

MALLORY FRAYN CV

RESEARCH INTERESTS

Weight concerns, specifically addressing obesity and unhealthy relationships with food; treatment of eating disorders using Acceptance and Commitment Therapy (ACT); clinical health psychology

EDUCATION

Postdoctoral Fellow

Drexel University

September 2020 – present

Philadelphia, PA, USA

Ph.D. in Clinical Psychology

McGill University

Cumulative GPA – 4.0

September 2015 – August 2020

Montreal, QC, Canada

Bachelor of Arts Honours in Psychology

University of Calgary

Cumulative GPA – 3.91

September 2012 – June 2015

Calgary, AB, Canada

PEER-REVIEWED PUBLICATIONS

Knäuper, B., Shireen, H., Carrière, K., **Frayn, M.**, Ivanova, E., Xu, Z., Lowensteyn, I., Sadikaj, G., Luszczynska, A., Grover, S., & McGill CHIP Healthy Weight Program Investigators (2020). The effects of if-then plans on weight loss: Results of the 24-month follow-up of the McGill CHIP Healthy Weight Program randomized controlled trial. *Trials*, 21(1): 40.

Frayn, M., Carrière, K., & Knauper, B. (2020). Lessons learned from an ACT-Based Physician-Delivered Weight Loss Intervention: A Pilot RCT Demonstrates Limits to Feasibility. *Open Psychology*, 22, 22-29. <https://doi.org/10.1515/psych-2020-0003>

Frayn, M., Khanyari, S., & Knäuper, B. (2019). A 1-day Acceptance and Commitment Therapy workshop leads to reductions in emotional eating in adults. *Eating and Weight Disorders*. Advance online publication. doi:10.1007/s40519-019-00778-6

Frayn, M., Livshits, S., & Knäuper, B. (2018). Emotional eating and weight regulation: A qualitative study of compensatory behaviors and concerns. *Journal of Eating Disorders*, 6, 23. <http://doi.org/10.1186/s40337-018-0210-6>

Knäuper, B., Carrière, K., **Frayn, M.**, Ivanova, E., Xu, Z., Ames-Bull, A., Islam, F., Lowensteyn, I., Sadikaj, G., Luszczynska, A., Grover, S., & the McGill CHIP Healthy Weight Program Investigators. (2018). The Effects of If-Then Plans on Weight Loss: 3- and 12-Month Results of the McGill CHIP Healthy Weight Program Randomized Controlled Trial. *Obesity*, 26, 1285-1295.

Frayn, M., & Knauper, B. (2017). Emotional eating and weight: A review. *Current Psychology*, doi:10.1007/s12144-017-9577-9.

Frayn, M., Sears, C., & von Ranson, K. (2016). A sad mood increases attention to unhealthy food images in women with food addiction. *Appetite*, 100, 55-63.

Popien, A., **Frayn, M.**, von Ranson, K., & Sears, C. (2015). Eye gaze tracking reveals heightened attention to food among adults with binge eating when viewing real-world scenes, *Appetite*, 91, 233-240.

MAGAZINE AND ONLINE PUBLICATIONS

Frayn, M. (2020, January 20). Massimo Piedimonte, Andrea Nicholson and Jenny Tyrrell on balancing work and family. *Eat North*. Retrieved from <https://eatnorth.com/mallory-frayn/massimo-piedimonte-andrea-nicholson-and-jenny-tyrrell-balancing-work-and-family>

Frayn, M. (2019, November 28). Not your average nine-to-five: working toward change in the culinary industry. *Eat North*. Retrieved from <https://eatnorth.com/mallory-frayn/not-your-average-nine-five-working-toward-change-culinary-industry>

Frayn, M. (2019, November 13). How restaurants are raising awareness of mental health in the industry. *Eat North*. Retrieved from <https://eatnorth.com/mallory-frayn/how-restaurants-are-raising-awareness-mental-health-industry>

Frayn, M. (2017, July 20). Emotional eating: A real concern or culturally constructed phenomenon? What is emotional eating and what are the effects? *Eat North*. Retrieved from <http://eatnorth.com/mallory-frayn/emotional-eating-real-concern-or-culturally-constructed-phenomenon>

Frayn, M. (2017, March 21). Values Clarification: What is it and how can it help you lead the life you want? *Defining Solutions*. Retrieved from <http://www.definingsolutions.ca/values-clarification-can-help-lead-life-want/>

Frayn, M. (2017, January 11). Why New Year's resolutions don't work and what you can do about it. *Defining Solutions*. Retrieved from <http://www.definingsolutions.ca/new-years-resolutions-dont-work-can/>

Frayn, M. (2016, July 6). Shaking the diet mentality: Why drastic means to slim down for swimsuit season just aren't the way to go. *Eat North*. Retrieved from <http://eatnorth.com/mallory-frayn/do-we-really-overeat-response-positive-emotions>

Frayn, M. (2016, June 1). 5 Ways to reduce emotional eating. *Defining Solutions*. Retrieved from <http://www.definingsolutions.ca/5-ways-reduce-emotional-eating/>

Frayn, M. (2016, March 31). Do we really overeat in response to positive emotions? *Eat North*. Retrieved from <http://eatnorth.com/mallory-frayn/do-we-really-overeat-response-positive-emotions>

Frayn, M. (2016, February 18). Mood and attention in food addiction: the implications for Instagram and other social media platforms. *Eat North*. Retrieved from <http://eatnorth.com/mallory-frayn/mood-and-attention-food-addiction-implications-instagram-and-other-social-media>

Frayn, M. (2015, October 5). Is the way to the heart really through the stomach? *Eat North*. Retrieved from <http://eatnorth.com/mallory-frayn/way-heart-really-through-stomach>

Frayn, M. (2015, September 22). Food addiction is real – or is it? *Eat North*. Retrieved from <http://eatnorth.com/mallory-frayn/food-addiction-real-or-it>

Frayn, M. (2015, September 1). Cognition, attention and food: The problem with scientific studies. *Eat North*. Retrieved from <http://eatnorth.com/mallory-frayn/cognition-attention-and-food-problem-scientific-studies>

Frayn, M. (2015, July 13). Diet shaming: Why do we do it? *Eat North*. Retrieved from <http://eatnorth.com/mallory-frayn/diet-shaming-why-do-we-do-it>

Frayn, M. (2015, January 7). The marketing behind local and organic foods. *Eat North*. Retrieved from <http://eatnorth.com/mallory-frayn/marketing-behind-local-and-organic-foods>

Frayn, M. (2015, January). Food for thought: The role our psyche plays in eating and living healthy. *Culinaire Magazine*, 3(8), 16-17.

Frayn, M. (2014, December 22). Are food marketing tactics ruining the health of today's youth? *Eat North*. Retrieved from <http://eatnorth.com/mallory-frayn/are-food-marketing-tactics-ruining-health-todays-youth>

Frayn, M. (2014, October 31). Anger and food critique don't mix. *Eat North*. Retrieved from <http://eatnorth.com/mallory-frayn/anger-and-food-critique-dont-mix>

Frayn, M. (2014, June 24). Why we raid the cupboards when we are stressed. *Eat North*. Retrieved from <http://eatnorth.com/mallory-frayn/why-we-raid-cupboards-when-we-are-stressed>

Frayn, M. (2014, June 16). Exploring the notion of food addiction. *Eat North*. Retrieved from <http://eatnorth.com/mallory-frayn/exploring-notion-food-addiction>

Frayn, M. (2014, March 22). The science behind why you shouldn't grocery shop when you're hungry. *Eat North*. Retrieved from <http://eatnorth.com/mallory-frayn/science-behind-why-you-shouldnt-grocery-shop-when-youre-hungry>

Frayn, M. (2014, January 17). How schemas guide our culinary experiences. *Eat North*. Retrieved from <http://eatnorth.com/mallory-frayn/how-schemas-guide-our-culinary-experiences>

Frayn, M. (2013, December 19). The power of memory on the experience of dining. *Eat North*. Retrieved from <http://eatnorth.com/mallory-frayn/power-memory-experience-dining>

Frayn, M. (2013, November 24). The science behind eating with your eyes first. *Eat North*. Retrieved from <http://eatnorth.com/mallory-frayn/science-behind-eating-your-eyes-first>

Frayn, M. (2013, November 22). How we rationalize our opinions when we dine out. *Eat North*. Retrieved from <http://eatnorth.com/mallory-frayn/how-we-rationalize-our-opinions-when-we-dine-out>

CONFERENCE PRESENTATIONS

Frayn, M., Khanyary, S., & Knäuper, B. (2020, June). *A 1-day acceptance and commitment therapy workshop leads to reductions in emotional eating in adults*. Postponed due to COVID. International Society for Behavioural Nutrition and Physical Activity conference, Auckland, New Zealand.

Frayn, M., Khanyari, S., & Knäuper, B. (2019, June). *Study protocol and preliminary findings from a one-day ACT workshop for emotional eating*. Poster presented at the Association for Contextual Behavioral Science conference, Dublin, Ireland.

Carrière, K., **Frayn, M.**, & Knäuper, B. (2018, June). *Physician-Delivered Weight Loss Interventions In Canada: A Case Example And Recommendations For Future Implementation*. Presentation at the International Congress of Applied Psychology, Montreal, Quebec

Carrière, K., **Frayn, M.**, Bernstein, I., Dikaios, E., & Knäuper, B. (2018, June). *Evaluating The Efficacy Of A Brief Mindful Eating Program For Weight loss*. Poster presented at the International Congress of Applied Psychology, Montreal, Quebec.

Knäuper, B., Carrière, K., **Frayn, M.**, Ivanova, E., Xu, Z., Ames-Bull, A., Islam, F., Lowensteyn, I., Sadikaj, G., Luszczynska, A., Grover, S., & the McGill CHIP Healthy Weight Program Investigators. (2018, May). *The effects of if-then plans on weight loss: 3- and 12-month results of the McGill CHIP Healthy Weight Program randomized controlled trial*. Poster presented at the International Behavioural Trials Network Conference, Montreal, QC.

Frayn, M., Livshits, S., & Knäuper, B. (2018, April). *Emotional eating in normal weight adults: Insights from qualitative interviews*. Poster presented at the International Conference on Eating Disorders, Chicago, Illinois.

Frayn, M., Ivanova, E., Carriere, K., Knäuper, B., & the McGill CHIP Healthy Weight Program Investigators. (2017, June). *Emotional eating and weight loss in the McGill CHIP Healthy Weight Study*. Poster presented at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Victoria, British Columbia.

Frayn, M., Litovsky, P., & Knäuper, B. (2017, June). *Feasibility of a Physician-Delivered ACT-Based Intervention to Improve Weight Loss for Emotional Eaters*. Poster presented at the Canadian Psychological Association Conference, Toronto, Ontario.

Sears, C., **Frayn, M.**, & von Ranson, K. (2016). *A sad mood increases attention to unhealthy food images in individuals with food addiction*. Poster presented at the 2016 Canadian Psychological Association Conference, Victoria, British Columbia.

von Ranson, K.M., **Frayn, M.**, Popien, A., & Sears, C.R. (2015, June). *Recent binge eating is associated with distinct attentional patterns to food images: an eye gaze tracking study*. Presented at the 76th annual convention for the Canadian Psychological Association (part of the symposium "Cognitive Markers of Psychopathology"), Ottawa, Ontario.

Frayn, M., von Ranson, K., & Sears, C. (2015, May). *Mood and attention to food images in individuals with symptoms of food addiction*. Poster presented at the 2015 Canadian Association for Cognitive and Behavioural Therapies Conference, Calgary, Alberta.

Frayn, M., von Ranson, K., & Sears, C. (2015, May). *The effect of a sad mood induction on attention to food images in participants with and without self-reported food addiction symptoms*. Presentation at the 19th Annual Department of Psychology Student Research Conference, University of Calgary, Calgary, Alberta.

Frayn, M., von Ranson, K., Popien, A., & Sears, C. (2015, April). *Eye gaze tracking reveals distinct temporal patterns of attention to food images among adults with and without binge eating*. Poster presented at the International Conference for Eating Disorders, Boston, Massachusetts.

Frayn, M., von Ranson, K., Popien, A., & Sears, C. (2014, November). *Eye gaze tracking reveals heightened attention to food in individuals with binge eating disorder symptoms when viewing complex*

real-world scenes. Poster presented at the 2014 Undergraduate Research Symposium, University of Calgary, Calgary, Alberta.

ACCOMPLISHMENTS & AWARDS

- CIHR Doctoral Funding 2018-2020	\$35,000 per year
- FRQS Doctoral Funding 2017-2018	\$20,000 per year
- McGill Graduate Excellence Award 2015-2016	\$5000
- Department of Psychology Silver Medallion for highest academic standing - June 2015	
- Department of Psychology Academic Achievement Award 2014-2015	
- CIHR Master's Award September 2015 to August 2016	\$17,500
- NSERC Undergraduate Research Award Summer 2015	\$4,500
- University of Calgary Undergraduate Merit Award 2014-2015	\$2,400
- Louise McKinney Scholarship 2014-2015	\$2,500
- PURE Award for Undergraduate Research Summer 2014	\$6,000
- Jason Lang Scholarship 2013-2014	\$1,000
- University of Calgary President's Award Renewal 2013-2014	\$2,000
- University of Calgary Dean's List 2012-2014	
- University of Calgary President's Award 2012-2013	\$2,000
- Nexen Inc. Scholarship 2012-2014	\$2,000

CLINICAL EXPERIENCE

Intern <i>Personality Disorders Clinic – Allan Memorial</i>	September 2019 – August 2020 <i>Montreal, QC, Canada</i>
Intern <i>Sex and Couple Therapy – Allan Memorial</i>	September 2018 – July 2019 <i>Montreal, QC, Canada</i>
Practicum Student <i>Bariatric Clinic – Allan Memorial</i>	September 2017 – August 2018 <i>Montreal, QC, Canada</i>
Practicum Student <i>McGill Counselling Centre</i>	August 2016 – April 2017 <i>Montreal, QC, Canada</i>
Practicum Student <i>Comprehensive Health Improvement Program (CHIP)</i>	April 2016 – December 2016 <i>Montreal, QC, Canada</i>
Group Facilitator <i>CHIP MyHealthCheckup Program</i>	January 2016 – present <i>Montreal, QC, Canada</i>
Lifestyle Coach <i>McGill CHIP Healthy Weight Program</i>	August 2015 – July 2016 <i>Montreal, QC, Canada</i>