Updated October 2026

Erica M. LaFata

Address: 3800 Sports Way
Springfield, Oregon 97477

Phone: (913) 653-5022
Email: elafata@ori.org

ACADEMIC APPOINTMENTS

Research Scientist September 2025-Present
Oregon Research Institute

Assistant Research Professor August 2021-August 2025
Drexel University
Center for Weight, Eating, and Lifestyle Science (WELL Center)

EDUCATION

Postdoctoral Research Fellow, Center for Weight and Eating Disorders August 2019-June 2021
Perelman School of Medicine, University of Pennsylvania
Primary Mentors: Thomas A. Wadden, Ph.D. and Kelly C. Allison, Ph.D.

Ph.D. University of Michigan, Clinical Psychology August 2019
Dissertation: *Food Characteristics Implicated in Biobehavioral Indicators of Addiction in Vulnerable Individuals* *Defended March 2018*
Primary Mentor: Ashley N. Gearhardt, Ph.D.

Predoctoral Internship, Medical University of South Carolina July 2018-July 2019

M.S. University of Michigan, Clinical Psychology May 2015
Thesis: *Which Foods May Be Addictive? The Roles of Processing, Fat Content, and Glycemic Load* *Defended February 2015*

B.A. University of Kansas, Psychology May 2012
Minor in Business
Magna Cum Laude (GPA: 3.9, Major GPA: 3.93)

PROFESSIONAL PSYCHOLOGY LICENSURE

Licensed Psychologist in the State of Pennsylvania (PS019147) October 2020-Present

GRANT FUNDING

(FORMERLY SCHULTE, EM)

ACTIVE

Title: Biobehavioral Reward Responses Associated with Consumption of Nutritionally Diverse Ultra-Processed Foods

Major Goals: This study systematically examines differences in the rewarding characteristics of and physiological and metabolic responses to ultra-processed foods that are high in fat, refined carbohydrates (like sugar), or both.
Project Number: 1K23DK129825-01A1
Name of PD/PI: **LaFata (Schulte), EM**
Names of Co-Investigators: Forman, EM; Allison, KC; Audrain-McGovern, JE
Source of Support: NIDDK
Primary Place of Performance: Drexel University
Project/Proposal Start and End Date (MM/YYYY) (if available): 07/15/2022-03/31/2027
Total Award Amount (including Indirect Costs): $720,080

Title: Efficacy of a multi-level intervention designed to promote adherence to WCRF/AICR dietary guidelines for cancer prevention
Major Goals: This study is designed to test the extent to which a behavioral program can help adults to follow dietary recommendations for cancer prevention. This program will integrate self-regulation skills, motivation enhancement, and household support for changing the home food environment.
Status of Support: Active
Project Number: R01CA288323
Name of PD/PI: Butryn, ML
Names of Co-Investigators: Brown, K, Hagerman, CJ, **LaFata, EM**, Milliron, BJ, Simone, N, Zhang, FZ
Source of Support: NCI
Primary Place of Performance: Drexel University
Project/Proposal Start and End Date (MM/YYYY) (if available): 5/20/2025- 4/30/2030
Total Award Amount (including Indirect Costs): $2,898,780

Title: Engaging men in weight loss with a game-based mHealth and neurotraining program
Major Goals: This project evaluates engagement in and efficacy of a novel, game-based mobile weight loss program designed to be appealing to men. The program is designed to be especially effective and engaging because it features both gamification features known to enhance enjoyment and motivation and facilitate desired behaviors and neurotraining in basic brain capacities needed to resist impulses to eat tempting foods.
Status of Support: Active
Project Number: 1R01DK128524
Name of PD/PI: Forman, EM
Names of Co-Investigators: Manasse, SM, Butryn, ML, **Schulte, EM**, & Hagerman, CJ
Source of Support: NIDDK
Primary Place of Performance: Drexel University (though 08/2025); Oregon Research Institute (through 8/31/2027)
Project/Proposal Start and End Date (MM/YYYY) (if available): 10/1/2021 - 8/31/2027
Total Award Amount (including Indirect Costs): $2,963,707

Title: Integrative Intervention with Creative Arts Therapies and Nutrition- I2CAN
Major Goals: In this study, we will use a novel integrative program combining Creative Arts Therapy including art therapy and dance/movement therapy with Nutrition Education, a program we are calling I2CAN as an innovative combinatorial therapeutic strategy to reduce cardiometabolic risk and improve psychosocial well-being.
Project Number: SAP #4100095603
Name of PD/PI: Sukumar, D
Names of Co-Investigators: **LaFata, E**, Kaimal G, Shewokis, P
Source of Support: Commonwealth of Pennsylvania
Primary Place of Performance: Drexel University
Project/Proposal Start and End Date: 1/1/2023-12/31/2026
Total Award Amount (including Indirect Costs): $84,590

<u>PENDING</u>

Title: Preventing Weight Regain After Discontinuation of GLP-1- Based Obesity Pharmacotherapy: A Randomized Trial of Ultra-Processed Food Reduction

Major Goals: This randomized remote trial will test whether a behavioral intervention targeting ultra-processed food reduction limits weight regain after discontinuation of GLP-1-based obesity medication relative to an appetite-regulation intervention. It will also test change in UPF relative reinforcing value as a mechanism and baseline reward-driven susceptibility as a moderator.
Project Number: R01DK152764
Name of PD/PI: **LaFata, E.M.**
Names of Co-Investigators: Forman, E.M., Hagerman, C.J., Kyrillos, J., and Gau, J.
Source of Support: NIDDK
Primary Place of Performance: Oregon Research Institute
Project/Proposal Start and End Date: 07/01/2027-06/30/2032
Total Award Amount (including Indirect Costs): $3,802,975

Title: Project ALLY: Ultra-Processed Food Intake as a Treatment Target for Loss-of-Control Eating and Cardiometabolic Risk in Adolescents with Overweight or Obesity: A Factorial Optimization Trial
Major Goals: This project tests, in a fully remote 2x2 factorial optimization trial within the Multiphase Optimization Strategy (MOST), whether caregiver-directed reduction of household ultra-processed food (UPF) availability and ecological momentary intervention coaching through UPF cravings, alone and combined, reduce UPF intake and downstream loss-of-control eating and cardiometabolic risk in adolescents with overweight or obesity, in order to build an optimized, mechanistically grounded treatment package ready for confirmatory testing.
Project Number: 1R01DK152338-01
Name of PD/PI: **LaFata, E.M.**
Names of Co-Investigators: Juarascio, A., Gau, J., Butryn, M.L., and Manasse, S.
Source of Support: NIDDK
Primary Place of Performance: Oregon Research Institute
Project/Proposal Start and End Date: 07/01/2027-06/30/2032
Total Award Amount (including Indirect Costs): $3,922,674

Title: The THRESHOLD Trial: Testing High-Risk Ultra-Processed Food Reduction Targets and Substitution Pathways on Cardiometabolic Outcomes
Major Goals: This project evaluates the dose-response relationship between high-risk ultra-processed food reduction and cardiometabolic risk, and tests whether substitution pathway (minimally processed foods vs. nutrient-optimized ultra-processed foods) independently influences dietary adherence and outcomes. The fully remote 3x2 factorial trial will provide the first causal evidence on the minimum effective reduction in high-risk ultra-processed foods needed to improve cardiometabolic health and inform evidence-based counseling targets for diabetes prevention and obesity care.
Project Number: R01HL191290
Name of PD/PI: **LaFata, E.M.**
Names of Co-Investigators: Yokum, S., Forman, E.M., Butryn, M.L., and Smolkowski, K.
Source of Support: NHLBI
Primary Place of Performance: Oregon Research Institute
Project/Proposal Start and End Date (MM/YYYY) (if available): 04/01/2027-03/31/2032
Total Award Amount (including Indirect Costs): $3,397,937

Title: Adherence Dynamics and Health Effects of Reduced Exposure to Ultra-Processed Foods (ADHERE)
Major Goals: This project tests whether a self-reinforcing glycemic-affective cycle drives recurrent dietary lapse during ultra-processed food reduction. In a 14-week fully remote protocol, 240 adults with obesity and elevated cardiovascular risk complete continuous glucose monitoring and ecological momentary assessment during an ultra-processed food reduction intervention to test each link of the cycle and whether it re-fires across lapses.
Project Number: R01HL191610
Name of PD/PI: **LaFata, E.M.**
Names of Co-Investigators: Juarascio, A.S., Forman, E.M., Hagerman, C.J., Gau, J.
Source of Support: NHLBI
Primary Place of Performance: Oregon Research Institute
Project/Proposal Start and End Date (MM/YYYY) (if available): 04/01/2027-03/31/2032
Total Award Amount (including Indirect Costs): $3,969,755

Title: Ultra-Processed Food Intake Patterns and Their Neurocognitive and Clinical Correlates in Binge Eating Disorder (PROFILE)
Major Goals: The proposed study will characterize patterns of ultra-processed food (UPF) intake in young adults with binge eating, test whether high-risk UPF intake perpetuates and worsens binge eating symptoms across 15 months, and identify the RDoC-aligned neurocognitive processes that carry and modify this association.
Project Number: R01MH148325
Name of PD/PI: **LaFata, E.M.**
Names of Co-Investigators: Juarascio, A.S., Forman, E.M., Butryn, M.L.
Source of Support: NIMH
Primary Place of Performance: Oregon Research Institute
Project/Proposal Start and End Date (MM/YYYY) (if available): 04/01/2027-03/31/2032
Total Award Amount (including Indirect Costs): $3,936,484

Title: Comparing Dietary Strategies That Limit Ultra-Processed Foods, Ultra-Reinforcing Foods, or Overall Caloric Intake to Improve Weight and Cardiometabolic Health (Ultra)
Major Goals: This project compares the effects of dietary interventions that limit Ultra-Processed Foods, Ultra-Reinforcing Foods, or Calories to Improve Weight and Cardiometabolic Health.
Project Number: Not yet assigned
Name of PD/PI: Forman, E.M.
Names of Co-Investigators: Juarascio, A., **LaFata, E.M.,** Hagerman, C.J., and Smolkowski, K.
Source of Support: NIDDK
Primary Place of Performance: Oregon Research Institute
Project/Proposal Start and End Date (MM/YYYY): 07/01/2026 – 06/30/2031
Total Award Amount (including Indirect Costs): $3,819,099

Title: Adapting Dietary Recommendations to Improve Treatment Outcomes for Individuals with Binge Eating Disorder and Comorbid Obesity
Major Goals: Binge eating disorder commonly co-occurs with obesity (BED+Ob), and although behavioral weight loss (BWL) can reduce weight and binge eating in the short term, relapse in binge eating and weight regain are common after treatment ends. Researchers disagree about whether foods that an individual typically eats during a binge episode (IBFs) should be intentionally incorporated in moderation (to reduce feelings of deprivation and dietary restraint) or eliminated entirely (to reduce cue-reactivity and reward-driven eating) within BWL. In this study, individuals with BED+Ob will be randomized to a version of BWL that either intentionally incorporates or eliminates IBFs to evaluate the comparative efficacy, feasibility, acceptability, tolerability, moderators, and mechanisms of these competing dietary approaches.
Project Number: R01DK151086
Name of PD/PI: Juarascio, A.S.
Names of Co-Investigators: Manasse, S.M., **LaFata, E.M.**, Forman, E.M., Gau, J.
Source of Support: NIDDK
Primary Place of Performance: Oregon Research Institute
Project/Proposal Start and End Date (MM/YYYY) (if available): 04/01/2027-03/31/2032
Total Award Amount (including Indirect Costs): $3,740,624

Title: Comparing Behavioral Weight Loss and Weight Neutral Treatment for Binge Eating Disorder with Co-morbid Obesity
Major Goals: Binge eating disorder (BED) is commonly co-morbid with obesity (BED+Ob) and supervised behavioral weight loss (BWL) can effectively improve health conditions, promote weight loss, and reduce binge eating, at least in the short term. Despite these results, in the last decade, an increasingly large number of providers who work with BED+Ob refuse to offer BWL due to rising concerns about this treatment approach and instead prefer to offer non-restrictive or weight neutral treatment (WNT) approaches. In the current study, we will conduct a fully powered trial in which individuals with BED+Ob are randomly assigned to receive one year of 20 small-group sessions of either BWL or WNT and will 1) test whether WNT is non-inferior to BWL across a range of patient and provider centered outcome variables at post-treatment and one and two-year follow-ups, 2) assess baseline moderators of treatment outcomes, and 3) conduct a mixed-method, multistakeholder process evaluation of BWL and WNT for BED+Ob to inform provider behaviors.

Project Number: R01DK151026
Name of PD/PI: Juarascio, A.S.
Names of Co-Investigators: Manasse, S.M., **LaFata, E.M.**, Forman, E.M., Gau, J.
Source of Support: NIDDK
Primary Place of Performance: Oregon Research Institute
Project/Proposal Start and End Date (MM/YYYY) (if available): 04/01/2027-03/31/2032
Total Award Amount (including Indirect Costs): $3,765,295

Title: Addressing the Reward Imbalance in Binge-Spectrum Eating Disorders using Mindfulness-Enhanced Reward Retraining
Major Goals: In the current study we will conduct a fully powered efficacy trial (n=320) in which individuals with transdiagnostic binge eating who are high in reward imbalance are randomly assigned to receive either 10 sessions of a mindfulness enhanced-RRT (Me-RRT) or 10 sessions of CBT (both delivered as a telehealth group treatment) and will 1) test Me-RRT's ability to improve mindfulness, reward imbalance and outcomes compared to CBT at post-treatment and at 12-month follow-up and 2) conduct a mixed-method, multistakeholder process evaluation of the delivery of Me-RRT to inform a future implementation-focused trial.
Project Number: R01AT013825
Name of PD/PI: Juarascio, A.S.
Names of Co-Investigators: Manasse, S.M., **LaFata, E.M.**, Gau, J.
Source of Support: NCCIH
Primary Place of Performance: Oregon Research Institute
Project/Proposal Start and End Date (MM/YYYY) (if available): 12/01/2026-11/30/2031
Total Award Amount (including Indirect Costs): $3,839,341

Title: Reducing Ultra-Processed Food Intake for the Prevention of Weight Gain and Cardiometabolic Disease
Major Goals: This trial is designed to compare nutritional approaches to obesity prevention in adults age 18-49. Participants (N = 375) with a BMI of 22-29.9 are randomized to an intervention targeting 1) ultra-processed food intake, 2) calorie intake, or 3) both ultra-processed food intake and calorie intake.
Project Number: R01DK152862
Name of PD/PI: Butryn, M.L.
Names of Co-Investigators: **LaFata, E.M.**, Hagerman, C.H., Zhang, F., Milliron, B.J., Manasse, S.M.
Source of Support: NIDDK
Primary Place of Performance: Drexel University
Project/Proposal Start and End Date (MM/YYYY) (if available): 07/01/2026 – 06/30/2031
Total Award Amount (including Indirect Costs): $3,350,415

<u>COMPLETED</u>

Title: Sharing Digital Self-Monitoring Data with Others to Enhance Long-Term Weight Loss: A Randomized Trial Using a Factorial Design
Major Goals: This study tests if sharing digital data (i.e., body weight from wireless scale, physical activity from wearable sensor, and dietary intake from smartphone app) with coaches, program peers, or friends/family improves long-term weight loss.
Status of Support: Active
Project Number: 1R01DK129300
Name of PD/PI: Butryn, M.L.
Names of Co-Investigators: Forman, E.M., **LaFata (Schulte), E.M.**, & Hagerman, C.J.
Source of Support: NIDDK
Primary Place of Performance: Drexel University
Project/Proposal Start and End Date (MM/YYYY) (if available): 7/1/2021-6/30/2026
Total Award Amount (including Indirect Costs): $3,629,978

Title: Using Artificial Intelligence to Optimize Delivery of Weight Loss Treatment Research

Major Goals: This project aims to evaluate an AI-powered behavioral weight loss system designed to provide the optimal combination of individual meetings, group meetings, texts, and automated messages for each individual participant, over time.
Status of Support: Active
Project Number: R01DK125641-01A1
Name of PD/PI: Forman, EM (5/4/2021-6/26/2024); Interim PI: **LaFata, EM** (6/27/2024-01/31/2026)
Names of Co-Investigators: Butryn, ML, Juarascio, AS, **LaFata (Schulte), EM** (9/1/2021-6/26/2024), & Hagerman, CJ
Source of Support: NIDDK
Primary Place of Performance: Drexel University
Project/Proposal Start and End Date (MM/YYYY) (if available): 5/4/2021-1/31/2026
Total Award Amount (including Indirect Costs): $2,971,225

Title: Development of a Just-in-Time Intervention to Reduce Ultra-Processed Food Intake
Major Goals: This study is designed to develop and test the feasibility of a smartphone application that uses just-in-time adaptive intervention technology to reduce ultra-processed food consumption.
Project Number: SAP #4100095603
Name of PD/PI: **LaFata, EM**
Names of Co-Investigators: Nasser, J & Forman, EM
Source of Support: Commonwealth of Pennsylvania
Project/Proposal Start and End Date: 1/1/2023-08/31/2025
Total Award Amount (including Indirect Costs): $84,601

Title: Mindfulness and acceptance-based interventions for obesity: Using a factorial design to identify the most effective components
Major Goals: This study is part of a Multiphasic Optimization Strategy (MOST) and is designed to evaluate the independent and interacting effects of mindfulness- and acceptance- based treatment components for obesity.
Status of Support: Active
Project Number: R01DK119658
Name of PD/PI: Forman, EM
Names of Co-Investigators: Juarascio, AS, Manasse, SM, Butryn, ML, **Schulte, EM**, & Hagerman, CJ
Source of Support: NIDDK
Primary Place of Performance: Drexel University
Project/Proposal Start and End Date (MM/YYYY) (if available): 07/15/2019-06/30/2024
Total Award Amount (including Indirect Costs): $3,608,935

Title: Assessment of and Treatment Applied to Food Addiction to Encourage Self-Management of Obesity in a Rural Healthy Behaviors Clinic
Role: Consultant
Source: University of Nebraska- Rural Futures Institute
Total Amount: $74,647
Grant Duration: July 2017-July 2019

Title: Food Attributes Implicated in Biobehavioral Indicators of Addiction in Vulnerable Individuals
Role: Primary Investigator
Source: Rackham Graduate School, Graduate Student Research Award- Candidate
Total Amount: $3,000
Grant Duration: May 2016-May 2019

Title: An Examination of Behavioral Responses to Highly Processed Foods
Role: Primary Investigator
Source: Blue Cross Blue Shield of Michigan
Total Amount: $3,000
Grant Duration: August 2015-August 2016

Title: An Examination of Behavioral Responses to Highly Processed Foods
Role: Primary Investigator
Source: Rackham Graduate School, Graduate Student Research Award- Pre-Candidate
Total Amount: $1,500
Grant Duration: May 2015-May 2016

PEER-REVIEWED JOURNAL PUBLICATIONS

(FORMERLY SCHULTE, E.M.)

(**= SENIOR AUTHOR; MENTEE/STUDENT CO-AUTHORS UNDER MY SUPERVISION ARE UNDERLINED)

SUMMARY: 25 FIRST AUTHOR PUBLICATIONS; 5 SENIOR AUTHOR PUBLICATIONS

---

1) Ahrens, M.L., Gearhardt, A.N., Baugh, M.E., Hutelin, Z., Fazzino, T.L., **LaFata, E.M.**, Sonneville, K.R., & DiFeliceantonio, A.G. (In press). Individual characteristics interacting with processing level and hyperpalatability are associated with food addictiveness: A cross-sectional study. *Journal of the Academy of Nutrition and Dietetics*.

2) Aloi, M., Segura, C., **LaFata, E.M.**, & Gearhardt, A.N. (In press). Italian validation and exploratory measurement invariance of the Food Addiction Symptom Inventory (FASI). *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*.

3) **LaFata, E.M.**, Juarascio, A.S., Butryn, M.L., Hagerman, C.J., & Forman, E.M. (In press). State of the science on ultra-processed foods and the ultra-processed food addiction construct. *Current Obesity Reports*.

4) **LaFata, E.M.**, McCausland, H.C., Goodin, A.G., & Shannon, R. (In press). Characterizing food industry affiliations among critics of the Nova food classification system: A systematic review. *American Journal of Public Health*.

5) Hagerman, C.J., Choo-Kang, D.K., **LaFata, E.M.**, Rohde, P., Butryn, M.L. (In press). A cognitive dissonance-based intervention to reduce ultra-processed food intake: Protocol for a pilot randomized controlled trial. *Contemporary Clinical Trials*, 108327.

6) Worwag K.E., Audrain-McGovern, J., Butryn, M.L., & **LaFata, E.M.**** (2026). Associations of physical activity and dietary macronutrient changes with smoking abstinence: A secondary analysis of an RCT. *Population Medicine*, *8*(1), 1-9.

7) Gearhardt, A.N., Hutelin, Z., Nartey, E., Ahrens, M.L., Baugh, M.E., Fazzino, T.L., **LaFata, E.M.**, Sonneville, K.R., & DiFeliceantonio, A.G. (2026). Nutritional characteristics of foods with addictive potential: A machine learning approach. *American Journal of Public Health*, *116*(7):950–959.

8) Graver, H., McCausland, H.C., Kruger, M., Rubino, L.G., Moussaoui, J.R., Parnarouskis, L., **LaFata, E.M.**, Manasse, S.M. (2026). Unique and shared symptoms across food addiction and binge eating measures: A content analysis. *International Journal of Eating Disorders*, 59:885–895.

9) Sarvandani, M.N., Chen, Q. W., Asadi, M., Brunault, P., **LaFata, E.M.**, & Burrows, T. (2025). Prevalence of food addiction and sex-specific correlates in a large sample of Iranian adults. *Scientific Reports*, *15*(1), 41885.

10) McCausland, H.C., Gearhardt, A.N., Peralta, J.M., & **LaFata, E.M.**** (2025). A critical evaluation of the terms used to describe foods implicated in addictive-like eating. *Current Addiction Reports*, *12*(1), 71.

11) McCausland, H.C., Nasser, J.A, & **LaFata, E.M.**** (2025). A narrative review of public and expert perceptions of ultra-processed foods: Knowledge, opinions, and educational directions. *Appetite*, *216*, 108273.

12) **LaFata, E.M.**, Moran, A.J., Volkow, N.D., & Gearhardt, A.N. (2025). Now is the time to recognize and respond to addiction to ultra-processed foods. *Nature Medicine*, *31*(11), 3586-3587.

13) Unwin, J., Giaever, H., Avena, N., Kennedy, C., Painschab, M., & **LaFata, E.M.**** (2025). Towards consensus: Using the Delphi Method to form an international expert consensus statement on ultra-processed food addiction. *Frontiers in Psychiatry*, *16*, 1542905.

14) Wiss, D.A., Tran, C., & **LaFata, E.M.** (2025). The association between cumulative adverse childhood experiences and ultra-processed food addiction is moderated by substance use disorder history among adults seeking outpatient nutrition counseling. *Frontiers in Psychiatry*, *16*, 1543923.

15) Wiss, D. & **LaFata, E.M.** (2025). Structural equation modeling of adverse childhood experiences, ultra-processed food intake, and symptoms of post-traumatic stress disorder, ultra-processed food addiction, and eating disorder among adults seeking nutrition counseling in Los Angeles, CA. *Appetite*, *28*, 107938.

16) Pearl, R.L., Groshon, L.C., Hernandez, M., Bach, C., **LaFata, E.M.**, Fitterman-Harris, H.F., Leget, D.L., Sheynblyum, M., & Wadden, T.A. (2025). Characterizing first, recent, and worst experiences of weight stigma in a clinical sample of adults with high body weight and high internalized stigma. *Clinical Obesity*, *15*(4), e70005.

17) Tronieri, J.S., Ghanbari, E., Chevinsky, J., **LaFata, E.M.**, Minnick, A.M., Rajpal, S., Wang, S.Y., Burcaw, K., Berkowitz, R.I., Wadden, T.A. (2025). Anti-obesity medication for weight loss in early non-responders to behavioral treatment: A randomised controlled trial. *Nature Medicine*, *31*, 1653-1660.

18) Lima, V., Cavalcante, E., Leão, M., **LaFata, E.M.**, Sampaio, A., & Nunes Neto, P. (2024). Reliability and validity of the Modified Yale Food Addiction Scale 2.0 (mYFAS 2.0) in a sample of individuals with depressive disorders. *Journal of Eating Disorders*, *12*, 144.

19) Prescott, S.L., Logan, A.C., **LaFata, E.M.**, Naik, A., Nelson, D.H., Robinson, M.B., & Soble L. (2024). Crime and nourishment: A narrative review examining ultra-processed foods, brain, and behavior. *Dietetics*, *3*(3), 318-345.

20) Butryn, M.L., Miller, N.A., Hagerman, C.J., Arigo, D., **LaFata, E.M.**, Zhang, F., Spring, B., & Forman, E.M. (2024). Coach access to digital self-monitoring data: An experimental test of short-term effects in behavioral weight loss treatment. *Obesity (Silver Spring)*, 1-9.

21) Logan, A.C., Prescott, S.L., **LaFata, E.M.**, Nicholson, J.J., & Lowry, C.A. (2024). Beyond auto-brewery: Why dysbiosis and the legalome matter to forensic and legal psychology. *Laws*, *13*, 46.

22) **LaFata, E.M.**, Worwag, K., Derrigo, K., Hessler, C., Allison, K.C., Juarascio, A.S., & Gearhardt, A.N. (2024). Development of the Food Addiction Symptom Inventory: The first clinical interview to assess ultra-processed food addiction. *Psychological Assessment*, *6*(11), 654–664.

23) **LaFata, E.M.**, Allison, K.C., Audrain-McGovern, J., & Forman, E.M. (2024). Ultra-processed food addiction: A research update. *Current Obesity Reports*, *13*, 13, 214–223.

24) Wiss, D. & **LaFata, E.M.** (2024). Ultra-processed foods and mental health: Where do eating disorders fit into the puzzle? *Nutrients*, *16*(12), 1955.

25) Wiss, D., **LaFata, E.M.**, Tomiyama, A.J. (2024). A novel weight suppression score associates with distinct eating disorder and ultra-processed food addiction symptoms compared to the traditional weight suppression measure among adults seeking outpatient nutrition counseling. *Journal of Eating Disorders*, *12*(1), 75.

26) Hu, S., Gearhardt, A.N., & **LaFata, E.M.**** (2024). Development of the Modified Highly Processed Food Withdrawal Scale (mProWS) *Appetite*, *198*, 107370.

27) Derrigo, K. & **LaFata, E.M.**** (2023). Examining the proportions of food addiction among women with and without polycystic ovarian syndrome who do and do not take hormonal birth control. *Eating Behaviors, 51,* 101824.

28) Ehmann, M.M., **LaFata, E.M.**, McCausland, H., Knudsen, F., & Butryn, M.L. (2023). Perceived importance of moderate-to-vigorous physical activity as a weight control strategy in behavioral weight loss. *Obesity Science & Practice*, 1-10.

29) Miller, N.A., Ehmann, M.M., Hagerman, C.J., Forman, E.M., Arigo, D., Spring, B., **LaFata, E.M.**, Zhang, F., Milliron, B., & Butryn, M.L. (2023). Sharing digital self-monitoring data with others to enhance long-term weight loss: A randomized controlled trial. *Contemporary Clinical Trials*, *129*, 107201.

30) Pearl, R.L., Wadden, T.A., Bach, C., & **LaFata, E.M.**, Gautam, S., Leonard, S., Berkowitz, R.I., Latner, J.D., & Jakicic, J.M. (2023). Long-term effects of an internalized weight stigma intervention: A randomized controlled trial. *Journal of Consulting and Clinical Psychology, 91*(7), 398.

31) Crane, N.T., Butryn, M.L., Gorin, A.A., Lowe, M.R., & **LaFata, E.M.**** (2023). Overlapping and distinct relationships between hedonic hunger, uncontrolled eating, food craving, and the obesogenic home food environment during and after a 12-month behavioral weight loss program. *Appetite*, *185*, 106543.

32) Horsager, C., **LaFata, E.M.**, Færk, E., Lauritsen, M.B., Østergaard, S.D., & Gearhardt, A.N. (2023). Psychometric validation of the Yale Food Addiction Scale for Children 2.0 among adolescents from the general population and adolescents with a history of mental disorder. *European Eating Disorder Review, 31,* 474-488.

33) Pearl, R.L., Wadden, T.A., Groshon, L., Fitterman-Harris, H.F., Bach, C., & **LaFata, E.M.** (2023). Refining the conceptualization and assessment of internalized weight stigma: A mixed methods approach. *Body Image*, *44*, 93-102.

34) Chwyl, C., **LaFata, E.M.**, Abber, S.R., Juarascio, A.S., & Forman, E.M. (2023). Testing reward processing models of obesity using in-the-moment assessments of subjective enjoyment of food and non-food activities. *Eating Behaviors*, 48:101698.

35) Forman, E.M., Berry, M.P., Butryn, M.L., Hagerman, C.J., Huang, Z., Juarascio, A.S., **LaFata, E.M.**, Ontañón, S., Tilford, J.M., & Zhang, F. (2023). Using artificial intelligence to optimize delivery of weight loss treatment: protocol for an efficacy and cost-effectiveness trial. *Contemporary Clinical Trials*, *124*, 107029.

36) **LaFata, E.M.** & Gearhardt, A.N. (2022). Ultra-processed food addiction: An epidemic? *Psychotherapy and Psychosomatics*, *91*, 363-372.

37) **LaFata, E.M.** (2022). A commentary on the progress towards recognizing food addiction as a psychological diagnosis. *Current Addiction Reports*, *9*, 251-254.

38) Wang, D., Huang, K., **Schulte, E.M.**, Zhou, W., Li, H., Hu, Y., Fu, J. (2022). The association between food addiction and weight status in school-age children and adolescents. *Frontiers in Psychiatry, Addictive Disorders, 13*, 824234.

39) **Schulte, E.M.**, Kral, T.E.V., & Allison, K.C. (2022). A cross-sectional examination of reported changes to eating and activity behaviors due to the COVID-19 Pandemic among individuals with food addiction. *Appetite, 168*, 105740.

40) **Schulte, E.M.**, Chao, A.M., & Allison, K.C. (2021). Advances in the neurobiology of food addiction. *Current Behavioral Neuroscience Reports, 8,* 103-112.

41) Hales, S., **Schulte, E.M.,** Turner, T.F., Malcolm, R., Rethorst, C., Foster, G.D., Pinto, A.M., & O'Neil, P.M. (2021). Pilot evaluation of a personalized commercial program on weight loss, health outcomes, and quality of life. *Translational Behavioral Medicine*, *11*(12), 2091-2098.

42) **Schulte, E.M.**, Bach, C., Berkowitz, R.I., Latner, J.D., & Pearl, R.L. (2021). Adverse childhood experiences and weight stigma: Co-occurrence and associations with psychological well-being. *Stigma and Health*, *6*(4), 408–418.

43) Gearhardt, A.N. & **Schulte, E.M.** (2021). Is food addictive? A review of the science. *Annual Review of Nutrition*, *41*, 11.1–11.24.

44) Li, S., **Schulte, E.M.**, Cui, G., Li, Z., Cheng, Z., & Xu, H. (2021). Psychometric properties of the Chinese version of the modified Yale Food Addiction Scale Version 2.0 (C-mYFAS 2.0): Prevalence of food addiction and relationship with resilience and social support. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, *27*, 273–284.

45) Pearl, R.L. & **Schulte, E.M.** (2021). Weight bias during the COVID-19 Pandemic. *Current Obesity Reports*, *10*, 181–190.

46) Koehler, A., Aguirre, T., **Schulte, E.M.,** Bowman, R., & Struwe, L. (2021). Secondary analysis of YFAS 2.0 symptom counts, impairment/distress, and food addiction severity in adults with overweight/obesity. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, *26*, 2393–2399.

47) **Schulte, E.M.** & Gearhardt, A.N. (2020). Attributes of the food addiction phenotype within overweight and obesity. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, *26*, 2043–2049.

48) **Schulte, E.M.**, Wadden, T.A., & Allison, K.A. (2020). An evaluation of food addiction as a distinct psychiatric disorder. *International Journal of Eating Disorders*, *53*(10), 1610-1622.

49) Parnarouskis, L., **Schulte, E. M.,** Lumeng, J. C., & Gearhardt, A. N. (2020). Development of the Highly Processed Food Withdrawal Scale for Children. *Appetite*, *147*, 104553.

50) **Schulte, E.M.,** Tuerk, P.W., Wadden, T.A., Garvey, W.T., Weiss, D., Hermayer, K.L., Aronne, L.J., Becker, L.E., Fujioka, K., Miller-Kovach, K., Kushner, R.F., Malcolm, R.J., Raum, W.J., Rost, S.l., Rubino, D.M., Sora N.D., Veliko, J.L., & O'Neil, P.M. (2020). Changes in weight control behaviors and hedonic hunger in a commercial weight management program adapted for individuals with type 2 diabetes. *International Journal of Obesity*, *44*, 990-998.

51) **Schulte, E.M.**, Yokum, S., Jahn, A., & Gearhardt, A.N. (2019). Food cue reactivity in food addiction: A functional magnetic resonance imaging study. *Physiology & Behavior*, *208*, 112574.

52) **Schulte, E.M.**, Sonneville, K.R., & Gearhardt, A.N. (2019). Subjective experiences of highly processed food consumption in individuals with food addiction. *Psychology of Addictive Behaviors*, *33*(2), 144-153.

53) **Schulte, E.M.,** Smeal, J.K. Lewis, J., & Gearhardt, A.N. (2018). Development of the Highly Processed Food Withdrawal Scale. *Appetite*, *131*, 148-154.

54) Aguirre, T., Bowman, R., Kreman, R., Holloway, J., LaTowsky, J., Stricker, M., Struwe, L., **Schulte, E.M.**, Koehler, A., Pierce, K., & Bloodgood, M. (2018). Pre-intervention characteristics in weight loss participants scoring positive and negative for food addiction. *Clinical Nutrition and Metabolism, 1*(1), 1-3.

55) **Schulte, E.M.**, Potenza, M.N., & Gearhardt, A.N. (2018). Specific theoretical considerations and future research directions for evaluating addictive-like eating as a substance-based, food addiction: Comment on Lacroix et al., (2018). *Appetite*, *130*, 293-295.

56) Carr, M.M., **Schulte, E.M.**, Saules, K.K., & Gearhardt, A.N. (2018). Measurement invariance of the modified Yale Food Addiction Scale 2.0 across gender and racial groups. *Assessment*, *27*(2), 356-364.

57) **Schulte, E.M.** & Gearhardt, A.N. (2018). Associations of food addiction in a sample recruited to be nationally representative of the United States. *European Eating Disorders Review*, *26*(2), 112-119.

58) **Schulte, E.M.,** Potenza, M.N., & Gearhardt, A.N. (2018). How much does the Addiction-Like Eating Behavior Scale add to the debate regarding food versus eating addictions? *International Journal of Obesity*, *42*(4), 946-946.

59) **Schulte, E.M.,** Jacques-Tiura, A.J., Gearhardt, A.N., and Naar, S. (2018). Food addiction prevalence and concurrent validity in African American adolescents with obesity. *Psychology of Addictive Behaviors*, *32*(2), 187-196.

60) **Schulte, E.M.,** Joyner, M.A., Schiestl, E.T., & Gearhardt, A.N. (2017). Future directions in "food addiction": Next steps and treatment implications. *Current Addiction Reports*, *4*(2), 165-171.

61) **Schulte, E.M.** & Gearhardt, A.N. (2017). Development of the modified Yale Food Addiction Scale Version 2.0. *European Eating Disorders Review*, *25*(4), 302-308.

62) Hauck, C., Weiß, A., **Schulte, E.M.,** Meule, A., & Ellrott, T. (2017). Prevalence of 'food addiction' as measured with the Yale Food Addiction Scale 2.0 in a representative German sample and its association with sex, age and weight categories. *Obesity Facts*, *10*(1), 12-24.

63) Polk, S.E., **Schulte, E.M.,** Furman, C.R., & Gearhardt, A.N. (2017). Wanting and liking: Separable components in problematic eating behavior? *Appetite*, *115*, 45-53.

64) **Schulte, E.M.,** Potenza, M.N., & Gearhardt, A.N. (2017). A commentary on the "eating addiction" versus "food addiction" perspectives on addictive-like food consumption. *Appetite*, *115*, 9-15.

65) **Schulte, E.M.,** Grilo, C.M., & Gearhardt, A.N. (2016). Shared and unique mechanisms underlying binge eating disorder and addictive disorders. *Clinical Psychology Review*, *44*, 125-139.

66) **Schulte, E.M.,** Tuttle, H.M., & Gearhardt, A.N. (2016). Belief in food addiction and obesity-related policy support. *PLoS One*, *11*(1), e0147557.

67) Martin, L.E., Pollack, L., McCune, A., **Schulte, E.,** Savage, C.R., & Lundgren, J. (2015). Comparison of obese adults with poor versus good sleep quality during a functional neuroimaging delay discounting task: A pilot study. *Psychiatry Research: Neuroimaging*, *234*(1), 90-95.

68) Joyner, M.A., **Schulte E.M.,** Wilt, A., & Gearhardt, A.N. (2015). Addictive-like eating mediates the association between eating motivations and elevated body mass index. *Translational Issues in Psychological Science*, *1*(3), 217-228.

69) **Schulte, E.M.*,** Joyner, M.A.*, Potenza, M.N., Grilo, C.M., & Gearhardt, A.N. (2015). Current considerations regarding food addiction. *Current Psychiatry Reports*, *17*(4), 19.
    a. *Shared first authorship

70) **Schulte, E.M.,** Avena, N.M., & Gearhardt, A.N. (2015). Which foods may be addictive? The roles of processing, fat content, and glycemic load. *PloS One*, *10*(2), e0117959.

MANUSCRIPTS SUBMITTED FOR PUBLICATION

1) **LaFata, E.M.** & Gearhardt, A.N. (2026). Beyond the addictive chemical: Ultra-processed foods as optimized reinforcement delivery systems. [Manuscript submitted for publication].

2) Pape, M., Muckel, A.L., Bader, A., **LaFata, E.M.**, Müller, A., & Steins-Loeber, S. (2026). Validation of the German version of a clinical interview to assess ultra-processed food addiction. [Manuscript submitted for publication].

3) Rubino, L.G., D'Adamo, L., **LaFata, E.M.**, & Manasse, S.M. (2026). Momentary associations between ultra processed food intake and loss of control eating in adolescents. [Manuscript submitted for publication].

4) **LaFata, E.M.**, Hessler, C., Bryner, L., Corso, M., Worwag, K., & Forman, E.M. (2026). Affective discomfort predicts ultra-processed food lapse under active reduction, not naturalistic monitoring: Evidence from two ecological momentary assessment pilots. [Manuscript submitted for publication].

5) Worwag, K.E., Derrigo, K.E., Hessler, C.M., Juarascio, A.S., & **LaFata, E.M.**** (2026). Which ultra-processed foods are most implicated in addictive-like eating?: Insights from individuals with binge-spectrum eating disorders and food addiction. [Manuscript submitted for publication].

6) Upman, A.E., Milliron, B-J.,, Hagerman, C.J., **LaFata, E.M.**, Zhang, F., May, N.S., Brown, K.L., Simone, N.L., & Butryn, M.L. (2026). Promoting adherence to dietary guidelines for cancer prevention: Protocol for a randomized controlled trial. [Manuscript submitted for publication].

7) Martin, C.G., **LaFata, E.M**., Egbert, A.H., & Manasse, S.M. (2026). Exploring parent-adolescent family meal environment perceptions and their associations with disordered eating behaviors and thoughts. [Manuscript submitted for publication].

8) Corso, M.L., Butryn, M.L., Arigo, D., and LaFata, E.M. (2026). Exploring ultra-processed food addiction in adults seeking behavioral weight loss treatment. [Manuscript submitted for publication].

BOOK CHAPTERS

(FORMERLY SCHULTE, E.M.)

1) **LaFata, E.M.**, Allison, K.C., & Forman, E.M. (2022). What foods may be addictive? In A.N. Gearhardt, K.D. Brownell, M.S. Gold, & M.N. Potenza (Eds.) *Food and Addiction: A Comprehensive Handbook, 2nd Edition*. Oxford, United Kingdom: Oxford University Press.

2) Gearhardt, A.N., **Schulte, E.M.,** & Schiestl, E.T. (2019). Food Addiction Prevalence: Development and Validation of Diagnostic Tools. In Cottone, P., Koob, G.F., Moore, C.F., Sabino, V. (Eds). *Compulsive Eating Behavior and Food Addiction: Emerging Pathological Constructs.* (pp.15-39). Cambridge, MA: Academic Press.

3) Gearhardt, A.N., Joyner M.A., & **Schulte E.M.** (2018). Food Addiction. In Pickard, H. & Ahmed, S. (Eds). *The Routledge Handbook of Philosophy and Science of Addiction.* Abington, Oxfordshire: Taylor & Francis Group.

4) **Schulte, E.M.,** Joyner, M.A., & Gearhardt, A.N. (2017). Food, Addiction, and Obesity. In Brownell, K. & Walsh, T. (Eds). *Eating Disorders and Obesity: A Comprehensive Handbook, 3rd Edition.* (pp. 427-432). New York, NY: Guilford Press.

5) **Schulte, E.M.,** Yokum, S., Potenza, M.N., & Gearhardt, A.N. (2015). Neural Systems Implicated in Obesity as an Addictive Disorder: From Biological to Behavioral Mechanisms. In Ekhtiari, H. & Paulus, M. (Eds). *Progress in Brain Research: Neuroscience for Addiction Medicine: From Prevention to Rehabilitation.* (223, pp.329-346). Waltham, MA: Elsevier.

OTHER JOURNAL PUBLICATIONS

(FORMERLY SCHULTE, E.M.)

1) **LaFata, E.M.**, Schmidt, L.A., Smith Taillie, L., Gearhardt, A.N., & Fazzino, T. L. (2026). Ultra-processing and nutritional properties are not rival explanations for the health harms of ultra-processed foods. eLetter in response to "Ultraprocessed foods and obesity: Interpreting the evidence." *Science*. https://www.science.org/doi/full/10.1126/science.aef3495

2) Aguirre, T., Bowman, R., Struwe, L., Koehler, A., **Schulte, E.M.**, Holloway, J., LaTowsky, J., Stricker, M., Pierce, K., & Bloodgood, M. (2019). Impact of Interventions Used to Treat Addictive Disorders on Food Addiction and Depression in Individuals with Obesity. *International Journal of Psychiatry Research, 2*(4), 1-3.

3) Aguirre, T., Struwe, L., Koehler, A., Kreman, R., Bowman, R., **Schulte, E.M.**, Holloway, J., LaTowsky, J., Stricker, M., Pierce, K., & Bloodgood, M. (2018). Impact of four obesity interventions on biometric measures of individuals positive and negative for food addiction. *Archives of Psychiatry and Mental Health*, *2*, 1-5.

CONFERENCE POSTER PRESENTATIONS

(FORMERLY SCHULTE, E.M.)

(MENTEE/STUDENT CO-AUTHORS UNDER MY SUPERVISION ARE UNDERLINED)

1) Butryn, M.L., Upman, A., Miller, N.A., Hagerman, C., Arigo, D., Zhang, Z., **LaFata, E.**, Forman, E., Milliron, B., Spring, B. (April 2026). Long-term efficacy of sharing digital self-monitoring in a behavioral weight loss program. To be presented at the 47th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine (SBM), Chicago, IL.

2) Miller, C., Pruscino, I., LaMena, G., Shannon, R., Hessler, C.M., **LaFata, E.M.**, & Manasse, S.M. (September 2025). Impulsivity and disordered eating in youth: A systematic review. Presented at the Annual Meeting of the Eating Disorder Research Society, Newport Beach, CA.

3) Goodin, A.G., Hessler, C.M., **LaFata, E.M.**, & Morrison, D.A. (March 2025). Investigation of food addiction and binge eating behaviors. Presented at the Eastern Psychological Association (EPA) Annual Meeting, New York, NY.

4) McCausland, H., Nasser, J., & **LaFata, E.M.** (March 2025). A narrative review of public and expert knowledge and perceptions of ultra-processed foods. Presented at the 46th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine (SBM), San Francisco, CA.

5) Hessler, C., Corso, M., Butryn, M.L., & **LaFata, E.M.** (November 2024). Characterizing ultra-processed food addiction in adults enrolled in a behavioral weight loss treatment. Presented at the Association for Behavioral and Cognitive Therapies' (ABCT) 58th Annual Convention, Philadelphia, PA.

6) Corso, M., Hessler, C., Butryn, M.L., & **LaFata, E.M.** (November 2024). Exploring associations between ultra processed food addiction in adults seeking behavioral weight loss treatment with weight loss and calorie tracking. Presented at the Association for Behavioral and Cognitive Therapies' (ABCT) 58th Annual Convention, Philadelphia, PA.

7) Ananna, T., Wilkinson, M.L., Hessler, C., **LaFata, E.M.**, & Juarascio, A. (May 2024). An analysis of foods eaten during binge-eating episodes using macronutrient category. Presented at the Drexel University College of Arts & Sciences Research Day, Philadelphia, PA.

8) Worwag, K., Audrain-McGovern, J., Butryn, M.L., & **LaFata, E.M.** (March 2024). Lifestyle modification for smoking cessation: Do diet and physical activity predict smoking abstinence? Presented at the 45th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine (SBM), Philadelphia, PA.

9) Worwag, K., Derrigo, K., Hessler, C., & **LaFata, E.M.** (February 2024). Exploring the addictive potential of foods in binge-type eating disorders. Presented at the 2024 American Association for the Advancement of Science Annual Meeting, Denver, CO.

10) Corso, M., Hessler, C., Chwyl, C., Worwag, K., & **LaFata, E.M.** (February 2024). Evaluating ultra-processed food withdrawal in real-time during dietary change interventions. Presented at the 95th Annual Conference of the Eastern Psychological Association (EPA), Philadelphia, PA.

11) Miller N. A., Crane, N. T., Butryn, M. L., & **LaFata, E.M.** (November 2023). Retail food environment quality and self-reported food purchasing decisions of women living in food swamps. Presented at the Association for Behavioral and Cognitive Therapies' (ABCT) 57th Annual Convention, Seattle, WA.

12) Tronieri, J.S., Ghanbari, E., Chevinsky, J., **LaFata, E.M.**, Minnick, A.M., Rajpal, S., Wang, S.Y., Burcaw, K., Wadden, T.A. (October 2023). Use of pharmacotherapy to improve weight loss in early non-responders to behavioral treatment: A randomized controlled trial. Presented at Obesity Week 2023, Dallas, TX.

13) Worwag, K., Audrain-McGovern, J., Butryn, M.L., & **LaFata, E.M.** (October 2023). Behavioral activation for health behavior changes in adults who smoke. Presented at Obesity Week 2023, Dallas, TX.

14) Hu, S. & **LaFata, E.M.** (May 2023). Development of the Modified Highly Processed Food Withdrawal Scale (mProWS). Presented at the 2023 Integrative Project Showcase hosted by the Graduate Student Journal of Psychology in the Department of Counseling and Clinical Psychology at Teachers College, Columbia University, New York, NY.

15) Pearl, R.L., Wadden, T.A., Bach, C., & **LaFata, E.M.**, Gautam, S., Leonard, S., Berkowitz, R.I., Latner, J.D., & Jakicic, J.M. (April 2023). Long-term effects of an internalized weight stigma intervention: A randomized controlled trial. Presented at the 2023 Society of Behavioral Medicine Conference, Phoenix, AR.

16) Derrigo, K., & **LaFata, E.M.** (November 2022). The prevalence of food addiction among women with polycystic ovarian syndrome. Presented at Obesity Week 2022, San Diego, CA.

17) Shogan, L., Borengasser, S., Cooper, E., Liu, C., Kechris, K., **LaFata, E.M.**, Heinsbroek, J., Stanislawski, M., Caldwell, A.E., Creasy, S.A., Catenacci, V.A., & Ostendorf, D.M. (November 2022). DNA methylation is associated with exercise-related factors among adults with overweight/obesity. Presented at Obesity Week 2022, San Diego, CA.

18) Shogan, L., Borengasser, S., Cooper, E., Liu, C., Kechris, K., **LaFata, E.M.**, Heinsbroek, J., Stanislawski, M., Creasy, S.A., Catenacci, V.A., & Ostendorf, D.M. (November 2022). DNA methylation is associated with eating behavior-related factors among adults with obesity. Presented at Obesity Week 2022, San Diego, CA.

19) Ehmann, M., **Schulte, E.M.,** McCausland, H., Knudsen, F., Butryn, M.L. (April 2022) Perceived importance of physical activity as a weight control strategy in behavioral weight loss treatment. Presented at the 43rd Society of Behavioral Medicine Annual Meeting, Baltimore, MD.

20) **Schulte, E.M.**, Kral, T.E.V., & Allison, K.C. (November 2021) Changes to eating and activity behaviors during the COVID-19 Pandemic in persons with food addiction. Presented at Obesity Week 2021 (virtual).

21) **Schulte, E.M.,** & Gearhardt, A.N. (November 2020) Attributes of the food addiction phenotype within overweight and obesity. Presented at Obesity Week 2020 (virtual).

22) Hales, S., **Schulte, E.M.**, Turner, T.F., Malcolm, R., Rethorst, C., Foster, G.D., & O'Neil, P.M. (November 2020) Improvements in cravings, happiness and quality of life with weight loss and reduced caloric intake. Presented at Obesity Week 2020 (virtual).

23) **Schulte, E.M.,** Tuerk, P.W., Wadden, T.A., Garvey, W.T., Weiss, D., Hermayer, K.L., Aronne, L.J., Becker, L.E., Fujioka, K., Miller-Kovach, K., Kushner, R.F., Malcolm, R.J., Raum, W.J., Rost, S.l., Rubino, D.M., Sora N.D., Veliko, J.L., & O'Neil, P.M. (November 2019) Changes in weight control behaviors and hedonic hunger in a commercial weight management program adapted for individuals with type 2 diabetes. Presented at Obesity Week 2019, Las Vegas, NV.

24) Parnarouskis, L., **Schulte, E.M.**, Lumeng, J.C., & Gearhardt, A.N. (November 2019) Development of the Highly Processed Food Withdrawal Scale for Children. Presented at Obesity Week 2019, Las Vegas, NV.

25) Frawley, J., **Schulte, E.M.**, Malcolm, R.J., & O'Neil, P.M. (November 2019) Correlates of hedonic hunger among participants in an obesity treatment program. Presented at Obesity Week 2019, Las Vegas, NV.

26) **Schulte, E.M.**, Yokum, S., & Gearhardt, A.N. (November 2018) Food cue reactivity in food addiction: A functional magnetic resonance imaging study. Presented at Obesity Week 2018, Nashville, TN.

27) **Schulte, E.M.,** Joyner, M.A., Furman, C.R., & Gearhardt, A.N. (March 2017) The Yale Food Addiction Scale and eating behavior in adolescents. Presented at the 5th Annual Collaborative Perspectives on Addiction Meeting, Albuquerque, NM.

28) **Schulte, E.M.,** Furman, C.R., & Gearhardt, A.N. (May 2016) Food addiction symptomology and behavioral impulsivity are associated with body mass index in adolescents. Presented at the 28th Annual Convention of the Association for Psychological Science, Chicago, IL.

29) **Schulte, E.M.,** Sonneville, K., & Gearhardt, A.N. (November 2015) Individual differences in reported frequency of highly processed food consumption. Presented at The Obesity Society's 2015 Annual Scientific Meeting, Los Angeles, CA.

30) Polk, S.E., **Schulte, E.M.,** & Gearhardt, A.N. (September 2015) The effects of restraint and gender on reported consumption frequency of high glycemic load and high fat foods. Presented at the XXIst Annual Meeting of the Eating Disorders Research Society, Taormina, Sicily, Italy.

31) **Schulte, E.M.,** & Gearhardt, A.N. (November 2014) Which foods may be addictive?. Presented at The Obesity Society's 2014 Annual Scientific Meeting, Boston, MA.

32) **Schulte, E.M.,** & Gearhardt, A.N. (October 2014) Which foods may be addictive?. Presented at the University of Michigan Health Psychology Research Symposium, Dearborn, MI.

33) Sorab, P., **Schulte, E.M.,** & Gearhardt, A.N. (May 2014) Problematic eating differs by gender. Presented at the 2014 Association for Psychological Science Annual Convention, New York City, NY.

34) **Orenstein, E.,** & Martin, L. (May 2012) A neuroimaging study: Relationships between binge eating behaviors, impulsivity, and BMI. Presented at the International Conference for Eating Disorders, Montreal, Quebec.

35) Papa, V., **Orenstein, E.,** Ruprecht, K., Owens, T., Martin, L. (April 2012) Neuroimaging Studies of Hunger and Impulsivity. Presented at the Cognitive Neuroscience Society 2013 Meeting, San Francisco, CA.

36) Martin, L.E., Ruprecht, K., Papa, V., **Orenstein, E.**, Cox, L.S. (March 2012) A Weighty Issue: Brain Responses to Food and Smoking Cues Among Healthy Weight and Overweight Smokers. Presented at the Society for Research on Nicotine and Tobacco 19th Annual International Meeting, Boston, MA.

37) **Orenstein, E.** & Martin, L. (May 2011) Perfectionism and Anxiety in Individuals With or Without Subclinical Binge Eating Patterns. Presented at the Undergraduate Research Symposium, Lawrence, KS.

38) **Orenstein, E.** & Martin, L. (October 2011) Perfectionism and Anxiety in Individuals With or Without Subclinical Binge Eating Patterns. Presented at the Kansas Psychological Association Conference, Topeka, KS.

39) **Orenstein, E.** & Martin, L. (October 2011) Perfectionism and Anxiety in Individuals With or Without Subclinical Binge Eating Patterns. Presented at the Association for Psychology and Educational Research in Kansas Conference, Hays, KS.

TALKS, PRESENTATIONS, AND LECTURES
(FORMERLY SCHULTE, E.M.)

1) **LaFata, E.M.**, Wiss, D., Tribole, E., & Resch, E. Can Food Be Addictive? Invited expert panel presentation to be given at the Behavioral Health Nutrition (BHN) Dietetic Practice Group. Virtual.

2) **LaFata, E.M.** (November 2026). Ultra-Processed Foods and Addiction: Rethinking the Drivers of Overeating. Invited presentation to be given at the Toimiva ry (ÄHKY®) Food Addiction Seminar. Tampere, Finland and virtual.

3) **LaFata, E.M.** (November 2026). Food Industry Affiliations Among Academic Critics of the Nova Food Classification System: A Systematic Review. Invited symposium presentation to be given at the American Public Health Association (APHA) Annual Meeting. San Antonio, Texas.

4) **LaFata, E.M.** (November 2026). Ultra-Processed Food Addiction in Children: What the Science Shows and Why Policy Must Catch Up. Invited presentation to be given at the International Food Addiction Children's Conference. London, United Kingdom and virtual.

5) **LaFata, E.M.** (August 2026). Momentary Withdrawal Symptoms Predict Ultra-Processed Food Intake During Dietary Reduction. Oral presentation given at the 33rd Annual Meeting of the Society for the Study of Ingestive Behavior, Philadelphia, Pennsylvania.

6) **LaFata, E.M.** (July 2026). Food Industry Ties in Research on Ultra-Processed Foods. Invited presentation given at the Oregon Research Institute Science Hour, virtual.

7) Rubino L.G., D'Adamo, L., **LaFata, E.M.**, & Manasse, S.M. (June 2026). Momentary Relations Between Ultra Processed Food Intake and Loss of Control Eating in Adolescents. Oral presentation to be given at the International Conference on Eating Disorders 2026, The Hague, Netherlands.

8) **LaFata, E.M.** (September 2025). The First Semi-Structured Clinical Interview to Assess Ultra-Processed Food Addiction: The Food Addiction Symptom Inventory (FASI). Invited plenary presentation given at the International Food Addiction & Comorbidities Conference, London, United Kingdom.

9) Gearhardt, A.N., Hutelin, Z., Nartey, E., Ahrens, M., Baugh, M.E., Fazzino, T.L., **LaFata, E.M.**, Sonneville, K.R., & DiFeliceantonio, A.G. (July 2025). The Addictive Potential of Ultra-Processed Foods: Identifying Key Nutritional Predictors. Oral presentation given at the Society for the Study of Ingestive Behavior, Oxford, United Kingdom.

10) **LaFata, E.M.** (November 2024). Is Ultra-Processed Food Addiction Real? A Critical Perspective and Discussion of Health Inequities. Invited presentation given at SunCloud Health Grand Rounds, virtual.

11) **LaFata, E.M.** (October 2024). Ultra-Processed Food Addiction: Clinical Features and Treatment Implications. Invited presentation given at the Prisma Health Department of Psychiatry Grand Rounds, virtual.

12) **LaFata, E.M.** (October 2024). Ultra-Processed Food Addiction: Signs and Solutions. Invited presentation given at the 2024 Cardiometabolic Health Congress, Boston, Massachusetts.

13) Aronne, L.J., Dagogo-Jack, S., Stefanidis, D., Somers, V.K., **LaFata, E.M.**, & Eckel, R.H. (October 2024). Challenging Obesity Management Cases. Invited panel presentation given at the 2024 Cardiometabolic Health Congress, Boston, Massachusetts.

14) **LaFata, E.M.** (May 2024). The Research on Why Ultra-Processed Food Addiction is Best Conceptualized as a Substance-Use Disorder. Invited plenary presentation given at the International Food Addiction Consensus Conference, London, United Kingdom.

15) **LaFata, E.M.** (March 2024). Ultra-Processed Food Addiction and Socioeconomic Injustice: Targeting Vulnerable Populations with Addictive "Food" Products Compounds Health Inequalities. Invited presentation given at the NOVA Campfire on Food Justice: Avoiding an Ultra-Processed Future, virtual.

16) **LaFata, E.M.** (January 2024). Ultra-Processed Food Addiction in Youths: Prevalence Rates and Public Health Implications. Invited presentation given at the 8th International Conference on Childhood and Adolescence (ICCA2024), Peniche, Portugal and virtual.

17) **LaFata, E.M.** (December 2023). Ultra-Processed Food Addiction: A Mounting Social Justice Crisis. Invited presentation given at the NOVA Annual Conference 2023, virtual.

18) **LaFata, E.M.** (November 2023). The State of the Science on Ultra-Processed Food Addiction. Invited guest lecture given to the Obesity and Society course at the University of Pennsylvania.

19) **LaFata, E.M.** (August 2022). Spicy Debate: Food Addiction Versus Eating Disorder. Invited plenary presentation given at the California Society of Addiction Medicine 2022 State of the Art Addiction Medicine Conference, San Diego, CA.

20) **Schulte, E.M.** (April 2022). Implications of the Addictive Potential of Hyper-Palatable Foods for Individuals with Food Addiction. Symposium presentation given at the Collaborative Perspectives on Addiction Conference, Portland, OR.

21) **Schulte, E.M.** (December 2021). The State of the Science on Ultra-Processed Food Addiction. Invited plenary presentation given at the International Joint Congress for the World Association of Dual Disorders (WADD) and ALBATROS, Paris, France.

22) **Schulte, E.M.** (October 2021). Which Foods May Be Addictive? Invited panelist presentation at Addictive-Like Eating: What Do We Know So Far? An international webinar hosted by the University of Newcastle in Australia.

23) **Schulte, E.M.** (April 2021). Do Processed Foods Cause the "Munchies?" Invited guest lecture given at the Bariatric Support Group meeting at Perelman School of Medicine at the University of Pennsylvania.

24) **Schulte, E.M.** (March 2021). Defining Food Addiction. Symposium presentation given at the American Psychiatric Association's Annual Meeting, virtual.

25) **Schulte, E.M.** (November 2020). Managing Eating Cues to Meet Your Goals. Invited guest lecture given at the Bariatric Support Group Meeting at Perelman School of Medicine at the University of Pennsylvania.

26) **Schulte, E.M.** (April 2020). The Addictive Potentials of Foods and Utility of a Food Addiction Phenotype. Invited guest lecture given at the Clinical Psychology Didactics Seminar at the University of Pennsylvania.

27) **Schulte, E.M.** (October 2019). The Addictive Potentials of Foods and Utility of a Food Addiction Phenotype. Invited guest lecture given to the Obesity and Society course at the University of Pennsylvania.

28) **Schulte, E.M.** (April 2018). Support for a Substance-Based, Food Addiction Framework of Addictive-Like Food Consumption. Invited keynote presentation given at the International Conference on Behavioral Addictions, Cologne, Germany.

29) **Schulte, E.M.** (April 2018). Associations of Food Addiction in Two Samples Recruited to be Nationally Representative of the United States or Germany. Symposium presentation given at the International Conference on Behavioral Addictions, Cologne, Germany.

30) **Schulte, E.M.** (October 2016). Addressing symptom-related suicidal ideation. Presentation given at the Clinical Science Area Brown Bag at the University of Michigan.

31) **Schulte, E.M.,** (March 2016). Food and addiction. Invited guest lecture given at University of Michigan.

32) **Schulte, E.M.,** Joyner, M.A. (October 2015). Family-based therapy for the treatment of anorexia nervosa in an adolescent male. Presentation given at the Clinical Science Area Brown Bag at the University of Michigan.

33) **Schulte, E.M.,** (April 2015). Data blitz: Which foods may be addictive?. Invited presentation given at the Interdisciplinary Science of Consumption 2015 meeting in Ann Arbor, MI.

34) **Schulte, E.M.,** (March 2015). Binge eating disorder awareness. Invited presentation given at the 2nd Annual National Eating Disorders Association Walk in Ann Arbor, MI.

35) **Schulte, E.M.,** (February 2015). The development of addictive disorders. Guest lecture given at University of Michigan.

36) **Schulte, E.M.,** (February 2015). Which foods may be addictive? Presentation given at the Clinical Area Brownbag at the University of Michigan.

37) **Schulte, E.M.,** (September 2014). Substance-use disorders, behavioral addictions, and addictive-like eating. Invited presentation given at Rudolf Steiner High School in Ann Arbor, MI.

MENTORSHIP AND MENTEE OUTCOMES

(MENTEES FOR WHOM I WAS THE PRIMARY SUPERVISOR ARE UNDERLINED)

Mentee Involvement	Mentee Name	Departure	Thesis or Dissertation Title	Position Taken at Time of Departure
PhD Student; MS Student	Hannah McCausland	PhD: Ant. 2029 MS: 2023	MS: Understanding the Relationship Between Depression Symptoms and Physical Activity in Behavioral Weight Loss Treatment	MS: Drexel University PhD Program in Clinical Psychology
PhD Student	Christina Chwyl	2023	Beyond Calorie Tracking: Evaluating a Low-Intensity Behavioral Weight Loss Intervention Using an Ad Libitum Plant-Based Diet versus a Balanced Calorie Deficit Diet	Pacific Psychology and Comprehensive Health Clinics, Portland, OR
MS Student	Lauren Bryner	Ant. 2026	TBD	TBD
MS Student	Madison Corso	Ant. 2025	Exploring Ultra-Processed Food Addiction in Adults Seeking Behavioral Weight Loss Treatment	TBD
MS Student	Kate Worwag	2024	The Role of Physical Activity, Calorie and Macronutrient Intake on Smoking Cessation	University of Florida Clinical Psychology PhD Program
MS Student	Alyssa Giannone	2024	Examining the Role of Treatment Engagement in Mediating the Association Between SES and Treatment Outcomes for Binge Eating	Virginia Consortium PhD Program in Clinical Psychology
MS Student	Karly Derrigo	2023	An Ecological Momentary Assessment Study Examining Concordance Between Momentary Antecedents and Attributions of Binge Eating in Individuals with Binge-Type Eating Disorders	Virginia Commonwealth University PhD Program in Counseling Psychology

MS Student	Sarah Fischer	2023	Why Are So Many Individuals with Bulimia Nervosa Low in Weight Suppression?	TBD

Undergraduate Honors Thesis Mentor
2025 Alexandra Goodin
2017 Priya Sorab
2017 Alison Grenon
2015 Sarah Polk
2014 Hannah Tuttle

Mentee Awards (*Primary faculty mentor)
2024 Finalist, American Association for the Advancement of Science's Student E-Poster Competition; Kate Worwag
2022 WELL Center Meritorious Student Research Award ($500) to Karly Derrigo
2017 University of Michigan Undergraduate Program in Neuroscience Director's Award for Excellence ($250) to Priya Sorab

TEACHING EXPERIENCE

Graduate Student Instructor, University of Michigan, Ann Arbor, MI
Courses taught:
2015 Introduction to Psychopathology (large undergraduate lecture), Winter
2015 Research Methods in Cognitive Neuroscience (upper-level undergraduate writing course), Fall
2014 Research Methods in Cognitive Neuroscience (upper-level undergraduate writing course), Fall

Teaching Assistant, University of Michigan, Ann Arbor, MI
2016 Introduction to Psychopathology (large undergraduate lecture), Fall
2015 Psychology of Adolescence (large undergraduate lecture), Winter

Graduate Student Grader, University of Michigan, Ann Arbor, MI
2015-2016 Eating Disorders Prevention and Treatment (graduate seminar)
2015-2016 Approaches in Nutrition Counseling (graduate seminar)
2015-2016 Introduction to Cognitive Psychology (undergraduate seminar)
2015-2016 Perception (undergraduate seminar)

SUPERVISED CLINICAL EXPERIENCE

Postdoctoral Fellow August 2019-June 2021
University of Pennsylvania, Philadelphia, PA
Supervisors: Thomas A. Wadden, Ph.D., Kelly A. Allison, Ph.D., Rebecca L. Pearl Ph.D., and Jena S. Tronieri, Ph.D.
- Delivered evidence-based treatments for individuals with obesity in individual and group settings
- Administered neuropsychiatric testing to geriatric patients with overweight or obesity
- Conducted pre-bariatric surgery psychological evaluations

Predoctoral Internship in Clinical Psychology August 2018-July 2019
Medical University of South Carolina, Charleston, SC
Supervisors: Patrick M. O'Neil, Ph.D, Joshua P. Smith, Ph.D, Amanda Gilmore, Ph.D, Constance Guille, M.D., and Alice Q. Libet, Ph.D
- Rotations: 1) Weight Management Center, 2) Center for Drug and Alcohol Programs, 3) Women's Reproductive Behavioral Health Clinic, and 4) Cognitive-Behavioral Therapy Counseling and Psychological Services Center

- At each rotation, conducted comprehensive diagnostic assessments, developed treatment plans in collaboration with an interdisciplinary team, and delivered evidence-based interventions

Psychosis Research Assessment Practicum July 2017-April 2018
July 2014-July 2015
The Program for Risk Evaluation and Prevention Clinic, Ann Arbor, MI
Supervisor: Ivy Tso, Ph.D.

- Conducted diagnostic assessments for individuals with schizophrenia, schizoaffective disorder, and bipolar disorder with psychotic features.
- Participated in weekly individual and group supervision focusing on the assessment and treatment of psychotic symptoms.
- Participated in weekly group supervision focusing on cognitive-behavioral techniques for the treatment of anxiety disorders, with an emphasis on obsessive-compulsive disorder.
- Engaged in co-therapy for four cases, conducting cognitive-behavioral therapy (CBT) for prodromal psychosis and schizophrenia.
- Supervised junior members of the research team for psychodiagnostic assessments.

Anxiety Disorders Clinic January 2016-June 2017
University of Michigan, Psychiatry, Ann Arbor, MI
Supervisors: Elizabeth Duval, Ph.D. and Ricks Warren, Ph.D.

- Provided empirically supported, cognitive-behavioral therapy to adults with a broad range of anxiety disorders, such as generalized anxiety disorder, panic disorder, and trichotillomania
- Interviewed potential new clients weekly to collect information about current and historical psychological symptoms, previous treatment efforts, social functioning, and substance-use. Formulated a treatment plan, presented recommendations to a multidisciplinary team, and wrote an integrative report for each patient.
- Participated in weekly individual and group supervision for didactic training

Comprehensive Eating Disorders Clinic Practicum July-December 2015
C.S. Mott Children's Hospital, Ann Arbor, MI
Supervisor: Renee Rienecke, Ph.D.

- Provided empirically supported family-based therapy to adolescents with anorexia nervosa and their families
- Provided group therapy to children, adolescents, and adults with anorexia nervosa, bulimia nervosa, and other eating disorders, with an emphasis on empirically supported techniques like cognitive remediation therapy and cognitive behavioral therapy
- Conducted structured interviews for the evaluation of psychiatric diagnoses and the assessment of eating disorder symptoms
- Participated in both weekly individual and group supervision to develop treatment plans for individuals with eating disorders, focusing on empirically supported methods like family-based therapy and cognitive behavioral therapy

DEPARTMENTAL SERVICE

2026-	Support of Research and Technology (SORT) Committee, Oregon Research Institute
2022-2025	Faculty Director, WELL Center Intensive Grant Writing Fellowship (IGNITE) Program, Drexel University
2021-2024	Clinical Psychology Doctoral Program Admissions Committee, Drexel University
2021-2024	Master of Science in Psychology Program Admissions Committee, Drexel University
2020-2021	Director of Research, Center for Weight and Eating Disorders, Perelman School of Medicine
2017-2018	Department Associate, University of Michigan
2016-2018	Clinical Science Doctoral Program Admissions Committee, University of Michigan
2015-2016	Department Associate, University of Michigan
2014-2015	Clinical Science Brownbag Committee, University of Michigan
2013-2014	Department of Psychology Newspaper Committee, University of Michigan

EDITORIAL BOARD

2022- Associate Editor, *Frontiers in Psychology*, Addictive Behaviors

SECTION EDITOR

2022-2023 Invited Section Editor, *Current Addiction Reports*, Topical Collection on Food Addiction

PROFESSIONAL SERVICE AND ADVISORY ROLES

2026- Scientific Contributor, FedUP! Movement
2026- Member, Lifestyle Modification/Weight Management Working Group, Thomas Jefferson University
2024 Reviewer, Association for Behavioral and Cognitive Therapies (ABCT) 58th Annual Convention

AD-HOC JOURNAL REVIEWER

Addiction
Annals of Internal Medicine
Appetite
Behavioural Brain Research
Biological Psychiatry
BMJ Open Diabetes Research & Care
Brain Imaging and Behavior
British Journal of Nutrition
Clinical Chemistry
Current Addiction Reports
Eating Behaviors
Frontiers in Nutrition: Eating Behavior
Frontiers in Psychology: Eating Behavior
International Journal of Eating Disorders
Journal of Abnormal Psychology
Journal of Behavioral Addictions
Journal of Human Nutrition & Food Science
NeuroImage
Neuroscience & Biobehavioral Reviews
Nutrients
Obesity
Obesity Reviews
Physiology and Behavior
PLOS ONE
Psychological Reports
Scientific Reports

AD-HOC BOOK REVIEWER

Progress in Brain Research

PROFESSIONAL AFFILIATIONS

Association for Behavioral and Cognitive Therapies
Association for Psychological Science
Eating Disorders Research Society
Society of Behavioral Medicine
The Obesity Society

HONORS AND AWARDS

2024 Association for Psychological Science Rising Star
2017 University of Michigan Barbara A. Oleshansky Memorial Fund
2017 University of Michigan Barbara Perry Roberson Fellowship
2016 Rackham Graduate School Domestic Conference Travel Award
2015 Rackham Graduate School International Conference Travel Award
2014 Rackham Graduate School Domestic Conference Travel Award
2011 Second Place, Poster Presentation Award at the Kansas Psychological Association Conference
2012 Psi Chi Psychology Honors Society, University of Kansas (2009-2012)
President, 2011-2012
Secretary, 2010-2011
2012 Order of Omega Honors Society, University of Kansas (2011-2012)

REFERENCES (LISTED ALPHABETICALLY)

Kelly C. Allison, Ph.D. Professor of Psychology in Psychiatry
Director, Center for Weight and Eating Disorders
Perelman School of Medicine, University of Pennsylvania
3535 Market Street
Suite 3029
Philadelphia, PA 19104
Email: kca@pennmedicine.upenn.edu

Meghan L. Butryn, Ph.D. Professor
Department of Psychological and Brain Sciences
WELL Center
Drexel University
Stratton 286
3201 Chestnut Street
Philadelphia, PA 19104
Email: mlb34@drexel.edu

Evan M. Forman, Ph.D. Professor
Department of Psychological and Brain Sciences
WELL Center
Drexel University
Stratton 282
3201 Chestnut Street
Philadelphia, PA 19104
Email: evan.forman@drexel.edu

Ashley N. Gearhardt, **Ph.D.** Associate Professor
Department of Psychology

University of Michigan
2268 East Hall
530 Church Street
Ann Arbor, MI 48109
Email: agearhar@umich.edu

Marc N. Potenza, Ph.D., M.D. Associate Professor of Psychiatry, in the Child Study Center and of Neuroscience
Department of Psychiatry
Yale University School of Medicine
CMHC Room S-104
34 Park Street
New Haven, CT 06519
Email: marc.potenza@yale.edu

Thomas A. Wadden, PhD. Albert J. Stunkard Professor of Psychology in Psychiatry
Former Director, Center for Weight and Eating Disorders
Perelman School of Medicine, University of Pennsylvania
3535 Market Street
Suite 3027
Philadelphia, PA 19104
Email: wadden@pennmedicine.upenn.edu