). Effects of center-based early intervention projects: A Meta-Analysis. Technical Report, Primary Mental Health Project, Rochester, NY.

TEACHING

Undergraduate Courses Taught
Theories and Practice in Clinical Psychology (Drexel University)
Research Methods (Wheelock College)
Abnormal Psychology (Drexel University; University of Rochester)

Graduate Courses Taught
Advanced Cognitive-Behavioral Therapy (Drexel University)
Psychotherapy Theories (Drexel University)
Principles of Psychotherapy (Drexel University)
Clinical Practicum Seminar (Drexel University)
Clinical Practicum Fieldwork (Drexel University)

Selected Student Awards
2013 APAGS/Psi Chi Junior Scientist Fellowship (S Manasse)
2013 American Psychological Association Theodore H. Blau Early Career Award for Distinguished Professional Contributions to Clinical Psychology, A Juarascio
2012 Drexel Office of Undergraduate Research, Undergraduate Research Grant Award, A Matteucci
2012 Psi Chi Undergraduate Research Grant; A. Matteucci
2012 Society for a Science of Clinical Psychology Dissertation Award; S. *Rabin
2011 Academy for Eating Disorders Student Research Grant; A. Juarascio
2011 Philadelphia Behavior Therapy Association Poster Exhibition award; E. Goetter
2011 Philadelphia Behavior Therapy Association Poster Exhibition award; A. Juarascio
2011 Best Dissertation in the Social Sciences - High Commendation; E. Yuen
2011 College of Arts and Sciences Research Day – 2nd Place; S. *Rabin
2011 Society for Applied Behavior Analysis Doctoral Dissertation Grant; A. Juarascio
2010 Best Dissertation, Social Sciences, Drexel University; K. Hoffman
2009 Most Outstanding Masters Student in the Social Sciences, Drexel University; K. Blacker
2009 Best Poster, Philadelphia Behavior Therapy Poster Exhibition; K. McGrath
2009 Best Poster, Philadelphia Behavior Therapy Poster Exhibition; E. Yuen
2009 1st Prize (Cognitive Category), Fourth Annual Philadelphia Psi Chi Research Day; L. Goetter
2009 International Travel Award, Office of International Programs, Drexel University; A. Juarascio
2008 American Psychological Association Division 52 (International Psychology) Student International Research Award; P. Yeomans
2008 Most Promise in Enhancing Drexel's Reputation, Social Sciences; Drexel University; P. Yeomans
2008 Community Service Award, Pennsylvania Psychological Society; K. Hoffman
2008 Jack Kent Cooke Foundation scholarship; Alexandra Johnson
2008 Best Undergraduate Poster (Humanities and Social Sciences); College of Arts & Sciences Research Day; L. Brown
2008 Best Graduate Poster; (Humanities and Social Sciences); College of Arts & Sciences Research Day; E. Yuen
2007 Dissertation Grant Award, Society for a Science of Clinical Psychology; P. Yeomans
2007 Applied Social Issues Dissertation Award, Society for the Psychological Study of Social Issues; P. Yeomans

2006 Diversity Dissertation Scholarship, American Psychological Association of Graduate Students; P. Yeomans
2006 Grant-in-Aid of Research Award, Sigma Xi; P. Yeomans
2006 Best Undergraduate Poster – College of Arts & Sciences, Drexel University Research Day; J. Zebell

CONSULTATION

2012 Consultant to **Scientific Advisory Board, Medifast**, Baltimore, MD
2004 **Devereux Kanner Center, Adolescent Residential Treatment Facility**, West Chester, PA
2004 **Society for the Interaction of Animals and Humans, University of Pennsylvania**, Philadelphia, PA
1998 - 1999 **Residential Life, University of Rochester**, Rochester, NY
1996 - 1997 **Enhanced Childhood Competency Project**, Rochester, NY
1996 - 1997 **Primary Mental Health Project**, Rochester, NY

INTERVENTIONIST ROLES

2001 - 2006 **Apex Penn Resiliency Project**, University of Pennsylvania; Martin Seligman, PI
2007 - 2008 **CBT for GAD Study**, University of Pennsylvania; Paul Crits-Cristoph, PI

PROGRAM DEVELOPMENT AND EVALUATION

1996 - 1999 **Rochester Early Childhood Assessment Project (RECAP)**
1996 - 1997 **Enhanced Childhood Competency Project, Primary Mental Health Project**

JOURNAL EDITING ACTIVITIES (AD-HOC)

Annals of Behavioral Medicine
Archives of General Psychiatry
Behavior Therapy
Behaviour Research and Therapy
Clinical Psychology: Science and Practice
Cognitive and Behavioral Practice
Comprehensive Psychiatry
Journal of Clinical Psychology
Journal of Consulting and Clinical Psychology
Journal of Personality Assessment
Journal of Studies on Alcohol
The Scientific Review of Mental Health Practice

PROFESSIONAL ASSOCIATIONS

American Psychological Association, Division 12 (Chair, Committee on Science and Practice, 2014-2015)
Association of Behavior and Cognitive Therapies
-Mindfulness and Acceptance Special Interest Group (Board Member)
Association for Contextual Behavioral Science (Founding Member)
International Society for Traumatic Stress Studies
International Association for Cognitive Psychotherapy
Philadelphia Behavioral Therapy Association (Board Member; Past President)
Society for Psychotherapy Research
Society for a Science of Clinical Psychology

PROFESSIONAL COMMITTEES

2013-current	Committee for Development of Psychology Training Clinic
2012-current	Chair, Search Committee, Psychology Clinic Director
2012	Strategic Plan, College of Arts and Sciences
2011	Department Head Review, College of Arts and Sciences
2007-current	Curriculum Committee, Department of Psychology

HONORS AND AWARDS

2011 Louis and Bessie Stein Family Fellowship for Exchanges with Israeli Universities
2009 Mentor of the Year Award, Drexel University; High Commendation
2009 Stein Family Fellowship for Exchanges with Israeli Universities; co-recipient
2008 International Travel Award, Office of International Programs, Drexel University
2007 Antelo Devereux Award for Young Faculty for Demonstrating Exceptional Potential in Research, Drexel University
2007 Allan Rothwarf Award for Teaching Excellence, Drexel University; Nomination
2006 Best Undergraduate Poster – College of Arts & Sciences (Advisor), Drexel University Research Day
1997 M.A. with Distinction, University of Rochester
1992 B.A. with Distinction in All Subjects, Cornell University
1992 Dean's List Award, Cornell University
1989 Dean's List Award, Cornell University
1988 Dean's List Award, Cornell University
1991 Psi Chi, Psychology Honors Society, Cornell University
1990 Study Abroad Grant, Cornell University
1988 Dean's Scholars Award, Honors Program, and Scholarship, Cornell University
1988 John & Charlotte Reamer Memorial Scholarship, Cornell University
1988 Guggenheim Scholarship, Central High School