Curriculum Vitae **Anna Ciao, PhD** *Updated August 2026*

Email: Anna.Ciao@wwu.edu **Address:** Western Washington University
516 High Street, MS-9172
Bellingham, Washington
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EDUCATION

2013 **Doctor of Philosophy, Clinical Psychology**
University of Hawai'i Mānoa, Department of Psychology, Honolulu, HI

2009 **Master of Arts, Clinical Psychology**
University of Hawai'i-Mānoa, Department of Psychology, Honolulu, HI

2004 **Bachelor of Arts, Psychology**
Trinity University, Department of Psychology, San Antonio, TX

ACADEMIC APPOINTMENTS

2025-present **Professor of Psychology,** Western Washington University, Department of Psychology, Bellingham, WA

2022-2026 **Director,** Center for Cross-Cultural Research, Western Washington University, Department of Psychology, Bellingham, WA

2019-202 **Associate Professor of Psychology,** Western Washington University, Department of Psychology, Bellingham, WA

2014-2019 **Assistant Professor of Psychology,** Western Washington University, Department of Psychology, Bellingham, WA

2013-2014 **Postdoctoral Research Fellow,** The University of Chicago Eating Disorders Program, Department of Psychiatry and Behavioral Neuroscience, Chicago, IL

LICENSURE AND CERTIFICATIONS

Licensed Psychologist, Washington State (License #PY60459500)

Certification in Family-Based Treatment, Training Institute for Child and Adolescent Eating Disorders

REFEREED JOURNAL ARTICLES

* indicates WWU student co-author; + indicates WWU community partner

1. Hernandez, J. M., Palafu, T., Pascual, S., Primack, Z., Madrigal, G., Okamoto, M. T., Tano, H. J. K., Almanza, P., Besson, C., Ito, M., **Ciao, A. C.,** Opara, I., & Okamura, K. H. (2026). Community-minded, adolescent-driven: Addressing behavioral health

disparities through youth participatory research designs. Frontiers in Public Health, 14. https://doi.org/10.3389/fpubh.2026.1771899

2. Becker, C. B. & **Ciao, A. C.** (2026). Using science, advocacy, and a global village to change body image and prevent eating disorders: An invited narrative review of the Body Project. *International Journal of Eating Disorders* online early view. https://doi.org/10.1002/eat.70179
3. **Ciao, A.C.,** Delucio, K., Park, A.*, Ngo, L.* (2026). The impacts of a justice-focused body image program for early adolescents. *Frontiers in Psychiatry, 17, 1-14.* https://doi.org/10.3389/fpsyt.2026.1828519
4. **Ciao, A.C.**, Brown, T., & Levine, M. (2024). Future directions for equity-centered body image and eating disorders prevention work. *Eating Disorders: the Journal of Treatment and Prevention, 6,* 817-824. https://doi.org/10.1080/10640266.2024.2368916
5. Levine, M., **Ciao A. C.**, & Brown, T. (2024). Introduction to the special issue of *Eating Disorders:* Identifying and closing the gaps in the prevention of disordered eating and eating disorders. *Eating Disorders: the Journal of Treatment and Prevention, 6,* 563-571. https://doi.org/10.1080/10640266.2024.2336274
6. Rodgers, R. F., Gordon, A. R., Burke, N., & **Ciao, A. C.** (2024). Parents and caregivers as key players in the prevention and identification of body image concerns and eating disorders among early adolescents. *Eating Disorders: the Journal of Treatment and Prevention, 6,* 703-726. https://doi.org/10.1080/10640266.2024.2366546
7. Pascual, S.*, Martini, A.*, Gambito, J.+, Gemar, C.+, Bell, E.*, Delucio, K., & **Ciao, A. C.** (2024). Developing a Justice-Focused Body Image Program for U.S. Middle Schoolers: A School-Based Community-Engaged Research Process. *Eating Disorders: the Journal of Treatment and Prevention, 6,* 623-643. https://doi.org/10.1080/10640266.2024.2328402
8. **Ciao, A. C.,** Duvall, A.*, Pascual, S.* & Lawley, K. A.* (2023). Expert peer facilitation of the EVERYbody Project: A randomized-controlled evaluation of a diversity-focused, dissonance-based, universal body image program for college students. *International Journal of Eating Disorders, 56*, 372-383. https://doi.org/10.1002/eat.23852
9. **Ciao, A. C.,** Munson, B. R.*, Pringle, K. D.*, Roberts, S. R.*, Lalgee, I. A.*, Lawley, K. A.*, & Brewster, J.+ (2021). Inclusive dissonance-based body image interventions for college students: Two randomized-controlled trials of the *EVERYbody Project. Journal of Consulting and Clinical Psychology, 89,* 301-315. https://doi.org/10.1037/ccp0000636
10. **Ciao, A. C.,** Lebow, J., VandenLangenberg, E., Ohls, O.*, & Berg, K. C. (2020). A qualitative examination of adolescent perspectives on early identification and early response to eating disorders. *Eating Disorders: The Journal of Treatment and Prevention, 1-18.* https://doi.org/10.1080/10640266.2020.1805960

11. Roberts, S.*, **Ciao, A. C.,** & Czopp, A. (2018). Influence of Gender on the Evaluation of Anorexia Nervosa. *International Journal of Eating Disorders, 1162-1167.* https://doi.org/10.1002/eat.22917
12. **Ciao, A. C.,** Ohls, O. C.*, & Pringle, K. D.* (2018). Should body image programs be more inclusive? A focus group study of college students. *International Journal of Eating Disorders, 51,* 82-86. https://doi.org/10.1002/eat.22794
13. Peterson, C. B., Berg, K. C., Crosby, R. D., Lavender, J. M., Accurso, E. C., **Ciao, A. C.,** … Wonderlich, S. A. (2017). Examining the Indirect Effects of Emotion Regulation, Self-Directed Behavior, and Self-Discrepancy in Integrative Cognitive-Affective Therapy and Cognitive-Behavioral Therapy-Enhanced for Bulimia Nervosa. *International Journal of Eating Disorders, 50,* 636-647. https://doi.org/10.1002/eat.22669
14. Durso, L. E., Latner, J. D., & **Ciao, A. C.** (2016). Psychometric Evaluation of the Weight Bias Internalization in Treatment-seeking Overweight Adults: Associations with Self-esteem, Body Image, and Mood Symptoms. *Eating Behaviors, 21,* 104-108. https://doi.org/10.1016/j.eatbeh.2016.01.011
15. Fitzsimmons-Craft, E. E., **Ciao, A. C., &** Accurso, E. C. (2016). A Naturalistic Examination of Social Comparisons and Disordered Eating Thoughts, Urges, and Behaviors in College Women. *International Journal of Eating Disorders, 49,* 141-150. https://doi.org/10.1002/eat.22486
16. Fitzsimmons-Craft, E. E., Accurso, E. C., **Ciao, A. C.,** Crosby, R. D., Cao, L., Pisetsky, E. M., Le Grange, D., Peterson, C. B., Crow, S. J., Engel, S. G., Mitchell, J. E., & Wonderlich, S. A. (2015). Restrictive eating in anorexia nervosa: Examining maintenance and consequences in the natural environment. *International Journal of Eating Disorders, 48,* 923-931. https://doi.org/10.1002/eat.22439
17. **Ciao, A. C.,** Latner, J. D., Brown, K. E., Ebneter, D. S., & Becker, C. B. (2015). Effectiveness of a peer-delivered dissonance-based program in reducing eating disorder risk factors in high school girls. *International Journal of Eating Disorders, 48,* 779-784. https://doi.org/10.1002/eat.22418
18. **Ciao, A. C.,** Accurso, E. C., Fitzsimmons-Craft E. E., & Le Grange, D. (2015). Predictors and moderators of psychological changes during the treatment of adolescent bulimia nervosa. *Behaviour Research and Therapy, 69*, 48-53. https://doi.org/10.1016/j.brat.2015.04.002
19. Accurso, E. C., Fitzsimmons-Craft E. E., **Ciao, A. C.,** Cao, L., Crosby, R. D., Crow, S. J., Peterson, C. B., & Wonderlich, S. A. (2015). Therapeutic alliance and therapist effects in two treatments for bulimia nervosa. *Journal of Consulting and Clinical Psychology,* 83, 637-642. https://psycnet.apa.org/doi/10.1037/ccp0000021
20. Accurso, E.C., Fitzsimmons-Craft E., **Ciao, A. C.,** & Le Grange, D. (2015). From Efficacy to Effectiveness: Comparing Outcomes for Youth with Anorexia Nervosa between Randomized Trial versus Specialty Clinic Care. *Behaviour Research and Therapy, 65,* 36-41. https://doi.org/10.1016/j.brat.2014.12.009

21. **Ciao, A. C.,** Accurso, E. C., Fitzsimmons-Craft, E. E., Lock, J., & Le Grange, D. (2014). Family functioning in two treatments for adolescent anorexia nervosa. *International Journal of Eating Disorders, 48,* 81-90. https://doi.org/10.1002/eat.22314
22. Fitzsimmons-Craft, E. E., **Ciao, A. C.,** Accurso, E. C., Pisetsky, E. M., Peterson, C. B., Byrne, C. E., & Le Grange, D. (2014). Subjective and objective binge eating in relation to eating disorder symptomatology and psychological functioning among treatment-seeking adolescents with bulimia nervosa. *European Eating Disorders Review, 22,* 230-236. https://doi.org/10.1002/erv.2297
23. **Ciao, A. C.,** Loth, K. A., & Neumark-Sztainer, D. (2014). Preventing eating disorder pathology: Common and unique features of successful eating disorders prevention programs. *Current Psychiatry Reports, 16,* 453-469. https://dx.doi.org/10.1007%2Fs11920-014-0453-0
24. Accurso, E. C., **Ciao, A. C.,** Fitzsimmons-Craft, E. E., Lock, J., & Le Grange, D. (2014). Is weight gain really a catalyst for broader recovery?: The impact of weight gain on psychological symptoms in the treatment of adolescent anorexia nervosa. *Behaviour Research and Therapy, 56,* 1-6. https://doi.org/10.1016/j.brat.2014.02.006
25. Latner, J. D., **Ciao, A. C.,** Wendicke, A. U., Murakami, J. M., & Durso, L. E. (2013). Community-based behavioral weight loss treatment: Long-term maintenance of weight loss, physiological and psychological outcomes. *Behaviour Research and Therapy, 51,* 451-459. https://doi.org/10.1016/j.brat.2013.04.009
26. Latner, J. D., & **Ciao, A. C.** (2013). Weight-loss history as a predictor of obesity treatment outcome: Prospective, long-term results from behavioral, self-help treatment. *Journal of Health Psychology, 19,* 253-261. https://doi.org/10.1177%2F1359105312468191
27. **Ciao, A. C.**, Latner, J. D. & Durso, L. E. (2012). Treatment seeking and barriers to treatments of different intensity levels among overweight and obese individuals. *Eating and Weight Disorders, 17,* e9-16.
28. **Ciao, A. C.,** & Latner, J. D. (2011). Reducing obesity stigma: The effectiveness of cognitive dissonance and social consensus interventions. *Obesity*, *19,* 1768-1774. https://doi.org/10.1038/oby.2011.106
29. Daníelsdóttir, S., O'Brien, K. S. & **Ciao, A.** (2010). Anti-fat prejudice reduction: A review of published studies. *Obesity Facts, 3,* 47-58. https://doi.org/10.1159/000277067
30. Becker, C. B., Bull, S., Smith, L. M., & **Ciao, A. C.** (2008). Effects of being a peer-leader in an eating disorders prevention program: Can we further reduce eating disorder risk factors. *Eating Disorders: Journal of Treatment and Prevention, 16,* 444-449. https://doi.org/10.1080/10640260802371596
31. Becker, C. B., **Ciao, A. C.,** & Smith, L. M. (2008). Moving from efficacy to effectiveness in eating disorders prevention: The Sorority Body Image Program. *Cognitive and Behavioral Practice, 15,* 18-27. https://doi.org/10.1016/j.cbpra.2006.07.006

32. Becker, C. B., Smith, L. M., & **Ciao, A. C.** (2006). Peer facilitated eating disorder prevention programs: A randomized effectiveness trial of cognitive dissonance and media advocacy. *Journal of Counseling Psychology, 53,* 550-555. https://psycnet.apa.org/doi/10.1037/0022-0167.53.4.550
33. Becker, C. B., Smith, L. M., & **Ciao, A. C.** (2005). Reducing eating disorder risk factors in sorority members: A randomized trial. *Behavior Therapy, 36,* 245-253. https://doi.org/10.1016/S0005-7894(05)80073-5

INVITED CHAPTERS IN EDITED VOLUMES

* indicates student co-author

1. **Ciao, A. C.** & Becker, C. B. (In Press) Cognitive dissonance approaches. In T. Tylka & R. Rodgers (Eds.), *Handbook of Body Image.* Guilford.
2. **Ciao, A.C.,** Pascual, S.*, & Hodges, G.* (2023). The role of parents and other caregivers in the early detection of eating disorders. In V. R. Preedy & V. B. Patel (Eds.), *Eating Disorders.* Springer Nature.
3. **Ciao, A. C.,** Ohls, O. C.*, & Munson, B.* (2016). Prevention in non-school/university settings. In T. Wade (Ed.), *Encyclopedia of Feeding and Eating Disorders.*
4. **Ciao, A. C.,** Accurso, E. C., & Wonderlich, S. A. What do we know about severe and enduring anorexia nervosa? (2016). In S. Touyz, D. Le Grange, P. Hay, & H. Lacey (Eds.), *Managing Severe and Enduring Anorexia Nervosa: A Clinician's Guide.*
5. **Ciao, A. C.,** Anderson, K., & Le Grange, D. (2015). Family approaches to treatment of eating disorders. In M. Levine & L. Smolak (Eds.), *Encyclopedia of Eating Disorders.*

RECENT CONFERENCE PAPER PRESENTATIONS

* indicates student co-author; + indicates community partner

1. **Ciao. A. C.,** Carter, M.*, Shaheen, A.*, Youmans, T.*, & Adamovici, S.* (2026). Widening the lens on risk and resilience: Changes in novel outcomes within diversity-focused body image interventions. Paper presented at the Appearance Matters conference, Bristol, UK.
2. **Ciao, A. C.,** Swieven Craftord, V.*, Duvall, A.*, Pascual, S.*, Hodges, G.*, & Stewart, A.* (2025). EVERYbody Project Connect: The efficacy of an online, diversity-focused dissonance-based body image program. Paper presented at the International Conference on Eating Disorders, San Antonio, TX.
3. **Ciao, A. C.** Martini, A.*, Delucio, K., Bell, E.*, Park, A.*, Stewart, A.*, Bulson, E.*, Sweiven Crawford, V.*, Berbano, M.*, Murillo, O.*, Gambito, J.+, Castellon-Barba, M.+, Goldman, M.+, Gemar, C.+, & Pascual, S.* (2024). The Body Justice Project: Using community-engaged research to create a school body image curriculum.

Paper presented at the 2024 International Conference on Eating Disorders, New York, NY.

4. Pascual, S.*, Martini, A.*, Gambito, J.+, Gemar, C.+, Bell, E.*, Gustafson, E.*, Delucio, K., & **Ciao, A. C.** (2023). Developing a justice-focused body image program for US middle schoolers: A school-based participatory action research process. Paper accepted for presentation[+] at the 2023 International Conference on Eating Disorders, Washington, D.C.

   [+]paper was withdrawn from conference by author team

5. **Ciao, A. C**., Duvall, A.*, Toop, P.*, Lawley, K. A.*, Kolakowski, C.*, Pascual, S.*, Hodges, G.*, Lalgee, I.*, & Martini, A.* (2022). *Incorporating principles of user-centered design to create an inclusive, online dissonance-based body image program for college students: The EVERYbody Project-Connect.* Paper presented at the International Conference on Eating Disorders (online).
6. Kolakowski, C.*, Sebren, O.*, & **Ciao., A. C.** (2021). *Protective factors against disordered eating and body dissatisfaction in transgender and nonbinary individuals.* Paper presented at the International Conference on Eating Disorders (online).
7. **Ciao, A. C.,** Duvall, A.*, Pascual, S.*, Nguyen, D.*, Van Druff, D.*, Lawley, K. A.*, Sebren, O.*, Kolakowski, C.*, Nelson, A.*, Toop, P.*, & Joseph, B. (2021). *Expert peer facilitation of the EVERYbody Project: A randomized-controlled evaluation of a diversity-focused, dissonance-based body image program for college students.* Paper presented at the International Conference on Eating Disorders (online).
8. Lawley, K. A.* & **Ciao, A. C.** (2021). *Body size descriptors and weight stigma: Does word choice matter?* Paper presented at the International Conference on Eating Disorders (online).
9. **Ciao, A. C.,** Valdez, M.*, & Paulson, L.* (2020). A mixed-methods examination of body satisfaction and dissatisfaction among diverse middle school students in the United States. Paper presented at the International Conference on Eating Disorders (online due to COVID-19).
10. Sekhon, T., Armstrong Soule, C. A., & **Ciao, A. C.** (2019). *It's Not as Bad as I Thought It Would Be: Health Halos vs. Expectation Disconfirmation Effects on Affective and Cognitive Evaluations of Food Products.* Paper presented at the North American Association of Consumer Research Conference, Atlanta, GA.
11. **Ciao, A. C.,** Brewster, J.+, Lalgee, I.*, Freeman, J. *, Pringle, K. *, Lawley, K. *, Butler, M. *, & Bassett, J. * (2019). *A peer-led trial of the EVERYbody Project: Inclusive eating disorder risk factor reduction for college students.* Paper presented at the Academy of Eating Disorders International Conference on Eating Disorders, New York, NY.
12. **Ciao, A. C.,** Munson, B.*, Pringle, K.D.*, Butler, M.*, Bassett, J.*, & Brewster, J. (2018). *Inclusive eating disorders risk factor reduction for college students: A randomized pilot trial of the EVERYbody Project.* Paper presented at the Academy of Eating Disorders International Conference on Eating Disorders, Chicago, IL.

13. **Ciao, A. C.,** Munson, B.*, Pringle, K.D.*, Bassett, J.*, & Brewster, J.+ (2017). *Inclusive eating disorders prevention for college students: A pilot trial of the EVERYbody Project.* Paper presented at the Western Psychological Association conference, Sacramento, CA.
14. **Ciao, A. C.,** Ohls, O.*, Pringle, K. D.*, Roberts, S.*, & Allyn, A. C.* (2016). *Should eating disorder prevention be more inclusive? A focus group study of college students.* Paper presented at the Academy of Eating Disorders International Conference on Eating Disorders, San Francisco, CA.

RECENT CONFERENCE PANEL AND SYMPOSIUM PRESENTATIONS

* indicates student co-author; + indicates community partner

1. Perry, N., Aggarwal, P., **Ciao, A. C.**, Gutierrez Chavez, M., Harkness, A., Park, A., & Ramos, G. (2024). *Budget friendly breakthroughs: Resourceful approaches to launching a career in community-engaged health research.* Panel Discussion at the Association of Behavioral and Cognitive Therapies conference, Philadelphia, PA.

2. **Ciao, A. C.**, Delucio, K., Berbano, M. I.*, Park., A.*, & Ngo, L*. (2024). The impact of the Body Justice Project for early adolescents: Using community-engaged research to implement school-based body image interventions. Symposium presentation in D. Shapiro (Chair), *Community-Partnered Implementation in Diverse Settings: Strategies for Identifying and Tailoring Solutions to Implementation of Novel Interventions.* Association of Behavioral and Cognitive Therapies, Philadelphia, PA.

3. Roberts, S.*, Silverstein, S., Brown, T. A., **Ciao, A. C.,** Duvall, A.*, & Pascual, S.* (2023). *Eating disorders prevention: Theoretical foundations and current approaches.* Panel Discussion at the Association of Behavioral and Cognitive Therapies conference, Seattle, WA.

4. Pascual, S.*, Martini, A.*, **Ciao, A. C.,** Stadnick, N. A., Nadeem, E., Kanuha, V. K., & Okamura, K. H. (2023). *Transactional to transformational: advancing equity through meaningful community-engaged research with underserved populations.* Panel Discussion at the Association of Behavioral and Cognitive Therapies conference, Seattle, WA.

5. Pascual, S.*, Martini, A.*, Gambito, J.+, Gemar, C.+, Bell, E.*, Delucio, K., & **Ciao, A. C.** (2023). Developing and implementing a justice-focused body image program for U.S. middle schoolers: A school-based participatory action research process. Symposium presentation in J. Albright (Chair) and C. Stanick (Discussant), *Engaging Stakeholders in Treatment Development and Implementation: Increasing Inclusivity and Improving Access to Evidence-based Care.* Association of Behavioral and Cognitive Therapies conference, Seattle, WA.

RECENT CONFERENCE POSTER PRESENTATIONS

* indicates student co-author

1. **Ciao, A. C.,** Serban I.*, Ekhteraee-Sanaee, T.*, Sy, D.*, & Martens, A.* (2026). Staff perceptions of body image and eating concerns among high school students. Poster accepted for presentation at the 2026 International Conference on Eating Disorders, The Hague, Netherlands.
2. Rodgers, R. F., **Ciao, A.,** Burke, N., & Gordon, A. (2023). *Parents of teens with appearance concerns: Perceived needs towards better identification and intervention.* Poster presented at the annual meeting of the Eating Disorders Research Society, Boston, MA.
3. Rodgers, R. F., **Ciao, A.,** Burke, N., & Gordon, A. (2022). *Empowering parents for prevention: Participative co-design for effective and inclusive interventions.* Poster presented at the annual meeting of the Eating Disorders Research Society, Philadelphia, PA.
4. Lawley, K.* & **Ciao, A. C.** (2021). *Body Size Descriptors and Weight Stigma: Does Word Choice Matter?* Poster presented at the International Conference on Eating Disorders (online).
5. Lawley, K.* & **Ciao, A. C.** (2019). *What does fat really mean? Body size estimation depends on word choice.* Poster presented at the Academy of Eating Disorders International Conference on eating Disorders, New York, NY.
6. Roberts, S.*, **Ciao, A. C.,** & Czopp, A. (2018). *Gender differences in the awareness of anorexia nervosa and weight loss behaviors among college students.* Poster presented at the Academy of Eating Disorders International Conference on Eating Disorders, Chicago, IL.
7. Chandler, M.*, Roberts, S.*, Wilson, M.*, & **Ciao, A. C.** (2018). *The effects of body positive advertisement campaigns.* Poster presented at the Academy of Eating Disorders International Conference on Eating Disorders, Chicago, IL.
8. Sturm, M.*, Hall, M.*, O'Guin, J.*, Figueira, R.*, & **Ciao, A. C.** (2018). *I can see your (health) halo: The impact of food labeling on the perceived health characteristics of processed food.* Poster presented at the Academy of Eating Disorders International Conference on Eating Disorders, Chicago, IL.
9. Chandler, M.*, Sturm, M.*, Wilson, M.*, Roberts, S.*, & **Ciao, A. C.** (2017). *The effects of body positive advertisement campaigns.* Poster presented at the Western Psychological Association conference, Sacramento, CA.
10. Roberts, S.*, **Ciao, A. C.,** & Czopp, A. (2017). *The influence of gender on the perception of anorexia nervosa.* Poster presented at the Western Psychological Association conference, Sacramento, CA.
11. **Ciao, A. C.,** Lebow, J., VandenLangenberg, E., & Berg, K. (2016). *A qualitative examination of adolescent perspectives on early identification and early intervention*

in eating disorders. Poster presented at the Academy of Eating Disorders International Conference on Eating Disorders, San Francisco, CA.

COURSES TAUGHT

Undergraduate courses

- *Behavioral and Mental Health* (PSY 250 at Western Washington University; PSYC 371 at the University of Hawai'i-Mānoa)
- *Interventions in Adult Mental Health* (PSY 351 at Western Washington University)
- *Experimental Research and Statistics* (PSY 303 at Western Washington University)
- *Seminar in Mental Health* (PSY 451 at Western Washington University)
- *Seminar in Culture and Mental Health* (PSY 455 at Western Washington University)

Graduate courses

- *Counseling Practicum and Supervision* (PSY 570 at Western Washington University)
- *Cognitive Behavioral Therapy for Eating Disorders* (online course for the University of Monterrey, Mexico)
- *Evidence-Based and Beyond: Psychological Approaches to Eating Disorders* (online course for the Eating Disorders Educational Institute)

RECENT SERVICE ACTIVITIES

Departmental Service

Departmental Committees and Task Forces

2025-present	Behavioral Health Support Specialists Task Force
2022-2026	Culture, Race, and Ethnicity Course Development Task Force
2022-2026	Director, Center for Cross-Cultural Research
2024-2025	IDEA Committee (DEI committee) Chair
2023-2024	Psychology Admissions Committee
2022-2023	Culture and Race/Ethnicity Hiring Committee
2019-2021	Abnormal/Counseling Representative, Chair's Advisory Committee
2018-2021	Department Evaluation Revision Task Force (Chair 2019-2020)
2014-2021	Scholarship Committee (Chair 2018-2021)
2014-2021	Subject Pool Committee

Invited Departmental Talks and Guest Lectures

- Ciao, A. C. (March 2024). *Positive body image and flexible relationships with food: Lessons learned from eating disorders prevention.* Guest lecture in Developmental Psychopathology graduate course (PSY 542) at Western Washington University.
- Ciao, A.C. and Olvera, K. (January 2024). *Clinical Psychology Careers.* Career talk sponsored by Psychology Club at Western Washington University.
- Ciao, A.C. *Working with Eating Disorders.* (April 2023). Guest lecture in Internship graduate course (PSY 670) at Western Washington University.
- Ciao, A.C. *Working with Eating Disorders.* (February 2023). Guest lecture in IDevelopmental Psychopathology graduate course (PSY 542) at Western Washington University.
- Ciao, A.C., Olvera, K., and Czopp, A. (Oct 2022). *Doctoral Careers in Psychology.* Career talk sponsored by Psi Chi at Western Washington University.

University Service

University Committees

2023-present Western Washington University IRB Committee

2024-2025 College of Humanities and Social Sciences Scholarship Committee

Invited University Workshops

- Ciao, A.C. (January 2024). *Conducting the EVERYbody Project.* Half day training workshop for Wellness Advocates at Western Washington University.

Service to Community

Recent Community Research Partners

2020-present Shuksan Middle School, Bellingham, WA

2021-2025 Communities in Schools of Whatcom-Skagit

Community Workshops and Talks

- Ciao, A. C. (April 2025). *The Body Justice Project: Working with middle schoolers to prevent eating disorders.* Presentation to the Educational Service District in Anacortes, WA.
- Ciao, A. C. (October 2023). *Developing positive body image and a health relationship with food: Lessons learned from eating disorders prevention.* Online community lecture sponsored by the University of Monterrey in Mexico as part of the 2023 International Fair.

Service to Professional Field

Committees

2024-2026 Academy of Eating Disorders *2026 Scientific Program Committee*

2021-2026 Academy of Eating Disorders *Educational Programing Committee*

Editorial Positions

2023-2024 Co-Editor, Special issue on Prevention, *Eating Disorders: The Journal of Treatment and Prevention*

2017-present Editorial Board, *Eating Behaviors* journal

Invited Talks

- Ciao, A. C. (October 2024). *Eating Disorders Prevention Research: Status of the Evidence.* Online presentation for the International Congress on Prevention sponsored by the University of Monterrey, Mexico.
- Ciao, A. C. (September 2024). *Cultivating Body Liberation: Lessons Learned from Eating Disorders Prevention.* Global Community Professor presentation for the Department of Psychology at the University of Monterrey, Mexico.
- Ciao, A. C. (June 2024). *Prevention Research Update: Status of the Evidence.* Online grand rounds presentation for Eating Disorders Ontario.

Invited Workshops

- Ciao, A. C. (September 2024). *EVERYbody Project Training.* In-person 16 hour training for the University of Monterrey in Mexico as part of the Global Community Professor program.
- Ciao, A. C. (August 2024). *EVERYbody Project Training.* In-person 16 hour training for Eating Disorders-Ontario Prevention division.
- Ciao, A. C. & Pascual, S. (July 2024). *EVERYbody Project Training.* Online 10 hour training for Haverford College and Bryn Mawr University.
- Ciao, A. C. (July 2024). *EVERYbody Project Training.* Online 12 hour training for New Mexico State University Health & Wellness Center.
- Ciao, A. C. & Pascual, S. (March 2024). *EVERYbody Project Training.* Online six hour training for the University of California, San Diego Counseling & Psychological Services.
- Ciao, A. C. (October 2020). *Evidence-Based Body Image Interventions.* Online four hour clinician workshop co-sponsored by the University of Monterrey, Mexico and Comenzar de Nuevo Eating Disorders Center.

Reviewer for Academic Journals

- Eating Disorders: the Journal of Treatment and Prevention (special issue editor 2023-2024)
- Eating Behaviors (Editorial Board 2017-present)
- The Journal of Consulting and Clinical Psychology
- Body Image
- International Journal of Eating Disorders
- Behaviour Research and Therapy

Reviewer for Academic Conferences

- Association for Behavioral and Cognitive Therapies
- Academy of Eating Disorders International Conference

Current Professional Memberships and Affiliations

- Association for Behavioral and Cognitive Therapies
- Academy for Eating Disorders
- Eating Disorders Research Society