

JULIA M. HORMES, PH.D.

**DEPARTMENT OF PSYCHOLOGY
UNIVERSITY AT ALBANY
SOCIAL SCIENCES 313
1400 WASHINGTON AVE
ALBANY, NY 12222**

JHORMES@ALBANY.EDU
(518) 442-4911

EDUCATION

- 2010 – 2012 **Postdoctoral Fellow**, Comprehensive Alcohol Research Center & School of Public Health, Louisiana State University Health Sciences Center
Richard Scribner, M.D., M.P.H. & Katherine P. Theall, Ph.D.
- 2009 – 2010 **Psychology Resident**, Department of Psychiatry and Human Behavior, Division of Psychology, University of Mississippi Medical Center
- 2005 – 2010 **Ph.D.** (Psychology), University of Pennsylvania
Dissertation: *Towards a Socio-Cultural Model of Food Cravings: Evidence from the Case of Perimenstrual Chocolate Craving.*
Paul Rozin, Ph.D.
- 2004 – 2005 **M.A.** (Psychology), University of Pennsylvania
Thesis: *Behavioral, Physiological and Endocrine Correlates of Meal Ingestion in a Novel Schedule-Feeding Paradigm: The Influence of one Meal on Subsequent Intake*
Joel Kaplan, Ph.D. & Harvey Grill, Ph.D.
- 1999 – 2003 **B.A.** (Psychology; certificate in Romance Languages), Princeton University
Thesis: *Activity-Based Anorexia: A Potential Animal Model of the Addictive Properties of Binge Eating and Excessive Exercise*
Bart G. Hoebel, Ph.D.

EDUCATIONAL EMPLOYMENT

- 2025 - present **Professor**, Department of Psychology, University at Albany, State University of New York
- 2020 – present **Associate Dean for Faculty Affairs and Research**, College of Arts and Sciences, University at Albany, State University of New York
- 2018 – 2025 **Associate Professor**, Department of Psychology, University at Albany, State University of New York
- 2012 – 2018 **Assistant Professor**, Department of Psychology, University at Albany, State University of New York

SIGNIFICANT AWARDS AND LEADERSHIP TRAINING

2025 - 26	State University of New York Research Leadership Academy
2025	Chancellor's Award for Excellence in Scholarship and Creative Activities, State University of New York
2024	President's Excellence in Research and Creative Activities Award, University at Albany, State University of New York
2022 – 23	Provost's Office Leadership Academy, University at Albany, State University of New York
2019	National Diversity Congress Women in Leadership Conference, Cambridge, MA
2013 – 14	Career, Leadership and University Excellence Fellowship, University at Albany, State University of New York

ADDITIONAL EMPLOYMENT

2018 – 2022	Psychologist , HPA/ LiveWell, Albany, NY
2006 – 2009	Diagnostician , Psychotherapies for Panic Disorder Study, University of Pennsylvania School of Medicine
2003 – 2004	Research Analyst , Crime, Justice Policy, and Behavior Program, R.T.I. International

OTHER PROFESSIONAL APPOINTMENTS

2017 – present	Associate , Center for Social and Demographic Analysis, University at Albany
2016 – present	Licensed Psychologist , New York State (License No. 021568-1)
2015 – present	Adjunct Assistant Professor , Department of Obstetrics, Gynecology & Reproductive Sciences, Albany Medical College
2011 – 2012	Adjunct Assistant Professor , School of Public Health and Tropical Medicine, Tulane University

PUBLICATIONS

h-index: 36

Peer-Reviewed Publications

(*graduate and #undergraduate student co-authors)

1. *Love, A.A., Domoff, S.E., Timko, C.A., Yaeger, Z., & **Hormes, J.M.** (2026). Protocol for a pilot randomized trial assessing the acceptability, feasibility, and initial efficacy of a single-session online parent-focused intervention targeting predictors of body image disturbance in young children. *Contemporary Clinical Trials*, Jul; 166: 108329.
2. *Wolinsky, A.S. & **Hormes, J.M.** (2025). Feasibility and acceptability of a single-session online workshop targeting self-compassion skills for emerging adults with disordered eating. *Journal of Eating Disorders*, 13 (1): 261.
3. *Breiner, C.E., *Miller, M.L., & **Hormes, J.M.** (2025). A brief parent training program using cognitive-behavioral techniques for pediatric avoidant/restrictive food intake disorder: A pilot study. *Cognitive and Behavioral Practice*, 32 (4): 487-498.

4. *Miller, M.L., *Sanzari, C.M., & **Hormes, J.M.** (2025). Cognitive inflexibility moderates the association between drive for muscularity and dysfunctional exercise in men. *Eating Behaviors*, 57, 101985.
5. *Costello, K., *Sanzari, C.M., *Love, A. & **Hormes, J.M.** (2025). Associations between gender, parenthood, and family and career planning in United States doctoral students. *Behaviour Research and Therapy*, 191, 104756.
6. **Hormes, J.M.** & Timko, C.A. (2025). Validation of the Food Craving Acceptance and Action Questionnaire (FAAQ) in pregnancy. *Eating Behaviors*, 57: 101974.
7. *Costello, K., Timko, C.A., Anderson, D., & **Hormes, J.M.** (2025). Validation of the Intolerance of Uncertainty Scale-12 among a sample of pregnant people. *BMC Pregnancy & Childbirth*, 25, 363. <https://doi.org/10.1186/s12884-025-07434-1>
8. *Breiner, C.E., *Miller, M.L., & **Hormes, J.M.** (2024). ARFID Parent Training Protocol (“ARFID-PTP”): Results of a randomized pilot trial evaluating a brief, parent-training program for avoidant/restrictive food intake disorder. *International Journal of Eating Disorders*, 57(11), 2306-2317.
9. *Cruz Garcia, S. & **Hormes, J.M.** (2024). The moderating role of food cravings in the relationship between weight suppression and disordered eating behaviors in college students. *Frontiers in Psychology (Eating Behavior)*, 6: 15: 1343048.
10. **Hormes, J.M.** & Timko, C.A. (2024). A clinical trial protocol of a single-session self-guided acceptance-based online intervention targeting food cravings as predictors of disordered eating in pregnant people. *Contemporary Clinical Trials*, 140: 107515. doi: 10.1016/j.cct.2024.107515.
11. **Hormes, J.M.** (2024). Preconception weight suppression predicts eating disorder symptoms in pregnancy. *European Eating Disorders Review*, 32(4): 633-640. doi: 10.1002/erv.3076
12. *Miller, M.L., Timko, C.A., & **Hormes, J.M.** (2024). Factor structure of the Eating Disorder Flexibility Index in U.S. nonclinical collegiate and clinical adolescent samples. *Eating Behaviors*, 52: 101847. doi: 10.1016/j.eatbeh.2024.101847.
13. *Breiner, C.E., *Miller, M.L., *Sanzari, C.M., Perry, T.R., & **Hormes, J.M.** (2023). Peer ethnicity as a mediator in the relationship between ethnic identity and body appreciation in Black college-aged women. *Journal of Black Psychology*, 49(6), 814-834.
14. Harris, B.A., Boswell, J.F., **Hormes, J.M.**, Espel-Huyhn, H., & Thompson-Brenner, H. (2023). A baseline comparison of three diagnostic groups using the Progress Monitoring Tool for Eating Disorders. *European Eating Disorders Review*, 31(5), 643-654.
15. *Cruz Garcia, S., *Sanzari, C.M., *Blau, L.E., *Coffino, J.A., & **Hormes, J.M.** (2023). Stigmatization of binge eating disorder in men: Implicit associations with weight status and femininity. *Eating Behaviors*, 49, 101733.
16. *Breiner, C.E., *Miller, M.L., Hamilton, A., *Sanzari, C.M., *Cruz-Garcia, S. & **Hormes, J.M.** (2023). Exploring the relationship between food disgust and avoidant/restrictive food intake disorder (ARFID) presentations in a non-clinical collegiate sample. *International Journal of Eating Disorders*, 56(7), 1444-1448.
17. *Sanzari, C.M., Gorrell, S., Anderson, L.M., Reilly, E.E., *Niemic, M.A., *Orloff, N.C., Anderson, D.A. & **Hormes, J.M.** (2023). The impact of social media use on body image and disordered eating behaviors: Content matters more than duration of exposure. *Eating Behaviors*, 49: 101722.
18. *Miller, M.L., *Sanzari, C.M., Timko, C.A. & **Hormes, J.M.** (2023). Impact of adjunctive Cognitive Remediation Therapy on cognitive flexibility and treatment outcomes in comorbid anorexia nervosa and exercise dependence as quantified using novel biomarkers: A stage 1 registered report. *International Journal of Eating Disorders*, 56(7), 1449-1460.

19. *Sanzari, C.M. & **Hormes, J.M.** (2023). U.S. health professionals' perspectives on orthorexia nervosa: Clinical utility, measurement and diagnosis, and perceived influence of sociocultural factors. *Eating and Weight Disorders- Studies on Anorexia, Bulimia and Obesity*, 28(1), 31.
20. #Spoor, S.P. & **Hormes, J.M.** (2022). Crying the pain away: The nature, measurement, and function of benign masochism. *The Journal of Social Psychology*, 18, 1-11.
21. *Miller, M.L. & **Hormes, J.M.** (2022). Cognitive and behavioral inflexibility as a transdiagnostic process underpinning exercise dependence. *International Journal of Mental Health and Addiction*. <https://doi.org/10.1007/s11469-022-00802-4>.
22. *Breiner, C.E., *Miller, M.L. & **Hormes, J.M.** (2021). ARFID Parent Training Protocol ("ARFID-PTP"): A randomized pilot trial evaluating a brief, parent-training program for picky eating symptoms consistent with an avoidant-restrictive food intake disorder diagnosis. *International Journal of Eating Disorders*, 54(12): 2229-2235.
23. *Breiner, C.E., *Miller, M.L. & **Hormes, J.M.** (2021). Changes in eating and exercise behaviors during the COVID-19 pandemic. *Eating Behaviors*, 42, 101539.
24. *Coffino, J.A., Han, G., Evans, E.W., Luba, R. & **Hormes, J.M.** (2021). A default option to improve nutrition for low-income adults. *Journal of Nutrition Education and Behavior*, 53(9): 759-769.
25. Scharff, A., *Breiner, C.E., Ueno, L.F., Underwood, S.B., Merritt, E.C., Welch, L.M., Fonda, C., Malatras, J.W., Lin, B., **Hormes, J.M.**, Pieterse, A.L., Gordis, E.B., Halpern, L.F., Pazienza, R., Litchford, G.B. (2021). Shifting a training clinic to teletherapy during the COVID-19 pandemic: A trainee perspective. *Counselling Psychology Quarterly*, 34(3-4): 676-686.
26. *Drach, R.D., *Orloff, N.C. & **Hormes, J.M.** (2021). The emotion regulatory function of online social networking: Preliminary experimental evidence. *Addictive Behaviors*, 112: 106559.
27. *Coffino, J.A., #Spoor, S.P., *Drach, R.D. & **Hormes, J.M.** (2021). Food insecurity among graduate students: Prevalence and association with depression, anxiety, and stress. *Public Health Nutrition*, 24(7): 1889-1894.
28. *Heiss, S., Vaschillo, B., Vaschillo, E.G., Timko, C.A. & **Hormes, J.M.** (2021). Heart rate variability as a novel biobehavioral change mechanism in the treatment of diverse psychopathologies: A review and argument for an "ideal range" of HRV. *Neuroscience & Biobehavioral Reviews*, 121: 144-155.
29. Gorrell, S., Schaumberg, K., Boswell, J.F., **Hormes, J.M.** & Anderson, D.A. (2021). Female Athlete Body Project intervention with professional dancers: A pilot trial. *Eating Disorders: The Journal of Treatment and Prevention*, 29(1): 56-73.
30. *Heiss, S., Walker, C.M., Anderson, D.A., Morison, J. & **Hormes, J.M.** (2021). Vegetarians and omnivores with diagnosed eating disorders exhibit no difference in symptomology: A retrospective clinical chart review. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 26(3): 1007-1012.
31. *Heiss, S., Timko, C.A., **Hormes, J.M.** (2020). Confirmatory factor analysis of the EDE-Q in vegans and omnivores: Support for the brief three factor model. *Eating Behaviors*, 39: 101447.
32. *Blau, L.E. & **Hormes, J.M.** (2020). Preventing excess gestational weight gain and obesity in pregnancy: The potential of targeting psychological mechanisms. *Current Obesity Reports*, 9(4): 1-8.
33. *Coffino, J.A., Udo, T. & **Hormes, J.M.** (2020). Nudging while online grocery shopping: A randomized feasibility trial to enhance nutrition in individuals with food insecurity. *Appetite*, 152 (104714).
34. *Blau, L.E., *Orloff, N.C. & **Hormes, J.M.** (2020). The transdiagnostic nature of cravings: Smoking cessation and food craving in pregnancy. *Midwifery*, 87 (102730).
35. Mian, M.N., Lin, B., **Hormes, J.M.** & Earleywine, M. (2020). Establishing safety and stability for enhanced treatment engagement with the Unified Protocol: A case study. *Clinical Case Studies*, 19(6): 473-490.
36. Lopez-Fernandez, O., Griffiths, M., Kuss, D., Dawes, C., Pontes, H., Justice, L., Rumpf, H.J., Bischof, A., Gässler, A.K., Suryani, E., Männikkö, N., Kääriäinen, M.L., Romo Morvan, Y., Kern, L., Graziani, P.,

- Rousseau, A., **Hormes, J.M.**, Schimmenti, A., Passanisi, A., Demetrovics, Z., Király, O., Lelonek-Kuleta, B., Chwaszcz, J., Dufour, M., Ponce Terashima, J., Chóliz, M., Zacares, J.J., Serra, E., Rochat, L., Zullino, D., Achab, S., Landro, N. & Billieux, J. (2019). Cross-cultural validation of the Compulsive Internet Use Scale in four forms and eight languages. *Cyberpsychology, Behavior, and Social Networking*, 22(7): 451-464.
37. Donahue, J.M., **Hormes, J.M.**, Gordis, E. & Anderson, D.A. (2019). Attending to the alliance in the application of the Unified Protocol for Emotional Disorders: A case study. *Clinical Case Studies*, 18(4): 282-299.
38. *Heiss, S., *Coffino, J.A. & **Hormes, J.M.** (2019). What does the ORTO-15 measure? Assessing the construct validity of a common orthorexia nervosa questionnaire in a meat avoiding sample. *Appetite*, 135: 93-99.
39. *Blau, L.E., *Orloff, N.C., Flammer, A., Slatch, C., & **Hormes, J.M.** (2018). Food craving frequency mediates the relationship between emotional eating and excess weight gain in pregnancy. *Eating Behaviors*, 20: 120-124.
40. Lopez-Fernandez, O., Kuss, D.J., Pontes, H.M., Griffiths, M.D., Dawes, C., Justice, L., Männikkö, N., Kääriäinen, M., Rumpf, H.J., Bischof, A., Gässler, A.K., Romo, L., Kern, L., Morvan, Y., Rousseau, A., Graziani, P., Demetrovics, Z., Király, O., Schimmenti, A., Passanisi, A., Lelonek-Kuleta, B., Chwaszcz, J., Chóliz, M., Zacares, J.J., Serra, E., Dufour, M., Rochat, L., Zullino, D., Achab, S., Landrø, N., Suryani, E., **Hormes, J.M.**, Ponce Terashima, J. & Billieux, J. (2018). Measurement invariance of the short version of the Problematic Mobile Phone Use Questionnaire (PMPUQ-SV) across eight languages. *International Journal of Environmental Research and Public Health*, 15(6): 1213.
41. *Heiss, S., Boswell, J.F. & **Hormes, J.M.** (2018). Confirmatory factor analysis of the Eating Disorder Examination-Questionnaire: A comparison of five factor solutions across vegan and omnivore participants. *International Journal of Eating Disorders*, 51(5): 418-428.
42. *Coffino, J.A. & **Hormes, J.M.** (2018). A “default option” to enhance the nutritional quality of online food purchases: A proof-of-principle study. *Obesity*, 26(6): 961-967.
43. *Coffino, J.A., *Heiss, S. & **Hormes, J.M.** (2018). Targeting acceptance in the management of food craving: The mediating roles of eating styles and thought suppression. *Eating Behaviors*, 29: 132-136.
44. Anderson, L.M., Reilly, E.E., Thomas, J.J., Eddy, K.T., Franko, D.F., **Hormes, J.M.** & Anderson, D.A. (2018). Associations among fear, disgust, and eating pathology in undergraduate men and women. *Appetite*, 125: 445-453.
45. *Heiss, S. & **Hormes, J.M.** (2018). Ethical concerns regarding animal use mediate the relationship between variety of pets owned in childhood and vegetarianism in adulthood. *Appetite*, 123: 43-48.
46. *Heiss, S., *Coffino, J.A. & **Hormes, J.M.** (2017). Eating and health behaviors in vegans versus omnivores: Dispelling common myths. *Appetite*, 118: 129-135.
47. **Hormes, J.M.** & *Niemic, M.A. (2017). Does culture create craving? Evidence from the case of menstrual chocolate craving. *PLoS One*, 12(7): e0181445.
48. **Hormes, J.M.** (2017). The clinical significance of craving across the addictive behaviors: A review. *Current Addiction Reports*. 4(2), 132-141.
49. #Bargeron, A. & **Hormes, J.M.** (2017). Psychosocial correlates of Internet Gaming Disorder: Psychopathology, life satisfaction, and impulsivity. *Computers in Human Behavior*, 68: 388-394.
50. *Coffino, J.A., *Orloff, N.C. & **Hormes, J.M.** (2016). Dietary restraint partially mediates the relationship between impulsivity and binge eating only in lean individuals: The importance of accounting for body mass in studies of restraint. *Frontiers in Psychology*, 7: 1499.
51. *Orloff, N.C., Flammer, A., #Hartnett, J., #Liquorman, S., Samelson, R. & **Hormes, J.M.** (2016). Food cravings in pregnancy: Preliminary evidence for a role in excess gestational weight gain. *Appetite*, 105(1): 259-265.

52. *Niemic, M.A., Boswell, J.F. & **Hormes, J.M.** (2016). Development and initial validation of the Obsessive Compulsive Eating Scale. *Obesity*, 24(8): 1803-1809.
53. **Hormes, J.M.** (2016). Under the influence of Facebook? Associations between online social networking use and drinking motives, consequences, and attitudes in college students. *Journal of Behavioral Addictions*, 5(1): 122-129.
54. **Hormes, J.M.** & Meule, A. (2016). Psychometric properties of the English Food Cravings Questionnaire-Trait-Reduced (FCQ-T-r). *Eating Behaviors*, 20: 34-38.
55. Kaplan, K.C., **Hormes, J.M.**, Wallace, M., Rountree, M. & Theall, K.P. (2016). Racial discrimination and HIV-related risk behaviors in Southeast Louisiana. *American Journal of Health Behavior*, 40(1): 132-143
56. Meule, A. & **Hormes, J.M.** (2015). Chocolate versions of the Food Cravings Questionnaires: Associations with chocolate exposure-induced salivary flow and ad libitum chocolate consumption. *Appetite*, 91: 256-265.
57. **Hormes, J.M.**, Kearns, B. & Timko, C.A. (2014). Craving Facebook? Behavioral addiction to online social networking and its association with emotion regulation deficits. *Addiction*, 109(12): 2079-2088.
58. *Orloff, N.C. & **Hormes, J.M.** (2014). Pickles and ice cream! Food cravings in pregnancy: Hypotheses, preliminary evidence, and directions for future research. *Frontiers in Psychology*, 5: 1076.
59. **Hormes, J.M.**, *Orloff, N.C. & Timko, C.A. (2014). Chocolate craving and eating disorders: Beyond the gender divide? *Appetite*, 83: 185-193.
60. Yean, C., Benau, E.M., Dakanalis, A., **Hormes, J.M.**, Perone, J. & Timko, C.A. (2013). The relationship of sex and sexual orientation to self-esteem, body shape satisfaction, and eating disorder symptomatology. *Frontiers in Psychology*, 4: 887.
61. **Hormes, J.M.** & Theall, K.P. (2013). Accessibility and effectiveness of sources of information about HIV/AIDS in a rural population. *Southern Medical Journal*, 106(11): 599-604.
62. **Hormes, J.M.**, Rozin, P., Green, M. & Fincher, K. (2013). Reading a book can change your mind, but only some changes last for a year: Food attitude changes in readers of The Omnivore's Dilemma. *Frontiers in Psychology*, 4: 778.
63. Rozin, P., **Hormes, J.M.**, Faith, M. & Wansink, B. (2012). Is meat male? A quantitative multi-method framework to establish metaphoric relationships. *Journal of Consumer Research*, 39(3): 629-643.
64. **Hormes, J.M.**, Gerhardstein, K.R. & Griffin, P.T. (2012). Under-reporting of substance use versus other psychiatric symptoms in individuals living with HIV. *AIDS Care*, 24(3-4): 420-423.
65. Timko, C.A., **Hormes, J.M.** & Chubski, J. (2012). Will the real vegetarian please stand up? An investigation of dietary restraint and eating disorder symptoms in meat eaters versus non-meat eaters. *Appetite*, 58: 982-990.
66. **Hormes, J.M.**, Coffey, S.F., Drobos, D.J. & Saladin, M.E. (2012). The Obsessive Compulsive Cocaine Use Scale: Development and initial validation of a self-rated instrument for the quantification of thoughts about cocaine use. *Drug and Alcohol Dependence*, 120: 250-254.
67. **Hormes, J.M.** & Rozin P. (2011). The temporal dynamics of ambivalence: Changes in positive and negative affect in relation to consumption of an "emotionally charged" food. *Eating Behaviors*, 12: 219-221.
68. **Hormes, J.M.** & Timko, C.A. (2011). All cravings are not created equal: Correlates of menstrual versus non-cyclic chocolate craving. *Appetite*, 57(1): 1-5.
69. **Hormes, J.M.**, Bryan, C., Lytle, L.A., Gross, C.R., Ahmed, R.L., Troxel, A.B. & Schmitz, K.H. (2010). Impact of lymphedema on quality of life in breast cancer survivors. *Lymphology*, 43(1): 1-13.
70. Speck, R., Gross, C.R., **Hormes, J.M.**, Ahmed, R.L., Lytle, L.A., Hwang, W.T. & Schmitz, K.H. (2010). Changes in the Body Image and Relationships Scale (BIRS) following a one year strength training trial

for breast cancer survivors with or at risk for lymphedema. *Breast Cancer Research and Treatment*, 121(2): 421-430.

71. **Hormes, J.M.** & Rozin, P. (2010). Does “craving” carve nature at the joints? Absence of a synonym for craving in most languages. *Addictive Behaviors*, 35: 459-463.
72. **Hormes, J.M.** & Rozin, P. (2009). Perimenstrual chocolate craving: What happens after menopause? *Appetite*, 53(2): 256-259.
73. **Hormes, J.M.**, Lytle, L.A., Gross, C.R., Ahmed, R.L., Troxel, A.B. & Schmitz, K.H. (2008). The Body Image and Relationships Scale (BIRS): Development and validation of a measure of body image in female breast cancer survivors. *Journal of Clinical Oncology*, 26(8): 1269-1274.

Other Publications

1. *Sanzari, C.M. & **Hormes, J.M.** (2021). Psychological and professional repercussions of the COVID-19 pandemic in female faculty with children: An investigation of outcomes across different academic career stages. *The Behavior Therapist*, 44(6): 290-298.
2. Donahue, J.M., Mian, M.N., Scharff, A., **Hormes, J.M.**, Gordis, E.B. & Prelow, H.M. (2021). Addressing disparities in professional psychology through undergraduate mentorship: Lessons learned and a call to action. *The Behavior Therapist*, 44(2): 84-89.
3. **Hormes, J.M.** (2016). When the glass ceiling is made of concrete: What causes the “leaky pipeline” in academia? *The Behavior Therapist*, 39(8): 303-314.
4. **Hormes, J.M.**, Gerhardstein, K.R. & Griffin, P.T. (2011). Brief screening for alcohol abuse in patients living with HIV/AIDS. *HIV Clinician*, 23(4): 8-13.
5. Gerhardstein, K.R., Griffin, P.T. & **Hormes, J.M.** (2011). Personality disorders lead to risky behavior, treatment obstacles. *HIV Clinician*, 23(2): 6-9.

Book Chapters

1. **Hormes, J.M.**, Feldman, L., Barach, E., Srinivasan, V. & Shaikh, S. (2021). Tweeting while pregnant: Patterns of word usage in online health communication about physical symptoms and emotions. In Thomson, R., Hussain, M.N., Dancy, C., & Pyke, A. (eds.), Social, Cultural, and Behavioral Modeling. New York, NY: Springer International Publishing.
2. *Heiss, S., **Hormes, J.M.** & Timko, C.A. (2017). Vegetarianism and eating disorders. In F. Mariotti (ed.), Vegetarian and Plant-Based Diets in Health and Disease Prevention. Cambridge, MA: Academic Press
3. **Hormes, J.M.** (2014). Perimenstrual chocolate craving: From pharmacology and physiology to cognition and culture. In C. Hollins-Martin, O. van den Akker, C. Martin & V.C. Preedy (eds.), Handbook of Diet and Nutrition in the Menstrual Cycle, Conception, and Fertility. Wageningen, NL: Wageningen Academic Publishers.
4. Rozin, P. & **Hormes, J.M.** (2009). Psychology and sensory marketing, with a focus on food. In A. Krishna (ed.), Sensory Marketing: Research on the Sensuality of Products (pp. 303-322). New York, NY: Routledge.
5. Rozin, P. & **Hormes, J.M.** (2009). Food aversions and preferences. In R.A. Shweder, T.R. Bidell, A.C. Dailey, S.D. Dixon, P.J. Miller & J. Modell (eds.), The Child: An Encyclopedic Companion (pp. 369-372). Chicago, IL: University of Chicago Press.

Manuscripts under Review in Peer-Reviewed Journals

1. Negi, S., Cooper, M., *Yurkow, S., Merwin, R.M., **Hormes, J.M.**, Peebles, R. & Timko, C.A. (under review). Psychometric properties of the English version of the Anorectic Behavior Observation Scale: A collateral measure of symptoms in a sample of adolescents with anorexia nervosa and their parents.

2. *Love, A.A. & **Hormes, J.M.** (under review). Biopsychosocial development of Avoidant Restrictive Food Intake Disorder: An integrative review.
3. *Haase, G., *Costello, K., Timko, C.A. & **Hormes, J.M.** (invited revision). Trait intolerance of uncertainty and eating disorder symptoms interact to predict distress during eating-related uncertainty.
4. *Woodworth, E.C., *Blau, L.E., Timko, C.A., & **Hormes, J.M.** (invited revision). Multi-method examination of the implementation, feasibility, and acceptability of a single session intervention for loss of control eating in pregnancy.

Manuscripts in Preparation

(preliminary drafts available upon request)

1. *White, J., Cooper, M., Timko, C.A. & **Hormes, J.M.** (in preparation). Validation of the Difficulties in Emotion Regulation Scale (DERS) in an adolescent sample with restrictive eating disorders.
2. **Hormes, J.M.** (in preparation). GLP-1 receptor agonist use and eating disorder symptoms: A longitudinal study of users and non-users.
3. *Love, A.A., Domoff, S.E., Timko, C.A. & **Hormes, J.M.** (in preparation). Acceptability, feasibility, and initial efficacy of a single-session online parent-focused intervention targeting predictors of body image disturbance in young children.
4. *Pan, Z., *Woodworth, E.C., Timko, C.A. & **Hormes, J.M.** (in preparation). Efficacy of an acceptance-based, single session, online intervention targeting food cravings as predictors of loss of control eating in pregnancy.
5. *Sanzari, C.M., *Costello, K.C., #Spoor, S.P. & **Hormes, J.M.** (in preparation). Quantifying gender biases in the eating disorders field.
6. **Hormes, J.M.** (in preparation). Development and validation of the Obsessive Compulsive Exercise Scale.

MEDIA COVERAGE

(full list available upon request).

My work has been widely cited in local, national, and international TV, radio, and print media, including the *Wall Street Journal*, *Washington Post*, *New Yorker*, *New York Magazine*, *The Huffington Post*, *BBC News*, *Cosmopolitan Magazine*, *Weight Watchers*, *Times Union* (Albany, NY), *Daily Gazette* (Schenectady, NY), *The Record* (Troy, NY), *National Post* (Canada), *Die Zeit* (Germany), *The Times of India*, and *National Public Radio*.

GRANT FUNDING

Proposals Under Review

Role: Principal Investigator

Project: Pilot Randomized Controlled Trial to Establish the Preliminary Efficacy of a Single-Session Online Parent-Focused Intervention Targeting Predictors of Body Image Disturbance in Young Children

Source: Caplan Foundation for Early Childhood

Time Period: January 1, 2027 – December 31, 2027

Total Funding: \$38,246

Role: Principal Investigator

Project: Neuroscience & Society NextGen Fellows Program *(invited submission)*

Source: Dana Foundation

Total funding: \$118,000

Funded Proposals

Role: Principal Investigator

Project: Acceptability and feasibility of a single-session online parent-focused intervention targeting predictors of body image disturbance in young children

Source: Caplan Foundation for Early Childhood

Time Period: January 1, 2025 – December 31, 2025

Total Funding: \$45,302

Role: Consultant

Project: Longitudinal and Momentary Associations Underlying the Relation of Food Insecurity and Gestational Weight Gain (K23, PI: Christine Call, Ph.D.)

Source: National Institute of Diabetes and Digestive and Kidney Diseases

Time Period: June 1, 2024 – February 28, 2029

Total Funding: \$950,139

Role: Principal Investigator/Program Director

Project: MARC at UAlbany (T34)

Source: National Institute of General Medical Sciences

Time Period: June 1, 2023 – May 31, 2028

Total Funding: \$1,474,722

Role: Principal Investigator

Project: College of Arts and Sciences Dean's Scholars Fund

Source: University at Albany Office of Diversity and Inclusion "Diversity Transformation awards"

Time Period: Spring 2023

Total Funding: \$2,000

Role: Principal Investigator

Project: Acceptance-Based Health Coaching Targeting Food Cravings in Pregnancy: A Pilot and Feasibility Study

Source: University at Albany Faculty Research Awards Program

Time Period: May 1, 2020 – December 31, 2023

Total Funding: \$3,992

Role: Principal Investigator

Project: A Default Option for Health: Improving Nutrition within the Financial and Geographic Constraints of Food Insecurity

Source: Duke-UNC USDA Center for Behavioral Economics and Healthy Food Choice Research Healthy Food Behavior Research Grants (under USDA 59-5000-4-0062)

Time period: August 1, 2017 – July 31, 2018

Total funding: \$48,086

Role: Principal Investigator

Project: A 'Default Option' to Enhance Dietary Quality in Participants in the Supplemental Nutrition Assistance Program

Source: University at Albany Center for Social and Demographic Analysis Junior Researcher Award in Demography (under NICHD R24-HD044943)

Time Period: December 8, 2015 – December 7, 2017

Total Funding: \$5,000

Role: Principal Investigator

Project: Everything in Moderation? A Novel Intervention to Prevent Food Cravings

Source: University at Albany Faculty Research Awards Program

Time Period: May 1, 2014 – April 30, 2016

Total Funding: \$6,090

PRESENTATIONS AT SCHOLARLY CONFERENCES

Conference Talks, Panels, and Symposia *(*graduate and #undergraduate student co-authors)*

1. **Hormes, J.M.** (2026). Psychological and Behavioral Correlates of GLP-1 Receptor Agonist Use: Impacts on Food Reward, Craving, and Psychopathology. Oral presentation to be delivered at the Association for Behavioral and Cognitive Therapies, Baltimore, MD.
2. *Love, A.A., Domoff, S.E. & **Hormes, J.M.** (October 2026). Acceptability and Feasibility of a Single-Session Online Parent-Focused Intervention Targeting Body Image Development in Young Children. Oral presentation to be delivered at the Eating Disorders Research Society annual conference, Vienne, Austria.
3. **Hormes, J.M.** & *Wolinsky, A. (2025). Feasibility and Acceptability of a Single-session Online Workshop Targeting Self-compassion Skills for Emerging Adults with Disordered Eating. In Breiner, C.E. (chair) "Single-session Interventions for Disordered Eating in Diverse Populations." Oral presentation delivered at Association for Behavioral and Cognitive Therapies, New Orleans, LA.
4. *Love, A.A., Domoff, S.E., & **Hormes, J.M.** (2025). A Data-driven Approach to Creating a Single-session Eating Disorder Prevention Program for Parents of Young Children. In Breiner, C.E. (chair) "Single-session Interventions for Disordered Eating in Diverse Populations." Oral presentation delivered at Association for Behavioral and Cognitive Therapies, New Orleans, LA.
5. *Woodworth, E., Timko, C.A. & **Hormes, J.M.** (2025). Feasibility, Acceptability, and Initial Efficacy of a Single-session Intervention for Loss Of Control Eating in Pregnancy. In Breiner, C.E. (chair) "Single-session Interventions for Disordered Eating in Diverse Populations." Oral presentation delivered at Association for Behavioral and Cognitive Therapies, New Orleans, LA.
6. *Sanzari, C.M., *Miller, M.L. & **Hormes, J.M.** (2025). Demographics Moderate the Protective Effects of Feminist Identity Against Pathological Eating Behaviors in Emerging Adults. Oral presentation delivered at the Association for Behavioral and Cognitive Therapies, New Orleans, LA.
7. *Sanzari, C.M., *Miller, M.L. & **Hormes, J.M.** (2025). Prevalence and Correlates of Primary and Secondary Exercise Dependence: A Theory-driven Evaluation and Comparison. Oral presentation delivered at the Association for Behavioral and Cognitive Therapies, New Orleans, LA.
8. **Hormes, J.M.** & Timko, C.A. (2025). Validation of the Food Craving Acceptance and Action Questionnaire (FAAQ) in Pregnancy. Oral presentation delivered at the International Conference on Behavioral Addictions, Nantes, France.
9. **Hormes, J.M.** (2025). Use of Muscle Building Supplements is Associated with Maladaptive Eating and Exercise Behaviors in Adult Men and Women. Oral presentation delivered at the International Conference on Behavioral Addictions, Nantes, France.

10. *Love, A.A., Domoff, S.E. & **Hormes, J.M.** (2025). Body Image and Eating Disorder Development in Young Children: What do Parents Want to Know? Oral presentation delivered at the International Conference on Eating Disorders, San Antonio, TX.
11. *Woodworth, E., Timko, C.A., & **Hormes, J.M.** (2025). Qualitative analysis of a single session intervention for loss of control eating in pregnancy. Oral presentation delivered at the International Conference on Eating Disorders, San Antonio, TX.
12. *White, J.P., Timko, C.A., & **Hormes, J.M.** (2025). Emotion regulation deficits are associated with loss of control and binge eating in pregnancy. Oral presentation delivered at the International Conference on Eating Disorders, San Antonio, TX.
13. *Costello, K., Timko, C.A., *Haase, G., & **Hormes, J.M.** (2024). Exploring the Intersection of Intolerance of Uncertainty and Eating Disorders Through Behavioral Measures and Food Consumption. In Reilly, E.E. & Knowles, K.A. (chairs) "Pursuing the Unknown: Novel Insights for Measuring, Treating, and Understanding Intolerance of Uncertainty Across Transdiagnostic Samples." Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
14. **Hormes, J.M.** & Timko, C.A. (2024). Feasibility and Acceptability of a Single-Session, Acceptance-Based Online Intervention Targeting Food Cravings as Predictors of Binge and Loss of Control Eating in Pregnancy. In Merwin, R. (chair) "Symptoms that Disproportionately Affect Women and Innovative Approaches to their Treatment." Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
15. **Hormes, J.M.** (2024). Development and Initial Validation of the Obsessive Compulsive Exercise Scale. Oral presentation delivered at the 9th International Conference on Behavioral Addictions, Gibraltar.
16. **Hormes, J.M.** & *Sanzari, C.M. (2024). Mechanisms and Motives Underlying Primary versus Secondary Exercise Dependence: The Transdiagnostic Role of Cognitive Rigidity in Problematic Eating and Exercise Behaviors. Oral presentation delivered at the 9th International Conference on Behavioral Addictions, Gibraltar.
17. **Hormes, J.M.**, Altarriba, J., & Wagner, C. (2023). MARC at UAlbany: Evidence-Based Approaches to Fostering Diversity in Biomedical Research. Oral presentation delivered at the 1st Annual SUNY Diversity, Equity, Inclusion, and Social Justice in the Curriculum Conference: Building a Community of Practice, Albany, NY.
18. *Sanzari, C.M., Gorrell, S., Anderson, L.M, Reilly, E.E, Anderson, D.A, & **Hormes, J. M.** (2023). The impact of social media use on body image and disordered eating behaviors: Content matters more than duration of exposure. Oral presentation delivered at the International Conference on Eating Disorders, Washington, D.C.
19. *Miller, M.L., Timko, C.A., & **Hormes, J.M.** (2023). Psychometric Performance of the Eating Disorder Flexibility Index in U.S. nonclinical student and clinical adolescent samples. In **Hormes, J.M.** (chair), "From Rigid Rules to Flexible Eating: New and Novel Assessments of Eating Flexibility." Association for Behavioral and Cognitive Therapies, Seattle, WA
20. *Miller, M.L., *Sanzari, C.M., & **Hormes, J.M.** (2022). Cognitive and behavioral inflexibility in exercise dependence: a transdiagnostic process underpinning behavioral addictions. Oral presentation delivered at the International Conference on Behavioral Addictions, Nottingham, UK.
21. Malatras, J.W. (chair), **Hormes, J.M.**, Luft, I., Morison, J., Ryan, J. & Timko, C.A. (2019). Successful Career Paths for the Scientist-Practitioner: A "Branching Pipeline" Approach to Retaining Women in Clinical Psychology. Panel Discussion. Association for Behavioral and Cognitive Therapies, Atlanta, GA, November 23rd.
22. **Hormes, J.M.** & *Niemic, M.A. (2018). Food craving and food addiction: The role of gender, culture and cognition. International Conference on Behavioral Addictions, Cologne, Germany, April, 2018.

23. *Coffino, J.A., Udo, T. & **Hormes, J.M.** (2018). A “default option” to enhance nutrition within a food insecure population. In “Nudging Healthier Food Options.” Society of Behavioral Medicine, New Orleans, LA, April 2018.
24. **Hormes, J.M.** & Sockol, L.E. (2017). Using Data to Plug the “Leaky Pipeline:” Empirically-Supported Approaches for Promoting Gender Equity in the Academy. Research and Professional Development Series Session. Association for Behavioral and Cognitive Therapies, San Diego, CA, November 2017.
25. **Hormes, J.M.** (2017). Gender Bias in Publishing: Evidence for Progress, Room for Improvement. In Gorrell, S. (chair), “Spotlight on the Glass Ceiling: A Presentation of Gender Disparities with Implications for the Future of our Field.” Association for Behavioral and Cognitive Therapies, San Diego, CA, November 2017.
26. **Hormes, J.M.** & Orloff, N.C. (2017). Decision-Making in Disordered Social Networking Site Use: Results from the Iowa Gambling Task. International Conference on Behavioral Addictions, Haifa, Israel, February 21st, 2017.
27. **Hormes, J.M.** & Orloff, N.C. (2017). Functional Impairment in Disordered Social Networking Site Use: Evidence for a Pathological Condition? International Conference on Behavioral Addictions, Haifa, Israel, February 20th, 2017.
28. **Hormes, J.M.** & Lopez-Fernandez, O. (2016). The Utility of Craving as a Diagnostic Criterion in the Assessment of Problem Smartphone Use. International Conference on Behavioral Addictions, Geneva, Switzerland, March 15th, 2016.
29. **Hormes, J.M.** & *Orloff, N.C. (2016). The Emotion Regulatory Function of Online Social Networking: Preliminary Experimental Evidence. International Conference on Behavioral Addictions, Geneva, Switzerland, March 14th, 2016.
30. *Orloff, N.C. & **Hormes, J.M.** (2016). Effects of Previous Day’s Mobile Device Use on Measures of Emotion Regulation: Gender Differences Explored. International Conference on Behavioral Addictions, Geneva, Switzerland, March 15th, 2016.
31. **Hormes, J.M.** & *Orloff, N.C. (2015). Addicted to Facebook: The Role of Emotion Regulation Deficits in Disordered Online Social Networking Use. In **Hormes, J.M.** & Oberst, U. (chairs), “Internet Addiction & Social Networking.” International Conference on Behavioral Addictions, Budapest, Hungary, March 17th, 2015.
32. **Hormes, J.M.**, Gerhardstein, K.R. & Griffin, P.T. (2012). Comorbid Alcohol Abuse and Anxiety: Impact on Disease Progression and Quality of Life in HIV. In Benotsch, E.G. (chair), “Sexual Risk Behaviors.” Society of Behavioral Medicine, New Orleans, LA.
33. **Hormes, J.M.** & Theall, K.P. (2012). Alcohol Use in Sexual Contexts Mediates Association between Abuse History and HIV-Related Risk Taking. In Benotsch, E.G. (chair), “Sexual Risk Behaviors.” Society of Behavioral Medicine, New Orleans, LA.
34. **Hormes, J.M.** & Timko, C.A. (2010). Effects of Modifications of the Traditional Pre-Load Design: Implications for our Understanding of Restraint and Disinhibited Eating. In Timko, C.A. (chair), “Dietary Restraint: Questions Arising From 40 Years of Research.” Association for Behavioral and Cognitive Therapies, San Francisco, CA.
35. Timko, C.A., **Hormes, J.M.**, Roth, E., Limberakis, J. & Chekroun, V. (2008). One Session Group Intervention for Body Image Dissatisfaction in College Women: A Comparison of Psycho-Education, Cognitive Therapy and Acceptance and Commitment Therapy. In Polk, K. (chair), “Body Image, Psychosis and Trauma: A Collection of Treatment Outcome Studies.” Association for Behavior Analysis, Chicago, IL.
36. **Hormes, J.M.**, Hague, K.A., Grill, H.J. & Kaplan, J.M. (2005). Hypoglycemic Response to Gastric Evacuation in Schedule-Fed Rats. Society for the Study of Ingestive Behavior, Pittsburgh, PA.

Other Invited Talks

1. **Hormes, J.M.** Targeting Food Cravings as Predictors of Binge and Loss of Control Eating in Pregnancy. Invited talk, WIC Association of NYS 46th Annual Conference, Albany, NY, April 28-30, 2025.
2. **Hormes, J.M.** Food Insecurity and Eating Behaviors in Pregnancy. Invited talk, WIC Association of NYS 46th Annual Conference, Albany, NY, April 28-30, 2025.
3. **Hormes, J.M.** Understanding Craving: Culture, Conflict, and Cognition. Invited talk, College of Arts and Sciences Dean's Advisory Board, University at Albany, Albany, NY, October 23rd, 2019.
4. **Hormes, J.M.** Understanding Craving: Culture, Conflict, and Cognition. Invited talk, College of Arts and Sciences Fall Faculty Dinner, University at Albany, Albany, NY, October 24th, 2019.
5. **Hormes, J.M.** Leaky Pipelines and Concrete Ceilings? The Status of Women in the Academy. Invited talk, Emeritus Center, University at Albany, Albany, NY, October 7th, 2019.
6. **Hormes, J.M.** Leaky Pipelines and Concrete Ceilings? The Status of Women in the Academy. Invited brown bag seminar talk, School of Public Health, University at Albany, Albany, NY, May 13th, 2019.
7. **Hormes, J.M.** Leaky Pipelines and Concrete Ceilings? The Status of Women in the Academy. Invited talk, University at Albany Women in Science and Health, Albany, NY, April 25th, 2019.
8. **Hormes, J.M.** Understanding and Managing Food Cravings. Invited talk, Obesity Medicine Association, Washington, DC, September 29th, 2018.
9. **Hormes, J.M.** Craving in Substance and Behavioral Addictions. Invited guest lecture, Department of Psychology, Union College, Schenectady, NY, May 18th, 2018.
10. **Hormes, J.M.** & Heiss, S. The Meat Paradox: Ambivalence and Food Choice. Invited talk, Animal Charity Evaluators Research Workshop on Effective Animal Advocacy, Claremont, CA, September 30, 2017.
11. **Hormes, J.M.** Behavioral Addictions. Invited guest lecture, Department of Psychology, Union College, Schenectady, NY, February 14th, 2017.
12. **Hormes, J.M.** The Cultural Underpinnings of Craving. Invited colloquium, Department of Counseling Psychology, University at Albany, Albany, NY, October 18th, 2016.
13. **Hormes, J.M.** When the Glass Ceiling is Made of Concrete: Female Faculty and the "Leaky Pipeline" in Academia. Invited talk, The President's Commission on the Status of Women, Union College, Schenectady, NY, June 1st, 2016.
14. **Hormes, J.M.** Understanding Craving: Cultural and Psychosocial Factors. Behavioral Health Forum, University at Albany, Albany, NY, May 3rd, 2013.
15. **Hormes, J.M.** Craving and Ambivalence: Conflicting Affect and Attitudes in Eating and Addictive Behaviors. Invited seminar, Counseling Center, University at Albany, Albany, NY, March 15th, 2013.

Conference Poster Presentations

1. Harbott, A., Peterson, C.B., Bedard, S., Anderson, D.A., **Hormes, J.M.**, Boswell, J., Anderson, L.M. (2026, November). Pre- to Post-Meal Changes in Mood and Interoception Among Young Women with and Without Loss-of-Control Eating. Poster to be presented at the Association for Behavioral and Cognitive Therapies annual convention, Baltimore, MD.
2. *Love, A.A., *Costello, K. & **Hormes, J.M.** (2024, November). Intolerance of Uncertainty Is Associated with Disordered Eating Behaviors and Mood Symptoms in Pregnancy. Poster presented at the Association for Behavioral and Cognitive Therapies annual convention, Philadelphia, PA.
3. *Love, A.A. & **Hormes, J.M.** (2024, November). Food Craving Cross-sectionally Mediates the Association Between Cognitive Rigidity and Binge Eating Frequency in Pregnancy. Poster presented at the Association for Behavioral and Cognitive Therapies annual convention, Philadelphia, PA.
4. **Hormes, J.M.** & Timko, C.A. (2024, September). Pilot Trial of a Single-Session, Acceptance-Based Online Workshop Targeting Food Cravings as Predictors of Disordered Eating Behaviors in

- Pregnancy. Poster presented at the Eating Disorders Research Society annual conference, Sitges, Spain.
5. Ferrer, E., Hildebrandt, T., Timko, C.A., & **Hormes, J.M.** (2024, September). Early-Career Training in Eating Disorders Research: Identifying Gaps and Outlining Solutions. Poster presented at the Eating Disorders Research Society annual conference, Sitges, Spain.
 6. *Sanzari, C.M., *Costello, K., & **Hormes, J.M.** (2024, March). Quantifying explicit and implicit gender biases in the field of eating disorders. Poster presented at the International Conference on Eating Disorders, New York, NY.
 7. *Cruz Garcia, S., Franko, D.L., **Hormes, J.M.**, Thomas, J.L. & Eddy, K.T. (2024, March). Preliminary development and validation of the Barriers to Eating Disorder Treatment Scale. Poster presented at the International Conference on Eating Disorders, New York, NY.
 8. *Breiner C.E., *Miller M.L., & **Hormes J.M.** (2023, November). Parenting behaviors as predictors of engagement in food exposure for avoidant/restrictive food intake disorder. Poster presented at the Association for Behavioral and Cognitive Therapies, Seattle, WA.
 9. *Costello, K., Timko, C.A., Drake, C., & **Hormes, J.M.** (2023, November). The impact of intolerance of uncertainty on psychopathology: The mediating role of experiential avoidance. Poster presented at the Association for Behavioral and Cognitive Therapies, Seattle, WA.
 10. *Breiner C.E., *Miller M.L., Zickgraf H.F., & **Hormes J.M.** (2023, September). An RCT examining acceptability, feasibility, and preliminary efficacy of ARFID-PTP: A brief intervention for treating pediatric avoidant/restrictive food intake disorder. Poster presented at the Eating Disorders Research Society Annual Meeting, Boston, MA.
 11. *Breiner, C.E., *Miller, M.L., *Cruz Garcia, S., **Hormes J.M.** (2021, November). Disgust and selective eating behaviors: Differences between subtypes of ARFID and forms of disgust. Poster presented at the Association for Behavioral and Cognitive Therapies, virtual.
 12. *Sanzari, C.M. & **Hormes, J.M.** (2021, November). Psychological and professional repercussions of the COVID-19 pandemic in female faculty with children: An investigation of outcomes across different academic career stages. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, virtual.
 13. *Sanzari, C.M., *Miller, M.L., *Breiner, C.E. & **Hormes, J.M.** (2021, November). Investigating the relationship between sports team membership, exercise behaviors and motives, and psychological flexibility. Poster presented at the Association for Behavioral and Cognitive Therapies annual convention, virtual.
 14. *Miller, M.L, *Sanzari, C.M., *Breiner, C.E. & **Hormes, J.M.** (2021, November). Weight and Shape Related Flexibility Mediates the Association Between Drive for Muscularity and Exercise Dependence in Men. Poster presented at the Association for Behavioral and Cognitive Therapies annual convention, virtual.
 15. *Miller, M.L, *Sanzari, C.M., *Breiner, C.E. & **Hormes, J.M.** (2021, November). Exploring Associations Between Exercise Motives and Behaviors and Cognitive and Behavioral Flexibility. Poster presented at the Association for Behavioral and Cognitive Therapies annual convention, virtual.
 16. *Breiner, C.E., *Miller, M.L., Timko C.A. & **Hormes J.M.** (2021, September). Acceptability and feasibility of a brief parent-training intervention for childhood avoidant/restrictive food intake disorder. Poster presented at the Eating Disorder Research Society, Virtual Meeting.
 17. *Breiner, C.E., #Zon C. & **Hormes, J.M.** (2021, June). The relationship between anxiety and eating disorder symptoms in Black women. Poster presented at the International Conference on Eating Disorders, Virtual Meeting.
 18. *Coffino, J.A., Han, G., Evans E.W., Luba, R., & **Hormes, J.M.** (2020, April). A Default Option for Health: Improving Nutrition within the Constraints of Food Insecurity Using Online Grocery Shopping. Poster presented at the Society of Behavioral Medicine, San Francisco, CA.

19. *Coffino, J.A., Dudek, M.R., & **Hormes, J.M.** (2020, April). Grocery shopping behaviors in individuals with food insecurity. Poster presented at the Society of Behavioral Medicine, San Francisco, CA.
20. *Blau, L.E., *Orloff, N.C., #Spoor, S.P., Antonikowski, A., Powers, K. & **Hormes, J.M.** (2019, November). Food cravings: Thinking outside the "caloric" box. Poster presented at the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
21. *Wolinsky, A., **Hormes, J.M.** & Markey, C. (2019, November). Beliefs and attitudes towards food as predictors of eating pathology in adolescents. Poster presented at the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
22. *Heiss, S., Scharmer, C., Donahue, J., Anderson, D.A., **Hormes, J.M.** (2019, November). A dominance analysis of the impact of motivations for vegetarian diet adherence on eating disorder symptomology: The importance of weight loss as a motivator. Poster presented at the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
23. #Spoor, S.P., *Orloff, N.C., Antonikowski, A., Powers, K. & **Hormes, J.M.** (2019, November). The nature, frequency, and correlates of migraine-specific food cravings. Poster presented at the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
24. *Heiss, S., *Blau, L.E. & **Hormes, J.M.** (2019, November). Food addiction may influence adherence to a vegetarian diet: Ambivalence as a partial mediator. Poster presented at the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
25. *Heiss, S., Vaschillo, B., Vaschillo, E., Timko, C. A., & **Hormes, J.M.** (2019, March). The potential "ideal range" of heart rate variability: A literature review and proposed novel intervention for anorexia nervosa. Poster presented at the International Conference on Eating Disorders, New York, NY.
26. *Heiss, S., *Coffino, J. A., Scharmer, C., & **Hormes, J.M.** (2019, March). Initial motivation for vegetarian diet influences current disordered eating symptomatology. Poster presented at the International Conference on Eating Disorders, New York, NY.
27. *Coffino, J.A., *Heiss, S. & **Hormes, J.M.** (2019, March). Self-report vs. objective weight: Accurate assessment of body weight in an eating disorder population. Poster presented at the International Conference on Eating Disorders, New York, NY.
28. *Wolinsky, A., Markey, C. & **Hormes, J.M.** (2018, November). Measurement of beliefs and attitudes towards food in youth: Psychometric evaluation of the Food-Life Questionnaire (FLQ) in an adolescent population. Poster presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
29. *Drach, R.D., *Orloff, N.C. & **Hormes, J.M.** (2018, November). An experimental test of the emotion regulatory function of social networking. Poster presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
30. *Coffino, J.A., *Blau, L.E. & **Hormes, J.M.** (2018, November). Lay persons' perception of Alcohol Use and Binge Eating Disorders as addictions. Poster presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
31. #Spoor, S.P. & **Hormes, J.M.** (2018, November). Crying the pain away: The nature, measurement and function of benign masochism. Poster presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
32. *Orloff, N.C., *Blau, L.E., Adler, R., Slatch, C. & **Hormes, J.M.** (2018, November). Food cravings predict excess gestational weight gain: Novel targets for preventing overweight/obesity across the lifespan. Poster presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
33. *Drach, R.D., *Coffino, J.A., *Blau, L.E. & **Hormes, J.M.** (2018, November). Does binge eating/alcohol use endorsement affect impressions of similar others? Poster presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.

34. *Coffino, J.A., *Spor, S.P. & **Hormes, J.M.** (2018, November). Food insecurity in graduate students: Assessing the prevalence and mental health status. Poster presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
35. *Coffino, J.A., *Blau, L.E. & **Hormes, J.M.** (2018, November). Treatment seeking behavior and perceived barriers in a diverse undergraduate sample. Poster presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
36. *Orloff, N.C., Reilly, E., Gorrell, S., Anderson, L., Ehrlich, L., *Niemic, M.A. & **Hormes, J.M.** (2018, November). Exposure to body- and food-related “fitspiration” photos on Instagram: Effects on affect and body dissatisfaction in an undergraduate sample. Poster presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
37. *Heiss, S. & **Hormes J.M.** (2018, November). Confirmatory factor analysis of the Dutch Eating Behavior Questionnaire in vegans and omnivores. Poster presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
38. *Heiss, S. & **Hormes J.M.** (2018, November). But I can’t live without bacon! Food addiction and vegetarianism. Poster presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
39. *Heiss, S., Donahue, J., Anderson, D.A. & **Hormes, J.M.** (2018, November). Vegetarian status and sex interact to influence drive for muscularity. Poster presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
40. *Heiss, S., *Coffino, J.A. & **Hormes, J.M.** (2018, April). A vegetarian diet does not necessitate health behaviors: Health gains may be driven by diet alone. Poster presented at the Society of Behavioral Medicine, New Orleans, LA.
41. *Heiss, S., Boswell, J.F. & **Hormes, J.M.** (2018, April). Confirmatory factor analysis of the Eating Disorder Examination Questionnaire in vegans and omnivores. Poster presented at the Society of Behavioral Medicine, New Orleans, LA.
42. *Coffino, J.A., Mahmood, A. & **Hormes, J.M.** (2018, April). Eating behaviors and predictors of weight gain during Ramadan in a Muslim community sample. Poster presented at the Society of Behavioral Medicine, New Orleans, LA.
43. *Coffino, J.A., *Heiss, S. & **Hormes, J.M.** (2018, April). Drive for thinness mediates the relationship between BMI and dietary restraint. Poster presented at the Society of Behavioral Medicine, New Orleans, LA.
44. *Blau, L.E., *Coffino, J.A. & **Hormes, J.M.** (2018, April). The Newest Vital Sign: Measure of Health Literacy and Associations with Weight-related Behaviors in Individuals with Food Insecurity. Poster presented at the Society of Behavioral Medicine, New Orleans, LA.
45. Gorrell, S., Anderson, D.A., Boswell, J.F., **Hormes, J.M.** & Schaumberg, K. (2018, April). Female Athlete Body Project Intervention with Professional Ballet Dancers. Poster presented at the International Conference of Eating Disorders, Chicago, IL.
46. Anderson, L.M., Reilly, E.E., Thomas, J.J., Eddy, K.T., Franko, D.F., **Hormes, J.M.** & Anderson, D.A. (2018, April). Does what you think you feel, impact what you actually eat? An examination of alexithymia, interoceptive processes, and binge eating in young women. Poster presented at the International Conference of Eating Disorders, Chicago, IL.
47. *Heiss, S., *Coffino, J.A., **Hormes, J.M.** (2018, April). What does the ORTO-15 measure? Orthorexia nervosa in a meat-avoiding sample. Poster presented at the International Conference of Eating Disorders, Chicago, IL.
48. *Blau, L.E., *Orloff, N.C., Flammer, A., Slatch, C. & **Hormes, J.H.** (2017, November). Pre-pregnancy Tobacco use is associated with greater food craving frequency during pregnancy. Poster presented at the Association for Behavioral and Cognitive Therapies, San Diego, CA.

49. *Niemiec, M.A. & **Hormes, J.M.** (2017, November). All food is not created equal: The role of sugar and fat in addictive-like eating. Poster presented at the Association for Behavioral and Cognitive Therapies, San Diego, CA.
50. *Heiss, S., *Coffino, J., & **Hormes, J.M.** (2017, November). The need to differentiate between vegetarian subgroups in measuring pathological eating behaviors. Poster presented at the Association for Behavioral and Cognitive Therapies, San Diego, CA.
51. *Coffino, J.A., *Heiss, S., & **Hormes, J.M.** (2017, November). Targeting acceptance in weight-loss interventions: The cognitive mechanisms influencing craving. Poster presented at the Association for Behavioral and Cognitive Therapies, San Diego, CA.
52. *Coffino, J.A., *Heiss, S. & **Hormes, J.M.** (2017, July). Measurement equivalence of the Binge Eating Scale in a normal weight sample ". Poster presented at the Association for Society for the Study of Ingestive Behavior, Montreal, Quebec.
53. *Coffino, J.A. & **Hormes J.M.** (2017, August). Online grocery shopping may reduce purchases of unhealthy food items in impulse buyers. Poster presented at the American Psychological Association, Washington, DC.
54. *Coffino, J.A., *Heiss, S. & **Hormes J.M.** (2017, March). A "default option" to enhance dietary quality in participants in the Supplemental Nutrition Assistance Program. Poster presented at the Society of Behavioral Medicine, San Diego, CA.
55. *Blau, L.E., *Orloff, N.C., Samelson, R. & **Hormes, J.M.** (2017, March). Food craving mediates the relationship between external eating and excess gestational weight gain. Poster presented at the Society of Behavioral Medicine, San Diego, CA.
56. *Coffino, J.A., *Heiss, S. & **Hormes J.M.** (2017, March). Perception vs. reality: Is it more expensive to grocery shop on a vegan/vegetarian diet? Poster presented at the Society of Behavioral Medicine, San Diego, CA.
57. *Heiss, S., *Coffino, J.A. & **Hormes J.M.** (2017, March). Vegans: Just like us, only healthier. Poster presented at the Society of Behavioral Medicine, San Diego, CA.
58. *Heiss, S., *Hettie, B., & **Hormes, J. M.** (2017, March). Ambivalence as a determinant of food choice: The case of meat avoidance. Poster presented at the Eastern Psychological Association, Boston, MA.
59. *Coffino, J.A., *Restituyo, M., *Niemiec, M.A., *Heiss, S. & **Hormes, J.M.** (2016, October). The relationship between affect and binge eating: Differentiating between the behavioral and cognitive aspects of a binge eating episode. Poster presented at the Association for Behavioral and Cognitive Therapies, New York, NY.
60. *Heiss, S., **Hormes, J.M.**, *Coffino, J.A. & Timko, C.A. (2016, October). Meat avoidance and dieting interact to impact risk for disordered eating. Poster presented at the Association for Behavioral and Cognitive Therapies, New York, NY.
61. *Niemiec, M.A. & **Hormes, J.M.** (2016, October). Re-examining food cravings: The influence of culture on prevalence and types of food cravings. Poster presented at the Association for Cognitive and Behavioral Therapies, New York, NY.
62. *Coffino, J.A., *Orloff, N.C., & **Hormes, J.M.** (2016, May). The role of restraint as a mediator in the relationship between impulsivity and binge eating: the importance of weight status. Poster presented at the International Conference for Eating Disorders, San Francisco, CA.
63. *Heiss, S., *Coffino, J.A. & **Hormes, J.M.** (2016, March). You are what you don't eat: Differences between meat and non-meat avoiders. Poster presented at the Eastern Psychological Association, New York, NY.
64. *Coffino, J.A., *Heiss, S., *Orloff, N.C., & **Hormes, J.M.** (2016, March). Evidence for acceptance-based interventions: The cognitive mechanisms influencing binge eating. Poster presented at the Eastern Psychological Association, New York, NY.

65. *Orloff, N. C. & **Hormes, J.M.** (2015, November). The role of craving in binge eating: Does it matter and for whom? Poster presented at the annual convention of the Association for Behavioral Cognitive Therapies, Chicago, IL.
66. *Niemic, M.A. & **Hormes, J.M.** (2015, November). Development and initial validation of the Obsessive Compulsive Eating Scale. Poster presented at the Association for Cognitive and Behavioral Therapies, Chicago, IL.
67. *Orloff, N.C. & **Hormes, J.M.** (2014, November). Why do we crave? Role of emotion regulation in alcohol craving and consumption in U.S.- and non-U.S.-born college students. Poster presented at the Association for Cognitive and Behavioral Therapies, Philadelphia, PA.
68. *Niemic, M.A. & **Hormes, J.M.** (2014, November). Menstrual chocolate craving: A culture-bound phenomenon? Poster presented at the Association for Cognitive and Behavioral Therapies, Philadelphia, PA.
69. *Raffanelli, E.W., Vaysman, R., *Rivers, A. & **Hormes, J.M.** (November, 2014). Predictors of adverse health behaviors in a multiple sclerosis population. Poster presented at the Association for Cognitive and Behavioral Therapies, Philadelphia, PA.
70. #Bargeron, A. & **Hormes, J.M.** (2014, November). Behavioral addiction to video gaming: Assessment, prevalence, and psychosocial correlates. Poster presented at the Association for Cognitive and Behavioral Therapies, Philadelphia, PA.
71. Timko, C.A. & **Hormes, J.M.** (2014, April). Eating disorder symptomatology in normal weight women dieting to lose weight or avoid weight gain. Poster presented at the Society of Behavioral Medicine, Philadelphia, PA.
72. **Hormes, J.M.**, *Orloff, N.C. & Timko, C.A. (2014, April). Chocolate craving and eating disorder symptoms in men. Poster presented at the Society of Behavioral Medicine, Philadelphia, PA.
73. **Hormes, J.M.**, Gerhardstein, K.R., Griffin, P.T. (2012, June). Comorbid alcohol abuse and affective disorders: Independent and cumulative impact on viral loads and viral suppression in HIV-positive outpatients. Poster presented at the Research Society on Alcoholism, San Francisco, CA.
74. **Hormes, J.M.**, Gerhardstein, K.R., Griffin, P.T. (2012, June). Association between illness-specific worry and comorbid alcohol abuse in HIV-positive outpatients. Poster presented at the Research Society on Alcoholism, San Francisco, CA.
75. Theall, K.P. & **Hormes, J.M.** (2012, June). The Experiences of Discrimination measure in a rural population: Initial validation and association with alcohol use and HIV-related risk taking. Poster presented at the Research Society on Alcoholism, San Francisco, CA.
76. **Hormes, J.M.**, Gerhardstein, K.R., Griffin, P.T. (2011, September). Comorbid alcohol abuse and major depression: Impact on disease progression in HIV. Poster presented at the NIAAA Trainee Workshop, Brown University Center for Alcohol and Addiction Studies, Providence, RI.
77. **Hormes, J.M.** & Theall, K.P. (2011, June). Patterns of alcohol use in relation to HIV risk behaviors: The mediating role of perceived behavioral control. Poster presented at the Research Society on Alcoholism, Atlanta, GA.
78. **Hormes, J.M.** & Scribner, R. (2011, June). Ambivalence to alcohol and problem drinking among college students. Poster presented at the Research Society on Alcoholism, Atlanta, GA.
79. **Hormes, J.M.**, Gerhardstein, K.R. & Griffin, P.T. (2011, May). Underreporting of substance use versus other psychiatric symptoms in individuals living with HIV. Poster presented at the Association for Psychological Science, Washington, DC.
80. **Hormes, J.M.**, Gerhardstein, K.R. & Griffin, P.T. (2011, April). Alcohol to cope with anxiety? Contents of worry in HIV-positive patients with and without alcohol abuse. Poster presented at the Louisiana Psychological Association, Baton Rouge, LA.

81. **Hormes, J.M.**, Gerhardstein, K.R. & Griffin, P.T. (2011, March). Development and validation of an illness-specific worry inventory in individuals living with HIV/AIDS. Poster presented at the Anxiety Disorders Association of America, New Orleans, LA.
82. **Hormes, J.M.** & Timko, C.A. (2010, November). Sensory-specific satiety in disinhibited eating following a sweet or savory pre-load. Poster presented at the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
83. **Hormes, J.M.** & Timko, C.A. (2010, May): Ambivalence as a predictor of chocolate craving. Poster presented at the Association for Psychological Science, Boston, MA.
84. Schlesinger, M. **Hormes, J.M.** & Timko, C.A. (2010, May). Depression as a moderator for disordered eating and aerobic exercise intensity. Poster presented at the Association for Psychological Science, Boston, MA.
85. **Hormes, J.M.** & Pelchat, M.L. (2010, May). Development and validation of the Monell Craving Inventory. Poster presented at the Society of Biological Psychiatry, New Orleans, LA.
86. **Hormes, J.M.** & Rozin, P. (2010, April). The temporal dynamics of ambivalence: Changes in positive and negative affect in response to consumption of an “emotionally charged” food. Poster presented at the Wisconsin Symposium on Emotion, Madison, WI.
87. **Hormes, J.M.** & Timko, C.A. (2009, November). All cravings are not created equal: Evidence for two dimensions of chocolate craving. Poster presented at the Association for Behavioral and Cognitive Therapies, New York, NY.
88. Chubski, J., Timko, C.A. & **Hormes, J.M.** (2009, November). Will the real vegetarian please stand up? Poster presented at the Association for Behavioral and Cognitive Therapies, New York, NY.
89. **Hormes, J.M.**, Rozin, P. & Freeman, E.W. (2009, October). Perimenstrual chocolate craving and the physical and affective correlates of menstruation. Poster presented at the e.hormones Symposium on the Environment and Hormones, Tulane/Xavier Center for Biomedical Research, New Orleans, LA.
90. **Hormes, J.M.**, Fincher, K. & Rozin, P. (2009, February). Reading a book can change your mind: Changes in attitudes to food production and consumption in readers of Michael Pollan’s *The Omnivore’s Dilemma*. Poster presented at the Society for Consumer Psychology, San Diego, CA.
91. Yean, C., **Hormes, J.M.**, Timko, C.A. & Perone, J. (2008, November). Body image dissatisfaction in minority groups: The impact of sexuality and ethnicity. Poster presented at the Association for Behavioral and Cognitive Therapies, Orlando, FL.
92. Roth, E., Liberakis, J., Chekroun, V., **Hormes, J.M.** & Timko, C.A. (2008, November). One session intervention for body image dissatisfaction in college women. Poster presented at the Association for Behavioral and Cognitive Therapies, Orlando, FL.
93. **Hormes, J.M.** & Rozin, P. (2008, May). Perimenstrual chocolate craving: What happens after menopause? Poster presented at the Association for Psychological Science, Chicago, IL.
94. **Hormes, J.M.**, Henderson, C. & Rozin, P. (2007, May). Chocolate, coffee, and tea: Bitterness predicts liking for xanthine-containing foods as additives. Poster presented at the Association for Psychological Science, Washington, DC.
95. **Hormes, J.M.**, Bauer, R., Catanese, D. & Rozin, P. (2006, May). Associations between meat avoidance and negative eating attitudes and disordered eating behaviors. Poster presented at the Association for Psychological Science, New York, NY.
96. **Hormes, J.M.** & Kaplan, J.M. (2005, August). The role of glucose homeostasis in the etiology and maintenance of bulimia nervosa: Findings from a novel schedule-feeding animal model. Poster presented at the American Psychological Association, Washington, DC.

TEACHING

Graduate Courses Taught, University at Albany

APSY677A/B Professional Issues and Current Directions in Clinical Psychology
 APSY676A/B Practicum in Assessment and Intervention
 APSY780 Health Psychology

Undergraduate Course Taught, University at Albany

APSY399 Honors Seminar
 APSY329 Health Psychology
 APSY450T Perspectives on Food: Calories, Cuisine, Commercialization

Other Teaching Experience

Tulane University Social and Behavioral Aspects of Global Health
 University of Pennsylvania Introduction to Experimental Psychology
 Research Experience in Abnormal Psychology
 Drugs, Mind and Brain

Doctoral Dissertation Committees

Anna A. Love, M.A. (in progress). College of Arts and Sciences. **Chair.**
 Kayla Costello, MSc., M.A. (in progress). College of Arts and Sciences. **Chair.**
 Susana Cruz-Garcia, Ph.D. (2025). *A Strength-Based Approach to Understanding the Impact of Experiences of Discrimination Related to Identity-Based Stressors on Disordered Eating Among a Sample of Sexual and Gender Diverse Individuals*. College of Arts and Sciences. **Chair.**
 Christina Sanzari, Ph.D. (2025). *Integration of Theoretical Frameworks for Problematic Exercise: Toward a Comprehensive Model of Maladaptive and Adaptive Exercise*. College of Arts and Sciences. **Chair.**
 McKenzie Miller, Ph.D. (2024). *The Transdiagnostic Role and Measurement of Cognitive Inflexibility Across Understudied Eating Disorder Groups: A Multi-Method Investigation*. College of Arts and Sciences. **Chair.**
 Arielle Wolinsky, Ph.D. (2024). *Feasibility and Acceptability of a Self-Guided, Online Workshop Targeting Self-Compassion Skills for Emerging Adults with Disordered Eating*. College of Arts and Sciences. **Chair.**
 Courtney Breiner, Ph.D. (2023). *Acceptability and Feasibility of ARFID-PTP: A Brief, Virtual, Parent-Training Intervention for Avoidant/Restrictive Food Intake Disorder in Children*. College of Arts and Sciences. **Chair.**
 Rae Drach, Ph.D. (2021). *Emotion Regulation and Executive Functioning: A Comparison of Collegiate Taekwondo Athletes, Other Athletes, and Non-Athletes*. College of Arts and Sciences. **Chair.**
 Sydney Heiss, Ph.D. (2021). *Mental Health in Vegans: The Importance of Accounting for Identities, Stereotypes, and Experiences of Discrimination*. College of Arts and Sciences. **Chair.**
 Lauren Blau, Ph.D. (2021). *Feasibility of Acceptance-Based Health Coaching Targeting Food Cravings in Pregnancy*. College of Arts and Sciences. **Chair.**
 Jaime A. Coffino, M.P.H., M.A. (2019). *A Default Option for Health: Improving Nutrition within the Financial and Geographic Constraints of Food Insecurity*. College of Arts and Sciences. **Chair.**
 Elizabeth Persons Raffanella, M.P.H., Ph.D. (2019). *An Expansion of a Model of Depression in Multiple Sclerosis: Emotion Regulation and Coping as Moderators of the Relationship between Functional Disability and Adjustment to Disease*. College of Arts and Sciences. **Chair.**

- Martha A. Niemiec, Ph.D. (2019). *The Cognitive and Contextual Underpinning of Food Cravings: A Multi-Method Exploration*. College of Arts and Sciences. **Chair**.
- Natalia C. Orloff, Ph.D. (2018). *Cravings and Gestational Weight Gain: Predictors of Weight-Related Health in Pregnancy and the Post-Partum*. College of Arts and Sciences. **Chair**.
- Alison Rivers, Ph.D. (2016). *Intersecting Roles and Interactional Influences: Protective Psychosocial Factors and Trauma in Multiple Sclerosis Spousal/Partner Caregivers*. College of Arts and Sciences. **Chair**.
- Victoria Ledsham, Ph.D. (2024). *Risk Factors for Executive Functioning Development in Preschool Children with Type 1 Diabetes*. College of Arts and Sciences. **Member**.
- Max Roberts, Ph.D. (2024). *A Laboratory-Based Experimental Evaluation of the Effects of Values Clarification and Valued Contingencies on Problematic Smartphone Use Behavior*. College of Arts and Sciences. **Member**.
- Eric Tifft, Ph.D. (2023). *Mindful Control vs. Mindful Acceptance: An Experimental Evaluation of the Acute Impact of Intentions Guiding Mindfulness Practice on Psychological and Emotional Experiences*. College of Arts and Sciences. **Member**.
- Maha Mian, Ph.D. (2022). *Savoring as a Protective Behavioral Strategy for Cannabis Use*. College of Arts and Sciences. **Member**.
- Carly Schwartzman, Ph.D. (2022). *Therapist Facilitative Interpersonal Skills in Simulated Text-Based Telepsychotherapy with Cultural Minority Clients*. College of Arts and Sciences. **Member**.
- Jennifer Oswald, Ph.D. (2020). *Developing a Clinician Self-Report Fidelity Measure for a Transdiagnostic, Evidence-Based Protocol at a Residential Eating Disorder Treatment Center*. College of Arts and Sciences. **Member**.
- Matteo Bugatti, Ph.D. (2020). *A Comparison of Nomothetic and Idiographic Approaches to Routine Measurement and Feedback: Clinician Perceptions and Decision Making*. College of Arts and Sciences. **Member**.
- Joseph Donahue, Ph.D. (2020). *Reducing the Impact of Exposure to Idealized Body Images Across Genders: An Experimental Investigation of Policy and Media Literacy Interventions*. College of Arts and Sciences. **Member**.
- Rachel Luba, Ph.D. (2020). *Protective Behavioral Strategies for Cannabis Use: Findings from a Brief Web-Based Intervention*. College of Arts and Sciences. **Member**.
- Lauren Ehrlich, Ph.D. (2019). *An Examination of the Relationship between Cognitive and Metacognitive Factors and Bulimic Symptoms in Undergraduate Women*. College of Arts and Sciences. **Member**.
- Melissa Slavin, Ph.D. (2018). *Psychological Reactance Theory and Marijuana Craving*. College of Arts and Sciences. **Member**.
- Andrea Murray, Ph.D. (2017). *Mediating and Moderating Factors of the Relationship between Sexual Orientation and Eating Pathology and Body Satisfaction in Sexual Minority and Heterosexual Men*. College of Arts and Sciences. **Member**.
- Sasha Gorrell, Ph.D. (2017). *Female Athlete Body Project Intervention with Professional Ballet Dancers*. College of Arts and Sciences. **Member**.
- Lisa Anderson, Ph.D. (2017). *Does What You Think You Feel, Impact What You Actually Eat? An Examination of Alexithymia, Interoceptive Awareness, and Loss of Control Eating in Young Women*. College of Arts and Sciences. **Member**.
- Stephanie Wemm, Ph.D. (2017). *The Impact of Stress on Steroid Hormones and Cue Reactivity in Smokers and Gamblers*. College of Arts and Sciences. **Member**.
- Jamie Forsyth, Ph.D. (2016). *Evaluating the Immediate Impacts of Brief Mindfulness versus Lovingkindness Meditation*. College of Arts and Sciences. **Member**.
- Kristen Uhl, Ph.D. (2016). *Children's Response to Pediatric Continuous Glucose Monitoring (CGM) Sensor Insertion: The Role of Intervention and Individual Differences*. College of Arts and Sciences. **Member**.

- Mallory Loflin, Ph.D. (2016). *Cannabis Users' Experience of Craving: Cognitive, Physiological, and Attentional Changes Post Cue*. College of Arts and Sciences. **Member**.
- Renata Vaysman, Ph.D. (2015). *Examining the Relationship between Executive Function, Temperament, Quality of Life, and BMI in Young Adults*. College of Arts and Sciences. **Member**.
- Cassie Glanton, Ph.D. (2014). *The Role of Distress Tolerance and Expectancies in Women's Alcohol Consumption*. College of Arts and Sciences. **Member**.
- Amy Starosta, Ph.D. (2014). *Health Promotion: A Web-Based Motivational Enhancement Intervention to Reduce Risky Behaviors Among College Women*. College of Arts and Sciences. **Member**.
- Lindsay Morton, Ph.D. (2014). *The Dieting Paradox: Using I³ Theory to Explain Counter-Regulatory Eating*. College of Arts and Sciences. **Member**.

Master Thesis Committees

- Jennifer P. White, B.A. (in progress). College of Arts and Sciences. **Chair**.
- Grace Haase, M.A. (2026). *Trait Intolerance of Uncertainty and Eating Disorder Symptoms Interact to Predict Distress During Eating-Related Uncertainty*. College of Arts and Sciences. **Chair**.
- Emily Woodworth, M.A. (2026). *Multi-method Examination of the Implementation, Feasibility, and Acceptability of a Single Session Intervention for Loss of Control Eating in Pregnancy*. College of Arts and Sciences. **Chair**.
- Anna Love, M.A. (2024). *Body image and eating disorder development in young children: What do parents want to know?* College of Arts and Sciences. **Chair**.
- Kayla Costello, M.A., MSc. (2024). *Intolerance of uncertainty as a transdiagnostic measure among a sample of pregnant people*. College of Arts and Sciences. **Chair**.
- Susana Cruz Garcia, M.A. (2023). *The Moderating Role of Food Cravings in the Relationship between Weight Suppression and Binge Eating in an Emerging Adult Sample*. College of Arts and Sciences. **Chair**.
- Christina Sanzari, M.A. (2022). *U.S. Health Professionals' Perspectives on Orthorexia Nervosa: Clinical Utility, Measurement and Diagnosis, and Perceived Influence of Sociocultural Factors*. College of Arts and Sciences. **Chair**.
- McKenzie Miller, Ph.D. (2021). *Examining Cognitive and Behavioral Inflexibility: A Transdiagnostic Process Underpinning Maladaptive Exercise Behaviors and Attitudes*. College of Arts and Sciences. **Chair**.
- Arielle Wolinsky, Ph.D. (2020). *Statistical Fit and Factor Structure of the Food-Life Questionnaire in Emerging Adult Undergraduate Students*. College of Arts and Sciences. **Chair**.
- Lauren E. Blau, Ph.D. (2018). *The Effects of Pre-Pregnancy Tobacco Use on Food Cravings and Weight Gain in Pregnancy*. College of Arts and Sciences. **Chair**.
- Jaime A. Coffino, Ph.D., M.P.H. (2017). *A "Default Option" while Online Grocery Shopping to Enhance Nutrition within a Food Insecure Population*. College of Arts and Sciences. **Chair**.
- Sydney Heiss, Ph.D. (2017). *Confirmatory Factor Analysis of the Eating Disorder Examination Questionnaire in Vegans and Omnivores*. College of Arts and Sciences. **Chair**.
- Natalia Orloff, Ph.D. (2016). *Craving in Substance and Behavioral Addiction: The Role of Emotion Regulation Deficits and Thought Suppression*. College of Arts and Sciences. **Chair**.
- Martha Niemiec, Ph.D. (2015). *Development and Validation of the Obsessive Compulsive Eating Scale*. College of Arts and Sciences. **Chair**.
- Shannon Underwood, M.A. (2023). *Relational Barriers to Self-Compassion: The Impact of Frames of Coordination and Opposition on Indices of Distress and Well-Being*. College of Arts and Sciences. **Member**.

- Bethany Harris, Ph.D. (2022). *Intensive eating disorder progress monitoring: A baseline comparison of three diagnostic groups using the Progress Monitoring for Eating Disorders tool*. College of Arts and Sciences. **Member**.
- Victoria Ledsham, Ph.D. (2022). *Executive functioning in children and adolescents with Type 1 diabetes: Associations with HbA1c, glycemic variability, and household income*. College of Arts and Sciences. **Member**.
- Kimberly Martinez, Ph.D. (2022). *Evaluating the Relationship between Orthorexia Nervosa, Eating Disorder Symptomatology, and Related Psychological Constructs in an Undergraduate Mixed-Gender Sample*. College of Arts and Sciences. **Member**.
- Brianna Altman, Ph.D. (2019). *Assessing Novel Expectancies about Ayahuasca: A Preliminary Report*. College of Arts and Sciences. **Member**.
- Maha Mian, Ph.D. (2019). *Ayahuasca's Antidepressant Effects Covary with Behavioral Activation as well as Mindfulness*. College of Arts and Sciences. **Member**.
- Rachel Luba Ph.D. (2018). *The Role of Impulsivity and Expectancies in Predicting Marijuana Use: An Application of the Acquired Preparedness Model*. College of Arts and Sciences. **Member**.
- Joseph Donahue, Ph.D. (2017). *Eating Pathology in Sexual Minority Men: Evaluating an Objectification Theory Framework and the Role of Identity Acceptance Concerns*. College of Arts and Sciences. **Member**.
- Lizzie O'Rourke, Ph.D. (2017). *Depression and Anxiety in Emerging Adults: The Impact of Executive Function and Coping*. College of Arts and Sciences. **Member**.
- Melissa Slavin, Ph.D. (2017). *Expectancy-Mediated Effects of Marijuana on Menopause Symptoms*. College of Arts and Sciences. **Member**.
- Stacey Farmer, Ph.D. (2017). *Subjective Experiences of Marijuana Edibles. Documenting Discomfort*. College of Arts and Sciences. **Member**.
- Alison Rivers, Ph.D. (2016). *Exposure to Interparental Aggression during Youth and Internalizing Psychopathology in Adulthood: The Moderating Role of the Autonomic Nervous System*. College of Arts and Sciences. **Member**.
- Jennifer Oswald, Ph.D. (2016). *A Qualitative Analysis of Clinician Attitudes and Experiences Learning and Implementing Transdiagnostic Evidence-Based Practices for Eating Disorders*. College of Arts and Sciences. **Member**.
- Lisa Anderson, Ph.D. (2014). *Disgust, Fear, and Eating Disorder Symptomatology*. College of Arts and Sciences. **Member**.
- Erin Reilly, Ph.D. (2014). *The Peer Environments, Body Dissatisfaction, and Disordered Eating*. College of Arts and Sciences. **Member**.
- Mallory Loflin, Ph.D. (2013). *Outcome Expectancies Mediate the Impact of Olfactory Cues on Marijuana Craving*. College of Arts and Sciences. **Member**.
- James Broussard, Ph.D. (2012). *Conditioned Arousal to Slot Machine Wins: An Examination of Renewal Following Extinction*. College of Arts and Sciences. **Member**.

Undergraduate Honors Theses

- Lexi Morello, B.A. (2026). *Measuring Food and Alcohol Disturbance Among College Students*. **Chair**.
- Caitlyn Zon, B.A. (2021). *The Relationship Between Anxiety and Exercise in Individuals with and without Eating Disorders during COVID-19*. College of Arts and Sciences. **Chair**.
- Taylor Swanson, B.A. (2019). *Coping Mechanisms Used by Emerging Adults Affected by Parental Chronic Illness*. College of Arts and Sciences. **Chair**.
- Katie Helm, B.A. (2019). *The Impact of Exposure to the Thin Ideal on Chocolate Cravings in U.S. -born Women*. College of Arts and Sciences. **Chair**.

- Samantha Spoor, B.A. (2018). *Munchies for Migraines: The Causes and Correlates of Migraine-Specific Food Cravings*. College of Arts and Sciences. **Chair**.
- Ashley May, B.A. (2017). *How Emerging Adults are Affected by Parental Chronic Illness: A Study of Psychosocial Functioning and Academic Achievement*. College of Arts and Sciences. **Chair**.
- Priscilla Paulino, B.A. (2014). *The “Everything in Moderation” Approach: A Novel Intervention Targeting Cravings for Chocolate*. College of Arts and Sciences. **Chair**.
- Eliza Barach, B.A. (2016). *Marijuana Expectancies Regarding Premenstrual Syndrome and Premenstrual Dysphoric Disorder Symptoms*. College of Arts and Sciences. **Second Reader**.
- Alyssa Niman, B.A. (2013). *“It’s Not a Diet, But More of a Lifestyle.” Motivation and Dietary Restraint as Moderators for Eating Pathology in Vegetarians*. College of Arts and Sciences. **Second Reader**.
- Fatima Aboul-Seoud, B.A. (2013). *Factors Affecting the Detection of Relationship Status Deception*. College of Arts and Sciences. **Second Reader**.

SERVICE

Professional Service

- Ad Hoc Reviewer**, National Institutes of Health, Center for Scientific Review, *Psychosocial Influences on Healthy Development*, June 2026, October 2026
- Abstract Reviewer**, Association for Behavioral and Cognitive Therapies annual convention, 2024
- Editorial Board Member**, *Eating Disorders: The Journal of Treatment and Prevention*, 2014 - present
- Associate Editor**, *Frontiers in Psychology (Eating Behavior)*, 2013 – present
- Special Issue Editor, “Research in Restrained Eating: Charting the Future” (with Dr. C. Alix Timko)
- External Reviewer**, *Swiss National Science Foundation*, 2016
- Consulting Reviewer**, *Annals of Behavioral Medicine*, 2014
- Invited Peer Reviewer**, *Worth Publishers*, 2012 - 13
- Ad-Hoc Reviewer**, *Addiction, Addiction Research & Theory, AIDS & Behavior, AIDS Care, Appetite, Behavior Therapy, BMJ Open, Chemical Senses, Computers in Human Behavior, Cyberpsychology: Journal of Psychosocial Research on Cyberspace, Drug and Alcohol Dependence, Ecology of Food and Nutrition, Nature Reviews, Journal of Behavioral Addictions, Journal of Health Psychology, Journal of Positive Psychology, Journal of Rural Health, Nutrients, Obesity, Physiology & Behavior, Social Cognition*

University & College Service

Associate Dean for Faculty Affairs and Research

- 2025-present: College of Arts and Sciences Strategic Planning Steering Committee (**chair**)
- 2023-present: College of Arts and Sciences Dean’s Excellence Through Diversity Award (**chair**)
- 2022-present: College of Arts and Sciences Dean’s External Funding Incentive Fellowship (**chair**)
- 2022-present: College of Arts and Sciences Dean’s Faculty Service Awards committee (**chair**)
- 2021-present: Provost’s Council (**member**)
- 2021-23: Strategic Enrollment Management Council (**member**)
- 2021-23: ITS Teaching and Learning Advisory committee (**member**)
- 2020-present: Distinguished Doctoral Dissertation Awards committee (**chair**)
- 2020-present: College of Arts and Sciences Dean’s Teaching Awards committee (**chair**)
- 2020-present: College of Arts and Sciences Faculty Council
- Faculty Development Committee (**ex officio representative**)
- Academic Support Committee (**ex officio representative**)
- 2020-21: Chancellor’s Distinguished Dissertation Award committee (**member**)

2020-21: Albany-SUNY Online Coordination committee (**member**)

Member, Simons Foundation-Funded Cluster Hire Search Committees in Biological Sciences, Cognitive Psychology, and Mathematics, 2025 - 2026

Member, Psychological Services Center Director Search Committee, 2025 - 2026

Member, Organized Research Units Review Committee, 2025 - present

Member, Research Services Workgroup, 2025 - present

Member, University's Strategic Allocation of Resources (StAR) Awards Program Workgroup, 2024

Member & ODI Representative, Psychological Services Center Director Search Committee, 2024

Co-Chair, Research and Entrepreneurship Week "Research Open House" Workgroup, 2023

Priority Area Content Expert on Diversity and Inclusion, Strategic Plan Advisory Council, 2021-2022

Chair, College of Arts and Sciences Diversity and Climate Committee, 2020 - 2023

Steering Committee Member, Women in Science and Health, 2019 - present

Member, President's Advisory Council on the Prevention of Alcohol and Other Drug Misuse and Related Risk Behaviors, 2015 - 2020

Member, Pre-Health Advisory Committee, 2014-2020

Proposal Reviewer, Presidential Initiatives Fund for Research and Scholarship, 2014 & 2016

Department of Psychology

Faculty Advisor, Department of Psychology Undergraduate Mentorship Program, 2020 - present

Member, Diversity and Inclusion Workgroup in Clinical Psychology, 2020 - 2023

Member, Cognitive Psychology Search Committee, 2022 - 2023

Member, Chair Election Committee, 2018

Faculty Advisor, Psi Chi, The International Honor Society in Psychology, University at Albany Chapter, 2017 - 2019

Director, Department of Psychology Undergraduate Honors Program, 2016 – 2020

Member, Graduate committee, 2015 – 2017

Elected At-Large Member, Executive Committee, 2014 – 15

Member, Cognitive Neuroscience Search Committee, 2014

Chair, Departmental Self-Study, Support, Resources and Facilities Committee, 2014

Member, General Education Committee, 2013 - 14

Member, Chair Election Committee, 2014

Member, Social Psychology Search Committee, 2013

Member, Awards Committee, 2012 - 13

PROFESSIONAL AFFILIATIONS

American Association of University Women

Association for Behavioral and Cognitive Therapies

Women's Special Interest Group

Academy for Eating Disorders

Eating Disorders Research Society (*membership by nomination & vote*)

International Society for the Study of Behavioral Addictions