

## Curriculum Vitae

### Michael R. Lowe, Ph.D.

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Department of Psychology  
Drexel University  
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## EMPLOYMENT HISTORY

Professor, Department of Psychology, Drexel University, July, 1997 – present.

Director of Clinical Training, Ph.D. Program in Clinical Psychology (APA-approved),  
Department of Clinical and Health Psychology, MCP Hahnemann University, October,  
1994 to July, 1997.

Associate Professor, Department of Clinical and Health Psychology, MCP Hahnemann  
University, July 1, 1989 to June, 1996.

Assistant Professor, Section of General Internal Medicine, Temple University School of  
Medicine. Feb., 1987 - June, 1989. Specialty areas: behavioral medicine, eating and  
weight control, functional gastrointestinal diseases.

Assistant Professor of Psychology, Rutgers University in Camden, Sept., 1980 - Jan., 1987.  
Specialty areas: clinical psychology, behavior therapy, behavioral medicine.

Member of Graduate Faculty, Graduate School of Applied and Professional Psychology,  
Rutgers University in New Brunswick, 1984-1987. Specialty: behavioral medicine.

## **EDUCATION**

National Institutes of Health Postdoctoral Research Fellow, Washington University in St. Louis, 1978-1980. Specialty areas: Obesity and smoking treatment.

Clinical Psychology Internship (APA approved), McLean Hospital/Harvard Medical School, 1977-1978.

Ph.D., Boston College, 1978. Concentration: Clinical Psychology (behavior therapy)

B.A., Boston University, 1973. Graduated magna cum laude. Major: Psychology.

## **GRANTS AND AWARDS**

NIH (NIMH) 1-year competitive supplement to Weight History, Brain Activation to Food Cues and Eating Disorder Psychopathology, \$229,000, 11/15-10/16

NIH (NIMH) research grant – Principal Investigator (R01 MH103419) Weight History, Brain Activation to Food Cues and Eating Disorder Psychopathology \$2,210,000, 4/14-3/19

NIH (NIMH) research grant – Principal Investigator (MH095982): “Weight Suppression, Dieting and Bulimia Nervosa: A Biobehavioral Study,” \$2,400,000, 8/1/12 – 5/31/16

NIH (NIDDK) research grant – Co-Investigator (R01 DK092374A): “Environmental and Acceptance-based Innovations for Weight Loss Maintenance,” \$1,500,000, 9/15/11 – 6/30/16

NIH (NIDDK) research grant – Principal Investigator (R01 DK080909): “A Test of Nutritional Interventions to Enhance Weight Loss Maintenance,” \$2,300,000, 4/10/09 – 4/9/15

NIH (NIDDK) research grant - Principal Investigator (R01 DK072982): “Prevention of Obesity at Universities: A Randomized Trial,” \$1,800,000 4/1/06 – 3/31/11

NIH (NIMH) research grant – Co-Investigator (R21 DK080430): “Acceptance-based behavior treatment: An innovative weight control intervention,” \$250,000, 7/1/09-6/30/11

NIH (NIMH) research grant - Principal Investigator (R34MH071691-01): “Adaptation of a CBT Intervention for Eating Disorders,” \$450,000, 9/1/05 – 8/30/09

NIH (Office of Behavioral and Social Science Research): Collaborative research supplement (with Dr. Suzanne Phelan, PI, Brown University) for Health Maintenance Consortium project on predictors of long-term weight loss maintenance, \$22,500, 9/05 – 8/08

NIH (NIDDK) research grant - Principal Investigator (RO1-DK066759): "Weight Loss Maintenance in Primary Care," \$1,600,000, 10/1/03 – 9/30/09

NIH (NHLBI) research grant - Principal Investigator (RO1 HL073775): "A Cafeteria-Based Approach to Weight Gain Prevention," \$535,500, 10/1/02-9/30/05

NIH (NIDDK) research grant - Principal Investigator (RO1 DK57433): "A Nutritional Approach to Weight Loss Maintenance," \$364,000, 10/99 – 9/03

Syngery grant (MCP Hahnemann/Drexel Universities): "A Prospective Test of Risk Factors for Weight Gain in College Freshmen," \$19,905, 7/01-6/02

Research grant from Novartis Nutrition Company: "Effects of Enhanced Nutritional Intervention in Obesity Treatment", \$56,000, 6/99-5/01.

Institute for Women's Health Mini-Challenge Grant: "Cognitive Behavior Therapy with Partial Weight Restoration: A Novel Treatment for Underweight Women Suffering from Bulimia Nervosa", \$3,760, 4/00-3/01

Research contract from Sandoz Nutrition Company on the treatment of obesity, \$96,000, 1987-1993.

Hahnemann University Major Equipment Initiative Grant, to purchase a metabolic cart for measurement of energy expenditure, \$30,580, 1993.

National Institutes of Health research grant (NIDDK). Title: "Dieting, dieting history, and the regulation of eating," \$47,000, 1987-1990.

Research grant from the John and Catherine MacArthur Foundation. Title: "Weight cycling, restraint, and counterregulatory eating," 1986-1987.

Research grant from the Charles and Johanna Busch Memorial Fund. Title: "Hunger, affect and overeating," 1984-1986.

Rutgers University Research Council grants: 1981-1983.

National Institute of Mental Health Small Grant Award. Title: "Obesity: Role of emotions and level of reinforcement," 1980.

## **PUBLICATIONS**

Purcell, J, Winter, S.R, Breslin, C.M., White, N.C., **Lowe**, M.R. & Coslett, H.B. (in press). Implicit mental motor imagery task demonstrates a distortion of the body schema in patients with eating disorders. *Journal of the International Neuropsychological Society*.

- Espel-Huynh, H.A., Muratore, A. & **Lowe**, M.R. (*in press*). A narrative review of the construct of hedonic hunger and its measurement by the Power of Food Scale. *Obesity Science & Practice*
- Thompson-Brenner, H., Boswell, J.F., Espel-Huynh, H., Brooks, G.E., & **Lowe**, M.L. (In press). Implementation of transdiagnostic treatment for emotional disorders in residential eating disorder programs: A preliminary pre-post evaluation. *Psychotherapy Research*.
- Emily H. Feig, E.H., Piers, A.D., Kral, T.V.E. & **Lowe**, M.R. (2018). Eating in the absence of hunger is related to loss-of-control eating, hedonic hunger, and short-term weight gain in normal-weight women. *Appetite*.
- Lowe**, M.R., Butryn, M.L., & Zhang, Z. (2018). Evaluation of meal replacements and a home food environment intervention for long-term weight loss: A randomized controlled trial. *American Journal of Clinical Nutrition*, 107(1), 12-19.
- Thompson-Brenner, H., Brooks, G. E., Boswell, J. F., Espel-Huynh, H., Dore, R., Franklin, D. R., Goncalves, A., Smith, M., Ortiz, S., Ice, S., **Lowe**, M.R., & Barlow, D. H. (2018). Evidence-based implementation practices applied to the intensive treatment of eating disorders: Summary of research and illustration of principles using a case example. *Clinical Psychology: Science and Practice*, 25(1), e12221.
- Eisenberg, I. W., Bissett, P. G., Canning, J. R., Dallery, J., Enkavi, A. Z., Whitfield-Gabrieli, S., ... & Kim, S. J. (2017). Applying novel technologies and methods to inform the ontology of self-regulation. *Behaviour Research and Therapy*.
- Juarascio, A., Lantz, E. L., Muratore, A. F., & Lowe, M. R. (2017). Addressing Weight Suppression to Improve Treatment Outcome for Bulimia Nervosa. *Cognitive and Behavioral Practice*.
- Espel, H.M., Muratore, A.F., & **Lowe**, M.L. (2017). An investigation of two dimensions of impulsivity as predictors of loss-of-control eating severity and frequency. *Appetite*, 117, 9-16.
- Feig, E. H., Winter, S. R., Kounios, J., Erickson, B., Berkowitz, S. A., & **Lowe**, M. R. (2017). The role of hunger state and dieting history in neural response to food cues: An event-related potential study. *Physiology & Behavior*, 179, 126-134.
- Feig, E. & **Lowe**, M.R. (2017). Variability in weight change early in behavioral weight loss treatment: Theoretical and clinical implications. *Obesity*, 25(9), 1509–1515.
- Winter, S.R., Yokum, S., Stice, E., Osipowicz, K. & **Lowe**, M.R. (2017). Elevated reward response to receipt of palatable food predicts future weight variability in healthy-weight adolescents. *American Journal of Clinical Nutrition*, 105(4), 781-789.
- Lantz, E., Gilberg, C., Rastam, M., Wentz, E. & **Lowe**, M.R. (2017). Premorbid BMI predicts

binge-purge symptomatology among individuals with anorexia nervosa. *International Journal of Eating Disorders*, 00, 1-4.

Berner, L.A., Winter, S.R., Matheson, B.E., Benson, L. & **Lowe**, M.R. (2017). Behind binge eating: A review of food-specific adaptations of neurocognitive and neuroimaging tasks. *Physiology and Behavior*, 176, 59-70.

Berner, L., Feig, E., Witt, A. & **Lowe**, M.R. (2017). Menstrual cycle loss and resumption among patients with anorexia nervosa spectrum eating disorders: Is relative or absolute weight more influential? *International Journal of Eating Disorders*, 50(4), 442-446.

Butryn, M.L., Forman, E.M., **Lowe**, M.R., Gorin, A., Zhang, F., & Schaumberg, K. (2017). Efficacy of environmental and acceptance-based enhancements to behavioral weight loss treatment: the ENACT trial. *Obesity*, 25(5), 866-872.

Berkowitz, S.A., Witt, A. A., Gillberg, C., Råstam, M., Wentz, E. & **Lowe**, M.R. (2016). Childhood body mass index in adolescent-onset anorexia nervosa. *International Journal of Eating Disorders*, 49(11), 1002-1009.

**Lowe**, M.R. (2017). Weight suppression. In K. Brownell & T. Walsh (Eds.), *Eating disorders and obesity: A comprehensive handbook* (3rd ed). New York: Guilford.

Winter, S.R., Feig, E.H., Kounios, J., Erickson, B., Berkowitz, S., **Lowe**, M.R. (2016). The relation of hedonic hunger and restrained eating to lateralized prefrontal activation. *Physiology & Behavior*, 163, 64-69.

Shaw, J.A., Forman, E.M., Espel, H.M., Butryn, M.L., Herbert, J.D., **Lowe**, M.R., & Nederkoorn, C. (2016). Can evaluative conditioning decrease soft drink consumption? *Appetite*, 105, 60-70.

Rosenbaum, D.L., Schumacher, L.M., Schaumbergm K., Piers, A.D., Gaspar, M., **Lowe**, M.R., Forman, E.M., & Butryn, M.L. (2016). Energy intake highs and lows: How much does consistency matter in weight control? *Clinical Obesity*, 6(3), 193-201.

Arigo, D., Butryn, M.L., Raggio, G.A., Stice, E., & **Lowe**, M.R. (2016) Predicting change in physical activity: A Longitudinal investigation among weight-concerned college women. *Annals of Behavioral Medicine*, 1-13.

Schaumberg, K., Schumacher, L.M., Rosenbaum, D.L., Kase, C.A., Piers, A.D., **Lowe**, M.R., Forman, E.M., & Butryn, M.L. (2016). The role of negative reinforcement eating expectancies in the relation between experiential avoidance and disinhibition. *Eating Behaviors*, 21, 129-134.

**Lowe**, M. R., Arigo, D., Butryn, M.L., Gilbert, J., Sarwer, D. & Stice, E. (2016). Hedonic hunger prospectively predicts onset and maintenance of loss of control eating among college women. *Health Psychology*, 35(3), 238-244.

**Lowe**, M.R., Feig, E.H., Winter, S.R. & Stice, E. (2015). Short-term variability in body weight predicts long-term weight gain. *American Journal of Clinical Nutrition*, 102(5), 995-999.

- Lavender, Jason M., et al. (2015). Associations between weight suppression and dimensions of eating disorder psychopathology in a multisite sample." *Journal of Psychiatric Research* 69: 87-93.
- Berner, L.A., Arigo, A., Mayer, L., Sarwer D.B., & **Lowe**, M.R. (2015). Examination of central body fat deposition as a risk factor for loss-of-control eating. *American Journal of Clinical Nutrition*, 102, 736-744.
- Ely, Alice V., Childress, A. R., Jagannathan, K., & **Lowe**, M. R. (2015). "The way to her heart? Response to romantic cues is dependent on hunger state and dieting history: An fMRI pilot study." *Appetite* 95: 126-131.
- Katterman, S.N., Butryn, M.L., Hood, M.M., **Lowe**, M.R. (2015). Daily weight monitoring as a method of weight gain prevention in healthy weight and overweight young adult women. *Journal of Health Psychology*, 1-11.
- Lowe**, M.R. (2015). Dieting: Proxy or cause of future weight gain? *Obesity Reviews*, 16 (Suppl. 1), 19-24.
- Ely, A.V., Howard, J. & **Lowe**, M.R. (2015). Delayed discounting and hedonic hunger in the prediction of lab-based eating behavior, *Eating behaviors* 19: 72-75.
- Manasse, S. M., Espel, H. M., Forman, E. M., Ruocco, A. C., Juarascio, A. S., Butryn, M. L., ... & **Lowe**, M. R. (2015). The independent and interacting effects of hedonic hunger and executive function on binge eating. *Appetite*, 89, 16-21.
- Lowe**, M. R., Shank, L. M., Mikorski, R., & Butryn, M. L. (2015). Personal history of dieting and family history of obesity are unrelated: Implications for understanding weight gain proneness. *Eating Behaviors*, 17, 144-148.
- Witt A.A., Berkowitz S.A., Gillberg C., **Lowe** M.R., Råstam M., Wentz E. (2014). Weight suppression and body mass index interact to predict long-term weight outcomes in adolescent-onset anorexia nervosa. *Journal of Consulting and Clinical Psychology*, 82(6), 1207.
- Lowe**, M.R. (2014). Eating patterns, diet quality and energy balance: From the macro- to the microscopic. *Physiology & Behavior*, 134, 123-125.
- Lowe**, M.R., Butryn, M.L., Thomas, J.G., Coletta, M. (2014). Meal replacements, reduced energy density eating and weight loss maintenance in primary care patients: A randomized controlled trial. *Obesity*. 22(1), 94-100.
- Katterman, S.N., Goldstein, S.P., Butryn, M.L., Forman, E.M., **Lowe**, M.R. (2013) Efficacy of an acceptance-based behavioral intervention for weight gain prevention in young adult women. *Journal of Contextual Behavioral Science*, 3(1), 45-50.

- Witt, A.A, Raggio, G.A., Butryn, M.L., **Lowe**, M.R. (2013) Do hunger and exposure to food affect scores on a measure of hedonic hunger? An experimental study. *Appetite*, 74, 1-5.
- Matteucci, A.J., & **Lowe**, M.R. (2013). Dieting. In N. Naples, R.C. Hoogland, M. Wickramasinghe, & A. Wong (Eds.), *Encyclopedia of Gender and Sexuality Studies*. Oxford, UK: Wiley-Blackwell.
- Juarascio, A.S, Shaw, J., Forman, E.M., Timko, C.A., Herbert, J.D., Butryn, M.L., **Lowe**, M. (2013). Acceptance and commitment therapy for eating disorders: Clinical applications of a group treatment. *Journal of Contextual Behavioral Science*, 2(3), 85-94.
- Ely, A.V., Childress, A.R., Jagannathan, K., **Lowe**, M.R. (2013). Differential reward response to palatable food cues in past and current dieters: An fMRI study. *Obesity*, 22(5), E38-45.
- Witt, A.A., & **Lowe**, M.R. (2013). Hedonic hunger and binge eating among women with eating disorders. *International Journal of Eating Disorders*, 47(3), 273-380.
- Ely, A., Winter, S., & **Lowe**, M.R. (2013). The generation and inhibition of hedonically-driven food intake: Behavioral and neurophysiological determinants in healthy weight individuals. *Physiology & Behavior*, 121, 25-34.
- Forman, E. M., Butryn, M. L., Juarascio, A. S., Bradley, L. E., **Lowe**, M. R., Herbert, J. D., & Shaw, J. A. (2013). The Mind Your Health Project: A randomized trial comparing acceptance-based and standard behavioral treatments for obesity. *Obesity*, 21(6), 1119–26.
- Berner, L.A., Shaw, J.A., Witt, A.A. & **Lowe**, M.R. (2013). Weight suppression and body mass index in the prediction of symptomatology and treatment response in anorexia nervosa. *Journal of Abnormal Psychology*, 122, 694–708.
- Lowe**, M.R., Witt, A. & Grossman, S. (2013). Dieting in bulimia nervosa is associated with increased food restriction and psychopathology but decreased binge eating behaviors. *Eating Behaviors*, Vol. 14(3), 342-347.
- Juarascio, A., Shaw, J., Forman, E., Timko, C.A., Herbert, J., Butryn, M., Bunnell, D., Matteucci, A & **Lowe**, M.R. (2013). Acceptance and commitment therapy as a novel treatment for eating disorders: An initial test of efficacy and mediation. *Behavior modification*, Vol. 37(4), 459-489.
- Lowe**, M.R., Doshi, S.D., Katterman, S.N. & Feig, E.H. (2013) Dieting and restrained eating as prospective predictors of weight gain. *Front. Psychol.* 4:577.
- Witt, A.A, Katterman, S.N., **Lowe**, M.R. (2013). Assessing the three types of dieting in the Three-Factor Model of dieting. The Dieting and Weight History Questionnaire. *Appetite*, 63, 24-30.
- Goldstein, S.P., Katterman, S.N., & **Lowe**, M.R. (2013). Relationship of dieting and restrained

eating to self-reported caloric intake in female college freshmen. *Eating Behaviors*, 14, 237-240.

**Lowe, M.R.** (2013). The importance of behavioral anchoring in neuroimaging studies of obesity [editorial]. *American Journal of Clinical Nutrition*, 97: 451-452.

**Lowe, M.R., Butryn, M.L., Ely, A.V.** (2013). Obesity in women. In Mary V. Spiers, Pamela A. Geller and Jacqueline D. Kloss (Eds.) *Women's Health Psychology* pp. 149-172). Hoboken: Wiley.

Shaw, J.A. Herzog, D.B., Clark, V.L., Berner, L.A., Eddy, K.T., Franko, D.L. & **Lowe, M.R.** (2012). Elevated pre-morbid weights in bulimic individuals are usually surpassed post-morbidly: Implications for perpetuation of the disorder. *International Journal of Eating Disorders*, 45(4), 512-523.

**Lowe, M.R. & Coletta, M. & Katterman, S.** (2012). Chronic dieting. In: Thomas F Cash, editor. In *Encyclopedia of Body Image and Human Appearance* (p. 386-391), New York: Elsevier.

**Lowe, M. R., Berner, L. A., Swanson, S. A., Clark, V. L., Franko, D. L., Shaw, J. A., Ross, S., Eddy, K. T., & Herzog, D. B.** (2011). Weight suppression predicts time to remission in bulimia nervosa. *Journal of Consulting and Clinical Psychology*, 79, 772-776.

Thomas, J.G., Doshi, S., Crosby, R., & **Lowe, M.R.** (2011). Ecological momentary assessment of obesogenic eating behavior: Combining person-specific and environmental predictors. *Obesity*, 19, 1574-1579.

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

Butryn, M.L., Juarascio, A., & **Lowe, M.R.** (2011). The relation of weight suppression and BMI to bulimic symptoms. *International Journal of Eating Disorders*, 44, 612-617.

Mitchell, K.S., Neale, M.C., Bulik, C.M., **Lowe, M.**, Maes, H.H., Kendler, K.S., & Mazzeo, S.M. (2011). An investigation of weight suppression in a population-based sample of female twins. *International Journal of Eating Disorders*, 44, 44-49.

**Lowe, M.R., Bunnell, D.W., Neeren, A.M., Chernyak, Y., & Greberman, L.** (2011). Evaluating the real-world effectiveness of cognitive-behavior therapy efficacy research on eating disorders: A case study from a community-based clinical setting. *International Journal of Eating Disorders*, 44:1, 9-18 .

Thomas, J.G., Butryn, B.T., Stice, E., & **Lowe, M.R.** (2011). A prospective test of the relation between weight change and risk for bulimia nervosa. *International Journal of Eating Disorders*, 44:4, 295-303.



- Lowe, M. R., & Clark, V. L.** (2011). Eating disorder research: From soup to nuts. [Review of the book *The Oxford Handbook of Eating Disorders*, by W. S. Agras (Ed.)] *PsycCRITIQUES*, 56(10).
- Herzog, D.B., Thomas, J.G., Kass, A.E., Eddy, K.T., Franko, D.L., & **Lowe, M.R.** (2010). Weight suppression predicts weight change over 5 years in bulimia nervosa. *Psychiatry Research*, 177, 330-334.
- Chernyak, Y., & **Lowe, M.R.** (2010). Motivations for dieting: Drive for thinness is different from drive for objective thinness. *Journal of Abnormal Psychology*, 119, 276-281.
- Lowe, M.R., Tappe, K.A., Butryn, M.L., Annunziato, R.A., Coletta, M.C., Ochner, C.N., & Rolls, B.J.** (2010). An intervention study targeting nutritional intake in worksite cafeterias. *Eating Behaviors*, 11, 144-151.
- Neeren, A.M., Butryn, M.L., **Lowe, M.R., O'Planick, A.P., Bunnell, D.W., & Ice, S.M.** (2010). Does attrition during follow-up bias outcome data in studies of eating disorders? *Eating Behaviors*, 11, 40-44.
- Lowe, M.R., van Steenburgh, J., Ochner, C. & Coletta, M.** (2009). Neural correlates of individual differences related to appetite. *Physiology and Behavior*, 97, 561-571.
- Lowe, M.R., Butryn, M.L., Didie, E.R., Annunziato, R.A., Thomas, J.G., Crerand, C.E., Ochner, C.N., Coletta, M.C., Bellace, D., Wallaert, M., Halford, J.** (2009). The Power of Food Scale: A new measure of the psychological influence of the food environment. *Appetite*, 53, 114-118.
- Coletta, M., Platek, S., Mohamed, F., van Steenburgh, J., Green, D., & **Lowe, M.R.** (2009). Brain activation in restrained and unrestrained eaters: An fMRI study. *Journal of Abnormal Psychology*, 118, 598-609.
- Annunziato, R.A., Timko, C.A., Crerand, C.E., Didie, E.R., Bellace, D.L., Phelan, S., Kerzhnerman, I., & **Lowe, M.R.** (2009). An examination of differential meal replacement adherence in a weight loss maintenance program. *Eating Behaviors*. 10, 176-183.
- Markowitz, J.T., **Lowe, M.R., Volkening, L.K., & Laffel, L.M.B.** (2009). Self-reported history of overweight and its relation to disordered eating in adolescent girls with Type I Diabetes (T1D). *Diabetic Medicine*, 26, 1165-1171.
- Phelan, S., Liu, T., Gorin, A., **Lowe, M., Hogan, J., Fava J., & Wing, R.R.** (2009). What distinguishes weight-loss maintainers from the treatment-seeking obese? Analysis of environmental, behavioral, and psychosocial variables in diverse populations. *Annals of Behavioral Medicine*.
- Ochner C.N., Green D., van Steenburgh J., Kounios J., **Lowe M.** (2009). Asymmetric prefrontal

cortex activation in relation to markers of overeating in obese humans. *Appetite*, 53, 44-49.

Cappelleri, J.C., Bushmakin, A.G., Gerber, R.A., Leidy, N.K., Sexton, C.C., Karlsson, J., **Lowe**, M.R. (2009). Evaluating the Power of Food Scale in obese subjects and a general sample of individuals: development and measurement properties. *International Journal of Obesity*, 33, 913-922.

**Lowe**, M. R. (2009). Commentary on: "Neurobehavioral inhibition of reward-driven feeding: Implications for dieting and obesity". *Obesity*, 17, 622-624.

Cappelleri J.C., Bushmakin A.G., Gerber R.A., Leidy N.K., Sexton C.C., **Lowe** M.R., & Karlsson J. (2009). Psychometric analysis of the Three-Factor Eating Questionnaire-R21: Results from a large diverse sample of obese and non-obese participants. *International Journal of Obesity*, 33, 611-620.

Butryn, M.L., Thomas, J.G., & **Lowe**, M.R. (2009). Reductions in internal disinhibition during weight loss predict better weight loss maintenance. *Obesity*, 17, 1101-1103.

**Lowe**, M.R., & Thomas, J.G. (2009). Measures of restrained eating: Conceptual evolution and psychometric update. In Allison, D. & Baskin, M.L. (eds.), *Handbook of assessment methods for obesity and eating behaviors* (pp. 137-185). New York: Sage.

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Markowitz, J., Butryn, M.L., & **Lowe**, M.R. (2008). Perceived deprivation, restrained eating and susceptibility to weight gain, *Appetite*, 51, 720-722.

Butryn, M.L., & **Lowe**, M.R. (2008). Dieting: Good or bad? In K. Keller & J.G. Golson (Eds.), *Encyclopedia of Obesity*, 184-187.

**Lowe**, M.R., Kral, T.V.E., & Miller-Kovach, K. (2008). Weight loss maintenance 1, 2, and 5 years after successful completion of a weight loss program. *British Journal of Nutrition*, 99, 925-930.

**Lowe**, M.R., Bocarsly, M., & Del Parigi, A. (2008). Human eating motivation in times of plenty: Biological, environmental and psychosocial influences (pp. 95-122). In: Harris, R.B.S., & Mattes, R.D. (Eds.) *Appetite and food intake: Behavioral and physiological considerations*, London: Taylor & Frances.

**Lowe**, M.R., Thomas, J.G., Safer, D.L., & Butryn, M.L. (2007). The relationship of weight suppression and dietary restraint to binge eating in bulimia nervosa. *International Journal of Eating Disorders* 44, 640-644.

Stice, E., Cooper, J.A., Schoeller, D.A., Tappe, K., & **Lowe**, M.R. (2007). Are dietary restraint scales valid measures of moderate- to long-term dietary restriction? Objective biological and behavioral data suggest not. *Psychological Assessment*, 19, 449-458.

Ochner C N, **Lowe** M R. (2007). Self-reported changes in dietary calcium and energy intake predict weight regain following and weight loss diet in obese women. *Journal of Nutrition*, 137, 2324-28.

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. *Behavior Research and Therapy*, 45, 2372–2386.

**Lowe**, M.R., & Butryn, M.L. (2007). Hedonic hunger: A new dimension of appetite? *Physiology and Behavior*, 91, 432-439.

Timko, C. A., Oelrich, C., & **Lowe**, M.R. (2007). Rigid and flexible control over eating: Prospective relationship to weight loss and maintenance. *Verhaltenstherapie*, 17, 84-89.

Annunziato, R.A., Lee, J.N., & **Lowe**, M.R. (2007). A comparison of weight control behaviors in African American and Caucasian women. *Ethnicity & Disease*, 17, 262-267.

Stice, E., Burton, E., **Lowe** M., & Butryn, M. (2007). Relation of dieting to eating pathology. In T. Jaffa & B. McDermott (Eds.). *Eating disorders in children and adolescents* (pp. 45-56). Cambridge, UK: Cambridge University Press.

Annunziato, R.A., & **Lowe**, M.R. (2007). Taking action to lose weight: Toward an understanding of individual differences. *Eating Behaviors*, 8(2), 185-94.

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disordered eating. In W. McCown, M. Shure, & J. Johnson (Eds.), *The impulsive client: Theory, research, and treatment* (pp. 185-224). Washington, D.C.: American Psychological Association.

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**Lowe, M.R.**, & Caputo, G.C. (1991). Binge eating in obesity: Toward the specification of predictors. *International Journal of Eating Disorders, 10*, 49-55.

**Lowe, M.R.**, & Kleifield, E. (1988). Cognitive restraint, weight suppression and the regulation of eating. *Appetite, 10*, 159-168.

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Fisher, E.B., Jr., **Lowe**, M.R., Kirkley, B., Kuisk, L., & Nelson, B. (1981). Engendering substantial weight losses: The roles of continued treatment and treatment of emotional eating. In A. Howard & I. Maclean (Eds.), *Recent advances in clinical nutrition*. London: J. Libbey.

### Social Skills and other publications

Crerand, C.E., Sarwer, D.B., Magee, L., Gibbons, L.M., **Lowe**, M.R., Bartlett, S.P., Becker, D.G., Glat, P.M., LaRossa, D., Low, D.W., & Whitaker, L.A. (2004). Rate of body dysmorphic disorder among patients seeking facial cosmetic procedures. *Psychiatric Annals*, *34*, 958-965.

**Lowe**, M.R., & Storm, M.A. (1986). Being assertive or being liked: A genuine dilemma? *Behavior Modification*, *10*, 371-390.

**Lowe**, M.R., & D'Ilio, V. (1985). Factor analysis of the Social Performance Survey Schedule. *Journal of Psychopathology and Behavioral Assessment*, *7*, 13-22.

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**Lowe**, M.R. (1985). Rapid smoking; Autogenic training. Entries in A.S. Bellack & M. Hersen (Eds.), *Dictionary of behavior therapy techniques*. New York: Pergamon.

**Lowe**, M.R. (1982). Validity of the positive behavior subscale of the Social Performance Survey Schedule in a psychiatric population. *Psychological Reports*, *50*, 83-87.

Fisher, E.B., Jr., Levenkron, J.C., **Lowe**, M.R., Loro, A.D., & Green, L. (1982). Self-initiated self-control in risk reduction. In R. Stuart (Ed.), *Adherence, compliance, and generalization in behavioral medicine* (pp. 145-169). New York: Bruner/Mazel.

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Merbaum, M., & **Lowe**, M.R. (1982). The role of serendipity in research on clinical psychology. In P. C. Kendall & J. N. Butcher (Eds.), *Handbook of research methods in clinical psychology*. New York: Wiley.

Joffe, R., **Lowe**, M.R., & Fisher, E.B., Jr. (1981). A validity test of the Reasons for

Smoking Scale. *Addictive Behaviors*, 6, 41-45.

**Lowe**, M.R., Green, L., Kurtz, S., Ashenberg, Z., & Fisher, E.B., Jr. (1980). Self-initiated, cue extinction, and covert sensitization procedures in smoking cessation. *Journal of Behavioral Medicine*, 3, 357-372.

**Lowe**, M.R., & Cautela, J.R. (1978). A self-report measure of social skill. *Behavior Therapy*, 9, 535-544.

## GRANT REVIEWS

Served as invited Chair for Department of Defense Peer Reviewed Medical Research Program grant applications on eating disorders, 2017.

Member of two NIMH Special Emphasis Panels on Eating Disorders, June, 2007; February, 2008

Member of NIDDK review panel for K-23 Mentored Patient-Oriented Research Career Development Award, March 2006

Member of Special Emphasis Panel for RFA: "Ancillary Studies to Obesity-Related Clinical Trials", October, 2005

Member of Special Emphasis Panel for NIDDK RO1: "Diet, Obesity, and Genes: DIOGenes", July, 2005

Reviewer for NIDDK training grants (K awards) on nutrition and obesity, March, 2005

Reviewer for NIH Risk, Prevention, & Health Behavior Integrated Review Group for applications on Behavioral Approaches to Obesity and Weight Management, March, 2005

Reviewer for NIH Program Project application on nutritional factors in childhood obesity, November, 2004

Reviewer for Special Emphasis Panel grant application for NIDDK, July, 2004.

Reviewer for NIH Special Emphasis Panel for Obesity Research Center grant applications, December, 2002

Ad hoc reviewer for NIH's Health Behavior and Prevention Review Committee, 1993, 1996, 1997, 1998

Ad hoc reviewer for grant application to the Medical Research Council of Canada, 1993



## CLINICAL, CONSULTING AND ADMINISTRATIVE EXPERIENCE

July, 2005 – 2009	Consultant to Pfizer on use of Power of Food Scale in Phase III anti-obesity medication
July, 1998 to present	Member, Scientific Advisory Board, Weight Watchers International
1990 - present	Consultant to Weight Watchers International, Inc., providing research consulting, program development, program evaluation, and training
2002	Consultant hired by NIH Look AHEAD Weight Loss Intervention Subcommittee to prepare weight loss maintenance program for Look AHEAD trial
2002 – 2003	Member of “Futures Council” of Focused Health Solutions
October, 1994 - July, 1997	Director of Clinical Training, Ph.D. Program in Clinical Psychology, Department of Clinical and Health Psychology.
July 1, 1989 - July, 1994	Clinical supervisor for Ph.D. practicum students, clinical interns, and psychiatric residents at Hahnemann University.
Aug., 1988 - June, 1989	Chief Psychologist, Functional Gastrointestinal Disease Center, Section of Gastroenterology, Temple University School of Medicine.
Feb., 1987 - July, 1988	Director of Weight Management Program, Temple University School of Medicine.
Oct., 1980 – 2001	Private psychotherapy practice.
Sept., 1978 - Aug., 1980	Individual and couple therapy with 4-5 clients weekly at the Psychological Service Center, Washington University in St. Louis.
Sept., 1977 - Aug., 1978	Clinical Psychology Intern at McLean Hospital, Belmont, Mass.

## TEACHING EXPERIENCE

- July 1, 1989 - present                      Teach doctoral-level graduate courses in Social Cognition in Clinical Psychology, Eating Disorders, and Empirical Foundations of Unconscious Processes to Ph.D. clinical psychology students at Drexel University
- Teach undergraduate courses in Psychobiology of Eating Disorders and Obesity and in Advanced Personality Seminar
- Sept., 1980 - Jan., 1987                      Co-taught Ph.D. graduate course in Behavioral Medicine at Rutgers in New Brunswick. Taught undergraduate courses in Abnormal Psychology, Clinical Psychology, Behavior Modification, Behavioral Medicine, Individual Fieldwork, and Introductory Psychology at Rutgers-Camden.

## EDITORIAL AND PEER REVIEW POSITIONS

- Editorial board member of *Frontiers in Eating Behavior and Foods*
- Co-executive Editor, *Appetite*, 2011-2012
- Co-editor of Special Issue of *Physiology and Behavior* on papers from 2009 conference of the Society for the Study of Ingestive Behavior
- Member of the editorial board of *Journal of Abnormal Psychology*, 2008-2010; 1997-2000
- Associate Editor, *Journal of Abnormal Psychology*, 2006-2007
- Member of the editorial board of *Behavior Modification*, 1991-present, 1985-1987.
- Guest reviewer for:
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| <i>Journal of Consulting and Clinical Psychology</i> | <i>Psychological Bulletin</i>            |
| <i>Journal of Abnormal Psychology</i>                | <i>Behavior Therapy</i>                  |
| <i>American Journal of Clinical Nutrition</i>        | <i>Obesity Research</i>                  |
| <i>Nutrition</i>                                     | <i>Appetite</i>                          |
| <i>Journal of Personality and Social Psychology</i>  | <i>European J. of Clinical Nutrition</i> |
| <i>Experimental Biology and Medicine</i>             | <i>Physiology and Behavior</i>           |
| <i>Annals of Behavioral Medicine</i>                 | <i>Preventive Medicine</i>               |
| <i>International Journal of Eating Disorders</i>     | <i>Cognitive and Behavioral</i>          |

*Journal of Behavioral Medicine*  
*British Journal of Clinical Psychology*  
*Psychology of Addictive Behaviors*  
*Journal of Applied Behavior Analysis*

*Practice*  
*Journal of Applied Social*  
*Psychology*

Peer reviewer for submissions on obesity and eating disorders to the annual convention of the Society for Behavioral Medicine, 1992 and 1993.

Peer reviewer for Division 38 (Health Psychology) submissions to the annual convention of the American Psychological Association, 1996.

### **PROFESSIONAL LICENSURE**

Licensed in Psychology in Pennsylvania, New Jersey and Missouri.

### **PROFESSIONAL AFFILIATIONS**

Fellow, The Obesity Society

Member of the Eating Disorders Research Society, the Obesity Society, the Association for Psychological Science, the American Psychological Association, and the Association for Behavioral and Cognitive Therapies