A. Janet Tomiyama, Ph.D.

Curriculum Vitae

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CURRENT POSITION

Title:	Marcie H. Rothman Presidential Term Chair of Food Studies & Faculty Director
Institution:	University of California, Los Angeles
Department:	Rothman Family Institute of Food Studies
Title:	Professor
Institution:	University of California, Los Angeles
Department:	Psychology

PRIOR EMPLOYMENT

Title:	Assistant Professor
Institution:	Rutgers University, New Brunswick
Departments:	Psychology Nutritional Sciences
Affiliations:	Institute for Health, Health Care Policy and Aging Research, Rutgers Institute for Food, Nutrition, and Health, Rutgers

EDUCATION

Institution:	University of California, Los Angeles
Degree:	Ph.D., June 2009
Major:	Social Psychology
Minors:	Health Psychology Quantitative Psychology
Dissertation Title:	*Dieting as a Stressor*
Institution:	University of California, Los Angeles
Degree:	M.A., December 2004
Major:	Social Psychology
Institution:	Cornell University
Degree:	B.A., *cum laude*, June 2001
Major:	Psychology
Concentrations:	Social, Personality, and Abnormal Psychology

FELLOWSHIPS

2009-2011	Robert Wood Johnson Foundation Health and Society Scholar Postdoctoral Fellowship, UCSF/UC Berkeley
2007-2009	NIMH Health Psychology Predoctoral Fellowship
2004-2007	National Science Foundation Graduate Research Fellowship
2003-2004	UCLA Edwin A. Pauley Fellowship

AWARDS AND HONORS

2025 Inaugural Recipient, Faculty Award for Excellence in Graduate Student Mentoring
2024 Fellow, Society for Personality and Social Psychology
2022 Jane B Semel Healthy Campus Initiative Appreciation & Recognition Award
2022 Fellow, Academy of Behavioral Medicine Research
2022 Inaugural Fellow, American Psychosomatic Society
2021 UCLA Life Sciences Excellence in Promotion of Diversity & Inclusion Faculty Award
2021 UCLA Undergraduate Research Mentoring Award
2017 Association for Psychological Science Janet Taylor Spence Award for Transformative Early Career Contributions
2017 Fellow, Society for Experimental Social Psychology
2016 Society for Health Psychology (APA Division 38) Outstanding Contributions to Health Psychology by an Early Career Professional Award
2016 Distinguished Faculty Teaching Award
2014 Hellman Fellow
2013 Society of Behavioral Medicine Early Career Investigator Award
2013 Association for Psychological Science Rising Star
2013 Fellow, 13th Annual NIH Summer Institute on Design and Conduct of Randomized Behavioral Clinical Trials
2009 Joseph Gengerelli Distinguished Dissertation Award, Psychology
Presented to the most outstanding dissertation of 2009
2008 American Psychological Association Dissertation Research Award
2007 Elizabeth Blackwell, MD Women's Health Research Award
For the paper "Medicare's search for effective obesity treatments: Diets are not the answer"
2005 American Psychosomatic Society Scholar Award
2006 UCLA Quality of Graduate Education Incentive Award
2004 UCLA Graduate Division Summer Research Mentorship Award
2004 American Psychological Association Student Travel Award
2001 Merrill Presidential Scholar, Cornell University
Presented to students in the top 1% GPA who also demonstrate outstanding potential for leadership
2001 Phi Beta Kappa, Cornell University Chapter

GRANTS AS PRINCIPAL INVESTIGATOR

2025 Robert Wood Johnson Foundation Grant ($2,000,000)
2024 NIH NIA R13-AG094205 ($34,527)
2023 NSF BCS2220295 ($230,352)
2021 NIH NIDDK R01-DK128575 ($2,120,530)
2021 NIH NHLBI R01-HL158555 ($1,283,050)
2020 UCLA Innovations Fund (Co-PI with Emaminejad; $200,000)
2020 UCLA Bedari Kindness Institute Pilot Grant ($11,311)
2020 UBC-UCLA Collaborative Research Mobility Award ($6,000)
2018 UC Healthy Campus Network Grant ($5,000)
2017 UCLA Healthy Campus Initiative Grant ($6,500)
2016 Robert Wood Johnson Foundation Evidence for Action Grant ($46,000)
2015 National Science Foundation CAREER Grant ($380,035)
2015 UCLA Institute for Genetics and Society Research Grant ($5,000)
2015 UCLA Academic Senate Faculty Research Grant ($9,400)
2014 UCLA Academic Senate Faculty Research Grant ($9,011)
2014 UCLA Transdisciplinary Seed Grant Cycle 5 (Co-PI, $24,987)
2014 UCLA Faculty Career Development Award ($10,000)
2014 UCLA Clinical and Translational Science Institute Award ($5,695)
2013 UCLA Academic Senate Faculty Research Grant ($4,600)
2013 UCLA Faculty Career Development Award ($7,500)
2013 UCLA Chancellor's Award ($1,500)
2012 Rutgers University Faculty Research Grant (Co-PI, $47,190)
2012 Rutgers University Busch Biomedical Grant (Co-PI, $50,000)
2011 UC Berkeley Population Center Pilot Grant ($8,000)
2010 Appleby Foundation Grant ($60,000)
2010 RWJF/UCSF Health Disparities Pilot Grant ($28,875)
2003 Sigma Xi Grant-in-aid of Research ($960)

LEADERSHIP IN PROFESSIONAL SERVICE

2026-2027	Chair, NIH Social & Interpersonal Processes of Health Disparities Study Section
2026	Chair, NIH Social Psychology, Personality and Interpersonal Processes
2025-2026	President, Society for Biopsychosocial Science and Medicine (formerly American Psychosomatic Society)
2020-present	Founder and member, Antiracism Task Force, American Psychosomatic Society
2020-2023	Member, Council, American Psychosomatic Society
2018-2020	Member, Program Committee, American Psychosomatic Society
	2017 Chair, UC Intercampus Consortium on Health Psychology Training Conference
2013 - 2015	Co-Chair, Social Personality Health Network Preconference for the Society for Personality and Social Psychology Annual Meeting

2006 - 2008	Health Psychology Area Representative, American Psychological Association Science Student Council, Science Directorate (Council Chair, 2007 - 2008)

PROFESSIONAL ACTIVITIES

Associate Editor	Health Psychology
Consulting Editor	Journal of Personality and Social Psychology
Editorial Board	Annals of Behavioral Medicine Biopsychosocial Science and Medicine (formerly Psychosomatic Medicine) Stigma and Health
Panelist	NIH Social Psychology, Personality and Interpersonal Processes Study Section - Standing Member National Science Foundation Graduate Research Fellowship
Ad Hoc Reviewer	National Science Foundation, SBE Directorate Wellcome Trust *Partial journal list:* American Journal of Public Health Appetite Annals of Behavioral Medicine Frontiers in Psychology (Associate Editor 2012-2015) Health Psychology International Journal of Behavioral Medicine (Associate Editor 2017-2023) International Journal of Obesity Journal of American College Health Journal of Experimental Social Psychology Journal of Personality and Social Psychology Neuroscience Obesity Personality and Social Psychology Bulletin Physiology and Behavior Proceedings of the National Academy of Sciences Psychological Bulletin Psychological Review Psychological Science Psychoneuroendocrinology Psychosomatic Medicine Stigma and Health
Affiliations	American Psychological Association (APA)

APA Division 38: Health Psychology
American Psychosomatic Society
Association for Psychological Science
Social Personality Health Network
Society for Experimental Social Psychology
Society for Personality and Social Psychology
Society for Behavioral Medicine

PEER-REVIEWED PUBLICATIONS
*Denotes mentees at that time, IF = Impact Factor

153. Chiu, D. T., Cummings, J. R., Martinez-Steele, E., Lopez, A. T., Chellis, J., Tan, J., Smith, K. M.*, Panda, S.*, Finch, L. E., & **Tomiyama, A. J.** (2026). The Nutrition Facts of Comfort Foods in the United States: Results from the Census-Matched Eating in America Study. *Nutrients*, *18*(19), 3257. https://doi.org/10.3390/nu18193257 [IF = 6.5]

152. Kim, M., Lee, S. W., Zhang, C., Zeng, W., Liu, L., Garrett, A. D., Haghniaz, R., Meyer, D., Chen, J., Guo, J., **Tomiyama, A. J.**, Kollbaum, P. S., & Zhu, Y. (2026). Serotonin measurement by lab-on-a–contact lens in porcine and human tears. *Science Translational Medicine*, *18*(867), eadv9538. https://doi.org/10.1126/scitranslmed.adv9538 [IF = 16.8]

151. Stiver, C. A.,* **Tomiyama, A. J.,** Weitzner, Z. N., Zelicha, H., Livingston, E. H., & Chen, Y. (2026). Patterns of emotional eating changes after sleeve gastrectomy. *Obesity Surgery*. https://doi.org/10.1007/s11695-026-08847-3 [IF = 3.4]

150. Levinson, J. A., Parker, J. E.,* Hunger, J. M., Epel, E., Laraia, B., & **Tomiyama, A. J.** (2026). Maternal weight discrimination experiences and restrictive feeding practices are associated with child body dissatisfaction and drive for thinness. *Eating Behaviors*, 102114. https://doi.org/10.1016/j.eatbeh.2026.102114 [IF = 2.8]

149. Matos, L. M.,* Parker, J. E.,* Wilson, P. A., **Tomiyama, A. J.,** & Higginbotham, G. D. (2026). Distinct Black history knowledge types drive collective understanding of, and adaptive emotional responses to, temporally varied depictions of anti-Black racism amongst Black people. *Journal of Experimental Psychology: General.* https://doi/10.1037/xge0001958 [IF = 4.5]

148. Distor-Castro, M.,* Bush, N. J., Li, J., & **Tomiyama, A. J.** (in press). Effects of obesity sensitivity training on primary care staff attitudes and patient referrals. *Journal of Ambulatory Care Nursing*.

147. Liu, Z., Li, L., Liu, R., Benharash, P., **Tomiyama, A. J.,** Livingston, E. H., Rosenthal, R. J., & Chen, Y. (2026). Psychiatric burden after bariatric surgery and its association with postoperative BMI: A national analysis. *Surgery for Obesity and Related Diseases.* [IF = 3.8]

146. Figueroa, D. G.,* Chen, M., Philipi, M.,* Parker, J. E.,* Hunger, J. M., **Tomiyama, A. J.** (2026). Classism, perceived stress, and mental health symptoms: Cross-sectional evidence from a census-matched U.S. sample. *Healthcare*, *14*(9), 1205. https://doi.org/10.3390/healthcare14091205 [IF = 2.8]

145. Figueroa, D. G.,* Cisneroz, A.,* Stiver, C. A.,* Tiongco-Hofschneider, L.,* Laraia, B. A., Epel, E. S., & **Tomiyama, A. J.** (2026). Perceived stress and associations between food insecurity, diet quality, and eating behaviors: Evidence from two cross-sectional studies in U.S. samples. *Nutrients*, *18*(7), 153. https://doi.org/10.3390/nu18071153 [IF = 6.0]

144. Standen, E. C., Phelan, S. M., & **Tomiyama, A. J.** (2026). An experimental investigation of the stigmatization of weight loss and regain from GLP-1 receptor agonist use and cessation. *International Journal of Obesity*. https://doi.org/10.1038/s41366-026-02061-y [IF = 4.3]

143. Hotez, E.,* & **Tomiyama, A. J.** (2026). Aligning biomedical research with neurodiversity to support the metabolic health of autistic individuals. *Obesity Science & Practice*, *12*(1), e70117. https://doi.org/10.1002/osp4.70117 [IF = 1.9]

142. Rowat, A. C., Bobo, J., Kawecki, N. S., Rosenfeld, D. L.,* Crosbie, R. H., Wilson, P., **Tomiyama, A. J.**, Winters, D., & Noy, P. (2026). Training the next generation of transdisciplinary leaders for a sustainable future. *Cell Reports Sustainability*, *3*(1), 100608. https://doi.org/10.1016/j.crsus.2025.100608

141. Wong, M. D., Meza, B. P. L., Callaghan, B., Silvers, J. A., **Tomiyama, A. J.**, Narain, K., & Dudovitz, R. N. (2026). Striving and thriving: Gender differences in the effects of climbing the socioeconomic ladder on stress and discrimination. *Social Science & Medicine*, *391*, 118923. https://doi.org/10.1016/j.socscimed.2025.118923 [IF = 5.0]

140. Garell, C. L., Levinson, J. A.,* & **Tomiyama, A. J.** (2026). Developing a novel weight stigma curriculum for pediatric residents using Transformative Learning Theory. *Academic Pediatrics*, *26*(1), 103146. https://doi.org/10.1016/j.acap.2025.103146 [IF = 3.3]

139. Ghadeer, T. H., Redding, C. A., Campanella, B. L., Howes, B. P., Kingsbury, L. P., Love, T.-R., McKoy, K. F., **Tomiyama, A. J.**, & McKay, N. J. (2025). A modified Trier Social Stress Test enhances cortisol release, but not energy intake, in females: A randomized trial. *Psychoneuroendocrinology*, *182*, 107649. https://doi.org/10.1016/j.psyneuen.2025.107649 [IF = 3.6]

138. Levinson, J. A.,* Parker, J. E.,* Hunger, J. M., & **Tomiyama, A. J.** (2025). Dichotomous thinking about food as an understudied subclinical disordered eating cognition. *Journal of Eating Disorders*, *13*(1), 224. https://doi.org/10.1186/s40337-025-01388-7 [IF = 4.5]

137. Pratt, S., Rosenfeld, D. L.,* Goranson, A., **Tomiyama, A. J.**, Sheeran, P., & Gray, K. (2025). Health behaviors are moralized when perceived to cause harm. *Personality and Social Psychology Bulletin*, 01461672251372823. https://doi.org/10.1177/01461672251372823 [IF = 4.56]

136. Ahmadi, S. E., Guan, J. Y., Mashash, M., Hamlat, E. J., Mujahid, M. S., **Tomiyama, A. J.**, Laraia, B. A., Epel, E. S., & Mayer, S. E. (2025). Examining links between daily stressor appraisals and C-reactive protein levels in Black and White women: The National Growth and Health Study. *Brain, Behavior, & Immunity - Health, 47*, 101035. https://doi.org/10.1016/j.bbih.2025.101035 [IF = 3.9]

135. Parker, J. E.,* Enders, C. K., **Tomiyama, A. J.**, & Hunger, J. M. (2025). Gendered racial microaggressions, self-silencing, and disordered eating in Black women. *Body Image*, *54*, 101901. https://doi.org/10.1016/j.bodyim.2025.101901 [IF = 6.2]

134. Figueroa, D. G.,* Murley, W. D.,* Parker, J. E.,* Hunger, J. M., & **Tomiyama, A. J.** (2025). Weight stigma and mental health symptoms: Mediation by perceived stress. *Frontiers in Psychiatry, 16*, 1587105. https://doi.org/10.3389/fpsyt.2025.1587105 [IF = 4.0]

133. Wang, C.,* Murley, W. D.,* Panda, S.,* Stiver, C. A.,* Garell, C. L., Moin, T., Crandall, A. K., & **Tomiyama, A. J**. (2025). Assessing weight stigma interventions: A systematic review of randomized controlled trials. *Current Obesity Reports, 14,* 35. https://doi.org/10.1007/s13679-025-00628-w [IF = 11.6]

132. Smith, B. J., **Tomiyama, A. J.**, John, D. H., Mantell, B., & Berkman, E. T. (2025). Income, healthy food availability, and consumption mediate rural–urban health disparities. *International Journal of Behavioral Medicine, 32*(6), 939–952. https://doi.org/10.1007/s12529-025-10362-1 [IF = 2.3]

131. Tsai, M. M., Epel, E. S., Leung, C. W., Mujahid, M. S., **Tomiyama, A. J.**, & Laraia, B. L. (2025). Intragenerational and intergenerational transmission of food insecurity: An analysis of Black and White women and children from the NHLBI Growth and Health Study. *Journal of Nutrition*, *155*, 305–313. https://doi.org/10.1016/j.tjnut.2024.11.008 [IF = 4.2]

130. Ramirez, M. F.,* **Tomiyama, A. J.**, & Wilson, P. A. (2025). Discrimination and misconceptions about human immunodeficiency virus among gay and bisexual men. *Health Psychology*, *44*(8), 769–778. https://doi.org/10.1037/hea0001474 [IF = 4.0]

129. Radin, R. M., Vacarro, J., Fromer, E., Ahmadi, S. E., Guan, J. Y., Fisher, S. M., Pressman, S. D., Hunter, J. F., Sweeny, K., **Tomiyama, A. J.**, Hofschneider, L. T., Zawadzki, M. J., Gavrilova, L., Epel, E. S., & Prather, A. A. (2025). Digital meditation to target employee stress: A randomized clinical trial. *JAMA Network Open, 8*, e2454435. https://doi.org/10.1001/jamanetworkopen.2024.54435 [IF = 10.7]

128. **Tomiyama, A. J.** (2025). Behavioral medicine in the GLP-1 era. *Annals of Behavioral Medicine, 59*(1), kaae069. https://doi.org/10.1093/abm/kaae069 [IF = 4.2]

127. Giaranos, P. J., Lewis, T. T., Segerstrom, S. C., **Tomiyama, A. J.**, & Gruenewald, T. L. (2025). Towards a second social movement in biopsychosocial science and medicine. *Psychosomatic Medicine*, *87*, 2–3. https://doi.org/10.1097/psy.0000000000001362 [IF = 3.1]

126. Yeboah, A. B.,* Parker, J. E.,* Matos,* L. M., Wilson, P. A., & **Tomiyama, A. J.** (2024). The relationship between racial attitudes and disordered eating behaviors in Black men and Black women. *International Journal of Eating Disorders*, *57*(12), 2402–2414. https://doi.org/10.1002/eat.24290 [IF = 4.3]

125. Lee, K. M.,* Wang, C.,* Du, H., Hunger, J. M., **Tomiyama, A. J.** (2024). Weight stigma as a stressor: A preliminary multi-wave, longitudinal study testing the

biobehavioral pathways of the cyclic obesity/weight-based stigma (COBWEBS) model. *Appetite, 201*, 107573. https://doi.org/10.1016/j.appet.2024.107573 [IF = 4.5]

124. Velazquez, A., Coleman, K. J., Kushner, M. D., Joseph, F. N., Nece, P. M., Zhang, J., & **Tomiyama, A. J.** (2024). Changes in healthcare professionals' practice behaviors through an educational intervention targeting weight bias. *Journal of General Internal Medicine*, *40*(8), 1720–1727. https://doi.org/10.1007/s11606-024-09212-9 [IF = 5.4]

123. Brown, R. L., Alegria, K. E., Hamlat, E., **Tomiyama, A.J .**, Laraia, B., Crimmins, E. M., Moffitt, T. E., & Epel, E. S. (2024). Psychosocial disadvantage during childhood and midlife health: NIMHD social epigenomics program. *JAMA Network Open*, *7*(7), e2421841. https://doi.org/10.1001/jamanetworkopen.2024.21841 [IF = 10.7]

122. Lee, K. M.,* Ghanei, B.,* & **Tomiyama, A. J.** (2024). A brief induction of loving kindness meditation to reduce anti-fat bias. *PLOS One*, *19*(6), e0302039. http://dx.doi.org/10.2139/ssrn.4358728 [IF = 3.2]

121. Wiss, D. A.,* LaFata, E. M., & **Tomiyama, A. J.** (2024). A novel weight suppression score associates with distinct eating disorder and ultra-processed food symptoms compared to the traditional weight suppression measure among adults seeking outpatient nutrition counseling. *Journal of Eating Disorders, 12*, 75. https://doi.org/10.1186/s40337-024-01029-5 [IF = 4.1]

120. Figueroa, D. G.,* Parker, J. E.,* Hunger, J. M., Kraus, M. W., Muscatell, K.A., & **Tomiyama, A. J.** (2024). Social class stigma and poorer health behaviors: Evidence from the Eating in America Study. *Social Science & Medicine*. https://doi.org/10.1016/j.socscimed.2024.116765 [IF = 5.8]

119. Hunger, J. M., Montoya, A. K., Edrosolan, K., Tan, J., Hubbard, A. S., & **Tomiyama, A. J.** (2024). Ecological momentary assessment of weight stigma and eating behavior in everyday life. *Annals of Behavioral Medicine*. https://doi.org/10.1093/abm/kaae012 [IF = 4.87]

118. Wang, C.,* Hunger, J. M., Liao, J., Figueroa, D. G.,* Lopez, A.,* & **Tomiyama A. J.** (2024). Examining the effect of weight-related recruitment information on participant characteristics: A randomized field experiment. *Obesity Science & Practice*, *10*(1), e739. https://doi.org/10.1002/osp4.739 [IF = 3.7]

117. Chiu, D. T.,* Parker, J. E.,* Wiley, C. R., Epel, E. S., Laraia, B. A., Leung, C. W., & **Tomiyama, A. J.** (2024). Food insecurity, poor diet, and metabolic measures: The roles of stress and cortisol. *Appetite*, *197*, 107294. https://doi.org/10.1016/j.appet.2024.107294 [IF = 5.40]

116. Chiu, D. T.,* Brown, E. M., **Tomiyama, A. J.**, Brownell, K. E., Abrams, B., Mujahid, M. S., Epel, E. S., & Laraia, B. A. (2023). Adverse childhood experiences and BMI: Lifecourse associations in a Black-White U.S. Women Cohort. *American Journal of Preventive Medicine*, *66*(1), 73–82. https://doi.org/10.1016/j.amepre.2023.09.004 [IF = 5.50]

115. Lopez, A.,* Choi, A. K., Dellawar, N. C., Cullen, B. C., Contreras, S. A., Rosenfeld, D. L., & **Tomiyama, A. J.** (2023). Visual cues and food intake: A preregistered

replication of Wansink et al. (2005). *Journal of Experimental Psychology*, *153*(2), 275–281. https://doi.org/10.1037/xge0001503 [IF = 4.10]

114. Keirns, N.G., Keirns, B.H., Tsotsoros, C.E., Layman, H.M., Stout, M.E., Sciarrilo C.M., Emerson, S.E., Byrd-Craven, J., Krems, J.A., Pearl, R.L., **Tomiyama, A. J.**, & Hawkins, M.A.W. (2023). Pilot study of the acute inflammatory effects of weight stigma in women. *Stigma and Health*, *10*(3), 567–571. https://doi.org/10.1037/sah0000487 [IF = 3.00]

113. Parker, J.E.,* Enders, C.K., Fitzpatrick, S.L., Mujahid, M.S., Laraia, B.A., Epel, E.S., & **Tomiyama, A. J.** (2023). Longitudinal associations between adolescent skin color satisfaction and adult health outcomes in Black women. *Health Psychology*, *43*(4), 289–297. https://doi.org/10.1037/hea0001336 [IF = 4.90]

112. Segerstrom, S. C., Diefenbach, M. A., Hamilton, K., O'Connor, D. B., **Tomiyama, A. J.**, & Behavioral Medicine Research Council (2023). Open science in health psychology and behavioral medicine: A statement from the Behavioral Medicine psychology and behavioral medicine: A statement from the Behavioral Medicine Research Council. Simultaneously published in:
(1) *Annals of Behavioral Medicine*: a publication of the *Society of Behavioral Medicine*, *57*(5), 357–367. https://doi.org/10.1093/abm/kaac044 [IF = 4.87]
(2) *Health Psychology*, *42*(5), 287–298. https://doi.org/10.1037/hea0001236 [IF = 5.56]
(3) *Psychosomatic Medicine*, *85*(4), 298–307. https://doi.org/10.1097/PSY.0000000000001186 [IF = 3.86]

111. Rosenfeld, D. L.,* & **Tomiyama, A. J.** (2023). Toward consumer acceptance of cultured meat. *Trends in Cognitive Sciences*, *27*(8), 689–691. https://doi.org/10.1016/j.tics.2023.05.002 [IF = 24.48]

110. Tan, J.,* Wang, C.,* & **Tomiyama, A. J.** (2023). Dietary Approaches to Stop Hypertension (DASH) Diet and mental well-being: A systematic review. *Nutrition Reviews*, *82*(1), 60–75. https://doi.org/10.1093/nutrit/nuad038 [IF = 6.85]

109. Mezuk, B., Sin, N. L., Stanton, M. V., Szabo, Y. Z., **Tomiyama, A. J.**, & White, K. E. (2023). The American Psychosomatic Society Antiracism Task Force: Implementation, activities, and lessons learned. *Psychosomatic Medicine*, *85*(6), 466–473. https://doi.org/10.1097/PSY.0000000000001222 [IF = 3.864]

108. Wiss, D, A.,* Prelip, M. L., Upchurch, D. M., von Ehrenstein O. S., **Tomiyama, A. J.**, Gorbach, P. M., & Shoptaw, S. J. (2023). Association between childhood maltreatment and depressive and anxiety symptoms among men who have sex with men in Los Angeles. *Journal of Urban Health*. https://doi.org/10.1007/s11524-023-00719-w. [IF = 5.80]

107. Rosenfeld, D. L.,* Rothgerber, H., & **Tomiyama, A. J.** (2023). When meat-eaters expect vegan food to taste bad: Veganism as a symbolic threat. *Group Processes & Intergroup Relations*. https://doi.org/10.1177/13684302231153788 [IF = 3.13]

106. Parker, J. E.,* Levinson, J. A.,* Hunger, J. M., Enders, C. K., Laraia, B. A., Epel. E.S., & **Tomiyama, A. J.** (2023). Longitudinal stability of disordered eating

symptoms from age 12 to 40 in Black and white women. *Clinical Psychological Science*, *11*(5), 879–893. https://doi.org/10.1177/21677026221144253 [IF = 5.83]

105. Strings, S., Wells, C., Bell, C. N. & **Tomiyama, A. J.** (2023). The association of BMI and odds of type 2 diabetes mellitus varies by race/ethnicity. *Public Health*, *215*, 27–30. https://doi.org/10.1016/j.puhe.2022.11.017 [IF = 4.98]

104. Wiss, D. A.,* Prelip, M. L., Upchurch, D. M., von Ehrenstein, O. S., **Tomiyama, A. J.**, & Shoptaw, S. J. (2022). Perceived social support moderates the association between household dysfunction adverse childhood experiences (ACEs) and self-reported drug use among men who have sex with men in Los Angeles, California. *International Journal of Drug Policy*, *110*. https://doi.org/10.1016/j.drugpo.2022.103899. [IF = 5.00]

103. Mayer, S. E., Guan, J., Lin, J., Hamlat, E., Parker, J. E.,* Brownell, K., Price, C., Mujahid, M., **Tomiyama, A. J.**, Slavich, G. M., Laraia, B. A., & Epel, E. S. (2022). Transgenerational effects of maternal life stress exposure on offspring telomere length in Black and White women. *Psychological Medicine*. https://doi.org/10.1017/s0033291722003397 [IF = 7.72]

102. Standen, E. C.,* Finch, L. E.,* Tiongco-Hofschneider, L.,* Schopp, E.,* Lee, K. M.,* Parker, J. E.,* Bamishigbin, O. N., & **Tomiyama, A. J.** (2022). Healthy versus unhealthy comfort eating for psychophysiological stress recovery in low-income Black and Latinx adults. *Appetite*, *176*, 106–140. https://doi.org/10.1016/j.appet.2022.106140 [IF = 4.08]

101. Rosenfeld, D. L.,* Brannon, T. N., & **Tomiyama, A. J.** (2022). Racialized perceptions of vegetarianism: Stereotypical associations that undermine inclusion in eating behaviors. *Personality and Social Psychology Bulletin*, *49*(11), 1601–1614. https://doi.org/10.1177/01461672221099392. [IF = 4.56]

100. Parker, J. E.,* Enders, C. K., Mujahid, M. S., Laraia, B. A., Epel, E. S., & **Tomiyama, A. J.** (2022). Prospective relationships between skin color satisfaction, body satisfaction, and binge eating in Black girls. *Body Image*, *41*, 342–353. https://doi.org/10.1016/j.bodyim.2022.04.004 [IF = 5.58]

99. Rosenfeld, D. L.,* Bartolotto, C., & **Tomiyama, A. J.** (2022) Promoting plant-based food choices: Findings from a field experiment with over 150,000 consumer decisions. *Journal of Environmental Psychology*, *81*, 101825. https://doi.org/10.1016/j.jenvp.2022.101825 [IF = 7.65]

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15. **Tomiyama, A. J.** (2012). Beyond interventions: Caloric restriction as a scientific model. *Psychosomatic Medicine*, *74*(6), 665–666. https://doi.org/10.1097/PSY.0b013e31825fe211 [IF = 3.81]

14. O'Donovan, A., **Tomiyama, A. J.**, Lin, J., Puterman, E., Kemeny, M., Wolkowitz, O., Blackburn, E., & Epel, E. S. (2012). Stress appraisals and cellular aging: A key role for anticipatory threat in the relationship between psychological stress and telomere length. *Brain Behavior and Immunity*, *26*(4), 573–579. https://doi.org/10.1016/j.bbi.2012.01.007 [IF = 6.31]

13. **Tomiyama, A. J.**, O'Donovan, A., Lin, J., Puterman, E., Lazaro, A., Chan, J. K., Dhabhar, F., Wolkowitz, O., Kirschbaum, C., Blackburn, E., & Epel, E. S. (2012). Does cellular aging relate to patterns of allostasis? An examination of basal and stress reactive HPA axis activity and telomere length. *Physiology & Behavior*, *106*, 40–45. https://doi.org/10.1016/j.physbeh.2011.11.016 [IF = 2.52]

12. **Tomiyama, A. J.**, Dallman, M. F., & Epel, E. S. (2011). Comfort food is comforting to those most stressed: Evidence of the chronic stress response network in high stress women. *Psychoneuroendocrinology*, *36*, 1513–1519. https://doi.org/10.1016/j.psyneuen.2011.04.005 [IF = 4.73]

11. Prather, A. A., Puterman, E., Lin, J., O'Donovan, A., Krauss, J., **Tomiyama, A. J.**, Epel, E.S., & Blackburn, E. H. (2011). Shorter leukocyte telomere length in midlife women with poor sleep quality. *Journal of Aging Research*, 721390. https://doi.org/10.4061/2011/721390 [IF = 3.7]

10. Puterman, E., O'Donovan, A., Adler, N. E., **Tomiyama, A. J.**, Kemeny, M. E., & Epel, E. S. (2011). Physical activity moderates effects of stressor-induced rumination oncortisol reactivity. *Psychosomatic Medicine*, *73*, 604–611. https://doi.org/10.1097/PSY.0b013e318229e1e0 [IF = 3.81]

9. Frosch, D. L., Saxbe, D., **Tomiyama, A. J.**, Glenn, B. A., Low, C. A., Hanoch, Y., Motivala, S. J., & Meeker, D. (2010). Assessing the scholarly impact of Health

Psychology: A citation analysis of articles published from 1993 to 2003. *Health Psychology*, *29*(5), 555–562. https://doi.org/10.1037/a0020750 [IF = 3.18]

8. **Tomiyama, A. J.**, Mann, T., Vinas, D.,* Hunger, J. M.,* DeJager, J., & Taylor, S. E. (2010). Low calorie dieting increases cortisol. *Psychosomatic Medicine*, *72*, 357–364. https://doi.org/10.1097/PSY.0b013e3181d9523c [IF = 3.81]
7. **Tomiyama, A. J.**, Moskovich, A., Haltom, K. B.,* Ju, T., & Mann, T. (2009). Consumption after a diet violation: Disinhibition or compensation? *Psychological Science*, *20*(10), 1275–1281. https://doi.org/10.1111/j.1467-9280.2009.02436.x [IF = 6.13]
6. Motivala, S. J., **Tomiyama, A. J.**, Ziegler, M., Khandrika, S., & Irwin, M. R. (2009) Nocturnal levels of ghrelin and leptin and sleep in chronic insomnia. *Psychoneuroendocrinology*, *34*(4), 540–545. https://doi.org/10.1016/j.psyneuen.2008.10.016 [IF = 4.73]
5. **Tomiyama, A. J.**, Mann, T., & Comer, L. (2009). Triggers of eating in everyday life. *Appetite*, *52*, 72–82. https://doi.org/10.1016/j.appet.2008.08.002 [IF = 4.08]
4. **Tomiyama, A. J.**, & Mann, T. (2008). Cultural factors in collegiate eating disorder pathology: When family culture clashes with individual culture. *Journal of American College Health*, *57*(3), 309–314. https://doi.org/10.3200/JACH.57.3.309-314 [IF = 1.33]
3. Yancey, A. K., & **Tomiyama, A. J.** (2007). Physical activity as primary prevention to address cancer disparities. *Seminars in Oncology Nursing*, *23*, 253–263. https://doi.org/10.1016/j.soncn.2007.08.003 [IF = 1.67]
2. Mann, T., **Tomiyama, A. J.**, Lew, A. M., Westling, E., Chatman, J., & Samuels, B. (2007). Medicare's search for effective obesity treatments: Diets are not the answer. *American Psychologist*, *62*, 220–233. https://doi.org/10.1037/0003-066X.62.3.220 [IF = 4.86]
1. Keller, H., Lamm, B., Abels, M., Yovsi, R., Jensen, H., Papligoura, Z., Holub, C.,* Lo, W.,* **Tomiyama, A. J.**, Su, Y., Wang, Y., & Chaudary, N. (2006). Cultural models, socialization goals, and parenting ethnotheories: A multi-cultural analysis. *Journal of Cross-Cultural Psychology*, *37*, 155–172. https://doi.org/10.1177/0022022105284494 [IF = 1.35]

INVITED PAPERS (peer-reviewed)

2. **Tomiyama, A. J.**, Finch, L. E.,* & Cummings, J. R.* (2015). *Did that brownie do its job? Stress, eating, and the biobehavioral effects of comfort food.* Invited contribution (peer-reviewed) to Emerging Trends in the Social and Behavioral Sciences, R. Scott & S. Kosslyn, Eds. Hoboken, NJ: John Wiley and Sons.
1. **Tomiyama, A. J.**, & Epel, E. S. (2012). *Telomeres and telomerase.* Invited contribution (peer-reviewed) to Encyclopedia of Behavioral Medicine, M. D. Gellman & J. R. Turner, Eds. New York: Springer.

BOOK CHAPTERS

10. Smith, K. M.,* & **Tomiyama, A. J.** (in press). Increasing vegetable intake: A mini-intervention at mealtime. In S. D. Pressman & M. P. Cross (Eds.), *Activities for teaching health psychology and behavioral medicine.* American Psychological Association.
9. Wiss, D. A.,* & **Tomiyama, A. J.** (2024). Dietary restraint and food addiction. In A. N. Gearhardt, K. D. Brownell, M. S. Gold, & M. N. Potenza (Eds.), *Food & addiction: A comprehensive handbook* (2nd ed., pp. 108–117). New York: Oxford University Press. ISBN: 9780190671051
8. Chiu, D. T.,* & **Tomiyama, A. J.** (2023). Stress, diet, and metabolic processes. In G. Merlo & C. Fagundes (Eds.), *Lifestyle psychiatry: Through the lens of behavioral medicine*. CRC Press. ISBN: 9781032230979
7. Olanubi, G. O.,* & **Tomiyama, A. J.** (2020). Social factors in diet and obesity. In K. Sweeny & M. L. Robbins (Eds.), *Wiley encyclopedia of health psychology.* New York: Wiley & Sons. ISBN: 978-1119057833
6. Finch, L. E.,* Tiongco-Hofschneider, L.,* & **Tomiyama, A. J.** (2019). Stress-induced eating dampens physiological and behavioral stress responses. In Ronald R. Watson (Ed.), *Nutrition in the prevention and treatment of abdominal obesity* (2nd ed., pp. 175–187). Waltham, MA: Academic Press, Elsevier. ISBN: 9780128160930
5. Major, B., **Tomiyama, A. J.**, & Hunger, J.M.* (2018). The negative and bidirectional effects of weight stigma on health. In B. Major, J.F. Dovidio, & B.G. Link (Eds.), *Oxford handbook of stigma, discrimination, and health.* New York: Oxford University Press, 499-519. ISBN: 9780190243470
4. [All authors contributed equally] Epel, E. S., Prather, A. A., Puterman, E., & **Tomiyama, A. J.** (2016). Eat, drink, and be sedentary: A review on health behaviors' effects on emotions and affective states, and implications for interventions. In Lisa F. Barrett, Michael Lewis, & Jeannette M. Haviland-Jones (Eds.), *Handbook of emotions* (4th ed.). New York: Guilford Press, 685–706. ISBN: 9781462525348
3. Finch, L. E.,* & **Tomiyama, A. J.** (2014). Stress-induced eating dampens physiological and behavioral stress responses. In Ronald R. Watson (Ed.), *Nutrition in the prevention and treatment of abdominal obesity.* New York: Elsevier, 189–195. ISBN: 0124078699
2. Epel, E. E., **Tomiyama, A. J.**, & Dallman, M. F. (2012). Stress and reward neural networks, eating, and obesity. In Kelly D. Brownell & Mark S. Gold (Eds.), *Handbook of food and addiction.* Oxford: Oxford University Press, 266–272. ISBN: 0199738165
1. Yancey, A. K., **Tomiyama, A. J.**, & Keith, N. R. (2009). Addressing diversity and health literacy at the worksite. In N. Pronk (Ed.), *Healthy worker, healthy company: ACSM worksite health handbook* (2nd ed.). Champaign, IL: Human Kinetics, 214–223. ISBN: 0736074341

LETTERS TO THE EDITOR / COMMENTARIES

6. **Tomiyama, A. J.**, Hunger, J., Nguyen-Cuu, J. et al. Weight and cardiometabolic health: new perspectives. *International Journal of Obesity*. 40, 1331 (2016). https://doi.org/10.1038/ijo.2016.83
5. Hunger, J. M.,* & **Tomiyama, A. J.** (2015). A call to shift the public health focus away from weight. *American Journal of Public Health*, 105(11), e3. PMID: 26378831
4. **Tomiyama, A. J.**, & Mann, T. (2013). If shaming reduced obesity, there would be no fat people. *Hastings Center Report*, 43, 4-5. PMID: 23650055
3. **Tomiyama, A. J.**, & Mann, T. (2011). Commentary on Crum et al., 2011. Invited commentary in *Health Psychology*, 30, 430-431.
2. **Tomiyama, A. J.**, & Dallman, M. F. (2010). The cortisol-cortisone shuttle in caloric restriction. *Psychosomatic Medicine*, 72, 599-600. PMID: 20595418
1. **Tomiyama, A. J.**, & Mann, T. (2008). Focusing on weight is not the answer to America's obesity epidemic. *American Psychologist*, 63, 203-204. PMID: 18377114

OP-ED

2. **Tomiyama, A. J.,** & Hunger, J. M.* (2016, Mar 7). *Body Mass Index is not a good measure of your health.* Op-Ed in Zocalo Public Square. http://www.zocalopublicsquare.org/2016/03/07/body-mass-index-is-not-a-good-measure-of-your-health/ideas/nexus/
1. **Tomiyama, A. J.,** Ahlstrom, B.,* & Mann, T. (2012, Dec 7). *Is dieting worth the trouble?* Op-Ed in the Huffington Post. http://www.huffingtonpost.com/a-janet-tomiyama/does-dieting-work_b_2253565.html

INVITED TALKS

Tomiyama, A. J. (2026, May). *Weight stigma and health: The science and solutions.* Invited talk for the University of Arizona, Tucson, AZ.

Tomiyama, A. J. (2026, April). *Obesity stigma: Consequences, implications, and interventions.* Invited talk for Cornell University, Ithaca, NY.

Tomiyama, A. J. (2026, March). *Presidential talk - what I learned from SBSM: Theory, experimental methods, biological mechanisms, and clinical integration.* Invited talk for the Society for Biopsychosocial Science and Medicine 2026 Annual Conference, Chicago, IL.

Tomiyama, A. J. (2026, February). *Ecological momentary assessment of weight stigma and eating behavior in everyday life.* Invited talk for the Society for Personality and Social Psychology 2026 Annual Conference, Chicago, IL.

Tomiyama, A. J. (2025, October). *Weight stigma as a public health issue: Impacts, mechanisms, and interventions.* Invited talk for the UC Irvine Department of Population Health and Disease Prevention, Irvine, CA.

Tomiyama, A. J. (2025, July). *Unnatural, unethical, and disgusting: Overcoming objections to cultivated meat.* Invited talk for the International Summit on Sustainable Protein, Singapore.

Tomiyama, A. J. (2025, July). *The stress of weight stigma.* Invited talk for the Association for Psychological Science's Science for Society Series, virtual.

Tomiyama, A. J. (2025, June). *Weight-related stigma: Consequences for health.* Invited talk for Northern Arizona University, Flagstaff, AZ.

Tomiyama, A. J. (2025, February). *Weight-inclusive patient care: A real-world weight bias intervention in healthcare.* Invited talk for Mount St. Mary's College, Los Angeles, CA.

Tomiyama, A. J. (2024, June). *Weight-related stigma: Consequences for health.* Invited talk for the Beyond BMI: Unraveling the Complexities of Weight, Stigma, and Care meeting at the Arizona Biomedical Research Centre and Northern Arizona University Center for Health Equity Research, Flagstaff, AZ.

Tomiyama, A. J. (2024, June). *Grant strategies for federal funding opportunities in weight-inclusive research.* Invited talk for the Weight Inclusive Research and EDucation group, Flagstaff, AZ.

Tomiyama, A. J. (2024, April). *Weight stigma: Consequences, implications, and interventions.* Invited talk for the Aging, Metabolism, and Emotions group at the University of California, San Francisco, San Francisco, CA.

Tomiyama, A. J. (2024, April). *Weight stigma: Biobehavioral consequences and science-based solutions.* Invited talk for UC Merced Inaugural speaker for Distinguished Speaker Series in Psychological Sciences, Merced, CA.

Tomiyama, A. J. (2024, April). *Weight stigma: Consequences, implications, and interventions.* Invited talk for University of California, San Francisco, Department of Psychiatry, San Francisco, CA.

Tomiyama, A. J. (2024, March). *Evidence-based practices for promoting effective mentoring relationships.* Invited talk for the American Psychosomatic Society 81st Annual Meeting, Brighton, U.K.

Tomiyama, A. J. (2024, March). *A weight bias intervention changes obesity medicine behaviors among healthcare providers.* Invited talk for the American Psychosomatic Society 81st Annual Meeting, Brighton, U.K.

Tomiyama, A. J. (2024, March). *Negative health consequences of weight stigma and bias.* Invited talk for MaineHealth, Portland, ME.

Tomiyama, A. J. (2024, February). *A weight bias intervention in healthcare providers changes one-year practice behaviors.* Invited talk for Society for Personality and Social Psychology, 2024 Annual Conference, San Diego, CA.

Tomiyama, A. J. (2024, January). *Overcoming consumer objections to cultivated meat.* Invited talk for the UC Davis Integrated Center for Alternative Meat and Protein, Davis, CA.

Tomiyama, A. J. (2023, December). *Psychological and health consequences of weight stigma.* Invited talk for Pediatric Grand Rounds, Olive View Medical Center, Los Angeles, CA.

Tomiyama, A. J. (2023, November). *Negative health consequences of weight stigma and bias.* Invited talk for the Department of Exercise and Nutrition Sciences, University at Buffalo, Buffalo, NY.

Tomiyama, A. J. (2023, September). *Stress hormones and their interaction with weight stigma.* Invited talk for Eating Disorders and Registered Dietitians & Professionals, virtual.

Tomiyama, A. J. (2023, July). *Stress, eating behavior, and the case of weight stigma.* Invited Keynote for the Society for the Study of Ingestive Behavior Annual Meeting, Portland, OR.

Tomiyama, A. J. (2023, May). *Psychological and health consequences of weight stigma.* Invited talk for the Department of Psychology, University of Oregon, Eugene, OR.

Tomiyama, A. J. (2023, March). *Comfort eating and the stress of weight stigma.* Invited talk for the Nutritional Sciences Research Colloquium, Penn State Dept of Nutritional Sciences, State College, PA.

Tomiyama, A. J. (2023, March). *Open science in psychosomatic medicine*. Invited talk for the American Psychosomatic Society 80th Annual Meeting, San Juan, Puerto Rico.

Tomiyama, A. J. (2023, February). *Consumer expectations and perceptions of cultivated meat.* Invited talk for the Society of Toxicology Annual Meeting, virtual.

Tomiyama, A. J. (2022, October). *Weight stigma in the pediatric setting: The case for compassion.* Invited talk for the Pediatric Grand Rounds, Cedars-Sinai Medical Center, Los Angeles, CA.

Tomiyama, A. J. (2022, October). *Avoiding unintended consequences of a weight-centered approach to diabetes prevention.* Invited talk for the University of California Diabetes Prevention Program Consortium, virtual.

Tomiyama, A. J. (2022, October). *How and why weight stigma drives the obesity "epidemic" and harms health*. Invited talk for Cedars-Sinai Medical Center, Los Angeles, CA.

Tomiyama, A. J. (2022, September). *Avoiding unintended consequences of a weight-centered approach to cancer prevention.* Invited talk for the Cancer Prevention and Control Colloquia Series, National Institute on Cancer, virtual.

Tomiyama, A. J. (2022, July). *Social class stigma and poorer health behaviors: Findings from the Eating in America Study.* Invited talk for the Academy of Behavioral Medicine Research Annual Meeting.

Tomiyama, A. J. (2022, April). *Weight stigma and training for a weight inclusive health care system.* Invited talk for the Nutrition Leadership Network Conference.

Tomiyama, A. J. (2021, October). *Weight stigma and mental health: The science.* Invited talk for the Health and Human Services Office on Women's Health Roundtable.

Tomiyama, A. J. (2021, April). *How and why weight stigma drives the obesity "epidemic" and harms health*. Invited talk for the Cornell/Columbia University Obesity: Etiology, Prevention, & Treatment Course.

Tomiyama, A. J. (2021, April). *What are the consequences of weight bias?* Invited talk for the Kaiser Permanente Treating Obesity with Dignity and Evidence-Based Care Symposium, Los Angeles, CA.

Tomiyama, A. J. (2021, April). W*eight stigma and fat shaming: Psychological and physiological consequences*. Invited talk for the Children's Hospital of Los Angeles Leadership Education in Adolescent Health Program, Los Angeles, CA.

Tomiyama, A. J. (2020, July). *Stress and obesity: Where does stigma fit in?* Invited talk

for the Los Angeles District of California Academy of Nutrition and Dietetics Annual Meeting, Los Angeles, CA.

Tomiyama, A. J. (2020, April). *Stress, obesity, and weight stigma*. Invited talk for the Villanova University College of Nursing Center for Obesity Prevention and Education, Villanova, PA.

Tomiyama, A. J. (2019, December). *Weight stigma, stress, and obesity.* Invited talk for the Columbia University Nutrition Research Center, New York, NY.

Tomiyama, A. J. (2019, December). *Obesity stigma and its clinical implications.* Invited talk for the Children's Hospital of Los Angeles, Los Angeles, CA.

Tomiyama, A. J. (2019, November). *The stigma of obesity: Social, psychological, and physiological consequences.* Invited talk for the Department of Psychological Science, University of California, Irvine, Irvine, CA.

Tomiyama, A. J. (2019, April). *Weight stigma, stress, and eating behavior*. Invited talk for the School of Public Health, University of Minnesota, Minneapolis, MN.

Tomiyama, A. J. (2019, April). *Understanding stigma in everyday life: An EMA study of weight stigma and eating behavior.* Invited talk for the Mobile Sensing + Health Institute, University of Pittsburgh, Pittsburgh, PA.

Tomiyama, A. J. (2019, April). *Weight stigma and weight gain from childhood through adolescence*. Invited talk for the Center for Human Growth and Development, University of Michigan, Ann Arbor, MI.

Tomiyama, A. J. (2019, March). *Reducing weight stigmatizing communications*. Invited talk for the U.S. Department of Health and Human Services Office of Women's Health, Washington, D.C.

Tomiyama, A. J. (2019, March). *Open Science good practices: A beginner's guide*. Invited talk for the American Psychosomatic Society 78th Annual Meeting, Vancouver, BC, Canada.

Tomiyama, A. J. (2019, February). *Weight stigma: A social-health perspective*. Invited talk for the Department of Psychology, University of California, Riverside, Riverside, CA.

Tomiyama, A. J. (2019, February). *Weight stigma and the problem with BMI*. Invited talk for the Department of Health Promotion and Wellness, Kennesaw State University, Kennesaw, GA.

Tomiyama, A. J. (2019, February). *Emotional and health consequences of weight stigma*. Invited talk for the Emotions Preconference for the Society for Personality and Social Psychology Annual Meeting, Portland, OR.

Tomiyama, A. J. (2018, November). *Weight and stigma*. Invited talk for Southern California Kaiser Permanente, Pasadena, CA.

Tomiyama, A. J. (2018, October*). Social closeness shifts after unhealthy eating with strangers and friends.* Invited talk for the 54th Annual Society for Experimental Social Psychology Meeting, Seattle, WA.

Tomiyama, A. J. (2018, March). *Stress-induced eating: Helpful or harmful?* Invited talk for the American Psychosomatic Society 77th Annual Meeting, Louisville, KY.

Tomiyama, A. J. (2017, October). *Diets don't work*. Invited Keynote Address for the National Association of Anorexia Nervosa and Associated Disorders, Chicago, IL.

Tomiyama, A. J. (2017, October). *Eating behavior, stress, and health*. Invited talk for the Department of Psychology, Chapman University, Orange, CA.

Tomiyama, A. J. (2017, October). *Weight stigma, stress, and resilience*. Invited talk for the UC Health Psychology Consortium, Lake Arrowhead, CA.

Tomiyama, A. J. (2017, March). *The vicious cycle of weight stigma and dieting.* Invited talk for the Valley Federation of Eating Disorder Professionals, Los Angeles, CA.

Tomiyama, A. J. (2016, October). *Social inclusion and fertility.* Invited talk for the UC Health Psychology Consortium, Lake Arrowhead, CA.

Tomiyama, A. J. (2016, May). *Dieting, stress, and weight stigma*. Invited talk for the Los Angeles County Psychological Association, Los Angeles, CA.

Tomiyama, A. J. (2016, March). *Stress, eating behavior, and the stigma of obesity.* Invited Keynote Address for the Scientific Society of Chilean Psychology, Pucon City, Chile.

Tomiyama, A. J. (2016, February). *Weight stigma: Psychological and health consequences*. Invited talk for the Department of Psychology, California State University, Northridge, Northridge, CA.

Tomiyama, A. J. (2015, October). *Dieting, weight obsession, stigma, and health*. Invited talk for the Southwest American College of Sports Medicine 36th Annual Meeting, Orange County, CA.

Tomiyama, A. J. (2015, September). *The Cyclic Obesity/Weight-Based Stigma model and its biobehavioral consequences*. Invited talk for the Rudd Center for Food Policy and Obesity, University of Connecticut, Hartford, CT.

Tomiyama, A. J. (2015, September). *Stress, eating, and biobehavioral effects of low-calorie dieting*. Invited talk for the Center for Health, Intervention, and Promotion, University of Connecticut, Storrs, CT.

Tomiyama, A. J. (2015, August). *Weight stigma: Psychological, behavioral, and health consequences*. Invited Early Career Talk for Division 38, American Psychological Association Annual Meeting, Toronto, Canada.

Tomiyama, A. J. (2015, February). *Weight stigma and physiological stress*. Invited talk for the Mayo Clinic/Arizona State University Obesity Solutions Center, Tempe, AZ.

Tomiyama, A. J. (2014, July). *Weight stigma, social-evaluative threat, and physiological stress*. Invited talk for the International Congress of Applied Psychology, Paris, France.

Tomiyama, A J. (2013, October). *Weight stigma: Cure or curse?* Invited talk for the Department of Psychology, Claremont Graduate University, Claremont, CA.

Tomiyama, A. J. (2013, October). *Eating in the context of stress: Is comfort food comforting?* Invited talk for the West Los Angeles Veteran Affairs Department of Psychiatry Grand Rounds, Los Angeles, CA.

Tomiyama, A. J. (2012, May). *Neuroendocrinology of dieting behavior*. Invited talk for the Universidade Federal de Sao Paolo, Sao Paolo, Brazil.

Tomiyama, A. J. (2012, May). *Stress and nutrition*. Invited talk for the Universidade Federal de Sao Paolo, Sao Paolo, Brazil.

Tomiyama, A. J., & Epel, E. S. (2012, January). *How psychologically savvy are your*

immune cells? What telomeres can and can't tell us. Invited talk for the Social Personality Health Network Preconference for the Society for Personality and Social Psychology Annual Meeting, San Diego, CA.

INVITED TALKS – Within University

Tomiyama, A. J. (2026, January). *Words matter: Communicating science and policy.* Invited talk for the UCLA Rothman Family Institute for Food Studies, Los Angeles, CA.

Tomiyama, A. J. (2025, November). *Science of weight stigma.* Invited talk for the UCLA Department of Pediatrics, Los Angeles, CA.

Tomiyama, A. J. (2025, October). *Insights and best practices for consumer acceptance of alternative protein innovations.* Invited talk for the UCLA Informational Hearing: Assembly Select Committee on Alternative Protein Innovation, Los Angeles, CA.

Tomiyama, A. J. (2024, April). *What I've learned after a decade of weight stigma research.* Invited talk for the UCLA Department of Psychology, Los Angeles, CA.

Tomiyama, A. J. (2023, August). *The science of weight stigma.* Invited talk for Public Health Ambulatory Basics and Beyond program, Department of Pediatrics, University of California Los Angeles Medical Center, Los Angeles, CA.

Tomiyama, A. J. (2023, May). *Weight stigma, physiological stress, and health.* Invited talk for the UCLA Public Health Nutrition Club, Los Angeles, CA.

Tomiyama, A. J. (2022, December). *The science of weight stigma.* Invited talk for Public Health Ambulatory Basics and Beyond program, Department of Pediatrics, University of California Los Angeles Medical Center, Los Angeles, CA.

Tomiyama, A. J. (2021, April). *The science of fat shaming.* Invited talk for the UCLA RISE Body Liberation Series, University of California, Los Angeles.

Tomiyama, A. J. (2021, February). *Psychology & food studies: Best hits from the DiSH Lab.* Invited talk for the UCLA Healthy Campus Network EatWell Pod, University of California, Los Angeles.

Tomiyama, A. J. (2021, January). *The psychology of food*. Invited talk for the Food Studies Seminar Series, University of California, Los Angeles.

Tomiyama, A. J. (2018, November). *Stress, stigma, and eating behavior.* Invited talk for the Clinical Psychology Lecture Series, University of California, Los Angeles.

Tomiyama, A. J. (2018, November). *The psychology of food*. Invited talk for the Food Studies Seminar Series, University of California, Los Angeles.

Tomiyama, A. J. (2016, February). *Stress and M&Ms: Biobehavioral causes and consequences of eating*. Invited talk for the Health Psychology Lecture Series, University of California, Los Angeles.

Tomiyama, A. J. (2015, April). *Stress, eating, and the biobehavioral effects of dieting*. Invited talk for the Ingestive Behaviors and Obesity Program, University of California, Los Angeles.

Tomiyama, A. J. (2014, April). *Health consequences of weight stigma*. Invited talk for the Department of Psychology Social Colloquium, University of California, Los Angeles.

Tomiyama, A. J. (2014, January). *Eating behavior and stress*. Invited talk for the Health Psychology/Biobehavioral Medicine Seminar, University of California, Los Angeles.

Tomiyama, A. J. (2012, February). *Biopsychosocial models of comfort food eating*. Invited talk for the Department of Animal Sciences, Rutgers University.

Tomiyama, A. J. (2012, April). *Stress, eating, and not eating*. Invited talk for the Institute for Health, Health Care Policy and Aging, Rutgers University.

Tomiyama, A. J., & Hartman, B. (2011, May). *Food addiction and medical obesity treatment outcomes*. Invited talk for the Center for Obesity Assessment, Study, & Treatment, University of California, San Francisco.

Tomiyama, A. J. (2010, February). *The paradox of caloric restriction and health*. Invited talk for the Institute for Personality and Social Psychology Research, University of California, Berkeley.

Tomiyama, A. J. (2008, October). *Consumption after a diet violation: Disinhibition or compensation?* Invited talk for the Health Psychology/Behavioral Medicine Seminar, University of California, Los Angeles.

INVITED TALKS – Service

Tomiyama, A. J. (2021, November). *How to talk to your kids about weight.* Invited talk for the Third Street Elementary School Community Meeting.

Tomiyama, A. J. (2018, October). *Fat shaming: The science and solutions*. Invited Faculty Speaker for Bruin Family Weekend, UCLA, Los Angeles, CA.

Tomiyama, A. J. (2018, April). *The negative consequences of weight stigma.* Invited Keynote Address for Cerritos College Psychology Day, Cerritos, CA.

Tomiyama, A. J. (2013, November). *Can you starve yourself to immortality… or will that stress you out?* Invited talk for the Manhattan Beach Rotary Club of California, Manhattan Beach, CA.

Tomiyama, A. J. (2013, January). *Advocating for your science on Capitol Hill*. Invited talk for the Mentoring Luncheon for the Society for Personality and Social Psychology 13th Annual Meeting, New Orleans, LA.

Tomiyama, A. J. (2013, January). *Psychoneuroimmunology for students and teachers of social psychology*. Invited talk for the Teaching Preconference for the Society for Personality and Social Psychology 13th Annual Meeting, New Orleans, LA.

Tomiyama, A. J. (2009, August). *Achieving balance - Integrating the demands of professional life and personal life.* Invited talk for the American Psychological Association Annual Meeting, Toronto, Canada.

Tomiyama, A. J. (2007, August). *Conducting interdisciplinary research: A guide for graduate students*. Invited talk for the American Psychological Association Annual Meeting, San Francisco, CA.

PROFESSIONAL PRESENTATIONS (Partial list)

*Denotes student authors

Cisneroz, A.,* & **Tomiyama, A. J.** (2026, June). *The weight of food insecurity: A cross-sectional mediation analysis of food insecurity, anticipated weight stigma, and disordered eating*. Poster to be virtually presented at the Annual International Weight Stigma Conference, Oslo, Norway.

Mantsurov, R.,* Stiver, C. A.,* Figueroa, D. G.,* & **Tomiyama, A. J.** (2026, April). *Exploring mechanisms linking weight bias internalization to actigraphy-based sleep outcomes*. Poster accepted at the Western Psychological Association Convention, Tacoma, WA.

Figueroa, D. G.,* Mitchell, R.,* Wilson, P. A., & **Tomiyama, A. J.** (2026, March). *Longitudinal associations between classism, health behaviors, and hair cortisol.* Poster presented at the Society for Biopsychosocial Science and Medicine 83rd Annual Meeting, Chicago, IL.

Figueroa, D. G.,* Murley, W. D.,* Parker, J. E.,* Hunger, J. M., & **Tomiyama, A. J.** (2026, March). *Weight stigma and mental health symptoms: Mediation by perceived stress*. Poster presented at the Society for Biopsychosocial Science and Medicine 83rd Annual Meeting, Chicago, IL.

Mantsurov, R.,* Stiver, A. C.,* Figueroa, D. G.,* & **Tomiyama, A. J.** (2026, March). *Investigating the impact of weight bias internalization on actigraphy-based sleep outcomes*. Poster presented at the Society for Biopsychosocial Science and Medicine 83rd Annual Meeting, Chicago, IL.

Brown, S., Finch, L.E., Roberts, M., Cummings, J.R., Welch, V., Hernandez, M., & **Tomiyama, A. J.** (2026, February). *Contextual and developmental origins of comfort eating behavior: Mixed-method insights from the Eating in America study*. Poster presented at the Society for Personality and Social Psychology Annual Convention, Chicago, IL.

Chiu, D. T.,* Lopez, A.,* Chellis, J.,* & **Tomiyama, A. J.** (2025, October). *The nutritional facts of US comfort foods by race and ethnicity and discrimination: Findings from the "Eating in America" study.* Poster presented at the fourth major international meeting of the International Society for Nutritional Psychiatry Research, Taipei, TWN.

Parker, J. E.,* Hunger, J. M., & **Tomiyama, A. J.** (2025, March). *Mechanisms linking gendered racial microaggressions and disordered eating in Black women*. Paper presented at the Society for Biopsychosocial Science and Medicine 82nd Annual Meeting, Seattle, WA.

Ramirez, M. F.,* Mitchell, R.,* Wilson, P. A., & **Tomiyama, A. J.** (2025, March). *Ageism and sexuality predict C-Reactive Protein among older adults*. Poster presented at the Society for Biopsychosocial Science and Medicine 82nd Annual Scientific Meeting, Seattle, WA.

Ramirez, M. F.,* Mitchell, R.,* Wilson, P. A., & **Tomiyama, A. J.** (2025, February). *Ageism as a novel driver of chronic inflammation among older adults*. Virtual flash talk for the Psychoneuroimmunology Research Society.

Finch, L. E., Brown, S., Roberts, M., Cummings, J. R., Hernandez, M., Welch, V., & **Tomiyama, A. J.** (2025, February). *Contextual and developmental origins of comfort eating behavior: Mixed-method insights from the Eating in America study*. Paper presented at the Social Personality & Health Network Preconference for the Society for Personality and Social Psychology Annual Meeting, Denver, CO.

Matos, L. M.,* Parker, J. E.,* Wilson, P. A., & **Tomiyama, A. J.** (2024, March). *Separate components of Black history knowledge drive collective understanding and emotional coping of temporally varied depictions of anti-Blackness amongst Black people*. Poster presented at the 2024 Society for Affective Science Annual Conference, New Orleans, LA.

Tomiyama, A. J. (2024, March). *A weight bias intervention changes obesity medicine behaviors among healthcare providers.* Paper presented at the American Psychosomatic Society 81st Annual meeting, Brighton, U.K.

Tomiyama, A. J. (2024, February). *A weight bias intervention in healthcare providers changes 1-year practice behaviors.* Paper presented at the annual conference for the Society for

Personality and Social Psychology, San Diego, CA.

Smith, R., Himmelstein, M. S., & **Tomiyama, A. J.** (2024, February). *At the crossroads: Transgender patient experiences with weight stigma and transgender bias in healthcare.* Poster presented at the annual conference for the Society for Personality and Social Psychology 25th Annual Meeting, San Diego, CA.

Figueroa, D. G.,* Parker, J. E.,* Hunger, J. M., **Tomiyama, A. J.** *Social class stigma, health behaviors, and mental health: Evidence from the Eating in America Study.* (2024, February). Poster presented at the Society for Personality and Social Psychology 25th Annual Meeting, San Diego, CA.

Levinson, J. A.,* Parker, J. E.,* Hunger, J. M., Enders, C. K., & **Tomiyama, A. J.** (2023, April). *The association of adolescent disordered eating symptoms with adulthood symptoms in Black and white women*. Poster presented at the Society for Research on Adolescence Annual Meeting, San Diego, CA.

Parker, J.E.,* Enders, C. K., Fitzpatrick, S. F., Mujahid, M. S., Laraia, B. A., Epel, E. S., & **Tomiyama, A. J.** (2023, April). *Longitudinal associations between adolescent skin color satisfaction and psychophysiological health outcomes in Black women*. Poster presented at the Society for Behavioral Medicine 44th Annual Meeting, Phoenix, AZ.

Parker, J. E.,* Levinson, J. A.,* Enders, C. K., Hunger, J. M., Fitzpatrick, S. L., Mujahid, M. S., Laraia, B. A., Epel, E. S., & **Tomiyama, A. J.** (2023, March). *Body dissatisfaction in Black women remains stable across age 12 to age 40 and predicts mental and physical health outcomes*. Paper presented at the American Psychosomatic Society 80th Annual Meeting, San Juan, PR.

Hunger, J. M., Lee, K. M., & **Tomiyama, A. J**. (2023, February). *Weight stigma research in social psychology: Recent advances and future promise.* To be presented in, "Understanding stigmatized groups that are prevalent but overlooked in psychology" symposium at the Society for Personality and Social Psychology Annual Convention in Atlanta, GA.

Parker, J. E.,* Enders, C. K., Mujahid, M. S., Laraia, B. A., Epel, E. S., & **Tomiyama, A. J.** (2022, April). *The health consequences of colorism: Body dissatisfaction and eating disturbances in Black girls*. Paper presented at the Society for Behavioral Medicine 43rd Annual Meeting, Baltimore, MD.

Lopez, A.,* Winston, D., Bower, J. E., & **Tomiyama, A. J**. (2022, March). *A pilot mindfulness-based self- compassion intervention targeting body dissatisfaction.* Paper presented at the American Psychosomatic Society 79th Annual Meeting, Long Beach, CA.

Parker, J. E.,* Enders, C. K., Mujahid, M. S., Laraia, B. A., Epel, E. S., & **Tomiyama, A. J.** (2022, February). *Skin color dissatisfaction: A novel risk factor for binge eating in Black girls*. Single-presenter talk at the Society for Personality and Social Psychology 23rd Annual Meeting, San Francisco, CA (Session chair).

Parker, J. E.*, Enders, C. K., Mujahid, M. S., Laraia, B. A., Epel, E. S., & **Tomiyama, A. J.** (2022, February). *The mediating role of body dissatisfaction between skin color dissatisfaction and binge eating among Black girls*. Poster presented at the Society for Personality and Social Psychology 23rd Annual Meeting Health Preconference, San Francisco, CA.

Seitz, B. M.,* Equita, J.,* Kim, J. S.,* **Tomiyama, A. J.**, & Blaisdell, A. P. (2021, November). *How participant sex and stimulus selection influence memory biases towards high-calorie food images.* Poster presented at the Psychonomic Society Annual

Meeting. New Orleans, LA.

Kobayashi, S., Rosenfeld, D. L.,* & **Tomiyama, A. J.** (2021, May). *U.S. adults became more open to vegetarianism when the COVID-19 pandemic emerged*. Poster presented at the Association for Psychological Science Virtual Convention.

Lee, K. M., Hunger, J. M., & **Tomiyama, A. J.** (2021, May). *Weight stigma and health behaviors: Evidence from the Eating in America Study.* Poster presented at the Association for Psychological Science Virtual Convention.

Lee, K. M.,* Arriola-Sanchez, L.,* Lumeng, J. C., Gearhardt, A., & **Tomiyama, A. J.** (2021, May). *Weight stigma by association among parents of children with obesity.* Flash talk presented at the Association for Psychological Science Virtual Convention.

Incollingo Rodriguez, A. C.,* Dunkel Schetter, C., Brewis, A., & **Tomiyama, A. J.** (2020, February). *The psychological burden of baby weight: A new context for stigmatization and consequences*. Poster presented at the Annual Convention of the Society for Personality and Social Psychology, New Orleans, LA.

Tomiyama, A. J. & Cummings, J. R.* (2018, October). *Social closeness shifts after unhealthy eating with strangers and friends*. Paper presented at the 54th Annual Society for Experimental Social Psychology, Seattle, WA.

Tomiyama, A. J. (2018, May) *Strategic comfort eating: Why, when, and how.* Paper presented at the Association for Psychological Science Annual Convention, San Francisco, CA.

Incollingo Rodriguez, A. C.,* Dunkel Schetter, C., Guardino, C. M., & **Tomiyama, A. J.** (2018, March). *Longitudinal consequences of experiencing weight stigma during pregnancy for psychological and physical health.* Paper presented at the American Psychosomatic Society 76thAnnual Meeting, Louisville, KY.

Cummings, J. R.,* Nooteboom, P.,* Nguyen, D.,* & **Tomiyama, A. J.** (2018, March). *Food-alcohol competition: Does eating sweets reduce alcohol craving?* Poster presented at the American Psychosomatic Society 76thAnnual Meeting, Louisville, KY.

Standen, E. C.,* Hunger, J.M.,* & **Tomiyama, A.J.** (2018, March). *How controllable is weight? Weight controllability beliefs predict disordered eating behavior and negative emotional symptoms in 19-year-old women*. Poster presented at the Society for Personality and Social Psychology 19th Annual Meeting, Atlanta, GA.

Gomez Juarez, N.,* Standen, E. C.,* & **Tomiyama, A.J.** (2018, March). *Mass media and the imperfect mirror of body image: The media's role in promoting positive body image*. Poster presented at the Society for Personality and Social Psychology 19th Annual Meeting, Atlanta, GA.

Standen, E. C.,* **Tomiyama, A. J.,** Mann, T., & Ward, A. (2018, February). *Take the Stairs: An intervention for elevator use*. Poster presented at the Social Personality & Health Network Preconference for the Society for Personality and Social Psychology 19th Annual Meeting, Atlanta, GA.

Cummings, J. R.,* & **Tomiyama, A. J.** (2017, April). *Trait and demographic predictors of bonding over alcohol and unhealthy food consumption.* Paper presented at the Society of Behavioral Medicine 38th Annual Meeting, San Diego, CA.

Finch, L. E.,* Cummings, J. R.,* & **Tomiyama, A. J.** (2017, April). *What to eat, and when? An experimental test of the psychophysiological effects of comfort eating*. Poster presented at the Society for Behavioral Medicine 38th Annual Meeting, San Diego, CA.

Cummings, J. R.,* & **Tomiyama, A. J.** (2017, March). *Food-alcohol competition? Evidence from longitudinal and experimental studies.* Paper presented at the Collaborative Perspectives on Addiction 5th Annual Meeting, Albuquerque, NM.

Finch, L. E.,* & **Tomiyama, A. J.** (2017, January). *An experimental test of the psychophysiological effects of comfort eating.* Poster presented at the Social Personality & Health Network Preconference for the Society for Personality and Social Psychology 18th Annual Meeting, San Antonio, TX.

Cummings, J. R.,* & **Tomiyama, A. J.** (2017, January). *Indulgence loves company: The effect of indulgent behavior on interpersonal closeness in non-romantic dyads.* Poster presented at the Society for Personality and Social Psychology 18thAnnual Meeting, San Antonio, TX.

Standen, E. C.,* Incollingo Rodriguez, A. C.,* & **Tomiyama, A. J.** (2017, January). *Using weight salience to encourage healthy eating: An experimental field study.* Poster presented at the Social Personality & Health Network Preconference for the Society for Personality and Social Psychology 18th Annual Meeting, San Antonio, TX.

Incollingo Rodriguez, A. C.,* Rodriguez, A.,* Nguyen-Cuu, J.,* Standen, E. C.,* White, M. L.,* Callahan, L. C.,* Saxbe, D., & **Tomiyama, A. J.** (2016, May). *Debunking the buddy system: The unintended consequences of dieting in pairs*. Paper presented at the Association for Psychological Science 28th Annual Convention, Chicago, IL.

White, M. L.,* Incollingo Rodriguez, A. C.,* & **Tomiyama, A. J.** (2016, May). *Weight discrimination begins at home: Higher BMI individuals receive less parental support for higher education than lower BMI individuals*. Poster presented at the Association for Psychological Science 28th Annual Convention, Chicago, IL.

Nooteboom, P.,* Cummings, J. R.,* & **Tomiyama, A. J.** (2016, May). *Psychosocial vs. behavioral coping: Identifying the best strategy to counteract the effect of adverse life events.* Poster presented at the Association for Psychological Science 28th Annual Convention, Chicago, IL.

Standen, E. C.,* Incollingo Rodriguez, A. C.,* & **Tomiyama, A. J.** (2016, May). *Weight salience to promote health? An experimental field study of food and drink choices*. Poster presented at the Association for Psychological Science 28th Annual Convention, Chicago, IL.

Incollingo Rodriguez, A. C.,* Nguyen-Cuu, J.,* Rodriguez, A.,* Callahan, L. C.,* Saxbe, D., & **Tomiyama, A. J.** (2016, March). *Second-hand stress: Physiological and psychosocial consequences associated with dieting in pairs.* Poster presented at the American Psychosomatic Society 74th Annual Scientific Meeting, Denver, CO.

Incollingo Rodriguez, A. C.,* Heldreth, C. M.,* & **Tomiyama, A. J.** (2016, January). *Putting on weight stigma: The implications of wearing a fat suit for eating behavior and psychological well-being.* Paper presented at the Society for Personality and Social Psychology 17th Annual Meeting, San Diego, CA.

Finch, L. E.,* & **Tomiyama, A. J.** (2016, January). *Silver linings in emotional eating.* Poster presented at the Social Personality Health Network Preconference for the Society for Personality and Social Psychology 17th Annual Meeting, San Diego, CA.

Standen, E. C.,* White, M. L.,* Nguyen-Cuu, J.,* Incollingo Rodriguez, A. C.,* & **Tomiyama, A. J.** (2015, December). *Debunking the buddy system: Evidence that dieting together may exacerbate the negative consequences of dieting.* Poster presented at the

COAST/Sugar, Stress, Environment, and Weight 7th Annual Symposium, San Francisco, CA.

Cummings, J. R.,* Ray, L. A., & **Tomiyama, A. J.** (2015, June). *Bonding over desserts and drinks: Does "risky" consumption of alcohol and food increase social closeness?* Poster presented at the Research Society on Alcoholism 38th Annual Scientific Meeting, San Antonio, TX. [Student Merit Award Recipient]

Tomiyama, A. J., Himmelstein, M. S.,* Incollingo Rodriguez, A. C.,* Hunger, J. M.,* & Daubenmier, J. (2015, March). *Is weight stigma stressful? Evidence from correlational, longitudinal, and experimental studies*. Paper presented at the American Psychosomatic Society 73rd Annual Scientific Meeting, Savannah, GA.

Himmelstein, M. S.,* Incollingo Belsky, A. C.,* & **Tomiyama, A. J.** (2015, March). *The effect of weight stigma on HPA reactivity: The importance of self-perceived weight.* Poster presented at the American Psychosomatic Society 73rd Annual Scientific Meeting, Savannah, GA.

Cummings, J. R.,* Ray, L. A., & **Tomiyama, A. J.** (2015, March). *Food-alcohol competition: Do young girls who eat more drink less?* Poster presented at the American Psychosomatic Society 73rd Annual Scientific Meeting, Savannah, GA.

Incollingo Belsky, A. C.,* **Tomiyama, A. J.**, & Ward, A. (2015, March*). The smell of stigma: Cross-sensory pathway between vision and olfaction in stigma perception.* Poster presented at the American Psychosomatic Society 73rd Annual Scientific Meeting, Savannah, GA. *Presented during the Citation Poster Session.

Incollingo Belsky, A. C.,* **Tomiyama, A. J.**, & Ward, A. (2015, February). *What does stigma smell like? Cross-modal influence of visual weight cues on olfaction.* Poster presented at the Society for Personality and Social Psychology 16th Annual Meeting, Long Beach, CA.

Cummings, J. R.,* & **Tomiyama, A. J.** (2015, February). *Bonding over desserts and drinks: Does "risky" consumption of alcohol and food increase social closeness?* Poster presented at the Social Personality Health Network Preconference for the Society for Personality and Social Psychology 16th Annual Meeting, Long Beach, CA.

Himmelstein, M. S.,* Incollingo Belsky, A. C.,* & **Tomiyama, A. J.** (2015, February). *The effect of weight stigma on HPA reactivity: The importance of self-perceived weight.* Paper presented at the Social Personality Health Network Preconference for the Society for Personality and Social Psychology 16th Annual Meeting, Long Beach, CA.

Incollingo Belsky, A. C.,* **Tomiyama, A. J.**, & Ward, A. (2015, February). *What does stigma smell like? Cross-modal influence of visual weight cues on olfaction.* Paper presented at the Social Personality Health Network Preconference for the Society for Personality and Social Psychology 16th Annual Meeting, Long Beach, CA.

Tomiyama, A. J., Finch, L. E.,* Incollingo Belsky, A. C.,* Buss, J., & Daubemier, J. (2015, February). *Weight-bias in 2001 vs. 2013: Contradictory attitudes among obesity researchers and health professionals.* Poster presented at the Social Personality Health Network Preconference for the Society for Personality and Social Psychology 16th Annual Meeting, Long Beach, CA.

Finch, L. E.,* & **Tomiyama, A. J.** (2014, October). *Comfort eating buffers psychological stress in young adult women.* Paper presented at the UCLA Health Psychology/Behavioral Medicine Seminar, Los Angeles, CA.

Cummings, J. R.,* & **Tomiyama, A. J.** (2014, June). *Alcohol consumption and Body*

Mass Index: Food-alcohol competition or third variable problem? Poster presented at the Research Society on Alcoholism 37th Annual Meeting, Seattle, WA. [Student Merit Award Recipient]

Tomiyama, A. J. (2014, May). *Physiological consequences of experiencing weight stigma.* Paper presented at the Obesity Stigma: Psychological, Social, and Medical Causes and Consequences Symposium, Los Angeles, CA.

Callahan, L. C.,* Incollingo Belsky, A. C.,* Himmelstein, M. S.,* & **Tomiyama, A. J.** (2014, May). *Weighing heavily on your mind: Weight stigma causes psychological stress*. Paper presented at the Obesity Stigma: Psychological, Social, and Medical Causes and Consequences Symposium, Los Angeles, CA.

Hamilton, R.,* Incollingo Belsky, A. C.,* **Tomiyama, A. J.**, & Ward, A. (2014, May). *Obesity stigma and olfactory perception*. Paper presented at the Obesity Stigma: Psychological, Social, and Medical Causes and Consequences Symposium, Los Angeles, CA.

Incollingo Belsky, A. C.,* Finch, L. E.,* Buss, J., & **Tomiyama, A. J.** (2014, May). *Stereotype threat versus assimilation: An experimental field study of weight salience and food choices*. Paper presented at the Obesity Stigma: Psychological, Social, and Medical Causes and Consequences Symposium, Los Angeles, CA.

Tomiyama, A. J., Finch, L. E.,* Incollingo Belsky, A. C.,* Buss, J., & Daubemier, J. (2014, May). *Weight-bias among obesity specialists.* Paper presented at the Obesity Stigma: Psychological, Social, and Medical Causes and Consequences Symposium, Los Angeles, CA.

Incollingo Belsky, A. C.,* Epel, E. S., & **Tomiyama, A. J.** (2014, May). *Profiling personalities of long-term calorie restrictors: Why dieting may not be the cure for the "obesity epidemic."* Paper presented at the Association for Psychological Science 26th Annual Convention, San Francisco, CA.

Incollingo Belsky, A. C.,* Epel, E. S., & **Tomiyama, A. J.** (2014, March). *Clues to maintaining calorie restriction? Psychosocial profiles of successful long-term restrictors*. Poster presented at the American Psychosomatic Society 72nd Annual Scientific Meeting, San Francisco, CA. [Newsworthy Abstract Distinction]

Finch, L. E.,* & **Tomiyama, A. J.** (2014, March). *Emotional eating behavior buffers psychological stress in Black and White girls.* Poster presented at the American Psychosomatic Society 72nd Annual Scientific Meeting, San Francisco, CA.

Tomiyama, A. J., Incollingo Belsky, A. C.,* Himmelstein, M. S.,* & Mann, T. (2014, February). *Diminish the self, expand the waist: How efforts to change overeating through stigma backfire*. Poster presented at the Society for Personality and Social Psychology 15th Annual Meeting, Austin, TX.

Himmelstein, M. S.,* & **Tomiyama, A. J.** (2014, February). *Allergic to fat: Precursors to antifat attitudes, stereotyping and stigmatization of the obese*. Poster presented at the Society for Personality and Social Psychology 15th Annual Meeting, Austin, TX.

Ahlstrom, B.,* & **Tomiyama, A. J.** (2014, February). *The influence of the evolutionary life history model on eating behavior.* Paper presented at the Social Personality Health Network Preconference for the Society for Personality and Social Psychology 15th Annual Meeting, Austin, TX.

Incollingo Belsky, A. C.,* Finch, L. E.,* Buss, J., & **Tomiyama, A. J.** (2014, February).

Becoming our own stereotypes: Assimilating to unhealthy eating choices. Paper presented at the Social Personality Health Network Preconference for the Society for Personality and Social Psychology 15th Annual Meeting, Austin, TX.

Finch, L. E.,* & **Tomiyama, A. J.** (2013, November). *Emotional eating and psychological stress in Black and White girls aged 10-19*. Paper presented at The Obesity Society Annual Scientific Meeting, Obesity Week 2013, Atlanta, GA.

Incollingo Belsky, A. C.,* Epel, E. S., & **Tomiyama, A. J.** (2013, November). *The keys to dieting success: Psychosocial characteristics of long-term calorie restrictors*. Poster presented at The Obesity Society Annual Scientific Meeting, Obesity Week 2013, Atlanta, GA.

Himmelstein, M. S.,* & **Tomiyama, A. J.** (2013, November). *A picture is worth a thousand perceptions: Stereotype content of obese individuals*. Poster presented at The Obesity Society Annual Scientific Meeting, Obesity Week 2013, Atlanta, GA.

Loharuka, S.,* Puterman, E., Prather, A. A., Esmaeili, P.,* Epel, E. S., Rehkopf, D., Evans, Z.,* **Tomiyama, A. J.**, & Laraia, B. (2012, October). *Physical activity mitigates the impact of chronic stress on BMI growth in girls from ages 10 through 19: Results from the NHLBI Growth and Health Study.* Poster presented at the American Public Health Association Annual Conference, San Francisco, CA.

Esmaeili, P.,* Puterman, E., Prather, A. A., Loharuka, S.,* Epel, E. S., Rehkopf, D., Evans, Z.,* **Tomiyama, A. J.**, & Laraia, B. (2012, September). *The lingering effect of childhood socioeconomic status: Parental education predicts diurnal cortisol trajectory in adulthood.* Poster presented at the International Society for Psychoneuroendocrinology 42nd Annual Conference, New York City, NY.

Tomiyama, A. J., Epel, E., McClatchey, T.,* Poelke, G., & Daubenmeier, J. (2012, March). *Weight stigma independent of BMI predicts oxidative stress*. Poster presented at the American Psychosomatic Society 70th Annual Scientific Meeting, Athens, Greece.

Tomiyama, M., & **Tomiyama, A. J.** (2012, March). *Stress and SLA: A new line of research.* Paper presented at the Georgetown University Roundtable, Washington, D.C.

Hunger, J. M.,* **Tomiyama, A. J.**, & Laraia, B. (2011, January). *Predicting obesity longitudinally from causal beliefs about weight: Evidence from the NHLBI Growth and Health Study.* Poster presented at the Society for Personality and Social Psychology 12th Annual Meeting, San Antonio, TX.

VanSonnenberg, E. L.,* & **Tomiyama, A. J.** (2010, August). *The effects of gratitude expressions on mindfulness, self-esteem, body image, and macronutrient composition of diet*. Paper presented at the International Positive Psychology Conference, Beijing, China.

Tomiyama, A. J., Dallman, M. F., Lustig, R. H., & Epel, E. S. (2010, March). *Executive function, stress, and abdominal obesity*. Poster presented at the American Psychosomatic Society 68th Annual Scientific Meeting, Portland, OR.

Tomiyama, A. J., Mann, T., & Taylor, S. E. (2009, July). *Low calorie dieting increases cortisol*. Paper presented at the International Society for Psychoneuroendocrinology Annual Conference, San Francisco, CA.

Tomiyama, A. J., Moskovich, A.,* Haltom, K. B.,* Ju, T.,* & Mann, T. (2009, March). *Food consumption after a diet violation: Disinhibition or compensation?* Poster presented at the American Psychosomatic Society 67th Annual Scientific Meeting, Chicago, IL.

Tomiyama, A. J., Moskovich, A.,* Haltom, K. B.,* Ju, T.,* & Mann, T. (2009,

February). *The effect of diet violations on everyday eating*. Poster presented at the Society for Personality and Social Psychology 12th Annual Meeting, Tampa, FL.

Motivala, S. J., **Tomiyama, A. J.**, Ziegler, M., Khandrika, S., & Irwin, M. R. (2008, March). *Leptin and ghrelin levels in Insomnia patients and healthy controls*. Citation Poster presented at the the American Psychosomatic Society 66th Annual Scientific Meeting, Baltimore, MA.

Mann, T., **Tomiyama, A. J.**, Moskovich, A.,* & Ward, A. (2008, March). *Attention and the self-control of eating*. Poster presented at the American Psychosomatic Society 66th Annual Scientific Meeting, Baltimore, MA.

Mann, T., Moskovich, A.,* **Tomiyama, A. J.**, & Ward, A. (2008, March). *Self-regulation in dieters*. Paper presented at the Society of Behavioral Medicine Annual Meeting, San Diego, CA.

Tomiyama, A. J., Mann, T., & Comer, L. (2007, January). *Triggers of eating in everyday life*. Poster presented at the Society for Personality and Social Psychology 10th Annual Meeting, Memphis, TN.

Tomiyama, A. J., Mann, T., Taylor, S. E., & Comer, L. (2006, March). *Dieting predicts daily stress*. Citation Poster presented at the American Psychosomatic Society 64th Annual Scientific Meeting, Denver, CO.

Tomiyama, A. J., Mann, T., & Comer, L. (2006, January). *Mood and food: Triggers of diet violations in daily context*. Poster presented at the Society for Personality and Social Psychology 9th Annual Meeting, Palm Springs, CA.

Tomiyama, A. J. (2005, May). *Why dieting fails: Psychological and biopsychosocial mediators*. Poster presented at the American Psychological Society Annual Convention, Los Angeles, CA.

Tomiyama, A. J., Mann, T., & Taylor, S. E. (2005, March). *Dieting may be a chronic stressor*. Poster presented at the American Psychosomatic Society 63rd Annual Scientific Meeting, Vancouver, BC, Canada.

Tomiyama, A. J., & Mann, T. (2004, July). *Enmeshment in eating disorders: The moderating role of culture.* Poster presented at the American Psychological Association Annual Meeting, Honolulu, HI.

Mann, T., & **Tomiyama, A. J.** (2004, July). *Biases in body-size perception in non-pathological populations*. Paper presented at the American Psychological Association Annual Meeting, Honolulu, HI.

REPRESENTATIVE MEDIA COVERAGE

Is B.M.I. a Scam? *New York Times,* May 18, 2021.
https://www.nytimes.com/2021/05/18/style/is-bmi-a-scam.html

If BMI is the test of health, many pro athletes would flunk.
Morning Edition, National Public Radio, February 10, 2016.
http://www.npr.org/sections/health-shots/2016/02/04/465569465/if-bmi-is-the-test-of-health-man y-pro-athletes-would-flunk

Girls called ‘too fat’ are more likely to become obese, study finds. *Los Angeles Times*, April 28, 2014. http://www.latimes.com/science/sciencenow/la-sci-sn-girls-too-fat-obese-20140428,0,4057459.story

Can extreme calorie counting make you live longer? *BBC News*, February 10, 2013. http://www.bbc.co.uk/news/magazine-21125016

Study: Stress a weightier problem for black girls. *Chicago Tribune,* October 17, 2012. http://articles.chicagotribune.com/2012-10-17/news/ct-x-1017-trice-column-20121017_1_white-girls-obesity-rates-stress

Stress hormone rises as dieters restrict calories. *USA Today*, Print: April 7, 2010, Online: April 6, 2010. http://www.usatoday.com/news/health/2010-04-07-diet07_ST_N.htm

Dieting doesn’t work. *The Onion*, June 26, 2007. http://www.theonion.com/articles/dieting-doesnt-work,15251/