

Sherry Pagoto, Ph.D.

Department of Allied Health Sciences
 Director, UConn Center for mHealth and Social Media
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Education

Ph.D., Clinical Psychology, Western Michigan University, Kalamazoo, Michigan Thesis Title: Randomized Trial for Skin Cancer Risk Reduction Advisor: Wayne Fuqua, PhD	1998-2001
M.A., Clinical Psychology, Western Michigan University, Kalamazoo, Michigan Thesis Title: The Social Diffusion of Safe Sex Behaviors in College Women Advisor: Wayne Fuqua, PhD	1995-1998
B.A., Psychology (Cum Laude), Oakland University, Rochester, Michigan	1991-1995
Post-doctoral Research Fellow, University of Illinois at Chicago/Hines VA Hospital, Chicago, Illinois	2000-2003
Health Psychology Pre-doctoral Intern, West Side Chicago VA Healthcare System, Chicago, Illinois	1999-2000

Appointments

Professor with tenure Department of Allied Health Sciences, University of Connecticut (UConn), Storrs, CT	2017-present
Professor with tenure Department of Medicine, Division of Preventive and Behavioral Medicine, University of Massachusetts Medical School (UMMS), Worcester, MA	2016-2017
Associate Professor Department of Medicine, Division of Preventive and Behavioral Medicine, University of Massachusetts Medical School (UMMS), Worcester, MA	2010-2016
Assistant Professor Department of Medicine, Division of Preventive and Behavioral Medicine, University of Massachusetts Medical School (UMMS), Worcester, MA	2004-2010
Staff Psychologist Weight Center, University of Massachusetts Memorial Medical Center, Worcester MA	2004-2012
Research Assistant Professor Department of Psychology, University of Illinois at Chicago, Chicago, IL	2003-2004
Health Research Scientist Edward Hines, Jr. VA Hospital, Hines, IL	2003-2004

Clinical

Staff Psychologist Weight Center, University of Massachusetts Memorial Medical Center	2004-2012
Clinic Coordinator Department of Psychology, Western Michigan University, Kalamazoo, MI	1998-1999
Contract Psychologist Family and Children Services, Kalamazoo, MI	1999-1999
Psychological Testing Technician Health Psychology and Medicine, Inc., Kalamazoo, Michigan	1997-1998

HIV Support Group Leader Community AIDS Resource and Education Services of Southwest Michigan (CARES) Kalamazoo, Michigan	1997-1998
Youth Care Worker Macomb County Youth Interim Care Facility Mount Clemens, MI	1993-1994

Certification and Licensure

Massachusetts Psychologist Licensure: Received 6/24/05, #8459	6/24/2005
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Honors and Awards

Mentoring Women Faculty Award Women's Faculty Committee, UMass Medical School	2017
Distinguished Service Award Society of Behavioral Medicine	2016
Obesity Society mHealth/eHealth Pioneer Award Obesity Society	2014
Women in Science and Health Achievement Award Women's Faculty Committee, UMass Medical School	2014
SBM Paper Citation Award "Treating Comorbid Obesity and Depression: The Be Active Trial" Society of Behavioral Medicine	2012
Distinguished Alumni of 2011 Department of Psychology, Western Michigan University	2011
Champions of Excellence Award University of Massachusetts Memorial Healthcare	2009
Distinguished Service Award Society of Behavioral Medicine	2009
Fellow Society of Behavioral Medicine	2009
NIH Loan Repayment Program Award Recipient	2004, 2007, 2008
Early Career Investigator Award Society of Behavioral Medicine	2006
SBM Paper Citation Award "Adoption of the Diabetes Prevention Program in a Hospital-Based Setting" Society of Behavioral Medicine annual meeting	2006
SBM Poster Citation Award Best Poster on Evidence-Based Practice Society of Behavioral Medicine annual meeting	2005
Fellow NIH Summer Training Institute for Randomized Clinical Trials Involving Behavioral Interventions, funded by the Office of Behavioral and Social Sciences Research (OBSSR)	2002
Departmental Honors Oakland University Department of Psychology	1995
Academic Honors Oakland University	1995
Macomb Town Hall Scholarship	1994-1995

Professional Memberships and Activities

American Medical Informatics Society	2015-present
The Obesity Society	2003-present
Society of Behavioral Medicine	2002-present
American Psychological Association	1996-present

Committee Assignments and Administrative Service

President, Society of Behavioral Medicine	2018-present
President-Elect, Society of Behavioral Medicine	2017-2018
Co-Director, Tan-Free Skin Smart Campus Initiative , National Council for Skin Cancer Prevention	2016-present
Board of Directors , Society of Behavioral Medicine	2012 – 2016
Member Delegate , Society of Behavioral Medicine	2012 – 2015
Chair , Obesity and Diabetes Policy Action Team, Society of Behavioral Medicine	2011 – 2016
Member , Public Policy Leadership Group, Society of Behavioral Medicine	2011 – 2016
Member, Program Support Committee , Society of Behavioral Medicine	2009 – 2014
Chair, Program Committee , Society of Behavioral Medicine	2007 – 2009
Member, Evidence-Based Behavioral Medicine Committee , Society for Behavioral Medicine	2004 – 2007
Member , Division 38 of the American Psychological Association	2000-present
Reviewer, Program Committee , Rapid Communications Annual Meeting of the Society for Behavioral Medicine.	2007-2010
K Award Preparation Program , co-director of the UMass Centers for Clinical and Translational Research career development grant prep program open to junior investigators at UMass Medical School	2009 – present
DERC Executive Committee , UMass NIH funded Diabetes and Endocrinology Research Center (DERC),	2009 – present
Reviewer , UMass ACS Institutional Research Grant Committee,	2008 – present
Reviewer , UMass Office of Global Health Pilot Program	
IRB Committee Member , UMass Medical School Committee for the Protection of Human Subjects in Research,	2008 – 2010
Fellowship Director , UMass Division of Preventive and Behavioral Medicine,	2007 – present
Library and Learning Committee , UMass Medical School,	2006 – 2009
Space Task Force , Division of Preventive and Behavioral Medicine, UMass Medical School,	2006 – present
Finance Task Force , Division of Preventive and Behavioral Medicine, UMass Medical School,	2006 – present
Research Safety Subcommittee , Edward Hines, Jr. VA Hospital,	2001 – 2004
Research Training Committee , Edward Hines, Jr VA Hospital,	1999 – 2004
Chair , Research Training Committee, Edward Hines Jr. VA Hospital Research Service	2001 – 2004
President , Clinical Psychology Student Organization, WMU,	1997 – 1998
Editor , Sounding Post, The Clinical Psychology Newsletter, WMU,	1996 – 1998

Grant Review Experience

- **Study Section Participant**, NIH, Precision Medicine Participant Technology Center 6/2016
- **Study Section Participant**, NIH, Special Emphasis Panel, ZRG1 RPHB-W 9/2015
- **Study Section Participant**, NIH, Special Emphasis Panel, ZRG1 RPHB-W 6/2015
- **Study Section Participant**, NIH, Special Emphasis Panel, ZRG1 RPHB-W 3/2015
- **Study Section Participant**, CSR/NIH, Psychosocial Risk and Disease 9/2013

- Prevention Study Section
- **Study Section Participant**, PCORI, (R21) 2/2012
 - **Study Section Participant**, NCI, "Research Answers to NCI's Provocative Questions" (R01) 1/2012
 - **Study Section Participant**, NCI, "Small Grants for Behavioral Research" (R03), 7/2010
 - **Study Section Participant**, NCI, "Small Grants for Behavioral Research" (R03), 3/2010
 - **Study Section Participant**, NIDDK, "Translational Research for the Prevention and Control of Diabetes and Obesity" (R18, R34)," Special Emphasis Panel 1/2010
 - **Study Section Participant**, Center for Disease Control (CDC), "Translating Research to Protect Health Through Health Promotion, Prevention, and Preparedness (R01, R34)" Special Emphasis Panel 7/2009
 - **Study Section Participant**, NIDDK, "Translational Research for the Prevention and Control of Diabetes (R18, R34)," Special Emphasis Panel 3/2009
 - **Study Section Participant**, Trans-NIH, "Dissemination and Implementation Research for Health," Special Emphasis Panel 2/2009
 - **Study Section Participant**, NIDDK, "Translational Research for the Prevention and Control of Diabetes (R18, R34)," Special Emphasis Panel 7/2008
 - **Study Section Participant**, Centers for Disease Control and Prevention (CDC) CD07-005, "Improving Public Health Practice through Translation Research (R01)" Special Emphasis Panel, 6/2007

Editorial Responsibilities

Translational Behavioral Medicine, Editorial Board 2011-2015
 American Journal of Health Behavior, Review Board 2004-2007
 Journal of the American Dietetic Association, Review Board 2008-2012

Invited Peer Reviewer

JAMA, JAMA Psychiatry; JAMA Internal Medicine, JAMA Dermatology, American Psychologist; Journal of Consulting and Clinical Psychology; Obesity; Journal of Medical Internet Research, JAMIA, American Journal of Medicine, Psychosomatic Research, Journal of General Internal Medicine, Journal of Psychosomatic Medicine, Health Psychology; Journal of Clinical Psychology; Journal of Health Psychology; Health Psychology Review, Family Systems and Health, Cancer Epidemiology Biomarkers and Prevention, Appetite; Basic and Applied Social Psychology; Journal of the National Medical Association; Body Image; Physiology and Behavior; Annals of Behavioral Medicine; Journal of Social and Clinical Psychology; American Journal of Preventive Medicine; Cancer; Journal of Nursing Research.

Sun & Skin News: A Publication of The Skin Cancer Foundation, Consulting Editor 2008

Educational Activities

Teaching Activities

Course	Role	Organization	# of Students	Years
Randomized Clinical Trials for Behavioral Interventions	Instructor	Clinical and Population Health Research PhD Master's of Clinical Investigation, UMMS	7	2016
Team Science	Instructor	Master's of Clinical Investigation Program UMMS, Worcester, MA	7 6 3 1	2015 2013 2011 2009

Randomized Clinical Trials for Behavioral Interventions	Instructor	Clinical and Population Health Research Doctoral Program UMMS, Worcester, MA	1 5 5	2009 2010, 2014
Graduate Statistics, Advanced Research Methods (graduate)	Instructor	Elmhurst College, Elmhurst, IL	15	2002- 2003
Advanced Research Methods (graduate)	Instructor	Roosevelt University, Chicago, IL	90	2001- 2003
Introduction to Psychology (undergraduate)	Graduate Instructor	Department of Psychology, Western Michigan University, Kalamazoo, MI	120	1998- 1998
Behavioral Medicine, Health Psychology, Abnormal Psychology (undergraduate)	Teaching Assistant	Department of Psychology, Western Michigan University, Kalamazoo, MI	100	1995- 1999

Advising & Supervision

Danielle Jake-Schoffman, PhD Post-doctoral fellow Advising responsibilities: I am her post-doc mentor.	2016-present
Christine May, PhD, Post-doctoral fellow Advising Responsibilities: I am her post-doc mentor Current position: Assistant Professor, Springfield College	2015-2016
Jennifer Carey, MD Junior Faculty Advising Responsibilities: I am mentor on her Junior Faculty Development Award. Current Position: Assistant Professor, UMMS	2015-2017
Nino Melikidze, undergraduate student WPI Advising Responsibilities: Undergraduate project mentor Current position: undergrad student WPI	2015-2016
Vincent Doyle, undergraduate student WPI Advising Responsibilities: Undergraduate project mentor Current position: undergrad student WPI	2015-2016
Daniel Kane, undergraduate student WPI Advising Responsibilities: Undergraduate project mentor Current position: undergrad student WPI	2015-2016
Yaeji Li, undergraduate student WPI Advising Responsibilities: Undergraduate project mentor Current position: undergrad student WPI	2015-2016
Vinayak Nahar, MD, MS, PhD, Graduate student Advising Responsibilities: Research mentor Current Position: Graduate student (Ole Miss)	2015-present

Rashelle Hayes, PhD, Junior Faculty Advising Responsibilities: Mentor her on mHealth research Current Position: Assistant Professor, UMMS	2015-2017
Renata Dalla-Costa Advising Responsibilities: Medical student research mentor Current Position: Medical student (UMMS)	2014-2015
Waldo Zamor Advising Responsibilities: Medical student research mentor Current Position: Resident (UMMS)	2014-2015
Julie Siegel Advising Responsibilities: Medical student research mentor Current Position: Medical student (UMMS)	2014-2015
Jessica Long Advising Responsibilities: Medical student research mentor Current Position: Medical student (UMMS)	2015-2016
Tad Antognini Advising Responsibilities: Medical student research mentor Current Position: Medical student (UMMS)	2014-2015
Eric Ding Advising Responsibilities: MD/PhD student research mentor Current Position: Medical student (UMMS)	2015-present
Herpreet Thind, Junior Faculty Advising Responsibilities: I am a mentor on her K23 submission. Current Position: Assistant Professor, Brown University	2013-2014
Martinus Evans, MA, Grad student/Diversity supplement Advising responsibilities: research mentor Current position: diversity supplement scholar	2013-2016
Jon Scully, Undergraduate/graduate student Current Position: Master's student at Assumption College	2013-2015
Stephanie Rodrigues, Junior Faculty Advising Responsibilities: I was a mentor on her UMass Faculty Diversity Scholar Award. Current Position: VA Illiana Health Care System, Danville, IL	2013-2014
Nicole Wedick, Post Doctoral Fellow Advising Responsibilities: I co-mentored her post-doctoral research projects. Current Position: University of Massachusetts Medical School	2013-2015
Leah Ferrucci, Post Doctoral Fellow Advising Responsibilities: I am a mentor on her career development award. Current Position: Postdoctoral Fellow, Yale University	2011-present
Alexandra Hajduk, Pre Doctoral Fellow Advising Responsibilities: I co-wrote a book chapter with her. Current Position: Pre-doc student, Clinical and Population Health Research PhD program, UMMS	2011-2012

Andrew Busch, PhD (Junior Faculty) Role: Mentor Advising Responsibilities: I am a mentor on his K23. Current Position: Assistant Professor, Brown University	2011-2015
Michele DeBiasse, MS, RD, Pre-doctoral Fellow Role: Mentor Advising Responsibilities: I mentored several of her research projects. Current Position: Assistant Professor, Boston University	2011-2013
Molly Waring, PhD, (Junior Faculty) Role: Mentor Advising Responsibilities: I am the primary mentor on her K award. Current Position: Assistant Professor, UMMS	2010-2014
Matt Whited, PhD, Post-Doctoral Fellow Role: Mentor Advising Responsibilities: I was his post-doctoral mentor and I am currently the primary mentor on his K23. Current Position: Assistant Professor Department of Psychology, East Carolina University	2009-2012
Carol Curtin, Pre-doctoral Fellow Role: Mentor Advising Responsibilities: I was a mentor on her thesis project. Current Position: Assistant Professor and Associate Director & Training Director of the Center for Leadership Education for Neurodevelopmental and Related Disabilities, UMMS Shriver Center	2007-2013
Kristin Schneider, PhD, Post-Doctoral Fellow Role: Mentor Advising Responsibilities: I was her post-doctoral mentor. Assistant Professor Department of Psychology, Rosalind Franklin University of Medicine and Science	2007-2009
Jamie Bodenlos, PhD, Post-Doctoral Fellow Role: Mentor Advising Responsibilities: I was her post-doctoral mentor. Assistant Professor, Hobart and William Smith Colleges, Geneva, NY	2006-2009

Dissertation/Thesis Committees

Michele DeBiasse, Boston University	Defense Date: 6/16
Rebecca Kinney, University of Massachusetts Medical School	Defense Date: 2018
Sherry Xiao, University of Massachusetts Medical School	Defense Date: 11/15
Daniel Amante, University of Massachusetts Medical School	Defense Date: 2017
Han-Yang Chen, University of Massachusetts Medical School	
Angela Rodrigues, Doctoral thesis, Newcastle University, UK "Systematic development of a behavioural intervention to promote sun-protection behaviours amongst holidaymakers"	Defense date: 5/14

Martinus Evans, Master's thesis, University of Connecticut
 "Characteristics of people who blog about their weight loss journey" Defense date: 7/14

Charmaine Lo, Doctoral dissertation, UMMS
 "Screen time behavior among youth with and without developmental disabilities" Defense date: 5/13

Kristin Schneider, Doctoral dissertation, University of Illinois at Chicago
 "Acute moderate intensity physical activity and caloric intake in overweight, sedentary individuals" Defense date: 2/07

Amanda Harp. Doctoral dissertation, Clark University
 "Partner Undermining Behavior Scale for Weight Loss (PUBS-WL): Construction and validation of a measure of partner undermining during weight loss attempts" Defense date: 6/09

Current Grants

As Principal Investigator

(Jaser) 1R01DK115545-01A1 (Pagoto) 07/01/18-06/30/23

Communication and Coping: Addressing Mothers' Needs to Improve Outcomes in Adolescents with T1D

The aims of this study are to: 1) evaluate the effects of the Communication & Coping intervention on diabetes-related outcomes; 2) evaluate the effects of the Communication & Coping intervention on psychosocial outcomes; and 3) explore the differential impact of the intervention across demographic factors.

Role: CO-I

NIH/NIDDK 1R01DK103944-01A1 (Pagoto) 09/25/15-07/31/19

Get Social: Randomized Trial of a Social Network Delivered Lifestyle Intervention

The purpose of this project is to conduct a non-inferiority trial to compare a lifestyle intervention delivered entirely via private groups on the online social network Twitter to a traditional in-person group-based lifestyle intervention. We will also compare the costs of the interventions, and explore predictors of weight loss in the online social network condition.

Total costs: \$1,992,953

Role: PI (16.5% effort)

NIH/NCI 1R01CA192652-01 (D. Buller/S. Pagoto) 6/1/15-4/30/20

Likes Pins and Views: Engaging Moms on Teen Indoor Tanning Thru Social Media

This study proposes to develop and evaluate the effectiveness of a social media indoor tanning campaign to decrease mothers' permissiveness for, and prevalence of, indoor tanning by daughters and increase mothers' support for policy restrictions on indoor tanning by minors to improve the effectiveness of indoor tanning regulations.

Total costs: \$1,015,514

Role: Co-PI (12.8% effort)

NIH/NHLBI 1R01HL122302-01A1 (Pagoto/Tulu) 12/1/14-11/30/18

RELAX: A mobile application suite targeting obesity and stress

The purpose of this proposal is to develop and test the feasibility and proof-of-concept of RELAX Application Suite (AS), a mobile-, cloud- and web-based companion to a brief visit lifestyle intervention for obese individuals. RELAX-AS will be designed to reduce clinical visit time and cost by identifying and displaying behavior patterns that account for the greatest deviations in energy balance.

Total costs: \$1,952,780

Role: PI (27.5%)

NIH/NHLBI 1K24HL124366-01A1 (Pagoto) 4/7/15-3/31/20

Mentoring in mHealth and Social Networking Interventions for CVD Risk Reduction

This mid-career development award is designed to support a mentorship plan in mHealth research for cardiovascular disease prevention that leverages the resources and transdisciplinary faculty of the UMass Center for mHealth.

Total costs: \$491,308

Role: PI (25% effort)

NIH/NHLBI R34HL136979 (Waring) 05/15/2017 – 03/31/2020

Delivering a Post-Partum Weight Loss Intervention via Facebook vs In-Person Groups: a Feasibility Pilot Trial

This project is testing a feasibility trial for post-partum weight loss being delivered in-person vs Facebook.

Role: Co-I (5% effort)

NCI 1R01CA218068-01 (Stapleton) 7/15/17-5/31/22

Randomized Trial of a Social Media-Delivered Intervention Targeting Indoor Tanning Users

The proposed project involves taking the core content and active ingredients of the website to develop an intervention that is delivered via secret groups using the social media site Facebook.

Total costs: \$780,895

Role: Co-I, Sub PI (8.5% effort)

NCI R01CA210259 (Buller/Walkosz) 8/1/17-7/31/22

Using Technology to Scale-up an Occupational Sun Protection Policy Program

This project is testing sun protection practices for outdoor workers using an in-person vs. web-delivered intervention.

Total costs: \$115,766

Role: Co-I, Sub PI (5.5% effort)

NCI 1R21CA226133-01 (Pagoto) 4/1/18-3/31/20

Using a Narrative-Based Approach to Reducing Indoor Tanning

We propose to develop and test the feasibility of a narrative-based social media intervention for indoor tanning to promote skin cancer prevention policy and education on university campuses nationwide.

Total costs: \$383,072

Role: PI (5.5% effort)

NCI R01CA221854 (Manne) 7/1/18-6/30/23

Facebook Intervention for Young Onset Melanoma Patients and Families

Social media delivered intervention for melanoma patients and their families.

Total costs: \$532,642

Role: Co-I, Sub PI (5%% effort)

Completed Grants

UMass President's Science and Technology Fund (Pagoto) 6/1/12-6/1/17

Center for mHealth-Based Behavioral Sensing and Interventions

This center grant is to provide the resources for investigators to create an intercampus mHealth research

center at the University of Massachusetts.

Total costs: \$185,000

Role: PI (0.5% effort)

NIH DIVERSITY SUPPLEMENT TO R01HL122302-S1 (Pagoto/Tulu) 12/28/15-11/30/16

Feasibility and acceptability of health mobile technology in African Americans with obesity

Diversity supplement to candidate Martinus Evans for an adjunctive project to RELAX: A mobile application suite targeting obesity and stress, in which we will explore the feasibility and acceptability of health mobile apps in African Americans.

NSF (Lalikos/Strong) 9/1/11-8/31/16

Medium: Self-care Management: Patient-Centered Diabetic Wound Care Using Smart Phones

The project addresses specific health challenges of patients with diabetic foot ulcers and focuses on two key challenges: automatically analyzing wound healing progress of patients with diabetic foot ulcers, and using technology to motivate these patients to better care for their wounds and their diabetes.

Total costs: \$1,199,046

Role: Co-I (1% effort)

NIDDK R21DK098556 (Pagoto) 9/15/13 - 10/31/16

Feasibility trial of a problem-solving weight loss mobile application

We propose to develop and test the feasibility of Smart Coach, a weight loss mobile application that includes common features such as self-monitoring, goal setting, and a social network, but even more importantly an avatar-facilitated, idiographic problem solving feature that processes information intelligently to help patients identify solutions to their weight loss problems.

Total costs: \$470,817

Role: PI (5% effort)

CDC 1 U48 DP005031-0 (Lemon\Rosal) 9/30/14-9/29/19

UMass Worcester Prevention Research Center

This proposal will support a comprehensive core infrastructure for the UMass Worcester Prevention Research Center that fosters applied public health research partnerships to target the CDC Winnable Battles of nutrition, physical activity and obesity in Worcester, MA and the surrounding Central MA communities.

Total costs: \$4,488,431

Role: Co-I (4% effort)

NCI 1R01CA134891-01A2 (Hillhouse) 7/1/10-12/1/15

An Appearance-Based Intervention to Reduce Teen Skin Cancer Risk

This randomized trial will test an internet-delivered, web-based intervention to reduce teen skin cancer risk.

Role: Consultant

UMass Office of Global Health (Pagoto) 5/01/14-8/31/15

Development of Healthy Pregnancy mHealth Interventions in the Peruvian Andes

This pilot study will explore the psychosocial and cultural factors impeding maternal care during pregnancy to inform a text-based intervention to improve pregnancy outcomes.

Total Costs: \$35,000

Role: PI (2% effort)

Joseph P. Healey Endowment Fund (Waring) 05/01/14-04/30/15

Feasibility and acceptability of a post-partum weight loss intervention delivered via Facebook

The proposed project is a pilot study to test the feasibility and acceptability of a post-partum weight loss intervention delivered via Facebook. Results will include information on recruitment and retention, engagement, participant satisfaction with the intervention, and weight loss.

Role: Co-I (in kind)

UMCCTS Pilot Project Program S61110000024427 (Waring) 4/1/13-3/31/15

Impulsivity and weight gain during pregnancy: the roles of excess energy intake, food reward sensitivity, and the food environment

The goal of this project to examine a novel risk factor for excessive gestational weight gain, impulsivity in a cohort of 125 pregnant women.

Total costs: \$1,199,046

Role: Co-I (2.5% effort)

NIH 1R21CA161576-01A1 (Pagoto) 4/1/12 - 3/31/15

Pilot Investigation of Behavioral Alternatives to Indoor Tanning

This study will determine whether incentivizing indoor tanners' engagement in healthy alternative behaviors that enhance appearance (sunless tanning) and reduce stress (yoga) will decrease their indoor tanning.

Total costs: \$393,567

Role: PI (25% effort)

UMCCTS Conference Grant (Pagoto/Boudreaux) 2/1/14-1/31/15

UMMS mHealth Hackathon 2014

Total Costs: \$1,000

Role: PI

CDC 3U48DP001933-04S1 (Pagoto) 9/30/12 – 9/29/14

Examination of Environmental Characteristics that Enable and/or Promote Frequent Indoor Tanning among Young Adults to Inform Future Public Health Policy Efforts to Prevent Skin Cancer

The purpose of the present study is to evaluate the availability of unsupervised tanning in urban and rural areas of two different regions in the US (Northeast and Southeast), proximity to schools, the characteristics of users, and their patterns and reasons for use.

Total costs: \$598,006

Role: PI (24.25% effort)

NIH 5 R01 HL094575-04 (Ma) 4/1/09-3/31/14

A Simple Dietary Message to Improve Dietary Quality for Metabolic Syndrome

In a randomized clinical trial, we will compare the efficacy of two intervention approaches to dietary change for CHD prevention among persons with metabolic syndrome.

Total costs: \$2,447,129

Role: Co-I (3% effort)

UMMS CTSA UL1RR031982 (Pagoto) 6/15/12 – 3/31/13

A Community-Clinic Partnership to Address Comorbid Obesity and Depression

The goal of this study is to explore how exercise and social support can improve the impact of a weight loss intervention in people who are depressed and overweight.

Total costs: \$12,000

Role: PI (inkind effort)

Office of Global Health/CTSA P60016190000026 (Pagoto) 6/01/11 – 05/31/13

Cultural Translation of a Mind/Body Wellness Program for Diabetes Prevention in China

The goal of this study is to culturally translate and pilot test a comprehensive lifestyle program, the Mind/Body Wellness Program, for adults with pre-diabetes in Shanghai, China

Total costs: \$49,825

Role: PI (inkind effort)

NIDDK 1 R21 DK083700-02 (Ma) 2/01/10 – 1/31/12

Depression, Antidepressant Use and Risk of Diabetes in the WHI

The goal of this study is to examine whether depression or antidepressant medication use are positively associated with an increased risk of developing diabetes.

Total costs: \$462,135

Role: Co-I (10% effort)

NIH 1 R34 MH085578-01 (Schneider) 8/12/09 – 5/31/12

Behavioral Activation Enhanced Exercise Intervention for Diabetes and Depression

This study aims to develop and pilot test a novel exercise intervention that is based on principles of behavioral theory and incorporates strategies of behavioral activation (BA) treatment for depression.

Total costs: \$406,813

Role: Co-I (10% effort)

NCI 1R21CA155952-01 (Cartmel) 1/1/11-12/31/12

Epidemiology and Genetics of Tanning Addiction

The proposed study will investigate the epidemiology and genetics of tanning dependence (addiction) which will help us better understand motivation for tanning and develop innovative interventions to reduce ultraviolet light exposure and reduce skin cancer.

Role: Consultant

NIDDK RC1 DK087126-01 (Spring/Pagoto sub-PI) 9/30/09-8/31/11

ENGAGED: E-Networks Guiding Adherence to Goals for Exercise and Diet

In the proposed study, Dr. Pagoto will share her expertise in the administration of the DPP intervention, supervise the interventionists, participate in the development of the ENGAGED system, assist in data analyses and interpretation, participate in manuscript development and grant preparation.

Total costs: \$26,114

Role: Subcontract PI (10% effort)

Healey Foundation Public Service Award P60016170000087 (Pagoto) 02/1/10-1/31/11

Community-Based Participatory Research for Diabetes Prevention in Individuals with Mental Illness

The purpose of this study is to test whether a group weight loss program will produce weight loss in men and women with mental illness.

Total costs: \$1,000

Role: PI (inkind effort)

USAID Cooperative Agreement DFD-A-00-08-00308-00 (Bolton) 1/01/08 – 12/31/10

SPANS - Improving Effectiveness of Treatment for Torture Survivors SPANS-IETTS

This project is a partnership with Heartland Alliance who are providing community-based mental health services throughout Kurdistan through a system of Community Mental Health Workers based in local clinics.

Total costs: \$3,992,950

Role: Consultant/trainer

NIMH R01 MH078012-01 (Pagoto) 4/1/07 – 9/30/12

Treating Co-Morbid Obesity and Major Depressive Disorder

The goal of this study is to compare the efficacy of a behavioral activation weight loss treatment to standard behavioral weight control on weight loss.

Total costs: \$1,543,091

Role: PI (50% effort)

BONRC Pilot and Feasibility Fund (Pagoto) 5/1/07 – 09/30/11

The Role of Stress in Insulin Resistance Following Bariatric Surgery

This laboratory study will compare changes in insulin resistance, hypothalamic-pituitary-adrenal axis function, and inflammatory markers in patients with and without chronic stress before and 6-months following roux-en-Y gastric bypass surgery.

Total costs: \$14,458

Role: PI (2% effort)

NHLBI R01-HL073812 (McDermott, Ockene) 9/1/05 – 9/30/09

Reducing Risk Factors in Peripheral Artery Disease

The aim of this randomized clinical trial will be to test the efficacy of a health counselor-delivered telephone counseling intervention achieves greater reduction in low density lipoprotein cholesterol levels as compared to the reduction achieved by the attention control condition and the usual care condition, respectively, at 12-month follow-up.

Total costs: \$1,714,503

Role: Co-I

CCTS Pilot Project Program (Pagoto) 7/1/07 – 6/31/09

Effect Of Acute Vagus Nerve Stimulation on Food Intake and Appetite Hormones

The specific aims of the present study are to compare the effect of acute VNS on 1) food intake and 2) actions of appetite-regulating hormones including CCK, leptin, and ghrelin among lean and overweight individuals undergoing VNS treatment for depression.

Total costs: \$150,000

Role: Co-I

NCI R21 CA109670 (Pagoto) 4/1/06 – 3/31/09

Investigation of a Behavioral Substitute for Sun Exposure

The goal of this research is to test the effects of a sun safety intervention on Boston area beach-goers.

Total costs: \$272,139

Role: PI

Worcester Foundation for Biomedical Research (Pagoto) 7/1/07 – 12/31/08

Effect of Acute VNS on Consumption of and Preference for Sweets in Depressed Adults

The aim of the present study is to test whether participants consume fewer calories and a smaller ratio of sweet to nonsweet calories during acute activation of the VNS compared to inactivation.

Total costs: \$30,000

Role: Co-I

NHLBI K23 HL073381-04 (Pagoto) 4/1/03 – 3/31/08

Obesity and Negative Affect-Induced Eating

The purpose of this study is to investigate how different everyday experiences affect food intake and how much you enjoy certain foods.

Total costs: \$507,117

Role: PI

American Cancer Society IRG (Olendzki, B) 6/1/07 – 5/1/08
Simple vs Complex Dietary Messages to Improve Dietary Quality for Heart Disease Prevention
 Role: Co-I

UMass Diabetes Endocrinology Research Center (Ma, Y) 4/1/05 – 3/31/06
Applicability of a Low-Glycemic Index Diet in Diabetes
 Total costs: \$100,000
 Role: Co-I

ACS IRG 93-033 (Pagoto) 3/05 – 2/06
Development and Feasibility of “Be Active Mind/Body Treatment” for Depression and Obesity
 The goal of this research is to determine whether the Be Active Mind/Body program helps people improve their moods and lose weight. This program involves a combination of components of other treatments that have been proven to be helpful at improving moods and weight loss.
 Total costs: \$20,000
 Role: PI

Blue Cross Blue Shield Foundation of Michigan 311.SAP.98 (Pagoto) 9/99 – 12/00
Effects of a multi-component intervention on motivation and sun protection behaviors among Midwestern beach-goers
 Total costs: \$3,000
 Role: PI

Western Michigan University Graduate College (Pagoto) 9/96 – 8/97
Social diffusion of safe sex behaviors among college women.
 Total costs: \$500
 Role: PI

Publications (Peer-Reviewed, n=187)

1. Arigo, D., Jake-Schoffman, D.E., Wolin, K., Beckjord, E., & Hekler, E.B., & **Pagoto, S.L.** (in press). The history and future of digital health in the field of behavioral medicine. *Journal of Behavioral Medicine*.
2. Jeter J, Bowles T, Curial-Lewandroski C, Swetter S, Filiipp FV, Abdel-Malek Z, Geskin L, Brewer J, Arbiser J, Gershenwald J, Chu E, Kirkwood J, Box N, Funchain P, Fisher D, Kendra K, Marghoob A, Chen S, Ming M, Albertini M, Vetto J, Margolin K, **Pagoto S**, Hay J, et al. Chemoprevention agents for melanoma: A path forward into phase III clinical trials. *Cancer*. In press.
3. **Pagoto S**, Nahar V, Frisard C, Conroy D, Lemon S, Oleski J, Hillhouse JJ. A comparison of tanning habits among gym tanners and other tanners. *JAMA Dermatology*. 2018 Jul. 18. doi: 10.1001/jamadermatol.2018.1779. PubMed PMID:30027270
4. Coups E, Manne S, **Pagoto S**, Criswell JR, Goydos JS. Facebook intervention for young onset melanoma patients: A pilot and feasibility study. *JMIR Dermatology*. In press.
5. Zhang L, **Pagoto S**, Olendzki B, Persuette G, Churchill L, Oleski J, Ma Y. A nonrestrictive weight loss diet focused on increased fiber and lean protein. *Nutrition*. 2018 Mar 22;54: 12-18. doi: 10.1016/j.nut.2018.02.006. PubMed PMID:29704862
6. Arigo D, **Pagoto S**, Carter-Harris L, Lillie S, Nebeker C. Using social media for health research: Methodological and ethical considerations for recruitment and intervention delivery. *Digital Health*. 2018 Jan;4. doi 10.1177/2055207618771757. Pubmed PMID:29942634
7. Waring ME, Jake-Schoffman DE, Holovatska MM, Mejia C, Williams JC, **Pagoto SL**. Social media and obesity in adults: a review of recent research and future directions. *Current Diabetes Reports*. 2018 Apr 18;18(6):34. PubMed PMID:29671135
8. Nosrati A, Pimental M, Falzone A, Hegde R, Goel S, Chren M, Eye R, Linos E, **Pagoto S**,

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9. **Pagoto S**, Tulu B, Agu E, Waring M, Oleski J, Jake-Schoffman D. Using the Habit App for weight loss problem solving: Development and feasibility study. *JMIR mHealth and uHealth*. 2018 <http://mhealth.jmir.org/2018/6/e145/>. Pubmed PMID:29925496
 10. Linos E, **Pagoto S**. USPSTF recommendations for behavioral counseling for skin cancer prevention: Throwing shade on UV radiation. *JAMA Internal Medicine*. 2018 May 1;178(5):609-611. doi: 10.1001/jamainternmed.2018.0846. PMCID: PMC5971005.
 11. Houghton CF, Silfee VJ, Wang ML, Lopez-Cepero A, Estabrook D, Frisard C, Rosal MC, **Pagoto SL**, Lemon SC. Racial/ethnic representation in lifestyle weight loss intervention studies in the United States: A systematic review. *Prev Med Rep*. 2018 Feb 2;9:131-137. doi: 10.1016/j.pmedr.2018.01.012. PMCID: PMC5880332.
 12. Stapleton JL, Manne SL, Day AK, Levonyan-Radloff K, **Pagoto SL**. Healthy body image intervention delivered to young women via Facebook groups: Formative study of engagement and acceptability. *JMIR Res Protoc*. 2018 Feb 20;7(2):e54. doi: 10.2196/resprot.9429. PMCID: PMC5840477.
 13. Waring ME, Baker K, Peluso A, May CN, **Pagoto S**. Content analysis of Twitter chatter about indoor tanning. *Transl Behav Med*. 2018 Feb 21. doi: 10.1093/tbm/iby011. PubMed: PMID: 29474700.
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 15. Nahar V, Rosenthal M, Lemon SC, Kane K, Cheng J, Oleski J, Li W, Hillhouse JJ, **Pagoto S**. Youth access to indoor tanning salons in urban versus rural/suburban communities. *Photodermatology, Photoimmunology, & Photomedicine*. 2018 Mar;34(2):112-116. doi: 10.1111/phpp.12364. PMID:29080373
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 23. Breland J, Quintiliani L, Schneider KL, May C, **Pagoto S**. Social media as a tool to increase the impact of public health research. *American Journal of Public Health*, 2017 Dec;107(12):1890-1891. doi: 10.2105/AJPH.2017.304098. PMCID: PMC5678392
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184. **Pagoto SL**, McChargue DE, Schneider K, Werth Cook J. Sun protection motivational stages and behavior: Skin cancer risk profiles. *American Journal of Health Behavior*. 2004 Nov-Dec;28(6):531-41. PMID: 15569587. [PMCID: N/A]
185. Spring B, **Pagoto S**, Pingitore R, Doran N, Schneider K, Hedeker D. Randomized controlled trial for behavioral smoking and weight control treatment: effect of concurrent versus sequential intervention. *Journal of Consulting and Clinical Psychology*. 2004 Oct;72(5):785-96. PMID: 15482037. PMCID: PMC4008866.
186. Spring B, **Pagoto SL**, McChargue DE, Hedeker D, Werth J. Altered reward value of carbohydrate snacks for female smokers withdrawn from nicotine. *Pharmacology Biochemistry and Behavior*. 2003 Sept;76(2):351-60. PMID: 14592688. [PMCID: N/A]
187. **Pagoto SL**, McChargue DE, Fuqua RW. Effects of a multicomponent intervention on motivation and sun protection behaviors among midwestern beachgoers. *Health Psychology*. 2003 Jul;22(4):429-33. PMID: 12940400. [PMCID: N/A]

Publications (non-peer-reviewed publications)

1. **Pagoto, S.** & Beckjord, E. (2012). Why SBM members need to have a social media presence. *Outlook: Quarterly Newsletter of the Society of Behavioral Medicine*, <http://www.sbm.org/outlook/0212/articles.php?article=4>
2. **Pagoto, S.** (2009). Report from the 2009 Annual Meeting and Scientific Sessions. *Outlook: Quarterly Newsletter of the Society of Behavioral Medicine*, <http://www.sbm.org/outlook/0709/articles.asp?article=3>.
3. Penedo, F., & **Pagoto, S.** (2008, Spring/Summer). Report from the 2008 Annual Meeting & Scientific Sessions. *Outlook: Quarterly Newsletter of the Society of Behavioral Medicine*, <http://www.sbm.org/outlook/0608/articles.asp?article=2>
4. Spring, B., **Pagoto, SL.**, Altman, S, & Thorn, B (2005). An evidence-based practice glossary: Unscrambling alphabet soup. *The Health Psychologist*, 27(2), 3, 15-16. Reprinted in December 2005 issue of *The Behavior Therapist*, Newsletter of the Association for Behavioral and Cognitive Therapies (ABCT).
5. Spring, B., & **Pagoto, S.** (2002). Evidence-based medicine from a clinical perspective. *Outlook: Quarterly Newsletter of the Society of Behavioral Medicine*, 2, 8.
6. Whitlock, E., Orleans, C, Davidson, K., Trudeau, K., Spring, B., & **Pagoto, S.**, (2002). The Evidence-Based Behavioral Medicine (EBBM) Committee at the Society of Behavioral Medicine. *Outlook: A Quarterly Newsletter of the Society of Behavioral Medicine*, 2, p5, 8.

Publications (Books and Chapters)

Edited Books

1. **Pagoto, S.** Editor. *Psychological Co-Morbidities of Physical Illness: A Behavioral Medicine Perspective*. 1st ed. New York: Springer; 2011. 480 p.

Book Chapters

1. Lemon SC, Bowen DJ, Rosal MC, **Pagoto SL**, Schneider KL, Pbert L, Wang ML, Allen JD, Ockene JK. *Translational research phases in the behavioral and social sciences: Adaptations from the biomedical sciences*. Handbook for Health Behavior Change. 4th edition. Eds. Ockene JK, Riekert K,

Pbert L. In press.

2. **Pagoto, S.** Sunless tanning. *Shedding Light on Indoor Tanning*. (2011). Editor, Heckman, C. Springer, NY.
3. Whited, M., **Pagoto, S.**, Wheat, A. Appelhans, B. (2011). Psychological co-morbidities of cardiovascular disease. *Psychological Co-Morbidities of Physical Illness: A Behavioral Medicine Perspective*. Editor, Pagoto, S. Springer, NY.
4. **Pagoto, S.**, Schneider, K.L., Appelhans, B., Curtin, C. Hadjuk, A. (2011). Psychological co-morbidities of obesity. *Psychological Co-Morbidities of Physical Illness: A Behavioral Medicine Perspective*. Editor, Pagoto, S. Springer, NY.
5. Spates, C.R., Koch, E., **Pagoto, S.**, Cusack K., & Waller, S. (2008) Eye Movement Desensitization and Reprocessing for adults, children, and adolescents. In Foa, E., Keane, T., Friedman, M., and Cohen, J. *Effective Treatments for PTSD*, Guilford Press.
6. Spring, B., & **Pagoto, S.** (2004). Research to practice in health and behavior. In Anderson, N. (Ed.), *Encyclopedia of Health and Behavior, Volume 2*, Sage Publications, pgs 696-697.

Publications (online media)

1. **Pagoto, S.** (2016). 21 days to change a habit? Why it's not that simple. US News and World Report. <http://health.usnews.com/health-news/blogs/eat-run/articles/2016-05-03/21-days-to-change-a-habit-why-its-not-that-simple>
2. **Pagoto, S.** (2015). How do I help a loved one lose weight? US News and World Report. <http://health.usnews.com/health-news/blogs/eat-run/2015/10/05/how-do-i-help-a-loved-one-lose-weight>
3. **Pagoto, S.** (2015). Calling all people who wish they had an exercise buddy. US News and World Report. <http://health.usnews.com/health-news/blogs/eat-run/2015/03/25/calling-all-people-who-wish-they-had-an-exercise-buddy>
4. **Pagoto, S.** (2015). 9 time hacks if you are too busy to exercise. US News and World Report. <http://health.usnews.com/health-news/blogs/eat-run/2015/03/25/calling-all-people-who-wish-they-had-an-exercise-buddy>
5. **Pagoto, S.** (2015). Idle hands eat the devil's food. US News and World Report. <http://health.usnews.com/health-news/blogs/eat-run/2015/03/25/calling-all-people-who-wish-they-had-an-exercise-buddy>
6. **Pagoto, S.** (2015). Taming hunger: Why it starts with your brain. US News and World Report. <http://health.usnews.com/health-news/blogs/eat-run/2015/02/23/taming-hunger-why-it-starts-with-your-brain>
7. **Pagoto, S.** (2015). Why diets shouldn't tell you what not to eat. US News and World Report. <http://health.usnews.com/health-news/blogs/eat-run/2015/02/17/why-diets-shouldnt-tell-you-what-not-to-eat>
8. **Pagoto, S.** (2014). Science bashing: The latest threat to research in America. KevinMD.com <http://www.kevinmd.com/blog/2014/12/science-bashing-latest-threat-research-america.html>
9. **Pagoto, S.** (2014). Patients using Twitter to manage health. DigitalHealthPost.com <http://digitalhealthpost.com/2014/07/10/patients-using-twitter-manage-health/>
10. **Pagoto, S.** (2014). Social media advocacy matters: The case of the Ellen Degeneres Show. KevinMD.com <http://www.kevinmd.com/blog/2014/07/social-media-advocacy-matters-case-ellen-degeneres-show.html>
11. **Pagoto, S.** (2013). Obesity as a disease: A first step to prevention. [Boston.com](http://www.boston.com).

12. **Pagoto, S.** (2013). Seven downsides to participating in academic healthcare social media. KevinMD.com <http://www.kevinmd.com/blog/2013/05/7-downsides-participating-academic-health-care-social-media.html>
13. **Pagoto, S.** (2013). How the nanny state mentality hurts public health. KevinMD.com <http://www.kevinmd.com/blog/2013/04/nanny-state-mentality-hurts-public-health.html>
14. **Pagoto, S.** (2012). Healthier menus without restrictive legislation. KevinMD.com <http://www.kevinmd.com/blog/2012/10/healthier-menus-restrictive-legislation.html>
15. **Pagoto, S.** (2012). Refer patients to Twitter for weight loss. KevinMD.com <http://www.kevinmd.com/blog/2012/03/refer-patients-twitter-weight-loss.html>

Please also see my blog on Psychology Today (43 articles) <https://www.psychologytoday.com/blog/shrink>

Presentations and Abstracts

Invited Presentations

1. **Pagoto, S.** Social Media for Health Behavior Change. Invited speaker in the Highlighted Symposium, What's App Doc? New Frontiers in Technologies for Physical Activity and Health, American College of Sports Medicine, May 30, 2018, Minneapolis, MN.
2. **Pagoto, S.** Leveraging Social Media for Health Behavior Change. Keynote speaker at Annual Research Symposium in the School of Health Professions at Rutgers University, May 10, 2018, Piscataway, NJ.
3. **Pagoto, S.** State of science on using social media to promote behavior change. Invited speaker at the Digital Wings Symposium, February 2, 2018, Johns Hopkins University, Baltimore, MD.
4. **Pagoto, S.** Behavioral counseling using social media platforms. Invited speaker at PatientslikeMe, Inc. January 19, 2018, Cambridge, MA.
5. **Pagoto, S.** Healthcare Social Media (#HCSM): A New Approach to Studying and Promoting Health Behavior, Keynote at European Health Psychology Society, August 30, 2017, Padua, Italy.
6. **Pagoto, S.** Leveraging Technology for Health Behavior Change, Seminar speaker at Dartmouth College Center for Technology and Behavioral Health, September 29, 2017, Dartmouth, New Hampshire.
7. **Pagoto, S.** Ahern, D., Cole-Lewis, H, Wolin, K. Behavior Change Through Connected Health: What Does the Science Say? Panel discussion at Partners Connected Health Alliance, October 25, 2017, Boston, MA.
8. **Pagoto, S.** Getting your social media research grants funded. Panel at Promoting Research in Social Media and Health Symposium, December 8, 2017, San Francisco, CA.
9. **Pagoto, S.** Leveraging Social Media for Health Behavior Change. Invited speaker at the Department of Communication, University of Connecticut, Storrs, CT.
10. **Pagoto, S.** Using Social Media for Health Behavior Change. Rutgers Cancer Institute of New Jersey. May 2016.
11. **Pagoto, S.** Leveraging Social Media for Behavior Change. Healthcare Experience Refactored Conference, Boston, MA. April 2016.
12. **Pagoto, S.** The Skin Smart Campus Initiative. National Council on Skin Cancer Prevention Annual Meeting, Washington, DC, April 2016.
13. **Pagoto, S.** Behavioral psychology of skin cancer prevention. Johnson & Johnson Scientific Advisory Board Sun Think Tank meeting, Washington DC. April 2016.
14. **Pagoto, S.** How to leverage social media in weight management programs. UHS Wilson Hospital Binghamton, NY, Weight Management Teaching Day. April 2016.
15. **Pagoto, S.** From research to action: Using science to inform health-related public policy. University of Massachusetts Medical School, Department of Medicine Grand Rounds. November 2015.
16. **Pagoto, S.** Using Social Media to Deliver Lifestyle Interventions. School of Public Health, Brown University. October 2015.
17. **Pagoto, S.** Using Social Media to Deliver Lifestyle Interventions. 7th Annual Methods Seminar in Outcomes Research: Big Data and Clinical Informatics to Support Patient Care and Research, University of Alabama Birmingham. October 2015.
18. **Pagoto, S.** Use of Technology in the Management and Treatment of Obesity. 4th Annual Let's Go! 5210 National Childhood Obesity Conference, Maine Health, Portland, ME. September 2015.
19. **Pagoto, S.** Invited Address: Can Health Behavior Go Viral? Leveraging Social Media for Health Behavior Change. Division 38 Health Psychology at the American Psychological Association Annual Meeting.

- Toronto, CA, August 2015
20. **Pagoto, S.** Presidential Symposium: Innovative or Obsolete: Keeping SBM Relevant in a Rapidly Changing Health Care System. Society of Behavioral Medicine Annual Meeting. San Antonio, TX. April 2015.
 21. **Pagoto, S.** When Harry Tweeted Sally and Other Modern Day Stories. Canadian Obesity Summit, Toronto, CA. April 2015.
 22. **Pagoto, S.** How Social Media May Revolutionize Public Health. Keynote lecture at Northern University of Ireland in Galway First Annual mHealth Conference. June 2015.
 23. **Pagoto, S.** The Power of Social Media to Promote Healthy Lifestyle. Keynote lecture at the Provant Client Summit. June 2015.
 24. **Pagoto, S.** Killer Tans On A Campus Near You. National Skin Cancer Prevention Council annual meeting, Washington, DC. April, 2015.
 25. **Pagoto, S.** Tanning on Campus: A Threat to Public Health. American Cancer Society Lobby Day at the State House. March 2015.
 26. **Pagoto, S.** How Social Media Can Benefit Your Academic Career. Massachusetts College of Pharmacy and Health Sciences, Academic Affairs Faculty Retreat, Newton Marriott Hotel, Newton, MA. January 2015.
 27. **Pagoto, S.** Mobile Technology, Social Networks and Obesity Management. University of Connecticut Center for Health, Intervention, and Prevention. Storrs, CT. October 2014.
 28. **Pagoto, S.** Employee Engagement Best Practices and Breakthrough Strategies for Workforce Wellness and Behavior Change. Panel Discussion at National Conference on Health, Productivity, and Human Capital, Dallas, TX. October 2014.
 29. **Pagoto, S.** Social Media in Health Behavior Research. University of Nebraska Omaha, Nebraska Biomechanics Core Facility, Omaha, NE. September 2014.
 30. ***Pagoto, S.** Leveraging mobile technology and social media in behavioural research. CREATE Workshop at European Health Psychology Society. Innsbruck, Austria. August 2014.
 31. **Pagoto, S.** Are Weight Loss Mobile Apps Evidence Based? Florida Academy of Nutrition and Dietetics 79th Annual Symposium. Fort Lauderdale, FL. July 2014.
 32. **Pagoto, S.** Can Health Behavior Go Viral? Invited presentation at UMass Boston Social Media Days. Boston, MA. May 2014.
 33. ***Pagoto, S.** Weight Loss in the Digital Age. Newcastle University Institute of Health and Society, Newcastle, UK. April 2014.
 34. **Pagoto, S.** Can Health Behavior Go Viral? Science Cafe Woo series (powered by NOVA). Nu Cafe, Worcester, MA. March 2014.
 35. **Pagoto, S.** Smartphones and social networks: How technology may revolutionize health behavior change. Rush University Department of Preventive Medicine Grand Rounds, Chicago, IL. February 2014.
 36. **Pagoto, S.** Social Media Workshop. Northwestern University, Center for Behavior and Health, Chicago, IL. February 2014.
 37. **Pagoto, S.** Evidence-Based Strategies in Weight Loss Mobile Apps – A Consumer & Provider Guide. Working Healthy Program, Lifespan Health Care System, Rhode Island Hospital, Providence, RI. January 2014.
 38. **Pagoto, S.** How mobile technology is and isn't revolutionizing weight loss. Apple, Inc. Cupertino, CA. December 2013.
 39. **Pagoto, S.** Social media for health behavior research. Arizona State University, School of Nutrition and Health Promotion, College of Health Solutions. November 2013.
 40. **Pagoto, S.** How social media can advance your academic career. American Institute of Cancer Research Annual Meeting, Washington, DC. November 2013.
 41. **Pagoto, S.** Can health behavior go viral? Center for Mental Health Services Research, University of Massachusetts Medical School, Department of Psychiatry. April 2013
 42. **Pagoto, S.** Smartphones and social networks: How technology may revolutionize health behavior change. University of Illinois Urbana-Champaign, Department of Kinesiology and Community Health. April, 2013.
 43. **Pagoto, S.** Obesity and Depression: From the Clinic to the Science...And Back. University of Massachusetts Medical School Mass AHEC Network, Frontiers in Science Conference. March 2013.
 44. **Pagoto, S.** The Trouble with Willpower. Boston Globe, Radio BDC, Live in the Lab series. Boston, MA. February, 2013.
 45. **Pagoto, S.** Smartphones and social networks: How technology may revolutionize health behavior

change. University of Massachusetts Boston, College of Nursing and Health Sciences. Boston, MA. November 2012.

46. **Pagoto, S.** Obesity and Depression: From the clinic to the science...And back. University of Massachusetts Medical School Women's Faculty Committee Annual Seminar. Worcester, MA. June 2012.
47. **Pagoto, S.** Evidence-based practice for obesity treatment: Understanding the patient and the evidence. Tongji University, Department of Medicine, Shanghai, China. March 2012.
48. **Pagoto, S.** Obesity and Depression: From the Clinic to the Science...And Back. Boston University Department of Health Sciences Seminar. Boston, MA. March 2012.
49. **Pagoto, S** (invited, June 2011). Psychological, Lifestyle, and Physiological Outcomes of Bariatric Surgery: Preliminary Findings. Boston Nutrition and Obesity Research Center Annual Symposium, Boston University.
50. **Pagoto, S.** Sunless tanning for skin cancer prevention: Friend or foe? UMMS Department of Medicine Grand Rounds. January 2011.
51. **Pagoto, S** Sunless tanning for skin cancer prevention: Friend or foe? UMMS Division of Dermatology Grand Rounds. February 2011.
52. **Pagoto, S.** Translating the Diabetes Prevention Program in clinic and community settings: Triumphs and challenges. Boston University School of Public Health Grand Rounds. November 2010.
53. **Pagoto, S.** Psychological co-morbidities of obesity: Outcomes from the real world. Obesity Medicine Inter-Hospital Grand Rounds at Massachusetts General Hospital, Boston, MA. 2010.
54. **Pagoto, S.L., & Brooks, K.** Do sunless tanning products have a role in skin cancer prevention? Invited talk at the Cancer Prevention and Control Grand Rounds, Boston University Medical Center. Boston, MA. 2005.

National/International Meetings

1. Jake-Schoffman D.E., Pagoto S.L., Kiernan M. Innovative techniques to increase retention in randomized trials: the Methods-Motivational Interviewing Approach to orientation sessions. Paper presentation delivered at the 39th Annual Meeting of the Society of Behavioral Medicine, New Orleans, LA.
2. Jake-Schoffman D.E., Waring M.E., DiVito J., Goetz J., Pagoto S.L. Getting Participants to Set Behavioral Goals in an Online Weight Loss Program: What Kind of Goals Matter? Paper presentation delivered at the 39th Annual Meeting of the Society of Behavioral Medicine, New Orleans, LA.
3. Pagoto, S. What Type of Engagement Predicts Success in a Facebook Weight Loss Group? Paper presented at the Hawaii International Conference on Systems Science, January 4, 2018, Waikoloa, Hawaii.
4. Pagoto, S. Jake-Schoffman, D., Waring, M, Chou, S. Delivering Health Promotion Interventions on Social Media: Engagement and Methodological Considerations. Symposium presented at the Society of Behavioral Medicine Annual Conference, April 2018, New Orleans, LA.
5. Aylward, L, Schneider, K, Bourque, M, Oleski, J, Pagoto, S. Age and emotion dysregulation responsiveness to negative induction procedures. Poster presented at the Society of Behavioral Medicine Annual Conference, April 2018, New Orleans, LA.
6. Waring, ME, Jake-Schoffman, DE, Goetz, J, Divito, J, Oleski, J., Pagoto, S. Types of intervention post that engage the least and most participants in a Facebook post-partum weight loss intervention. Paper presented at the Society of Behavioral Medicine Annual Conference, April 2018, New Orleans, LA.
7. Pagoto, S., Bodenlos, J. Arroyo, K. The steps to becoming a promoter of your discipline. Breakfast roundtable presented at the Society of Behavioral Medicine Annual Conference, April 2018, New Orleans, LA.
8. Pagoto, S., Bodenlos, J., Lumpkins, C. Leveraging the media to impact public health. Panel discussion presented at the Society of Behavioral Medicine Annual Conference, April 2018, New Orleans, LA.
9. Pagoto, S., Translating Evidence-based Behavior Change Interventions into Mobile Applications. Discussant for panel presented at the Society of Behavioral Medicine Annual Conference, April 2018, New Orleans, LA.
10. Pagoto, S. Sun Safety Habits of Recreational Exercisers: Implications for Interventions. Paper presented at the International Conference on UV and Sun Protection, May 1, 2018, Toronto, ON.

11. Pagoto, S. The Skin Smart Campus Initiative: Why Are Policy Efforts at Schools Needed? Workshop presented at the International Conference on UV and Sun Protection, May 1, 2018, Toronto, ON.
12. Pagoto, S. Using social media for behavioral interventions and public health campaigns. Workshop presented at the International Conference on UV and Sun Protection, May 1, 2018, Toronto, ON.
13. Pagoto, S. The Problem of Gym Tanning Beds: A Comparison of Gym Tanners to Other Tanners. Paper presented at the International Conference on UV and Sun Protection, May 1, 2018, Toronto, ON.
14. Oleski J, Choquette A, Hillhouse J, **Pagoto S**. Interviews of Sunless-Only Tanning Business Owners. Poster presentation at the 38th Annual Meeting of the Society for Behavioral Medicine, San Diego, CA. 2017
15. Whited M, Freeman JT, Corson AT, Ellis J M, Midgette EP, **Pagoto SL**, Waring ME, May C, Schneider KL, Busch AM, Appelhans BM, Varju E, Nye L. (2017) College Students' Use of Mobile Applications for Physical Activity. Poster selected for presentation at the 38th Annual Meeting of the Society for Behavioral Medicine, San Diego, CA.
16. Whited M, Ellis JM, Corson AT, Freeman JT, Midgette EP, **Pagoto SL**, Waring ME, May C, Schneider KL, Busch AM, Appelhans BM, Varju E, Nye L. (2017) College Students' Use of Mobile Applications for Weight Loss. Poster selected for presentation at the 38th Annual Meeting of the Society for Behavioral Medicine, San Diego, CA.
17. Lemon S, Haughton C, Wang M, Frisard C, Estabrook H, **Pagoto S**. Methodological Quality of Behavioral Weight Loss Studies, 2009-2014: A Systematic Review. Poster presented at the ISBNPA 2016 annual meeting, Cape Town, South Africa, June 2016.
18. Brunette M, DeLeon M, Paulino O, Contreras C, Tintaya C, Gonzalez L, **Pagoto S**, Lemon S, Borg A. WARMI-SMS: Sending One Text to Improve Two Lives Using Mobile Technologies to Improve Maternal Health in Peru. Poster presented at the Annual CUGH Global Health Conference, San Francisco, CA. May 2016.
19. **Pagoto, S**. From failing slow and late to fast and early. Symposium presented at the 37th Annual Meeting of the Society of Behavioral Medicine, Washington, D.C. April 2016/
20. **Pagoto, S**. How are behavioral scientists affecting health policy? Stories from the homefront. Breakfast roundtable presented at the 37th Annual Meeting of the Society of Behavioral Medicine, Washington, D.C. April 2016.
21. **Pagoto, S**. The feasibility of incentivizing participation in a social media-delivered weight loss program. Symposium talk presented at the 37th Annual Meeting of the Society of Behavioral Medicine, Washington, D.C. April 2016.
22. **Pagoto, S**. Does location really matter? An in-depth look at indoor tanning in salons, private homes, and other non-salon locations. Symposium presented at the 37th Annual Meeting of the Society of Behavioral Medicine, Washington, D.C. April 2016.
23. **Pagoto, S.**, Jakicic, J., Perry, M. Is exercise necessary to lose weight? Debate panelist at the 37th Annual Meeting of the Society of Behavioral Medicine, Washington, D.C. April 2016.
24. Baker K, Foster K, Hillhouse J, Buller D, **Pagoto S**, Walkosz B, & Griffith J. (2016, April 2). Social Media Use Among Parents in Tennessee. Poster session presented at the 37th Annual Meeting of the Society of Behavioral Medicine, Washington, D.C.
25. Coups EJ, **Pagoto SL**, Geller AC, Luke MC, Tworek C, Applying successful tobacco control strategies to reduce indoor tanning. Panel presented at the 2016 annual meeting of the Society of Behavioral Medicine, Washington, DC.
26. May CN, **Pagoto SL**, Waring ME. Weight loss attempts among overweight and obese U.S. women 2-5 years after cancer diagnosis, NHANES 2005-2012. Abstract presented at the 2016 annual meeting of the Society of Behavioral Medicine, Washington, DC
27. Busch, A. M., Tooley, E., Dunsiger, S. I., Fani Srour, J., **Pagoto, S. L.**, Kahler, C. W., & Borrelli, B. Behavioral Activation for Smoking Cessation and Mood Management Following a Cardiac Event: Results of a Pilot Randomized Controlled Trial. In S. Japuntich (Chair), Smoking and Psychopathology: Mechanisms and Treatments. Symposium presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Chicago, IL. March 2016.
28. Tulu B, Agu E, Lemon S, Oleski J, Evans M, **Pagoto S**. A Problem-Solving Mobile App to Support Weight Loss Management. American Medical Informatics Association 2015 Annual Symposium. Nov 2015.
29. **Pagoto S**, Asdigian N, Hillhouse J. From Availability to Advertisement: Factors Promoting Frequent Indoor Tanning among Young Adults. Society of Behavioral Medicine Annual Meeting April 2015.

30. **Pagoto S**, Wolin K, Bennett G, Breakfast Roundtable: Civic and Public Engagement Committee Presents: How to Use Social Media to Maximize Your Impact as a Behavioral Scientist. Society of Behavioral Medicine Annual Meeting April 2015.
31. **Pagoto S**, Van Dorsten B, Buscemi J. Breakfast Roundtable: Civic and Public Engagement Committee Presents: How to Effectively Communicate with our Legislators (And Why We Should). Society of Behavioral Medicine Annual Meeting April 2015
32. **Pagoto S**, Gerber B, Schmitz K. Presidential Symposium: Innovative or Obsolete: Keeping SBM Relevant in a Rapidly Changing Health Care System. Society of Behavioral Medicine Annual Meeting April 2015.
33. Spring B, Pellegrini C, McFadden G, **Pagoto SL**, Siddique J, ENGAGED: RCT of a Theory-Guided, Technology-Supported, Abbreviated Behavioral Weight Loss Program. Society of Behavioral Medicine Annual Meeting April 2015
34. Whited MC, Olendzki G, Ma Y, Waring ME, Schneider KL, Appelhans BM, Busch AM, Chesebro J, **Pagoto SL**. Risk for Sleep Apnea and Weight Loss Treatment Outcomes among Adults with Metabolic Syndrome. Society of Behavioral Medicine Annual Meeting April 2015
35. Grigoryan KV, Best A, Dellavalle RP, Karimkhani C, Boyers L, **Pagoto S**, Pederson H, Royer E. University Tort Liability for Allowing College Debit Card Purchasing of Indoor UV Tanning Services. Society of Behavioral Medicine Annual Meeting April 2015.
36. Fang H, Allison J, Barton B, **Pagoto S**, Zhang Z, Olendzki G, Ma Y.(2014). Pattern Recognition Approach for Behavioral Interventions: An Application to a Dietary Trial. Society of Behavioral Medicine, Philadelphia, PA.
37. **Pagoto, S**, Wolin, K., Bennett, G., Schneider, K. How to Create a Social Media Presence. Seminar to be presented at the Society of Behavioral Medicine, Philadelphia, PA. April 2014.
38. **Pagoto, S.**, Wolin, K., Lemon, SC., Wilson, D. How to Increase the Impact of Your Work and Why It Matters. Breakfast Roundtable presented at Society of Behavioral Medicine, Philadelphia, PA. April 2014.
39. **Pagoto, S.**, Schneider, K., Evans, M, Waring, M., Appelhans, B., Busch, AM., Whited, MC., Thind, H., Ziedonis, M. Usability and Feasibility of a Twitter Social Network for Weight Loss, Symposium at the Society of Behavioral Medicine, Philadelphia, PA. April 2014.
40. **Pagoto, S.** Wolin, K., Bennett, G. How Social Media Can Enhance Your Academic Career. Breakfast Roundtable presented at Society of Behavioral Medicine, Philadelphia, PA. April 2014.
41. **Pagoto, S.** Schneider, KL., Appelhans, B., Waring, M., Whited, MC, Busch, AM, Oleski, J., Merriam, P., Ma, Y., Olendzki, B., Lemon, SC, Ockene, I., Crawford, S. Two-year outcomes of a randomized controlled trial of behavioral treatment for comorbid obesity and depression in women. American Diabetes Association, Chicago, IL, June 2013.
42. Schneider, KL, Whited, MC, Magidson, J., **Pagoto, SL**. Clinical seminar in behavioral activation treatment for depression with comorbid health conditions. Society of Behavioral Medicine, San Francisco, CA, March 2013.
21. **Pagoto, SL**, Turner-McGrievy, B., Schneider, KL, Cobb, N. Tweet up, meet up and like it: Leveraging online social networks for weight loss. Chair of symposium presented at Society of Behavioral Medicine, San Francisco, CA, March 2013.
22. **Pagoto, SL**, Schneider, KL, Olendzki, E., Evans, M. Social support for weight loss: Online friends versus real friends. Paper presented at the Society of Behavioral Medicine, San Francisco, CA, March 2013.
23. **Pagoto, SL**, Schneider, KL, Jojic, M, DeBiasse, M., Mann, D. How evidence-based are weight loss mobile apps? Society of Behavioral Medicine, San Francisco, CA, March 2013.
24. **Pagoto, SL**, Bennett, G, Wolin, K. How to use social media to maximize your impact as a behavioral scientist. Breakfast Roundtable presented at Society of Behavioral Medicine, San Francisco, CA, March 2013.
25. **Pagoto, SL.** & Whited, MC. The Use of Hashtags to Spread Health Behavior on Twitter. Poster presented at the International Congress of Behavioral Medicine. Budapest, Hungary, August 2012.
26. **Pagoto, S.L.**, Schneider, K.L., Smith, B., Bauman, M. The Adoption and Spread of a Physical Activity Challenge Through an Online Social Network. Paper presented at the International Society of Behavioral Nutrition and Physical Activity. Austin, Texas, May 2012.
27. **Pagoto SL.** Adapting evidence-based strategies for weight management to underserved populations. Seminar presented at the Society of Behavioral Medicine's 33rd Annual Meeting, April

- 2012.
28. El Khoury JE, Ma Y, Schneider KL, Olendzki B, Olendzki E, Merriam P, Chesebro J, Ockene IS, **Pagoto SL**. Association of sleep apnea with metabolic measures, body weight, and dietary intake in patients with metabolic syndrome. Poster presentation, Society of Behavioral Medicines 33rd Annual Meeting, New Orleans, LA, April 2012.
 29. Pursutte G, Olendzki B, Olendzki E, Fang J, Merriam P, **Pagoto SL**, Schneider KL, Ockene IS, MA Y. Self-efficacy, perceived barriers, attitudes, and social support in dietary change among participants with metabolic syndrome entering a dietary intervention trial. Poster presentation, Society of Behavioral Medicine's 33rd Annual Meeting, New Orleans, LA, April 2012.
 30. Appelhans BM, Woolf K, DeBiasse MA, Whited MC, **Pagoto SL**, Schneider KL. Delay discounting, food convenience, and energy intake among overweight and obese women. Poster presentation, Society of Behavioral Medicine's 33rd Annual Meeting, New Orleans, LA, April 2012.
 31. Busch AM, Whited MC, Appelhans BM, Schneider KL, DeBiasse MA, Oleski J, Waring ME, Curtin C, **Pagoto SL**. Does behavioral weight loss treatment reliably improve or worsen depression among women with major depression? Poster presentation, Society of Behavioral Medicine's 33rd Annual Meeting, New Orleans, LA, April 2012.
 32. Schneider KL, **Pagoto SL**, Panza E, Goldberg D. Elevated rates of tanning dependence and skin cancer risk behaviors in physically active individuals. Poster presentation, Society of Behavioral Medicine's 33rd Annual Meeting, New Orleans, LA, April 2012.
 33. Whited MC, Schneider KL, Appelhans BM, Ma Y, Waring ME, DeBiasse MA, Busch AM, Oleski J, Merriam P, Olendzki B, Crawford S, Ockene IS, Lemon SC, **Pagoto SL**. Under-reporting of caloric intake among obese women with depression. Poster presentation, Society of Behavioral Medicine's 33rd Annual Meeting, New Orleans, LA, April 2012.
 34. Baker K, Hillhouse J, Turrisi R, Buller D, Robinson J, **Pagoto SL**. Maternal influences on teen tanning: Findings from a nationally representative study. Poster presentation, Society of Behavioral Medicine's 33rd Annual Meeting, New Orleans, LA, April 2012.
 35. Schneider KL, **Pagoto SL**, Lemon SC, Rosal MC, Pbert L, Ockene JK. Lessons learned from implementing weight related interventions into community settings. Symposium, Society of Behavioral Medicine's 33rd Annual Meeting, New Orleans, LA, April 2012.
 36. Schneider KL, **Pagoto SL**, Sullivan C. Barriers and facilitators to translation of the diabetes prevention program into a community mental health organization. Oral presentation, Society of Behavioral Medicine's 33rd Annual Meeting, New Orleans, LA, April 2012.
 37. **Pagoto SL**, Schneider KL, Whited MC, Oleski J, Merriam P, Appelhans B, Ma Y, Olendzki B, Waring ME, Busch AM, Ockene IS, Crawford S. Sequential depression and weight loss treatment for obese women with clinical depression: The Be Active trial. Paper presentation, Society of Behavioral Medicine's 33rd Annual Meeting, New Orleans, LA, April 2012.
 38. **Pagoto, S.** *I'm Stressed, Therefore I Eat: The Relationship Between Emotional Eating, Stress, and Obesity*. UMMS Clinical and Translational Sciences Retreat. May 2011.
 39. **Pagoto, S.L.**, Schneider, K.L., Magidson, J, & Whited, M. Clinical Seminar in Behavioral Activation Treatment for Depression with a Co-Morbid Health Condition. Pre-conference workshop presented at the Society of Behavioral Medicine, Washington DC. April 2011.
 40. Appelhans BM, Whited MC, Schneider KL, Olendzki BC, Ma Y, Oleski JL, Merriam PA, Waring ME, Mann DM, Ockene IS, **Pagoto SL**. *Depression severity and diet quality in women with obesity and depression*. Poster presentation at the Society of Behavioral Medicine's annual meeting, Washington, DC, April 2011.
 41. Appelhans BM, Woolf K, **Pagoto SL**, Schneider KL, Whited MC, Liebman R. *Delay discounting, food reward, and eating in the absence of hunger in overweight and obese women*. Paper presentation at the Society of Behavioral Medicine's annual meeting, Washington, DC, April 2011.
 42. Schneider, K.L., **Pagoto, S.**, Handschin, B., Bakke, S., Panza, E., Lin, Q., Ockene, I., & Restrepo, A. (April, 2011). Development of an exercise intervention for comorbid diabetes and depression: initial results and lessons learned. Poster presentation, *Society of Behavioral Medicine*, Washington, DC.
 43. Bodenlos, J.S., Lemon, S.C., Schneider, K.L., August, M.A., & **Pagoto, S.L.** Ethnic differences in the association of mood and anxiety disorders with obesity. Poster presentation, *Society of Behavioral Medicine*, Washington, DC. April 2011.
 44. Panza, E., Schneider, K.L., Appelhans, B.M., Whited, M.C., Oleski, J. & **Pagoto, S.L.** The Emotional Eating Scale: Can a self-report measure predict observed emotional eating? Poster

- presentation, *Society of Behavioral Medicine*, Washington, DC April 2011.
45. **Pagoto, S.L.**, Schneider, K.L., Oleski, J., Luciani, L., Bodenlos, J. & Whited, M. (October, 2010). Male Inclusion in Randomized Controlled Trials of Lifestyle Weight Loss Interventions. Poster presentation, *The Obesity Society*, San Diego, CA.
 46. Schneider, K.L., Appelhans, B.M., Whited, M.C., Oleski, J. & **Pagoto, S.L.** (2010). Trait Anxiety, But Not Trait Anger Predisposes Obese Individuals to Emotional Eating. Poster presentation, *The Obesity Society*, San Diego, CA.
 47. **Pagoto, S.L.**, Lejuez, C.W., Schneider, K.L., & Magidson, J. (2010). Clinical Seminar in Behavioral Activation Treatment for Depression with a Co-Morbid Health Condition. Pre-conference workshop presented at the Society of Behavioral Medicine, Seattle, WA.
 48. Baker, K., Hillhouse, J.J., **Pagoto, S.**, Turrisi, R., Skelton, K. (2010, March). Modeling Indoor & Sunless Tanning Behavior with the Theory of Planned Behavior. Poster session presented at the 20th Annual Art & Science of Health Promotion Conference, Hilton Head, SC.
 49. Baker, K., Hillhouse, J.J., **Pagoto, S.**, Turrisi R. (2010, April). Understanding Access and Descriptive Norms to Improve Skin Cancer Interventions. Poster session presented at The Appalachian Student Research Forum, Johnson City, TN.
 50. **Pagoto, S.**, Curtin, C., Bandini, L., Anderson, S., Schneider, K., Bodenlos, J. & Ma, Y. (2009). Weight loss following a clinic-based weight loss program among adults with attention deficit/hyperactivity disorder symptoms. Poster presented at The Obesity Society, Washington, DC. *Obesity*, 17(S2), S290.
 51. Bodenlos, J., Lemon, S., Schneider, K., Jones, G. & **Pagoto, S.** (2009). Association of mood and anxiety disorders with diabetes among African Americans from a nationally representative sample. Paper presented at The Obesity Society, Washington DC. *Obesity*, 17(S2), S145.
 52. **Pagoto, S.**, Schneider, K., Oleski, J., Bodenlos, J., Ma, Y., & Geller, A. (2009). The Sunless Study: A randomized trial of a skin cancer prevention intervention promoting sunless tanning. Paper presented at Society of Behavioral Medicine, Montreal, Quebec. *Annals of Behavioral Medicine*, 37(S1), S108.
 53. **Pagoto, S.**, Schneider, K. & Bodenlos, J. (2009). Addicted to the sun or the tan? Sun and sunless tanning habits of tanning “addicts.” Paper presented at Society of Behavioral Medicine, Montreal, Quebec. *Annals of Behavioral Medicine*, 37(S1), S108.
 54. Appelhans, B., **Pagoto, S.**, Peters, E. Gapstur, S. & Spring, B. (2009). HPA axis reactivity and short-term food intake in lean and obese women. Poster presented at Society of Behavioral Medicine, Montreal, Quebec. *Annals of Behavioral Medicine*, 37(S1), S65.
 55. Riley, W., McClure, J., **Pagoto, S.**, Safren, S., & Spring, B. (2009). Challenges of addressing health risk behaviors in co-occurring major depression. Symposium presented at Society of Behavioral Medicine, Montreal, Quebec. *Annals of Behavioral Medicine*, 37(S1), S6.
 56. Bodenlos, J.S., Lemon, S.C., Schneider, K. L. & **Pagoto, S.L.** (2009) Association of mood and anxiety disorders with obesity among African Americans from a nationally representative sample. Paper presented at Society of Behavioral Medicine, Montreal, Quebec. *Annals of Behavioral Medicine*, 37(S1), S127.
 57. Ma, Y, Merriam, P.A., **Pagoto, S. L.**, Olendzki, B. C., & Ockene, I.S. (2009). Sunlight exposure, bone density and serum vitamin D: A pilot investigation. Poster presented at Society of Behavioral Medicine, Montreal, Quebec. *Annals of Behavioral Medicine*, 37(S1), ++S64.
 58. Bodenlos, J. S., **Pagoto, S. L.**, Olenski, J., Schneider, K. L., Ma, Y., Ockene, J. K. & Rothschild, A. J.(2009). Effects of acute vagus nerve stimulation on caloric intake. Poster presented at Society of Behavioral Medicine, Montreal, Quebec. *Annals of Behavioral Medicine*, 37(S1), S65.
 59. Schneider, K. L., **Pagoto, S. L.**, Bodenlos, J. S., & Spring, B. (2009). Emotional eating in sedentary, overweight individuals: The impact on positive and negative affect. Poster presented at Society of Behavioral Medicine, Montreal, Quebec. *Annals of Behavioral Medicine*, 37(S1), S156.
 60. **Pagoto, S.**, Lemon, S., Schneider, K., Bodenlos, J., & Ma, Y. (2008). Association of post-traumatic stress disorder and obesity in a nationally representative sample. Presented at The Obesity Society, Phoenix AZ. *Obesity* 16(S1), S94.
 61. Schneider, K.L., Spring, B., & **Pagoto, S.** (2008). Exercise and caloric intake: Moderating role of negative affect. Presented at Society of Behavioral Medicine, San Diego CA. *Annals of Behavioral Medicine*, 35(S1), S214.
 62. Schneider, K.L., Ma, Y., **Pagoto, S.**, Olendzki, B., Merriam, P., Li, W., & Ockene, I. (2008). Participant-initiated changes in fiber or saturated fat are associated with changes in other dietary

- components. Poster presented at Society of Behavioral Medicine, San Diego CA. *Annals of Behavioral Medicine*, 35(S1), S215.
63. Ma, Y., Olendzki, B.C., **Pagoto, S.L.**, Merriam, P.A., Wang, Y., & Ockene, I.S. (2008). Major foods contributing to saturated fat and caloric intake in a hypercholesterolemic population. Presented at Society of Behavioral Medicine, San Diego CA. *Annals of Behavioral Medicine*, 35(S1), S201.
64. Bodenlos, J.S., **Pagoto, S.L.**, Pekmezi, D., Jones, G.N., & Brantley, P.J. (2008). Body mass index predicts greater stress among African American but not Caucasian medical patients. Poster presented at Society of Behavioral Medicine, San Diego CA. *Annals of Behavioral Medicine*, 35(S1), S56.
65. **Pagoto, S.**, Lemon, S., Schneider, K., Bodenlos, J., & Ma, Y. (2008). Association of post-traumatic stress disorder and obesity in a nationally representative sample. Paper presented at the Obesity Society, Phoenix, AZ
66. **Pagoto, S.L.** (2008). Translating research to practice: The evidence base and treatment decisions for individual patients in obesity management. Paper presented at the Society of Behavioral Medicine, San Diego, CA.
67. Spring, B., **Pagoto, S.L.**, Ramirez, A.G., Sallis, J.F., Kemer, J.F. (2008). Evidence-based practice in obesity: From the individual to the population. Paper presented at the Society of Behavioral Medicine, San Diego, CA.
68. **Pagoto, S.L.**, Curtin, C., Lemon, S., Schneider, K., Bodenlos, Bandini, L., & Ma, Y. (2008). The association of adult attention deficit/hyperactivity disorder in the US population. Poster presented at the American Psychological Association, Boston, MA.
69. Spates, C.R., **Pagoto, S.**, & Nakamura, K. (2007). Initial trends predict outcomes in depression treatments. *Proceedings of the 6th International Congress of Morita Therapy*, Vancouver British Columbia.
70. Spates, C.R., **Pagoto, S.**, & Nakamura, K. (2007). Effects of initial symptom trends on outcomes of active and non-active treatments for Major Depressive Disorder. Paper presented at the WPA International Congress, Sydney, Australia. *Australian and New Zealand Journal of Psychiatry*, 41 (Supplement 2), p. A418.
71. Spates, C.R., **Pagoto, S.L.**, & Nakamura, K. (2007) Treatment outcome by initial trend for patients in behavioral activation, placebo or no-treatment and medications: A pilot mega analytic investigation. Paper presented at the International Society for Morita Therapy, Vancouver, BC.
72. **Pagoto, S.** Ma, Y., Bodenlos, J., Rosal, M., Olendzki, B., Patil, V., & Ockene, I. (2007). The association of depression and lifestyle factors among Latinos at risk for type 2 diabetes. Poster presented at the Society of Behavioral Medicine, Washington, DC.
73. Ma, Y., **Pagoto, S.**, Ockene, I., Merriam, P., Hafner, A., Griffith, J., & Olendzki, B. (2007) A dietary quality comparison of popular weight loss diets. Paper presented at the Society of Behavioral Medicine, Washington, DC.
74. Spring, B., Coups, E., **Pagoto, S.**, Ozakinci, G., Mulvaney, S., & Coutu, M. (2007). Barriers and facilitators of evidence-based practice perceived by behavioral science professionals. Poster presented at the Society of Behavioral Medicine, Washington, DC.
75. Merriam, P., Tellez, T., Rosal, M., Olendzki, B., Ma, Y., **Pagoto, S.**, & Ockene, I. (2007). Methodology of a diabetes prevention translational project in a Latino community. Poster presented at the Society of Behavioral Medicine, Washington DC
76. Olendzki, B., Ma, Y., **Pagoto, S.**, Griffith, J., Merriam, P., Rosal, M., Li, Z., Patil, V., Tellez, T., & Ockene, I. (2007). The difference between self-reported energy intake and estimated energy requirement in a Latino population at risk for developing diabetes. Poster presented at the Society of Behavioral Medicine, Washington DC.
77. Hardy, J.R., Crawford, S., Moore-Simas, T., **Pagoto, S.** & Thacker, N. (2007) Discontinuation of antidepressant medication in pregnancy and postpartum suicide risk: A population-based cohort of 81,975 women. Poster presented at Society of Epidemiologic Research, Boston MA. *Am J Epidemiol*, 185(11), S145.
78. Ma, Y., Olendzki, B., **Pagoto, S.L.**, Merriam, P., Wang, Y., Griffith, J.A., & Ockene, I.S. (2007). Dietary Quality One-Year after Diagnosis of Coronary Heart Disease. Presented at Society of Epidemiologic Research, Boston MA. *Am J Epidemiol*, 165 (11):S108.
79. Ma, Y., Olendzki, B., **Pagoto, S.L.**, Merriam, P., Griffith, J.A., & Ockene, I.S. (2007) Dietary Quality in a Latino Population at Risk of Type 2 Diabetes. Presented at Society of Epidemiologic Research, Boston MA. *Am J Epidemiol*, 165 (11):S12.

80. **Pagoto, S.**, Ma, Y., Bodenlos, J., & Olendzki, B. (2007). Behavioral activation treatment for depression and weight loss: A pilot investigation. Paper presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
81. Olendzki, B., Ma, Y., Li, W., **Pagoto, S.**, & Ockene, I. (2007) Association between carbohydrate intake and blood pressure. Poster presented at Society of Epidemiologic Research, Boston MA. *Am J Epidemiol*, 163(11): SS.
82. **Pagoto, S.**, Huehls, J., Prince, J., Gitkind, M., & Ma, Y. (2006). Adoption of the Diabetes Prevention Program in a hospital-based weight loss clinic. Paper presented at the Society of Behavioral Medicine, San Francisco, CA. *Annals of Behavioral Medicine*, 31S, S016.
83. **Pagoto, S.**, Ma, Y., Prince, J., Gitkind, M., & Huehls, J. (2006). Differential weight loss by depression status in a hospital-based weight loss program. Paper presented at the Society of Behavioral Medicine, San Francisco, CA. *Annals of Behavioral Medicine*, 31S, S016.
84. **Pagoto, S.**, Huehls, J., Prince, J., Gitkind, M., & Ma, Y. (2006). Adoption of the Diabetes Prevention Program in a hospital-based weight loss clinic. Paper presented at the Society of Behavioral Medicine, San Francisco, CA.
85. **Pagoto, S.**, Ma, Y., Prince, J., Gitkind, M., & Huehls, J. (2006). Differential weight loss by depression status in a hospital-based weight loss program. Paper presented at the Society of Behavioral Medicine, San Francisco, CA.
86. Ma, Y., **Pagoto, S.**, Mason, R., & Kelly, J. (2005). Weight status post-bariatric surgery and predictors. Presented at The Obesity Society, Vancouver, British Columbia. *Obesity Research*, 13, A135.
87. Chiriboga, D., Ma, Y., Li, W., Hafner, A., **Pagoto, S.**, Merriam, P., & Ockene, I.S. (2005). Association between depression scores and high-sensitivity C-reactive protein in healthy adults. Presented at Society of Epidemiologic Research, Toronto, Canada. *American Journal of Epidemiology*, 161 (11): S27.
88. Schneider, K., Spring, B. & **Pagoto, S.** (2005). Initial validation of a questionnaire measuring energy-intake and expenditure knowledge. Poster presentation at the Association for Behavior and Cognitive Therapy, Washington DC.
89. Brooks, K., Geller, A, Brooks, D., Dajani, Z., & **Pagoto, S.** (2005). Sunless tanner use among 18-30 year olds in Boston, MA. Presentation at the National Council on Skin Cancer Prevention annual meeting, Washington, DC.
90. Chiriboga, D., Ma, Y., Li, W., Hafner, A., **Pagoto, S.L.**, Merriam, P., & Ockene, I. (2005). Association between depression scores and high-sensitivity C-reactive protein in healthy adults. Poster presented at the Society for Epidemiological Research, Toronto, Canada.
91. Spring, B., **Pagoto, S.L.**, Knatterud, G., Kozak, A., & Hedeker, D. (2005). Will behavioral medicine randomized clinical trials (RCTs) earn an A? Poster presented at Society of Behavioral Medicine, Boston MA. *Annals of Behavioral Medicine*, 29(suppl), 86.
92. **Pagoto, S.L.**, Bailey, K., Spring, B., & Doran, N. (2005). Differential effects of smoking cessation plus weight control treatment for African American and Caucasian women. Poster presented at Society of Behavioral Medicine, Boston MA. *Annals of Behavioral Medicine*, 29(suppl), 139.
93. McChargue, D., **Pagoto, S.L.**, Kozak, A., & Spring, B. (2005). Trauma influences urges to smoke and heart rate among obese smokers. Poster presented at Society of Behavioral Medicine, Boston MA. *Annals of Behavioral Medicine*, 29(suppl), 156.
94. **Pagoto, S.L.**, & McChargue, D.E. (2004). Are food craving smokers more vulnerable to nicotine cravings during negative moods? Poster presented at the Association for the Advancement of Behavior Therapy, New Orleans, LA.
95. **Pagoto, S.L.**, Schneider, K., Bailey, K., & Spring, B. (2004). Too busy to exercise? College students who exercise engage in more leisure time activity than nonexercisers. Poster presented at the Association for the Advancement of Behavior Therapy, New Orleans, LA.
96. **Pagoto, S.**, Schneider, K., Spring, B., & Kozak, A. (2004). Healthy behaviors track positive affect and behavioral activation but not negative affect. Poster presented at Society of Behavioral Medicine, Baltimore MD. *Annals of Behavioral Medicine*, 27(suppl), S096.
97. **Pagoto, S.**, Schneider, K., Spring, B., & Kozak, A. (2004). Positive affect consistently predicts post-cessation weight loss and negative affect only transiently predicts weight gain. Poster presented at Society of Behavioral Medicine, Baltimore MD. *Annals of Behavioral Medicine*, 27(suppl), 100.
98. Spring, B., Schneider, K., **Pagoto, S.**, Smith, M., Corsica, J., & Hedeker, D. (2004). Abuse

- potential of carbohydrate snacks for overweight carbohydrate cravers. Paper presented at Society of Behavioral Medicine, Baltimore MD. *Annals of Behavioral Medicine*, 27(suppl), 35.
99. Bailey, K., Spring, B., **Pagoto, S.**, Kozak, A., Schneider, K., & Cook, J. W. (2004). Ethnic difference in adherence to smoking treatment when additional health behavior changes are required. Poster presented at Society of Behavioral Medicine, Baltimore MD. *Annals of Behavioral Medicine*, 27(suppl), 73.
100. Schneider, K., Spring, B., **Pagoto, S.**, & Kozak, A. (2004). Mood benefits of exercise during nicotine withdrawal evident chiefly among women concerned about post-cessation weight gain. Poster presented at Society of Behavioral Medicine, Baltimore MD. *Annals of Behavioral Medicine*, 27(suppl), 74.
101. Smith, M., **Pagoto, S.**, Kozak, A., Spring, B., & McChargue, D. (2004). Depression explains overweight female smokers' increased cigarette craving but not their increased food craving. Presented at Society of Behavioral Medicine, Baltimore MD. *Annals of Behavioral Medicine*, 27(suppl), 75.
102. Spring, B., Schneider, K., **Pagoto, S.**, Brodsky, I., Corsica, J., Kendzor, D., & Smith, M. (2003). Lowered insulin resistance in overweight snackers: Predisposing factor for carbohydrate "addiction"? Paper presented at the Society of Behavioral Medicine, Salt Lake City, Utah. *Annals of Behavioral Medicine*, 25 (suppl), 40
103. **Pagoto, S. L.**, McChargue, D. E., Fuqua, R. W., & Spring, B. (2003). When vanity trumps health protection: The case of sun protection. Poster presented at the Society of Behavioral Medicine, Salt Lake City, Utah.
104. **Pagoto, S.L.**, McChargue, D.E., Schneider, K., Cook, J.W., & Fuqua, R.W. (2003). Skin cancer risk profiles predict motivational stages for sun protection. Poster presented at the Society of Behavioral Medicine, Salt Lake City, Utah.
105. **Pagoto, S.L.**, Spring, B., McChargue, D.E., Schneider, K.L., & Cook, J.W. (2003). Lower pleasure capacity mediates diminished activity frequency among college students with greater BMI. Poster presented at the Society of Behavioral Medicine, Salt Lake City, Utah.
106. Spring, B., Schneider, K.L., **Pagoto, S.L.**, Brodsky, I., Corsica, J., Kendzor, D., & Smith, M. (2003). Lowered insulin resistance in overweight snackers: Predisposing factor for carbohydrate "addiction"? Paper presented at the Society of Behavioral Medicine, Salt Lake City, Utah.
107. Schneider, K.L., **Pagoto, S.L.**, Spring, B., Marquez, L., & Smith, M. (2003). Frequency of physical activity moderates the relationship between gender and emotional eating self-efficacy. Poster presented at the Society of Behavioral Medicine, Salt Lake City, Utah.
108. **Pagoto, S.**, McChargue, D., Schneider, K., Cook, J., & Fuqua, R. W. (2003). Skin cancer risk factor profile predict motivational stages for sun protection behavior. Poster presented at the Society of Behavioral Medicine, Salt Lake City, Utah. *Annals of Behavioral Medicine*, 25 (suppl), 84.
109. Bailey, K., Spring, B., **Pagoto, S.L.**, & Schneider, K. (2003). Smoking specific weight concerns is a risk factor for poor adherence among African- American but not Caucasian Women. Poster presented at the Association for the Advancement of Behavior Therapy, Boston, Massachusetts.
110. Smith, M., **Pagoto, S.L.**, Spring, B. & McChargue, D.E. (2003). Depression mediates the association between BMI and craving in female smokers. Poster presented at the Association for the Advancement of Behavior Therapy, Boston, Massachusetts.
111. **Pagoto, S.L.**, Spring, B., Schneider, K., Bailey, K., & Smith, M. (2003). Are college students who exercise happier and healthier than their sedentary counterparts? Poster presented at the Association for the Advancement of Behavior Therapy, Boston, Massachusetts.
112. **Pagoto, S.L.**, McChargue, D.E., Fuqua, R.W., & Kendzor, D.E. (2002). The effects of a multi-component intervention on motivation and sun protection behaviors among Midwestern beach-goers. Paper presented at the Society of Behavioral Medicine, Washington DC. *Annals of Behavioral Medicine*, 24 (suppl), 114.
113. Kendzor, D.E., **Pagoto, S.L.**, Spring, B., & Schneider, K.L. (2002). Weight concern, BMI, and abstinence in behavioral treatment aimed at smoking cessation plus weight control. Paper presented at the Society of Behavioral Medicine, Washington DC.
114. Persky, I., **Spring, B.**, **Vander Wal, J.**, & **Pagoto, S.L.**, & Hedeker D. (2002). Generality of adherence across behavior domains in smoking cessation plus weight control treatment. Poster presented at the Society of Behavioral Medicine, Washington DC.
115. Persky, I., Schneider, K., Spring, B., Richmond, M., & **Pagoto, S.L.** (2002). Educated but not naive treatment expectations predict smoking cessation and weight gain. Presented at the Society of

116. Behavioral Medicine, Washington DC.
117. **Pagoto, S.L.**, Spring, B., Schneider, K.L., Kendzor, D.E., & **Smith, M.** (2002). Higher BMI is associated with diminished reinforcing value of pleasant activities. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, Nevada.
118. Kendzor, D. E., **Pagoto, S.L.**, & Spring, B. (2002). Eating as a behavioral substitute for smoking may be helpful in maintaining abstinence during a cessation attempt. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, Nevada.
119. Davidson, K., Orleans, T., Whitlock, E., Spring, B., Trudeau, K. & **Pagoto, S.** (2002) Designing, reviewing, and using evidence-based behavioral medicine (EBBM). Seminar presented at the annual meeting of the Society for Behavioral Medicine, Washington, DC.
120. Kendzor, D.E., **Pagoto, S.L.**, Spring, B.S., & Schneider, K.L. (2001). The effect of weight concerns on the association between negative affect and abstinence during smoking cessation treatment. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.
121. Schneider, K., **Pagoto, S.L.**, Spring, B.S., & Kendzor, D. (2001). Weight concerns moderate the association between exercise and changes in mood after smoking cessation. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA
122. **Pagoto, S.L.**, Wright, L.W., & Kozak, A.L. (1999). A case study of a traumatic specific phobia treated with imaginal desensitization. Poster presented at the Kalamazoo Community Medical and Health Sciences Research Conference in Kalamazoo, MI.
123. Adams Larsen, M., Alessi, G.J., **Pagoto, S.L.**, & Hradsky, K. (1998). Test-retest reliability: A measure designed to differentially diagnose ADHD using the comprehensive DSM-IV ADHD criteria. Poster presented at Association for the Advancement of Behavior Therapy in Washington, D. C.
124. Adams Larsen, M., Alessi, G.L., **Pagoto, S.L.**, Wagner, G.M., & Strelman, L.M. (1998). Sensitivity and Specificity of DSM-IV criteria for ADHD. Poster presented at the Association for the Advancement of Behavior Therapy in Washington, D. C.
125. Koch, E., Spates, C.R., Waller, S., Lewis, J.E., & **Pagoto, S.L.** (1998). Outcome of in-vivo exposure therapy for small animal phobias. Paper presented at the World Congress for Behavioral and Cognitive Therapies in Acapulco, Mexico.
126. **Pagoto, S.L.**, & Fuqua, R.W. (1998). The social diffusion of safe sex behavior in college women. Paper presented at the meeting of the Association for Behavior Analysis, Orlando, Florida.
127. Elliott, A.E., Fuqua, R.W., Zimmer, C., & **Pagoto, S.L.** (1998). An interactive computer program to assess HIV-risk: The impact of knowledge, attitudes, and behavior of college students. Paper presented at the meeting of the Association for Behavior Analysis, Orlando, Florida.
128. **Pagoto, S.L.**, Stewart, R.S., & Kozak, A. (1995) With a little help from my friends. Poster presented at Meeting of the Minds: Undergraduate Student Research, University of Michigan, Flint, Michigan