

**DANIELLE ARIGO, PH.D.**[arigo@rowan.edu](mailto:arigo@rowan.edu)Telephone: (617) 763-0774  
Office: (856) 256-4500 x53775201 Mullica Hill Road, Robinson 116G  
Glassboro, NJ 08028**PRIMARY ACADEMIC APPOINTMENT**2018-Present **Assistant Professor of Psychology:** Rowan University, Glassboro, NJ**ADDITIONAL PROFESSIONAL ROLES**

- 2020-Present **Affiliated Investigator:** Weight, Eating, and Lifestyle Sciences (WELL) Center, Drexel University, Philadelphia, PA
- 2019-Present **Assistant Professor of Biomedical Sciences:** Cooper Medical School of Rowan University, Camden, NJ
- 2018-Present **Adjunct Assistant Professor of Family Medicine:** Rowan School of Osteopathic Medicine, Stratford, NJ  
**Advisory Board Member, Women's and Gender Studies Program:** Rowan University, Glassboro, NJ
- 2016-Present **Affiliated Research Investigator:** Center for Integrated Healthcare, Syracuse VA Medical Center, Syracuse, NY  
**Research Consultant:** Oregon Research Institute, Eugene, OR
- 2015-2018 **Associate Faculty, Women's and Gender Studies Program:** The University of Scranton, Scranton, PA
- 2014-2018 **Assistant Professor of Psychology:** The University of Scranton, Scranton, PA

**LICENSURE**

- 2014-Present **Licensed Psychologist in the Commonwealth of Pennsylvania**  
License Number PS017648

**EDUCATION & TRAINING**

- 2012-2014 **Postdoctoral Research Fellow:** Eating and Weight Disorders Research Program and WELL Center, Drexel University, Philadelphia, PA
- 2011-2012 **APA-Accredited Internship in Clinical Psychology:** Syracuse VA Medical Center, Syracuse, NY (Specialization in Health Psychology/Behavioral Medicine)
- 2012 **Doctor of Philosophy, Clinical Psychology (Health Emphasis):** Syracuse University, Syracuse, NY
- 2007 **Master of Science in Clinical Psychology:** Syracuse University, Syracuse, NY
- 2005 **Bachelor of Science in Psychology with Minor in English Literature (Summa Cum Laude):** Drexel University, Philadelphia, PA

**MARKS OF DISTINCTION**

- 2020 **Citation Abstract Award:** 2020 Annual Meeting of the Society of Behavioral Medicine  
**Frances R. Lax Professional Development Award:** Rowan University
- 2018-2019 **Reviewer:** National Institutes of Health Early Career Reviewer Program
- 2018 **Distinguished Service Award:** Behavioral Informatics and Technology SIG, Society of Behavioral Medicine
- 2017 **Early Career Travel Award:** Society of Behavioral Medicine  
**Selected Scholar:** Methodology Center Ecological Momentary Assessment Data Analysis Training, Penn State University
- 2016 **Early Career Travel Award:** Society of Behavioral Medicine  
**Physical Activity SIG Student Research Award (mentor):** Society of Behavioral Medicine

2016	<b>Rosenberg Leadership Development Award:</b> The University of Scranton
2015-2016	<b>Selected Scholar:</b> NHLBI-Sponsored PRIDE-Cardiovascular Disease Program, SUNY Downstate
	<b>Teaching Enhancement Grant for Health Psychology:</b> The University of Scranton
2014	<b>Obesity &amp; Eating Disorders SIG Citation Poster:</b> Association for Cognitive & Behavioral Therapies
	<b>Selected Scholar:</b> Young Investigator Colloquium, American Psychosomatic Society
2012	<b>Honorable Mention:</b> Health Decision Making SIG Student Award, Society of Behavioral Medicine
2009-2011	<b>Associate:</b> Women in Science and Engineering Future Professoriate Program, Syracuse University
2008	<b>Outstanding Teaching Assistant Award:</b> Syracuse University
2008-2011	<b>Teaching Associate:</b> Future Professoriate Program, Syracuse University - Awarded Certification in University Teaching
2005	<b>Undergraduate Research Award:</b> Psychology Department, Drexel University
2004 & 2005	<b>Outstanding Poster Presentation Award (1<sup>st</sup> Prize):</b> Drexel University Research Day
2003-2005	<b>Inductee &amp; Chapter President:</b> Psi Chi International Honor Society in Psychology, Drexel University

## RESEARCH PROGRAM

My research investigates the interplay between physical and emotional health, with particular emphasis on two broad topics. First is the examination of social influences on health and health behavior. Much of this work has applied advances in social theory to health populations; for example, elucidating the process and consequences of *social comparisons* (i.e., self-evaluations relative to others) among individuals with medical and psychiatric conditions. In this area, I am most interested in how social comparisons can guide health behaviors relevant to eating and weight (e.g., physical activity, dietary choices), and how beneficial comparisons can be facilitated using digital tools such as mobile apps and social media platforms. Contexts relevant to this work include physical inactivity, obesity, cardiovascular disease, diabetes, women's health, anorexia and bulimia nervosa (as well as subclinical disordered eating and body dissatisfaction), and Celiac Disease. Second is the improvement of intervention design and delivery. This interest is informed by clinical work in integrated care environments. My focus is twofold: (1) affect-based or emotion regulation interventions such as expressive writing, and (2) optimizing digital health programs and tools by incorporating beneficial social processes via social networking. These interventions can be used as primary or adjunctive techniques in a variety of health-relevant contexts and settings. This work is relevant to a wide range of populations, including disorders of eating and weight, insomnia and other sleep difficulties, substance use disorders, anxiety, and depression.

## RESEARCH SUPPORT

### Funded

**K23 HL136657.** "Identifying and Targeting Unique Physical Activity Determinants for Midlife Women." Principal Investigator; \$762,274. 3/1/2018-2/28/2023.

**Pilot Grant, Syracuse VA Center for Integrated Healthcare.** "Exploring Stakeholder Ideas for Peer Support in Primary Care-Mental Health Integration." Co-Investigator (PI: Robyn Fielder, Ph.D.); \$10,000. 2016-2018.

**Faculty Research Grant, The University of Scranton.** "The Use of Wearable Technology and High Intensity Interval Exercise Regarding Anthropometric and Body Composition Changes Among Post-Menopausal Women." Co-Investigator (PI: Joan C. Grossman, Ph.D.); \$3,000. 2016-2018.

**Summer Research Grant, The University of Scranton.** "Web-Based Intervention for Prediabetic Midlife Women." Principal Investigator; \$3,000. Summer 2015.

**Graduate Research Grant, Psi Chi International Honor Society.** “Glucose and Heart Rate Response to Selected Social Comparisons among Patients with Type 2 Diabetes.” Principal Investigator; \$1,200. 2011.

**Consulting Roles on Funded Grants**

**NSF Cyber-Human Systems Small Grants Program.** “CHS:Small: Balancing Individual and Group Needs in an Adaptive Social Motion-Based Game for Health.” Consultant (PI: Jichen Zhu, Ph.D.); \$499,989. 9/1/18-8/31/2021.

**R21 DK112741.** “Improving Weight Loss Maintenance by Using Digital Data Sharing to Provide Responsive Support and Accountability.” National Institute of Diabetes and Digestive and Kidney Diseases/Office of Behavioral and Social Science Research. Consultant (PI: Meghan L. Butryn, Ph.D.); \$300,000. 9/20/2017-7/31/2019.

**Submitted**

**PA-19-056, NIH R01 (initial submission scored, July 2020).** “Building Supportive Accountability Partnerships to Enhance Weight Loss Maintenance.” Co-Investigator (PI: Meghan L. Butryn, Ph.D.); \$2,300,000.

**PA-19-056, NIH R01 (submitted, June 2019).** “Boosting Long-Term Efficacy of mHealth and Just-in-Time Adaptive Interventions for Weight Control by Enhancing Compliance of Self- Reporting: A Factorial Design.” Consultant (PI: Evan M. Forman, Ph.D.); \$2,700,000.

**PA-15-097, NIH R21 (resubmission scored, October 2016).** “A Digital, Social Approach to Promoting Physical Activity among Midlife Women.” Principal Investigator; \$275,000.

**PA-15-302, NIH R01 (submitted, February 2016).** “Harnessing the Power of Existing Social Networks to Improve Outcomes in Obesity Treatment.” Co-Investigator (PI: Meghan L. Butryn, Ph.D.); \$2,500,000.

**PEER-REVIEWED PUBLICATIONS**

*\*Denotes trainee co-author*

- 1) **Arigo, D.**, \*Brown, M.M., \*Pasko, K. \*Ainsworth, M.C., \*Travers, L., Gupta, A.A., Symons Downs, D., & Smyth, J.M (in press). Rationale and design of Project WHADE (Women’s Health And Daily Experiences): Protocol for an ecological momentary assessment study to identify between- and within-person predictors of midlife women’s physical activity. *JMIR Research Protocols*.
- 2) \*Schumacher, L.M., \*Thomas, C., \*Ainsworth, M.C., & **Arigo, D.** (in press). Social predictors of physical activity intentions and behavior among college women. *Journal of Behavioral Medicine*.
- 3) \*Gray, R., Zhu, J., **Arigo, D.**, Forman, E.M., & Ontañón, S. (in press). Player modeling via multi-armed bandits. *Proceedings of Foundations of Digital Games '20*. September 15–18, 2020, Bugibba, Malta.
- 4) Sucala, M., Cole-Lewis, H., **Arigo, D.**, Oser, M., \*Goldstein, S., Heckler, E., & Diefenbach, M. (in press). Behavior science in the evolving world of digital health: Considerations on anticipated opportunities and challenges. *Translational Behavioral Medicine*. DOI: <https://doi.org/10.1093/tbm/ibaa034>
- 5) \*Brown, M.M., **Arigo, D.**, Wolever, R., Smoski, M., Hall, M., Brantley, J., & Greeson, J. (in press). Do gender, anxiety, or sleep quality predict Mindfulness-Based Stress Reduction outcomes? *Journal of Health Psychology*. DOI: <https://doi.org/10.1177/1359105320931186>
- 6) \*DiBisceglie, S., & **Arigo, D.** (in press). Perceptions of #fitspiration activity on Instagram: Patterns of use, response, and preferences among fitstagrammers and followers. *Journal of Health Psychology*. DOI: [doi.org/10.1177/1359105319871656](https://doi.org/10.1177/1359105319871656)
- 7) \*MacIntyre, R., Heron, K.E., Braitman, A.L., & **Arigo, D.** (2020). An ecological momentary assessment of self-improvement and self-evaluation body comparisons: Associations with college women’s body dissatisfaction and exercise. *Body Image*, 33, 264-277. DOI: <https://doi.org/10.1016/j.bodyim.2020.04.002>
- 8) **Arigo, D.**, Mogle, J.A., \*Brown, M.M., \*Roberts, S.R., \*Pasko, K., Butryn, M.L., & Symons Downs, D. (2020). Accelerometer cut point methods among midlife women with cardiovascular risk markers. *Menopause*, 27, 559-567. DOI: [10.1097/GME.0000000000001498](https://doi.org/10.1097/GME.0000000000001498)

- 9) **Arigo, D.**, \*Brown, M.M., \*Pasko, K., & Suls, J.M. (2020). Social comparison features in physical activity apps: Scoping meta-review. *Journal of Medical Internet Research*, *22*, e15642. DOI: 10.2196/15642
- 10) **Arigo, D.**, Mogle, J.A., \*Brown, M.M., \*Pasko, K., \*Travers, L., \*Sweeder, L., & Smyth, J.M. (2020). Methods to assess social comparison processes within persons in daily life: A scoping review. *Frontiers in Psychology* special issue: *Current Perspectives on Social Comparisons and Their Effects*, *10*, 2909. DOI: doi.org/10.3389/fpsyg.2019.02909
- 11) **Arigo, D.**, \*Pasko, K., & Mogle, J.A. (2020). Daily relations between social perceptions and physical activity among low-active college women. *Psychology of Sport and Exercise*, *47*, 101528. DOI: 10.1016/j.psychsport.2019.04.018
- 12) **Arigo, D.**, Juth, V., Trief, P., Wallston, K., Ulbrecht, J., & Smyth, J.M. (2020). Unique relations between PTSD symptoms and patient functioning in type 2 diabetes. *Journal of Health Psychology*, *25*, 652-664. DOI: 10.1177/1359105317727839
- 13) \*Brown, M.M., **Arigo, D.** \*Pasko, K., & Gupta, A. (2019). Perceptions of social support for weight loss among patients in primary care. *Obesity Research and Clinical Practice*, *13*, 594-598. DOI: 10.1016/j.orcp.2019.10.005
- 14) Shepardson, R.L., Johnson, E.M., Possemato, K., **Arigo, D.**, & Funderburk, J.S. (2019). Barriers and facilitators to implementation of peer support in Veterans Health Administration Primary Care-Mental Health Integration settings. *Psychological Services*, *16*, 433-444. <https://doi.org/10.1037/ser0000242>
- 15) **Arigo, D.**, & Butryn, M.L. (2019). Prospective relations between social comparison orientation and weight loss outcomes. *Behavioral Medicine*, *45*, 249-254. DOI: 10.1080/08964289.2018.1481010
- 16) **Arigo, D.**, Jake-Schoffman, D.E., Wolin, K., Beckjord, E., & Hekler, E.B., & Pagoto, S.L. (2019). The history and future of digital health in the field of behavioral medicine. *Journal of Behavioral Medicine*, *42*, 67-83. DOI: 10.1007/s10865-018-9966-z
- 17) **Arigo, D.**, & Suls, J.M. (2018). Smartphone apps providing social comparison for health behavior change: A need for better tailoring to person and context. *mHealth*, *4*, 46.
- 18) **Arigo, D.**, & Haggerty, K. (2018). Social comparisons and long-term rehabilitation for traumatic brain injury: A longitudinal study. *Journal of Health Psychology*, *23*, 1743-1748. DOI: 10.1177/1359105316669583
- 19) **Arigo, D.**, \*Cornell, M., & Smyth, J.M. (2018). Social comparisons in adults with type 2 diabetes: Patients' reasons for target selection. *Psychology & Health*, *33*, 906-924. DOI: 10.1080/08870446.2018.1432759
- 20) **Arigo, D.**, Pagoto, S., Carter-Harris, L., Lillie, S., & Nebeker, C. (2018). Using social media for health research: Methodological and ethical considerations for recruitment and intervention delivery. *Digital Health*, *4*, 1-15. DOI: 10.1177/2055207618771757
- 21) Grossman, J.A.C, **Arigo, D.**, & Bachman, J. (2018). Meaningful weight loss in obese post-menopausal women: A pilot study of high intensity interval training and wearable technology. *Menopause*, *25*, 465-470. DOI: 10.1097/GME.0000000000001013
- 22) \*Rodemann, A., & **Arigo, D.** (2018). Subjective life expectancy among college students. *Behavioral Medicine*, *44*, 314-323. DOI: 10.1080/08964289.2017.1378607
- 23) Rohde, P., **Arigo, D.**, Shaw, H., & Stice, E. (2018.). Relation of self-weighing to future weight gain and the onset of eating disorder symptoms. *Journal of Consulting and Clinical Psychology* *86*, 677-687. DOI: 10.1037/ccp0000325
- 24) Rohde, P., Desjardins, C., **Arigo, D.**, Shaw, H., & Stice, E. (2018). Mediators of two selective prevention interventions targeting both obesity and eating disorders. *Behavior Research & Therapy*, *106*, 8-17. DOI: 10.1016/j.brat.2018.04.004
- 25) Bachman, J., & **Arigo, D.** (2018). Reported influences on restaurant-type food selection decision making in a grocery store chain. *Journal of Nutrition Education & Behavior*, *50*, 555-563. DOI: 10.1016/j.jneb.2018.01.020
- 26) Butryn, M.L., \*Kerrigan, S.G., **Arigo, D.**, \*Raggio, G., & Forman, E.M. (2018). A pilot test of an acceptance-based behavioral intervention to promote physical activity during weight loss maintenance. *Behavioral Medicine*, *44*, 77-87. DOI: 10.1080/08964289.2016.1170663
- 27) **Arigo, D.**, Rohde, P., Shaw, H., & Stice, E. (2017). Psychosocial predictors of physical activity change among college students in an obesity prevention trial. *Journal of Physical Activity & Health*, *14*, 513-519. DOI: 10.1123/jpah.2016-0515
- 28) \*Schumacher, L.M., **Arigo, D.**, & \*Thomas, C. (2017). Understanding physical activity lapses among women: Responses to lapses and the potential buffering effect of social support. *Journal of Behavioral Medicine*, *40*, 740-749. DOI: 10.1007/s10865-017-9846-y

- 29) **Arigo, D.**, Butryn, M.L., \*Raggio, G., Lowe, M.R., & Stice, E. (2016). Predicting change in physical activity: A longitudinal investigation among weight-concerned college women. *Annals of Behavioral Medicine*, *50*, 629–641. DOI: 10.1007/s12160-016-9788-6
- 30) **Arigo, D.**, & \*Cavanaugh, J. (2016). Social perceptions predict change in women's mental health and health-related quality of life during the first semester of college. *Journal of Social and Clinical Psychology*, *35*, 643–663. DOI: doi.org/10.1521/jscp.2016.35.8.643
- 31) Funderburk, J.S., **Arigo, D.**, & Kenneson-Adams, A. (2016). Initial engagement and attrition in a national weight management program: Demographic and health predictors. *Translational Behavioral Medicine*, *6*, 358–368. DOI: 10.1007/s13142-015-0335-y
- 32) Butryn, M.L., **Arigo, D.**, \*Raggio, G., \*Colasanti, M., & Forman, E.M. (2016). Enhancing physical activity promotion with technology-based self-monitoring and social connectivity: A pilot study. *Journal of Health Psychology*, *21*, 1548–1555. DOI: 10.1177/1359105314558895
- 33) Lowe, M.R., **Arigo, D.**, Butryn, M.L., \*Gilbert, J.R., Sarwer, D., & Stice, E. (2016). Hedonic hunger prospectively predicts onset and maintenance of loss of control eating among college women. *Health Psychology*, *35*, 238–244. DOI: 10.1037/hea0000291
- 34) **Arigo, D.** (2015). Promoting physical activity among women using wearable technology and online social connectivity: A feasibility study. *Health Psychology and Behavioral Medicine*, *3*, 391–409. DOI: 10.1080/21642850.2015.1118350
- 35) **Arigo, D.**, Smyth, J.M., & Suls, J.M. (2015). Perceptions of similarity and response to selected comparison targets in type 2 diabetes. *Psychology & Health*, *30*, 1206–1220. DOI: 10.1080/08870446.2015.1040018
- 36) **Arigo, D.**, Funderburk, J.S., \*Hooker, S., Dundon, P., Dubbert, P. et al. (2015). The Veterans Health Administration's MOVE!<sup>®</sup> weight management program: Primary care clinicians' perceptions of program implementation. *Military Medicine*, *180*, 1027–1033. DOI: 10.7205/MILMED-D-14-00366
- 37) \*Berner, L. A., **Arigo, D.**, Mayer, L.E.S., Sarwer, D., & 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*, 729–735. DOI: 10.3945/ajcn.115.113266
- 38) Butryn, M.L., **Arigo, D.**, \*Raggio, G.A., Kaufman, A.I., \*Kerrigan, S.G., & Forman, E.M. (2015). Measuring the ability to tolerate activity-related discomfort: Initial validation of the Physical Activity Acceptance Questionnaire (PAAQ). *Journal of Physical Activity & Health*, *12*, 717–726. DOI: <http://dx.doi.org/10.1123/jpah.2013-0338>
- 39) **Arigo, D.**, \*Schumacher, L.M., \*Pinkasavage, E., & Butryn, M.L. (2015). Addressing barriers to physical activity among women: A feasibility study using social networking-enabled technology. *Digital Health*, *1*, 1–12. DOI: 10.1177/2055207615583564
- 40) **Arigo, D.**, Smyth, J.M., Haggerty, K., & \*Raggio, G.A. (2015). The social context of the relationship between glycemic control and depressive symptoms in type 2 diabetes. *Chronic Illness*, *11*, 33–43. DOI: 10.1177/1742395314531990
- 41) **Arigo, D.**, \*Hooker, S., Funderburk, J.S., Dundon, M., Dubbert, P. et al. (2015). Perceptions of attrition from a national primary care weight management program. *Primary Health Care Research & Development*, *16*, 147–156. DOI: 10.1017/S1463423614000139
- 42) \*Pinkasavage, E., **Arigo, D.**, & \*Schumacher, L.M. (2015). Social comparison, negative body image, and disordered eating behavior: The moderating role of coping style. *Eating Behaviors*, *16*, 72–77. DOI: 10.1016/j.eatbeh.2014.10.014
- 43) **Arigo, D.**, \*Schumacher, L.M., & \*Martin, L.M. (2014). Upward appearance comparison and the development of eating pathology in college women. *International Journal of Eating Disorders*, *47*, 467–470. DOI: 10.1002/eat.22240
- 44) **Arigo, D.**, Suls, J., & Smyth, J.M. (2014). Social comparisons and chronic illness: Literature synthesis and clinical implications. *Health Psychology Review*, *8*, 154–214. DOI: 10.1080/17437199.2011.634572
- 45) \*Raggio, G., Butryn, M.L., **Arigo, D.**, \*Mikorski, R., & Palmer, S. (2014). Prevalence and correlates of sexual morbidity in long-term breast cancer survivors. *Psychology & Health*, *29*, 632–650. DOI: 10.1080/08870446.2013.879136
- 46) Gellis, L.A., **Arigo, D.**, & Elliott, J.C. (2013). Cognitive Refocusing Technique for insomnia: A randomized controlled trial in university students. *Behavior Therapy*, *44*, 100–110. DOI: 10.1016/j.beth.2012.07.004
- 47) **Arigo, D.**, \*Anskis, A.M., & Smyth, J.M. (2012). Psychiatric comorbidities in women with Celiac Disease. *Chronic Illness*, *8*, 45–55. DOI: 10.1177/1742395311417639
- 48) **Arigo, D.**, & Smyth, J.M. (2012). The benefits of expressive writing on sleep difficulty and appearance concerns for college women. *Psychology & Health*, *27*, 210–226. DOI: 10.1080/08870446.2011.558196

- 49) Smyth, J.M., & **Arigo, D.** (2009). Recent evidence supports emotion regulation interventions for improving health in at-risk and clinical populations. *Current Opinion in Psychiatry*, 22, 205-210. DOI: 10.1097/YCO.0b013e3283252d6d
- 50) **Arigo, D.**, Kloss, J.D., Kneile, K., & Gilrain, K. (2007). Beliefs about sleep and perceived sleep quality are associated with quality of life among perimenopausal women. *Behavioral Sleep Medicine*, 5, 241-255. DOI: 10.1080/15402000701557342
- 51) Platek, S., Raines, D., Gallup, G., Mohamedd, F., Thomson, J.W., Myers, T., Panyavina, I., Levin, S.L., Davis, J., Fonteyn, L.C.M., & **Arigo, D.** (2004). Reactions to children's faces: Males are more affected by resemblance than females are, and so are their brains. *Evolution and Human Behavior*, 25, 394-405. DOI: 10.1016/j.evolhumbehav.2004.08.007

### PUBLISHED BOOK CHAPTERS / ENCYCLOPEDIA ENTRIES

- 52) Nebeker, C., Bartlett-Ellis, R., & **Arigo, D.** (in press). Risk/benefit assessment and privacy. Invited submission to an APA edited volume, *Handbook of Research Ethics in Psychological Science*.
- 53) **Arigo, D.**, & \*Pasko, K. (in press). Physical activity monitors. *Encyclopedia of Behavioral Medicine*.
- 54) Juth, V., **Arigo, D.**, & Smyth, J.M. (2019). Expressive Writing. In K. Sweeny & M. Robbins. (eds): *Encyclopedia of Health Psychology, 2<sup>nd</sup> Edition*. New York, NY: Wiley.
- 55) Norcross, J. C. Goldfried, M. R., & **Arigo, D.** (2016). Integrative Theories. In J. C. Norcross, G. R. VandenBos, & D. K. Freedheim (Eds.), *APA Handbook of Clinical Psychology (5 volumes)*. Washington, DC: American Psychological Association.
- 56) **Arigo, D.**, & Smyth, J.M. (2016). Expressive Writing. In H.S. Friedman (ed): *Encyclopedia of Mental Health, 2<sup>nd</sup> Edition*. Waltham, MA: Elsevier.
- 57) Smyth, J.M., Pennebaker, J.W., & **Arigo, D.** (2012). What are the health effects of disclosure? In A. Baum, T. Revenson, & J. Singer (Eds.), *Handbook of Health Psychology (2nd ed., pp. 175-191)*. New York, NY: Taylor & Francis.
- 58) Smyth, J.M., Nazarian, D., & **Arigo, D.** (2008). Expressive writing in the clinical context. In J. Denollet, I. Nyclíček, & A. Vingerhoets (Eds.), *Emotion Regulation: Conceptual and Clinical Issues*. New York, NY: Springer.

### MANUSCRIPTS UNDER REVIEW / REVISION

- 1) **Arigo, D.**, \*Ainsworth, M.C., \*Pasko, K., \*Brown, M.M., & \*Travers, L. (under revision). Predictors of change in BMI over 10 years among midlife and older adults: Associations with gender, CVD risk status, depressive symptoms, and social support. *Social Science & Medicine*.
- 2) Zhu, J., \*Dallal, D.H., \*Gray, R., \*Villareale, J., Ontañón, S., Forman, E.M., & **Arigo, D.** (under revision). Personalizing social comparison: An AI-based approach for motivating physical activity. *CSCW '20: Computer Supported Cooperative Work*. October 17–21, 2020, Minneapolis, MN.
- 3) **Arigo, D.**, \*Roberts, S.R., & Butryn, M.L. (under review). Social comparisons between group members during behavioral weight loss treatment: Comparison direction, scale, and associations with weight loss maintenance. *Psychology & Health*.
- 4) \*MacIntyre, R. I., Heron, K. E., \*Dawson, C. A., Filipkowski, K. B., & **Arigo, D.** (under review). Does assessment alter responses? An examination of measurement reactivity in an ecological momentary assessment of body comparisons. *Applied Psychology: Health and Well-Being*.
- 5) **Arigo, D.**, & Torous, J. (under review). Development of a mobile assessment tool for understanding social comparison processes among individuals with schizophrenia. *Journal of Abnormal Psychology*.
- 6) **Arigo, D.**, \*Brown, M.M., & \*DiBisceglie, S. (under review). Experimental effects of fitspiration messaging on body satisfaction, exercise Motivation, and exercise behavior among college women and men. *Translational Behavioral Medicine*.
- 7) \*Ainsworth, M.C., Gupta, A.A., & **Arigo, D.** (under review). App support for weight loss among primary care patients. *Digital Health*.

## CONFERENCE PRESENTATIONS

\*Denotes trainee co-author; SIG = Special Interest Group

- 1) **Arigo, D.**, \*Brown, M.M., \*Pasko, K.P., \*Vendetta, E., \*Travers, L., Gupta, A.A., Ainsworth, M.C., Symons Downs, D., & Smyth, J.M. (2021, July). *Ecological Momentary Assessment of Psychological and Social Influences on Physical Activity among Midlife Women with CVD Risk*. Paper to be presented at the 2020 International Congress of Behavioral Medicine, Glasgow, Scotland.
- 2) Bodenlos, J., Pekmezi, D., & **Arigo, D.** (2021, July). *Innovative Strategies for Teaching and Mentoring in Behavioural Medicine*. Pre-conference workshop to be presented at the 2020 International Congress of Behavioral Medicine, Glasgow, Scotland.
- 3) **Arigo, D.**, \*Pasko, K.P., \*Brown, M.M., \*Vendetta, E., \*Travers, L., Gupta, A.A., Ainsworth, M.C., Symons Downs, D., & Smyth, J.M. (2020, May). *Daily Social Influences on Physical Activity among Midlife Women with CVD Risk: An Ecological Momentary Assessment Study*. Poster presented at the 2020 annual meeting of the UConn Center for mHealth and Social Media (virtual).
- 4) \*Ainsworth, M.C., \*Brown, M.B., Gupta, A.A., & **Arigo, D.** (2020, May). *Apps for Weight Loss Support: Do Primary Care Patients Use them, and Do They Help?* Poster presented at the 2020 annual meeting of the UConn Center for mHealth and Social Media (virtual).
- 5) \*Brown, M.B., \*Kwiatek, B., \*Vendetta, E., & **Arigo, D.** (2020, May). *The Effect of #Fitspiration Messaging on College Students' Exercise and Self-Perceptions*. Poster presented at the 2020 annual meeting of the UConn Center for mHealth and Social Media (virtual).
- 6) **Arigo, D.** (Chair), Breland, J., Brown, S., Cadmus-Bertram, L., Goldstein, C.; \*Goldstein, S., Jonessaint, C., Manasse, S., Thomas, J.G., & Whited, M. (2020, April). *Writing Winning Training Grants: Development, Responding to Critiques, and Incorporating Technology into Proposals*. Pre-conference workshop accepted at the 2020 annual meeting of the Society of Behavioral Medicine, San Francisco, CA. Canceled due to COVID-19.
- 7) **Arigo, D.**, \*Brown, M.M., \*Pasko, K.P., \*Vendetta, E., \*Travers, L., Gupta, A.A., \*Ainsworth, M.C., Symons Downs, D., & Smyth, J.M. (2020, April). *Daily Social Influences on Physical Activity among Midlife Women with CVD Risk: An Ecological Momentary Assessment Study*. Poster accepted at the 2020 annual meeting of the Society of Behavioral Medicine, San Francisco, CA. Canceled due to COVID-19.
- 8) Sucala, M., Cole-Lewis, H., **Arigo, D.**, Oser, M., \*Goldstein, S., Heckler, E., & Diefenbach, M. (2020, April). *The Role of Behavioral Medicine in the Evolving World of Digital Health*. Paper accepted at the 2020 annual meeting of the Society of Behavioral Medicine, San Francisco, CA. (**Citation Abstract Award winner.**) Canceled due to COVID-19.
- 9) \*MacIntyre, R.I., Heron, K.E., **Arigo, D.**, & Filipkowski, K. Does Assessment Alter Responses? *An Examination of Reactivity in an Ecological Momentary Assessment of Body Comparisons*. Poster accepted at the 41st annual meeting of the Society for Behavioral Medicine, San Francisco, C.A. Canceled due to COVID-19.
- 10) \*Surampudy, K., Gupta, A.D., Petrides, J., & **Arigo, D.** (2020, March). *Patient Perception about Dietary Weight Loss Supplements versus Anti-Obesity Medications*. Poster presented at the annual meeting of the American College of Osteopathic Family Physicians, New Orleans, LA.
- 11) **Arigo, D.**, \*Brown, M.M., Mogle, J.A., \*Pasko, K., \*Sweeder, L., & Smyth, J.M. (2019, June). *Methods to Assess Social Comparisons Within Persons Over Time: A Rapid Review*. Paper presented at the annual meeting of the Society for Ambulatory Assessment, Syracuse, NY.
- 12) **Arigo, D.**, \*Brown, M.M., & Gupta, A. (2019, June). *Ecological Momentary Assessment of Social Experiences: Patient Feedback on Social Constructs and Item Clarity*. Poster presented at the annual meeting of the Society for Ambulatory Assessment, Syracuse, NY.
- 13) \*MacIntyre, R.I., Heron, K.E., **Arigo, D.**, & Braitman, A.L. (2019, June). *An Examination of the Natural Occurrence of Upward Body-Focused Comparison Cognitive Responses using an Ecological Momentary Assessment Study*. Paper to be presented at the annual meeting of the Society for Ambulatory Assessment, Syracuse, NY.
- 14) **Arigo, D.**, & \*Pasko, K. (2019, March). *Daily Social Experiences and Physical Activity among Midlife Women with CVD Risk: A Pilot Ecological Momentary Assessment Study*. In K.E. Heron (Chair), *Social Processes in Daily Life: What Do They Mean for Women's Weight Control Behaviors?*. Symposium presented at the 40th Annual Meeting and Scientific Sessions of the Society for Behavioral Medicine, Washington, D.C.

- 15) **Arigo, D.**, \*Brown, M.M., \*Pasko, K., and Bachman, J.A. (2019, March). *Social Influences on Midlife Women's Food Intake Recording in the Natural Environment: A Pilot Ecological Momentary Assessment Study*. In R.J. Crochiere (Chair), *Measuring Proximal Factors Associated with Change in Weight-Related Behaviors with Advanced Technology*. Symposium presented at the 40th Annual Meeting and Scientific Sessions of the Society for Behavioral Medicine, Washington, D.C.
- 16) **Arigo, D.**, \*Brown, M.M., Mogle, J.A., \*Roberts, S., \*Pasko, K., Butryn, M.L., & Symons Downs, D. (2019, March). *Assessing Physical Activity among Midlife Women with Cardiovascular Risk Markers: Differences between Accelerometer Cut Point Methods*. Poster presented at the 2019 annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- 17) Brown, M.\*, **Arigo, D.**, & Greeson, J. (2019, March). *Do Gender, Anxiety, or Sleep Quality Predict Mindfulness-Based Stress Reduction Outcomes?* Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.
- 18) DiBisceglie, S.,\* Brown, M.\*, Vendetta, E.,\* Jules, D.,\* Bradely, J.,\* & **Arigo, D.** (2019, March). *The Effect of #Fitspiration Messaging on College Students' Fitness Center Use: An Experimental Pilot Study*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.
- 19) Pasko, K.,\* & **Arigo, D.** (2019, March). *Does Social Support Buffer against the Influence of Depressive Symptoms on Motivation for Illness Management in Prediabetes?* Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.
- 20) **Arigo, D.**, Pasko, K., Plantier, N., & Montalbano, E. (2018, May.) *Social Comparison Opportunities in Mobile Apps for Increasing Physical Activity: A Systematic Review*. Poster presented at the 2018 annual meeting of the UConn Center for mHealth and Social Media, Storrs, CT.
- 21) **Arigo, D.**, Pasko, K., and DiBisceglie, S. (2018, April). *Relations between Daily Social Perceptions and Objectively Assessed Physical Activity among College Women*. In Leahey, T. (Chair), *Understanding and Harnessing Social Influences on Women's Health Behaviors: Social Perceptions, Stigma, and Social Modeling*. Symposium conducted at the 2018 annual meeting of the Society of Behavioral Medicine, New Orleans, L.A. (**Selected for Behavioral Informatics & Technology SIG Preview Discussion.**)
- 22) **Arigo, D.** (Chair; 2018, April). *#Health Behaviors: Designing and Delivering Interventions via Social Media*. Pre-conference workshop conducted at the 2018 annual meeting of the Society of Behavioral Medicine, New Orleans, L.A.
- 23) DiBisceglie, S., Pasko, K., & **Arigo, D.** (2018, April). *Toward #Fitspiration as a Tool for Health Promotion: Examining the Perceptions of Fitstagramers and Followers*. Poster presented at the 2018 annual meeting of the Society of Behavioral Medicine, New Orleans, L.A.
- 24) Pasko, K., DiBisceglie, S., & **Arigo, D.** (2018, April). *A 'Snap'shot of Relations between Social Media Use and Health Behaviors in College*. Poster presented at the 2018 annual meeting of the Society of Behavioral Medicine, New Orleans, L.A.
- 25) Shepardson, R. L., Johnson, E. M., Funderburk, J. S., **Arigo, D.**, & Possemato, K. (2017, October). *Peer Support in Integrated Primary Care: Provider and Patient Feedback on Potential Peer Roles*. Paper presented at the 19th Annual Conference of the Collaborative Family Healthcare Association, Houston, TX.
- 26) **Arigo, D.**, & Lillie, S. (Co-Chairs; 2017, March). *Using Social Media for Research: Recruitment, Intervention, and Ethical Concerns*. Pre-conference workshop conducted at the 2017 annual meeting of the Society of Behavioral Medicine, San Diego, C.A.
- 27) **Arigo, D.**, Cebrick Grossman, J.A., & Bachman, J. (2017, March). *Feasibility of a Fitbit-Supported Behavioral Intervention to Increase Exercise among Obese Post-Menopausal Women*. In Cadmus-Bertram, L. (Chair), *Using mHealth and eHealth Methods to Promote Healthy Behaviors among Women*. Symposium conducted at the 2017 annual meeting of the Society of Behavioral Medicine, San Diego, C.A. (**Selected for Behavioral Informatics & Technology SIG Preview Discussion.**)
- 28) **Arigo, D.** (2017, March). *Testing the Feasibility of Fitbit and Online Partnerships to Promote Physical Activity among Women*. In Mama, S.K. (Chair), *Feasibility Studies to Inform Physical Activity and Weight Management Interventions in Women: Three Real-World Examples*. Symposium conducted at the 2017 annual meeting of the Society of Behavioral Medicine, San Diego, C.A.
- 29) **Arigo, D.**, Schumacher, L.M., Butryn, M.L., & Forman, E.M. (2017, March). *Daily Social Comparisons, Weight Loss, and Physical Activity Consistency in a Behavioral Weight Loss Program*. In Voils, C. (Chair), *Examining Root Contributors to Weight Control: Applying Social Psychological Theories in Weight Management Programs*. Symposium conducted at the 2017 annual meeting of the Society of Behavioral Medicine, San Diego, C.A.



- 30) **Arigo, D.**, Rohde, P., Shaw, H., & Stice, E. (2017, March). *Psychosocial Predictors of Physical Activity Change among College Students in an Obesity Prevention Trial*. Poster presented at the 2017 annual meeting of the Society of Behavioral Medicine, San Diego, C.A.
- 31) Cebrick Grossman, J.A, **Arigo, D.**, & Bachman, J. (2017, March). *Effects of High-Intensity Interval Training on Weight Loss and Body Composition in Obese Post-Menopausal Women*. Poster presented at the 2017 annual meeting of the Society of Behavioral Medicine, San Diego, C.A.
- 32) \*Pacella, A.M., **Arigo, D.**, & Breloff, S.P. (2016, August). *Effects of Psychological Stress on Lower Extremity Kinematics during Gait*. Poster presented at the 2016 annual meeting of the American Society of Biomechanics, Raleigh, N.C.
- 33) **Arigo, D.** (2016, April). *Promoting Physical Activity among Overweight Women using Wearable Technology and Online Social Networking*. Paper presented at the 2016 annual meeting of the Society of Behavioral Medicine, Washington, D.C. **(Selected for Behavioral Informatics & Technology SIG Preview Discussion.)**
- 34) **Arigo, D.** (2016, April). *Does Social Contact Promote Physical Activity among Women? Within-Person Analysis during a Six-Week Social Intervention*. Poster presented at the 2016 annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- 35) **Arigo, D.**, & Butryn, M.L. (2016, April). *Social Comparison Orientation Predicts Weight Change in a Group-Based Behavioral Weight Loss Program*. Poster presented at the 2016 annual meeting of the Society of Behavioral Medicine, Washington, D.C. **(Selected for Theories and Techniques in Health Behavior Change SIG Preview Discussion.)**
- 36) **Arigo, D.**, Butryn, M.L., Mogle, J.A., Hillman, A., & Zalon, M.L. (2016, April). *Physical Activity Barriers and Preferences among Adults with Prediabetes*. Poster presented at the 2016 annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- 37) \*Schumacher, L.M., & **Arigo, D.** (2016, April). *Within-Person Relations between Physical Activity Lapses and Partner Communication in a Physical Activity Program for Women*. Poster presented at the 2016 annual meeting of the Society of Behavioral Medicine, Washington, D.C. **(Selected for Physical Activity SIG Student Research Award and the Behavioral Informatics & Technology SIG Preview Discussion.)**
- 38) Haggerty, K., & **Arigo, D.** (2016, April). *Social Comparison, Social Support, and Social Problem Solving among Individuals with Prediabetes*. Poster presented at the 2016 annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- 39) \*Chapin, S., & **Arigo, D.** (2016, April). *Does Self-Reported Social Comparison Orientation Predict Behavioral Engagement in Health-Related Comparison Activity?* Poster presented at the 2016 annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- 40) \*Rodemann, A., & **Arigo, D.** (2016, March). *Perceived Health and Life Expectancy in College Students*. Poster presented at the 2016 annual meeting of the Eastern Psychological Association, New York, N.Y.
- 41) **Arigo, D.**, & \*Cornell, M. (2016, March). *Physical Activity among Patients with Prediabetes: Social Motivators, Barriers, and Preferences*. Poster presented at the 2016 meeting of the American Psychosomatic Society, Denver, CO. **(Selected for the Clinical Poster Tour.)**
- 42) **Arigo, D.**, Juth, V., Ulbrecht, J., Wallston, K., Trief., P., & Smyth, J.M. (2016, March). *Trauma-Related Psychiatric Distress, Social Support, and Patient Outcomes in Type 2 Diabetes*. Poster presented at the 2016 annual meeting of the American Psychosomatic Society, Denver, CO.
- 43) Haggerty, K., **Arigo, D.**, & Gramatges, M. (2016, February). *Social Comparison Processes among Individuals with Severe TBI: A Longitudinal Pilot Study*. Poster presented at the 2016 annual meeting of the APA Division 22 – Rehabilitation Psychology, Atlanta, GA.
- 44) **Arigo, D.**, \*Schumacher, L.M., \*Pinkasavage, E. et al. (2015, April). *Using Social Networking and Technology to Address Physical Activity Barriers among Overweight Women*. **Paper** presented at the 2015 annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
- 45) \*Cavanaugh, J. & **Arigo, D.** (2015, April). *Women's Social Perceptions and Health Outcomes during the First Semester of College*. Poster presented at the 2015 annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
- 46) \*Schumacher, L.M., **Arigo, D.**, \*Kerrigan, S.G., & Butryn, M.L. (2015, April). *Understanding Physical Activity Adoption among Women: Self-Perceptions Following Activity Lapses*. Poster presented at the 2015 annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
- 47) **Arigo, D.** (2015, March). *Social Comparison Orientation Predicts Short-Term Physical Activity Change among Overweight Women*. Poster presented at the annual meeting of the American Psychosomatic Society, Savannah, GA. **(Selected as a newsworthy presentation and included the Clinical Poster Tour.)**

- 48) \*Moran, J., \*Chapin, S., & **Arigo, D.** (2015, March). *Does Self-Reported Comparison Orientation Predict a Behavioral Demonstration of Comparison in Type 2 Diabetes?* Poster presented at the annual meeting of the Eastern Psychological Association, Philadelphia, PA.
- 49) **Arigo, D.**, \*Schumacher, L.M., Butryn, M.L., & Forman, E.M. (2014, November). *Daily Social Comparisons and Initial Weight Loss among Participants in a Behavioral Weight Loss Program.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- 50) \*Schumacher, L.M., **Arigo, D.**, \*Pinkasavage, E., & Butryn, M. L. (2014, November). *Addressing barriers to physical activity among overweight and obese women: A feasibility study using social networking-enabled technology.* Poster presented at the Obesity and Eating Disorders Special Interest Group Exposition at the 48<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA. (**Selected for Obesity and Eating Disorders SIG Student Research Award.**)
- 51) Butryn, M.L., **Arigo, D.**, \*Raggio, G.A., \*Colasanti, M., \*Pinkasavage, E., & Forman, E.F. (2014, November). *Next Steps: A pilot study of innovative lifestyle modification for midlife women.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- 52) \*Schumacher, L. M., Forman, E. M., Butryn, M. L., & **Arigo, D.** (2014, November). *Ecological momentary assessment of dietary lapse experiences among overweight and obese adults in a behavioral weight loss study.* Poster presented at the annual meeting of The Obesity Society, Boston, MA.
- 53) \*Colasanti, M., **Arigo, D.**, \*Raggio, G.A., \*Pinkasavage, E., Forman, E.F., & Butryn, M.L. (2014, November). *Processes Associated with Success in Lifestyle Modification Programs.* Poster presented at the annual meeting of The Obesity Society, Boston, MA.
- 54) \*Raggio, G.A., Butryn, M.L., \*Colasanti, M., **Arigo, D.**, \*Matteucci, A., & Forman, E.F. (2014, November). *Association between Cognitive Function and Physical Activity among Women Enrolled in a Lifestyle Modification Pilot Program.* Poster presented at the annual meeting of The Obesity Society, Boston, MA.
- 55) **Arigo, D.**, Smyth, J.M., Haggerty, K., & \*Raggio, G. (2014, March). *Social comparisons mediate the relationship between depression and symptom severity in adults with type 2 diabetes.* **Paper** presented at the annual meeting of the American Psychosomatic Society, San Francisco, CA.
- 56) Haggerty, K., & **Arigo, D.** (2014, March). *Social Comparison and Psychosocial Functioning in Severe Traumatic Brain Injury: A Pilot Study.* Poster presented at the annual meeting of the American Psychosomatic Society, San Francisco, CA.
- 57) **Arigo, D.**, & Smyth, J.M. (2014, April). *Guided Social Comparisons Differentiate Motivation to Improve Health Behaviors.* Poster presented at the annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.
- 58) **Arigo, D.**, Heron, K.E., & \*Gilbert, J.R. (2014, April). *Changes in Social Engagement Predict Health Behaviors over One College Semester.* Poster presented at the annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.
- 59) **Arigo, D.**, \*Schumacher, L.M., Smyth, J.M., O'Connor, D., \*Pinkasavage, E., & \*Matteucci, A. (2014, April). *Expressive Writing about Body Image: Linguistic Characteristics of Changes in Social Comparison.* Poster presented at the annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.
- 60) \*Pinkasavage, E., & **Arigo, D.** (2014, April). *Social Comparison, Negative Body Image, and Disordered Eating Behavior: The Role of Coping Style.* Poster presented at the annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.
- 61) \*Schumacher, L., **Arigo, D.**, & \*Martin, L.M. (2014, April). *Upward Body-Focused Social Comparisons and the Onset of Disordered Eating Symptoms During College.* Poster presented at the annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.
- 62) Funderburk, J.S., **Arigo, D.**, & Kenneson-Adams, A. (2014, April). *Initial Engagement and Attrition in a National Weight Management Program: Demographic and Health Predictors.* Poster presented at the annual meeting of the Society of Behavioral Medicine, Philadelphia, PA.
- 63) \*Mikorski, R., \*Schumacher, L. M., **Arigo, D.**, \*Kerrigan, S. G., Butryn, M. L. (November 2013). *The Effects of a Cognitive Defusion Intervention on Body Image, Body-Focused Anxiety and Negative Affect after Viewing Ultra-Thin Media Ideals.* Poster presented by the Obesity and Eating Disorders Special Interest Group at the annual meeting for the Association for Behavioral and Cognitive Therapies, Nashville, TN.

- 64) \*Berner, L. A., Ayaz, H., Marsh, R., Shewokis, P. A., **Arigo, D.**, Izzetoglu, M., \*Winter, S., \*Matteucci, A., Nasser, J., & Lowe, M. (2013, September). *Patterns of neural activation in women with bulimia nervosa during general and eating response inhibition: Preliminary results from a novel task*. Poster presented at the annual meeting of the Eating Disorders Research Society, Bethesda, MD.
- 65) **Arigo, D.**, \*Kerrigan, S.G., & Butryn, M.L. (2013, November). *Clustering of Accelerometer-Verified Physical Activity Outcomes within Behavioral Weight Loss Groups*. Poster presented at the annual meeting of The Obesity Society, Atlanta, GA.
- 66) **Arigo, D.**, Butryn, M.L., \*Raggio, G., \*Kirch, M. & Lowe, M.R. (2013, November). *Changes in Body Satisfaction Eating Behaviors, and Weight over the First Two Years of College: Relationships with Pedometer-Assessed Physical Activity*. Poster presented at the annual meeting of The Obesity Society, Atlanta, GA.
- 67) Butryn, M.L., **Arigo, D.**, & Gorin, A.A. (2013, November). *More Support that Support Matters: Perceived Support from Spouses is Associated with Weight Loss Success*. Poster presented at the annual meeting of The Obesity Society, Atlanta, GA.
- 68) **Arigo, D.**, & Smyth, J.M. (2013, March). *The Impact of Social Comparisons on Motivation for Self-Care among Individuals with Type 2 Diabetes*. Poster presented at the annual meeting of the American Psychosomatic Society, Miami, FL. (**Selected as a newsworthy presentation.**)
- 69) Gellis, L.A., **Arigo, D.**, & Elliott, J.C. (2012, November). *Investigating a Cognitive Refocusing Technique for Insomnia: A Randomized Controlled Trial in University Students*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- 70) **Arigo, D.**, \*Behnke, L.D., & Smyth, J.M. (2012, April). *Health-Based Social Comparisons: The Effect of Instructions to Focus on Similarities or Differences*. Poster presented at the annual meeting of the Society for Behavioral Medicine, New Orleans, LA.
- 71) **Arigo, D.**, Funderburk, J.S., Hooker, S.A., Dundon, M., Dickenson, E. et al. (2012, April). *Implementation of a Nationwide Weight Management Program: Providers' Feedback on the Veterans Health Administration-MOVE!® Program for Veterans*. Poster presented at the annual meeting of the Society for Behavioral Medicine, New Orleans, LA.
- 72) Hooker, S.A., Dundon, M., **Arigo, D.**, Funderburk, O'Donohue, J.S et al. (2012, April). *The Veterans Health Administration's MOVE!® Program: Providers' Perceptions of Attrition*. Poster presented at the annual meeting of the Society for Behavioral Medicine, New Orleans, LA.
- 73) \*Behnke, L.D., **Arigo, D.**, & Smyth, J.M. (2011, May). *Using Social Comparison to Improve Health Behavior: The Role of Perceived Similarity to the Comparison Target*. Poster presented at Syracuse University's annual Research Day, Syracuse, NY.
- 74) **Arigo, D.**, & Smyth, J.M. (2011, March). *Social Comparisons by Patients with Type 2 Diabetes: Differentiating Illness Severity and Coping Dimensions*. Poster presented at the annual meeting of the American Psychosomatic Society, San Antonio, Texas.
- 75) **Arigo, D.**, Smyth, J.M., & Suls, J.M. (2010, March). *The Impact of Social Comparisons on Health*. Poster presented at the annual meeting of the American Psychosomatic Society, Portland, Oregon.
- 76) **Arigo, D.**, Smyth, J.M., & \*Anskis, A.M. (2010, March). *Biopsychosocial Comorbidities in Celiac Disease*. Poster presented at the annual meeting of the American Psychosomatic Society, Portland, Oregon.
- 77) **Arigo, D.**, Smyth, J.M., Vartanian, L.R., & Pinkus, R.T. (2009, April). *A New Measure of Body-Focused Social Comparison: Implications for Body Image and Eating Concerns*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Montreal, Quebec.
- 78) **Arigo, D.**, & Smyth, J.M. (2008, March). *Let Me Sleep On It: The Benefits of Expressive Writing on Reported Sleep Quality in Young Women Adjusting to College*. Poster presented at the annual meeting of the American Psychosomatic Society, Baltimore, MD.
- 79) \*Anskis, A.M., **Arigo, D.**, & Smyth, J.M. (2008, May). *Celiac Disease: Emotional Difficulties in Diet Restriction and the Potential Development of Disordered Eating Symptoms*. Poster presented at Syracuse University's annual Research Day, Syracuse, NY.
- 80) **Arigo, D.**, Smyth, J.M., Wonderlich, S., Crosby, R., Engel, S., & Mitchell, J. (2007, March). *Ecological Momentary Assessment of Naturalistic Coping, Binge and Purge Behavior, and Affect in Women with Bulimia Nervosa*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, D.C.
- 81) \*Powlus, C.M., **Arigo, D.**, & Kloss, J.D. (2006). *Sleep habits, sleep quality, and perceived stress in college students*. Poster presented at the annual meeting of the Eastern Psychological Association. Baltimore, MD.

- 82) \*Swegman, C., **Arigo, D.**, & Kloss, J.D. (2006). *Effects of restricted sleep duration on sleep quality in college students*. Poster presented at the annual meeting of the Eastern Psychological Association, Baltimore, MD.
- 83) **Arigo, D.**, and Platek, S. (2005, June). *Exploring the Expression of Anxiety and Self-Esteem from an Evolutionary Perspective*. Paper presented at the annual meeting of the Human Behavior and Evolution Society, Austin, TX. *Served as session chair: Evolution and Emotion Symposium*.
- 84) **Arigo, D.**, and Kloss, J.D. (2005, April). *Health-Related Predictors of Sleep Quality in College Students*. Paper presented at the annual meeting of the Eastern Psychological Association, Boston, MA.

## MEMBERSHIPS AND SERVICE

### Society of Behavioral Medicine

- 2019-2020 **Chair:** Behavioral Informatics & Technology Special Interest Group
- 2018-Present **Member:** Digital Health Council  
**Member:** Civic and Public Engagement Committee
- 2018-2019 **Co-Chair:** Behavioral Informatics & Technology Special Interest Group
- 2017-Present **Co-Chair:** Social Media Committee, Behavioral Informatics & Technology Special Interest Group
- 2016-Present **Peer Reviewer:** Physical Activity Special Interest Group
- 2016 **Awards Committee Member:** Theories & Techniques of Behavior Change Interventions Special Interest Group  
**News Committee Member:** Women's Health Special Interest Group
- 2013-2014 **News Committee Member:** Integrated Primary Care Special Interest Group

### University and Regional Professional Service

- 2018-Present **Advisory Board Member:** Women's and Gender Studies Program, Rowan University
- 2017-2018 **Executive Committee Member:** Pennsylvania AAUP  
**Executive Committee Member:** Latin American and Women's Studies Department, The University of Scranton
- 2017 **Chair:** Northeast Pennsylvania AAUP Alliance Annual Conference
- 2016-2018 **Steering Committee Member:** Women's and Gender Studies Program, The University of Scranton
- 2015-2018 **Search Committee Member:** Department of Psychology, The University of Scranton
- 2012 **Training Facilitator:** Syracuse University Behavioral Health Intern Program

### Other Professional Memberships

- 2018-Present **Member:** Women's Health Interest Group, American Psychological Association Division 38
- 2014-Present **Member:** American Psychological Association (APA); APA Division 38, Health Psychology
- 2013-2015 **Trainee Member:** The Obesity Society
- 2011-2012 **Student/Trainee Member:** Central New York Psychological Association
- 2007-Present **Member:** Society of Behavioral Medicine & American Psychosomatic Society

## INVITED REVIEWS

**NIH Study Section Member (Ad-Hoc, Early Career Reviewer):** Behavioral Medicine Interventions and Outcomes, Psychosocial Risk and Disease Prevention sections

**Grant Reviewer:** Technology and Adolescent Mental Wellness Program (2019), Northeastern Pennsylvania Susan G. Komen Foundation (2015-2018), Syracuse VA Center for Integrated Healthcare Pilot Program (2016), University of Missouri Internal Grants Program (2016), Psi Chi Undergraduate Student Research Grant Program (2014), Diabetes UK Small Grant Program (2013)

**Action Editor:** *Frontiers in Psychology* (2018-Present), *SAGE Open* (2014)

**Ad-Hoc Reviewer:** *Annals of Behavioral Medicine, Health Psychology, Journal of Health Psychology, British Journal of Health Psychology, Psychology & Health, Translational Behavioral Medicine, Journal of Behavioral Medicine, Journal of Medical Internet Research, Journal of Physical Activity and Health, European Journal of Social Psychology, Basic and Applied Social Psychology, Behavior Therapy, Perspectives in Public Health, Appetite, Obesity, Journal of Sport and Exercise Psychology, Journal of Clinical Psychology, Eating Behaviors, European Journal of Clinical Nutrition, Societies* (2008-Present)

**Abstract Reviewer:** The Obesity Society, ObesityWeek; eHealth/mHealth Section (2014)  
Society of Behavioral Medicine Annual Meeting; Physical Activity Track (2016-2019)

## GRADUATE TRAINING

2020	<b>L. Haller</b> , Clinical Psychology M.S. Program, Drexel University; Thesis committee member
2019-Present	<b>L. Travers</b> , Clinical Psychology Ph.D. Program, Rowan University
2018-Present	<b>K. Pasko</b> , Clinical Psychology Ph.D. Program, Rowan University
2017-2019	<b>L. Schumacher</b> , Clinical Psychology Ph.D. Program, Drexel University Dissertation committee member; <i>Exposure to Overweight and Normal Weight Exercisers in Overweight Women</i>
2016	<b>V. Zaccheo</b> , Clinical Psychology Psy.D. Program, Philadelphia College of Osteopathic Medicine; Dissertation committee member; <i>Quality of Life in Celiac Disease</i>
2012-2014	<b>G. Raggio &amp; L. Berner</b> , Clinical Psychology Ph.D. Program, Drexel University <b>R. Mikorski &amp; M. Colasanti</b> , Clinical Psychology M.S. Program, Drexel University Consultation on research design and data analytic techniques, professional development, ethical issues, and clinical work

## UNDERGRADUATE RESEARCH MENTORING

2018-Present	<b>E. Vendetta, B. Kwiatek, D. Jules, J. Bradley, &amp; E. Priestley</b> , Psychology, Rowan University
2014-2018	<b>K. Pasko, S. DiBisceglie, M. Montalbano, E. DiLorenzo, T. Dodds, J. Baschoff, M. Destefano, Z. Outland, K. Notarianni, C. Gilby, J. Moran, O. Pappas, M. Su, &amp; J. Cavanaugh</b> , Psychology, <b>C. Thomas</b> , Nursing, The University of Scranton; Social Influences on Health
2014-2016	<b>S. Chapin</b> and <b>L. Manrique</b> , Neuroscience, <b>N. Juscinska</b> and <b>A. Rodemann</b> , Psychology, & <b>M. Cornell</b> , Biochemistry, Cell, and Molecular Biology; Honors Program, The University of Scranton; Social Influences on Health Behaviors
2013-2015	<b>E. Pinkasavage</b> , Psychology, Drexel University; Social Influences on Body Image <i>Independent study project: Social Comparison, Negative Body Image, and Disordered Eating Behavior: The Role of Coping Style</i> (*manuscript published in <i>Eating Behaviors</i> ) Awards: Drexel University Psi Chi Travel Award, Society of Behavioral Medicine Conference
2009-2011	<b>L. Behnke</b> , Psychology/Communications, Syracuse University; Health Communication

*Independent study project: Using Social Comparison to Improve Health Behavior: The Role of Perceived Similarity to the Comparison Target* (\*manuscript in preparation)

*Awards: Syracuse University Allport Grant; Citation Poster, Syracuse University Research Day*

2009-2011 **E. Froggatt, C. Casey, & E. Green**, Psychology, Syracuse University; Social Comparison, Eating Behavior, and Chronic Illness

2007-2009 **A. Anskis**, Nutrition and Psychology; Eating-related Chronic Illness and Body Image  
*Thesis: Celiac Disease: Emotional Difficulties in Diet Restriction and the Potential Development of Disordered Eating Symptoms* (\*manuscript published in *Chronic Illness*)  
*Awards: Syracuse University Allport Grant, Citation Poster at Syracuse University Research Day*

### UNDERGRADUATE TEACHING MENTORING

*The University of Scranton*

2018 **K. Pasko**, Psychology of Women

2016-2017 **S. Chapin, M. DeStefano, & S. DiBisceglie**, Health Psychology

2014-2018 **P. Chapman, G. Hutton, T. Ramos, K. Mazur, E. DiLorenzo, E. Long, C. Alvarado, M. DeStefano, E. Alexander, R.G. Owens, S. Bauer, J. Moran, & O. Pappas**, Abnormal Psychology

2014-2017 **J. Cavanaugh, A. Damato, E. Alexander, P. Chapman, G. Hutton, & T. Ramos**, Fundamentals of Psychology

### COURSES TAUGHT

*\*Courses were submitted for and received a Women's and Gender Studies designation*

Rowan University, 2018-Present  
 Third-Year Practicum (Graduate)

The University of Scranton, 2014-2018 (Undergraduate)

Psychology of Women\* Health Psychology\* (*created for The University of Scranton*)

Abnormal Psychology Personality & Individual Differences

Fundamentals of Psychology

Drexel University, 2013-2014 (Undergraduate)

Health Behavior Change Independent Study

Syracuse University, 2006-2011 (Undergraduate)

Abnormal Psychology

Fundamentals of Human Behavior (*recitation leader*)

### CLINICAL SUPERVISION

*\*Served as psychotherapy supervisor for clinical psychology trainee*

*\*\*Served as primary leader and supervisor for student co-leaders in group-based health behavior change programs*

2016-2017 **K. Bergstresser & J. Buckwash**, Clinical Psychology Psy.D. students, Marywood University\*

2015-2017 **J. Baschoff**, Undergraduate student, The University of Scranton\*\*

2013-2014 **M. Colasanti**, Clinical Psychology M.S. student, Drexel University (2013-2014)\*\*

2012-2014 **S. Kerrigan**, Clinical Psychology Ph.D. student, Drexel University\*\*

**S. Goldstein, V. King, & E. Pinkasavage**, Undergraduate students, Drexel University\*\*

## CLINICAL WORK

- 2020 **Individual Psychotherapist:** Project Parachute, Emotional PPE Project
- Delivered pro bono individual therapy for professional distress, interpersonal difficulties, ADHD management, and disordered eating symptoms to medical workers on the front lines of the COVID-19 pandemic (via telehealth)
- 2019-2020 **Group Leader and Workshop Developer:** Community Programs through Mosaic Family Success Center (Glassboro, NJ)
- Designed and delivered group-based, single-session workshops on weight control and physical activity promotion for local center for underserved community members
- 2014-2016 **Project/Treatment Director:** Project FIT for Post-Menopausal Women, Project Connect – Partner-Based Physical Activity Promotion for Women
- Designed and delivered three digital, social lifestyle modification programs for overweight, sedentary women (face-to-face meetings, pre-recorded webinars, online social networking)
- 2012-2014 **Group Leader and Treatment Developer:** Project Next Steps for Midlife Women, Acceptance and Environmental Approaches to Long-Term Weight Loss Maintenance
- Designed and delivered group-based lifestyle modification treatment for weight loss
  - Supervised student co-leaders (undergraduate students and Ph.D. trainees)
- 2013-2014 **Clinical Interviewer:** Weight Suppression, Dieting, and Bulimia Nervosa: A Biobehavioral Study
- Completed diagnostic assessment of bulimia nervosa based on DSM-V criteria
  - Screened for comorbid conditions (e.g., substance use)
- 2011-2012 **Psychology Intern:** Syracuse Veterans Affairs Medical Center, Syracuse, NY (2011-2012)  
*Rotations:* Health Psychology (Weight & Diabetes Management, Behavioral Sleep Medicine, Integrated Primary Care, Cognitive-Behavioral Pain Management); Outpatient Mental Health; OEF/OIF/OND Post-Deployment Clinic; Group Therapy; Weight Control Research
- *Assessment experiences and instruments (all include clinical interview):* Cognitive and neuropsychological evaluations (WAIS-IV, WMS-IV, RBANS, 3MS, Trails A/B), personality evaluations (MMPI-II, Millon Clinical Multiaxial Inventory, Rorschach Inkblot Method), medical pre-treatment evaluations (Millon Behavioral Medicine Diagnostic)
  - *Intervention modes:* Group and individual Cognitive-Behavioral Therapy (for anxiety, depression, and insomnia), brief Cognitive-Behavioral self-management, Dialectical Behavior Therapy, Short-Term Psychodynamic Therapy, Prolonged Exposure, Cognitive Processing Therapy, Motivational Interviewing, Acceptance and Commitment Therapy
  - Designed and facilitated Cognitive-Behavioral group programs for weight/diabetes management
- 2010-2011 **Behavioral Health Intern:** Syracuse University Health Services (Primary Care)
- *Assessment experiences:* Screened for anxiety disorders, depressive disorders, insomnia, sexual dysfunction, Attention Deficit/Hyperactivity Disorder
  - *Intervention modes:* Cognitive-Behavioral management and techniques
- 2009-2011 **Practicum Therapist and Group Leader:** Syracuse VA Medical Center, Syracuse, NY
- *Assessment experiences:* Intake interviews, Clinician-Administered PTSD Scale [CAPS]
  - *Intervention modes:* Short-term psychodynamic therapy, group process/experiential therapy, Prolonged Exposure Therapy for PTSD; group and individual Dialectical-Behavior Therapy
  - Designed and facilitated an educational group program for PTSD
- 2008-2011 **Practicum Therapist and Group Leader:** Psychological Services Center, Syracuse University
- *Assessment experiences:* Intake interviews, integrated assessment of ADHD
  - *Intervention modes:* Short- and long-term psychodynamic therapy, Cognitive-Behavioral Therapy, and client-centered therapy for a range of mental health conditions
  - Designed and facilitated a Cognitive-Behavioral group program for body dissatisfaction
- 2005-2006 **Mental Health Associate:** Friends Hospital, Philadelphia, PA
- *Responsibilities:* Treatment planning and psychoeducation group development/facilitation for eating disorders, mood disorders, anxiety disorders, and psychotic disorders

**ADDITIONAL CLINICAL TRAINING ACTIVITIES**  
*Conducted at Syracuse University, unless otherwise noted*

- 2013 Acceptance-Based Behavioral Approaches to Weight Loss (Drexel University)  
 2012 Acceptance and Commitment Therapy Seminar Series (Syracuse VA Medical Center)  
 2011 The Mini-Mental Status Exam; Professional Ethics; Crisis Intervention  
 2012 Rorschach Theoretical Foundations, Administration, and Exner Scoring System  
 2012 CBT for Insomnia; Psychological Evaluation in a Primary Care Setting  
 The Use of Actigraphy for Capturing Sleep Architecture and Outcomes  
 2009 Risk Assessment and Crisis Intervention  
 Brief Interventions in a Primary Care Setting (for sleep difficulty and alcohol abuse)  
 Clinician-Administered PTSD Scale [CAPS] Administration (Syracuse VA Medical Center)  
 2007 The Maudsley Family-Based Treatment for Eating Disorders in Adolescents  
 Using Multifamily Therapy Group in the Treatment of Eating Disorders

**INVITED LECTURES**

- 2020 **Drexel University Health Psychology Ph.D. course:** "Using Digital Health Tools in Psychology and Behavioral Medicine"  
**Rowan School of Osteopathic Medicine Grand Rounds:** Panelist for "An Inter-Professional Approach to Obesity" (Motivational Interviewing)
- 2019 **Cooper University Hospital Behavioral Medicine Fellowship Program:** "Motivational Interviewing in a Medical Setting"  
**The University of Scranton Psychology Club:** "It's all Relative: Understanding and Harnessing Social Comparison Processes to Promote Health"
- 2018 **Connected and Open Research Ethics (CORE) Initiative Webinar Series:** "Navigating Digital Health Ethics as an Early-Career Researcher."
- 2017 **Rowan University Department of Psychology:** "It's All Relative: Understanding and Harnessing Social Comparison Processes to Improve Health Outcomes"  
**Marywood University Department of Psychology & Counseling:** "Acceptance, Mindfulness, and Health Behavior Change"  
**The University of Scranton Family Weekend:** "Maintaining Health in College: Managing Stress"
- 2016-2018 **The University of Scranton Celebration of Student Scholars Research Day:** "Student Engagement in Health Psychology Research"  
**The University of Scranton Wellness Day for Employees, Center for Health Education and Wellness:** "Become a Better Worrier: Coping with Anxiety;"  
 Keynote Address on Health Behavior (2017)
- 2016 **The University of Scranton Student Health Professions Organization:** "Psychology, Health, and Medicine"  
**The University of Scranton Counseling Center:** "Acceptance-Based Behavior Therapies"
- 2015 **The University of Scranton Faculty Research Seminar:** "Social Processes and Health: Toward an Understanding of Time-Sensitive, Within-Person Relationships"
- 2014 **Scranton Neuroscience Society Seminar Series:** "Staying Healthy: Why It's So Difficult, and How Social Media Can Help"  
**Philadelphia College of Osteopathic Medicine "Healthy Heart" Community Seminar Series:** "Effective Goal-Setting for Increasing Physical Activity and Reducing Sedentary Time"
- 2013 **Cooper University Hospital Continuing Medical Education Workshop:** "Motivational Interviewing in Health Care: How to Facilitate Change and Treatment Adherence in Challenging Cases"  
**Cooper University Hospital Behavioral Medicine Seminar Series:** "Dialectical Behavior Therapy," "Evidence-Based Treatments for PTSD," and "Integrating Psychotherapy Approaches"  
**Drexel Family Medicine Resident Training Seminar:** "Cognitive-Behavioral Treatment for Chronic Pain in a Primary Care Setting"  
**Drexel University History and Systems in Psychology course (undergraduate):** "Contributions to History and Systems from Social Psychology"



- 2012 **Drexel University Multicultural Perspectives in Clinical Psychology course (graduate):** “Social Psychological Principles in Multicultural Psychology” and “Military/Veteran Culture”  
**Drexel University Health Psychology course (undergraduate):** “The Roles of Health and Social Psychology in Eating- and Weight-Related Chronic Illness”  
**Oklahoma State University Psychology Department Seminar:** “It’s All Relative: Implications of Social Comparisons for Physical and Emotional Health”
- 2011 **Syracuse University Social Psychology Brown Bag Lecture Series:** “Social Comparisons by Patients with Chronic Illness: Health Implications of Target Selection”
- 2009 **Syracuse University Women in Science and Engineering Future Professoriate Program:** “The Effects of Social Comparisons on Physical and Emotional Health”

### ONGOING COLLABORATIVE RELATIONSHIPS

- Drexel University Weight, Eating, and Lifestyle Science (WELL) Center (Philadelphia, PA)
- Eating Disorders Research Group, Oregon Research Institute (Eugene, OR)
- Cooper Medical School of Rowan University Behavioral Medicine Service and Department of Family and Community Medicine (Camden, NJ)
- Rowan School of Osteopathic Medicine Department of Family Medicine (Stratford, NJ)
- Physicians Health Alliance and Commonwealth Healthcare System (Scranton, PA)
- The University of Scranton (Scranton, PA) – Departments of Psychology, Exercise Science, and Computer Science
- The Pennsylvania State University (University Park, PA) – Departments of Biobehavioral Health and Kinesiology, Prevention Research Center
- Syracuse VA Center for Integrated Healthcare (Syracuse, NY)