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| Name, Degrees, Title, Affiliation, and Email | Photo | Research and Clinical Interests | 1-3 publications you would like to highlight as influential to the science of behavior maintenance |
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| <p>Anne L. Peters, M.D.</p> <p>Professor of Clinical Medicine, Division of Endocrinology, Keck School of Medicine of the University of Southern California (USC)</p> <p>momofmax@mac.com</p> |  | <p>My work has been in the area of creating clinical diabetes programs for people throughout the socio-economic spectrum. In particular I run a program in LA County where we provide technology to under-resourced individuals with diabetes and study how to make it work most effectively. Maintenance of behavior change is particularly important in this population where social determinants of health often dictate the persistence (or lack thereof) of any given therapy.</p> | <p>Holt RIG, DeVries JH, Hess-Fischl A, Hirsch IB, Kirkman MS, Klupa T, Ludwig B, Nørgaard K, Pettus J, Renard E, Skyler JS, Snoek FJ, Weinstock RS, Peters AL. The management of type 1 diabetes in adults. A consensus report by the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD). <i>Diabetes Care</i>. 2021;44:2589–2625.</p> <p>Orrange S, Ruelas V, Peters A. Specialized Technology Education for Pumps & Pens in Underserved Populations with Diabetes (STEPP-UP). <i>Diabetes Technol Ther</i>. 2021 Nov 22. doi: 10.1089/dia.2021.0265.</p> <p>Pyatak EA, Carandang K, Vigen CLP, Blanchard J, Diaz J, Concha-Chavez A, Sequeira PA, Wood JR, Whittemore R, Spruijt-Metz D, Peters AL. Occupational therapy intervention improves glycemic control and quality of life among young adults with diabetes: The Resilient, Empowered, Active Living with Diabetes (REAL Diabetes) randomized controlled trial. <i>Diabetes Care</i>. 2018;41:696–704.</p> |
| <p>Alexander J. Rothman, Ph.D.</p> <p>Professor of Psychology, Department of Psychology, University of Minnesota</p> <p>rothm001@umn.edu</p> |  | <p>My research program is grounded on a synthesis of basic research on how people process and use health information with the development and evaluation of theory-based interventions to promote healthy behavior. This work is done across a broad array of health domains and has focused on issues, such as why and when different health communication strategies are most effective, the decision processes that underlie the initiation and maintenance of behavior change, and the development of strategies for optimizing the integration of theory and practice.</p> | <p>Rothman AJ. Toward a theory-based analysis of behavioral maintenance. <i>Health Psychol</i>. 2000;19:64–69.</p> <p>Rothman AJ, Sheeran P. What is slowing us down?: Six challenges to accelerating advances in health behavior change. <i>Ann Behav Med</i>. 2020;54:948–959. doi: 10.1093/abm/kaaa090.</p> |



SPEAKERS

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| <p>Joanna Arch, Ph.D.</p> <p>Professor of Psychology, University of Colorado Boulder</p> <p>Member, Cancer Prevention and Control, University of Colorado Cancer Center</p> <p>joanna.arch@colorado.edu</p> |  | <p>My research focuses on personal values and acceptance-based behavioral interventions for distressed cancer populations, including those struggling with treatment adherence. I collaborate with community-based cancer clinics throughout Colorado.</p> | <p>Bright EE, Finkelstein LB, Nealis M, Genung SR, Wrigley J, Gu HCJ, Schmiege SJ, Arch JJ. Systematic review and meta-analysis of interventions to improve adjuvant endocrine therapy adherence among breast cancer survivors. <i>Journal of Clinical Oncology</i>. 2023 Aug 2;JCO2300697.</p> <p>Arch JJ, Crespi CM, Levin ME, Genung SR, Nealis M, Mitchell JL, Bright EE, Albright K, Magidson JF, Stanton AL. Randomized controlled pilot trial of a low-touch remotely-delivered values intervention to promote adherence to adjuvant endocrine therapy among breast cancer survivors. <i>Annals of Behavioral Medicine</i>. 2022;56(8):856-871.</p> |
| <p>Elva Arredondo, Ph.D.</p> <p>Professor of Psychology, San Diego State University</p> <p>earredon@sdsu.edu</p> |  | <p>My research focuses on developing community-based interventions to prevent chronic diseases in underserved populations. I study the effects of multilevel strategies on behavior change mechanisms. Recently, my team and I have been exploring methods to promote sustained physical activity in previously inactive communities. Concurrently, we are investigating strategies to support long-term behavioral adherence using an organizational framework.</p> | <p>Arredondo EM, Haughton J, Ayala GX, Slymen D, Sallis J, Perez L, Serrano N, Ryan S, Valdivia R, Lopez N, Elder JP. Two-year outcomes of Faith in Action/Fe en Acción: a randomized controlled trial of physical activity promotion in Latinas. <i>International Journal of Behavioral Nutrition and Physical Activity</i>. 2022;19(9).</p> <p>Mendoza-Vasconez AS, Badii N, Solis Becerra E, Crespo N, Hurst S, Larsen B, Marcus BH, Arredondo EM. Forming habits, overcoming obstacles, and setting realistic goals: a qualitative study of physical activity maintenance among Latinas. <i>International Journal of Behavioral Medicine</i>. 2022 Jun;29(3):334-345. doi: 10.1007/s12529-021-10011-3.</p> <p>Mendoza-Vasconez AS, Solis Becerra E, Badii N, Crespo N, Hurst S, Larsen B, Marcus B, Arredondo EM. (2022). Regular and app-enhanced maintenance of physical activity among Latinas: a feasibility study. <i>Translational Journal of the American College of Sports Medicine</i>. 2022;7(1). doi: 10.1249/TJX.000000000000188.</p> |




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| <p>Donald Edmondson, Ph.D.</p> <p>Director of the Center for Behavioral Cardiovascular Health (CBCH), Associate Professor of Behavioral Medicine, Columbia University Irving Medical Center</p> <p>dee2109@cumc.columbia.edu</p> |  | <p>I am an expert in the psychological impact of life-threatening illness, and how interoceptive distress undermines health behaviors in cardiovascular disease patients. I am also principal investigator of the Columbia NIH Science of Behavior Change (SOBC) Resource and Coordinating Center at CBCH, a trans-NIH effort to promote the adoption of the experimental medicine approach to identifying causal mechanisms of behavior change and optimizing behavioral interventions to those mechanisms.</p> | <p>Kronish IM, Cornelius T, Schwartz JE, Shechter A, Diaz KM, Romero EK, Edmondson D. Posttraumatic stress disorder and electronically measured medication adherence after suspected acute coronary syndromes. <i>Circulation</i>. 2020;142(8):817–819.</p> <p>Edmondson D, Conroy D, Romero-Canyas R, Tanenbaum M, Czajkowski S. Climate change, behavior change and health: a multidisciplinary, translational and multilevel perspective. <i>Transl Behav Med</i>. 2022;12(4):503–515.</p> <p>Birk J, Otto MW, Cornelius T, Poldrack RA, Edmondson D. (2023). Improving the rigor of mechanistic behavioral science: The introduction of the Checklist for Investigating Mechanisms in Behavior-Change Research (CLIMBR). <i>Behavior Therapy</i>. 2023;54(4):708-713.</p> |
| <p>Benjamin Gardner</p> <p>Reader in Psychology; Director of the Habit Application and Theory group (HabitAT), University of Surrey</p> |  | <p>My research focuses on understanding and applying the concept of “habit” as the basis for changing everyday human behaviors over the long term, with a special focus on health and environmental behaviors. My work seeks to understand and refine the concept of “habit” to ensure its applicability to real-world contexts, and refine how we use principles of habit formation and disruption in the real-world to ensure adherence to theory and evidence.</p> | <p>Gardner B. A review and analysis of the use of ‘habit’ in understanding, predicting and influencing health-related behaviour. <i>Health Psychology Review</i>. 2015;9:277-295. doi: 10.1080/17437199.2013.876238.</p> <p>Gardner B, Richards R, Lally P, Rebar A, Thwaite T, Beeken RJ. Breaking habits or breaking habitual behaviours? Old habits as an undervalued factor in weight loss maintenance. <i>Appetite</i>. 2021;162:105183. doi: 10.1016/j.appet.2021.105183.</p> <p>Gardner B, Rebar AL, Lally P. A matter of habit: recognising the multiple roles of habit in health behaviour. <i>British Journal of Health Psychology</i>. 2019;24:241-249. doi: 10.1111/bjhp.12369.</p> |



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| <p>L. Alison Phillips, Ph.D.</p> <p>Associate Professor of Psychology, Iowa State University</p> <p>alisonp@iastate.edu</p> |  | <p>I do basic science and scale development work in the area of healthy habits, such as exercise, diet, and medication adherence—to what degree does habitual action determine maintenance of these behaviors? What are health “habits” and how can we promote them? I also study identity as a mechanism of behavioral maintenance.</p> | <p>Phillips LA, Mullan BA. Ramifications of behavioural complexity for habit conceptualisation, promotion, and measurement. <i>Health Psychology Review</i>. 2023 Sep;17(3):402-415. doi: 10.1080/17437199.2022.2060849</p> <p>Phillips LA, Burns E, Leventhal H. Time-of-day differences in treatment-related habit strength and adherence. <i>Annals of Behavioral Medicine</i>. 2020;55(3):280-285. doi: 10.1093/abm/kaa042.</p> <p>Orbell S, Phillips LA. Automatic processes and self-regulation of illness. <i>Health Psychology Review</i>. 2019 Dec;13(4):378-405. doi: 10.1080/17437199.2018.1503559</p> |
| <p>Bernardine M. Pinto, Ph.D.</p> <p>Professor and Associate Dean for Research, College of Nursing, University of South Carolina</p> <p>pintob@mailbox.sc.edu</p> |  | <p>My focus has been on physical activity promotion among middle-aged and older adult patient populations to manage chronic diseases, such as cardiovascular disease. More recently, my focus has been on the adoption and maintenance of physical activity among cancer survivors to enhance their recovery.</p> | <p>Pinto BM, Goldstein MG, Papandonatos GD, Farrell N, Tilkemeier P, Marcus BH, Todaro JF. Maintenance of exercise after phase II cardiac rehabilitation. <i>Am J Prev Med</i>. 2011;41:274–283.</p> <p>Grimmett C, Corbett T, Brunet J, Shepherd J, Pinto BM, May CR, Foster C. Systematic review and meta-analysis of maintenance of physical activity behavior change in cancer survivors. <i>Int J Behav Nutr Phys Act</i>, 2019;16(1):37. doi: 10.1186/s12966-019-0787-4.</p> <p>Pinto BM, Dunsiger SI, Kindred, MM, Mitchell S. Physical activity adoption and maintenance among breast cancer survivors: a randomized trial of peer mentoring. <i>Annal Behav Med</i>. 2022. Epub 2022 Jan 7. doi: 10.1007/s11764-021-01162-z. PMID: 34994945.</p> |

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| <p>Kathryn Ross, Ph.D., M.P.H.</p> <p>Associate Professor and Associate Chair for Research, Clinical and Health Psychology, University of Florida</p> <p>kmross@php.ufl.edu</p> |  | <p>My research focuses on the treatment and prevention of adult obesity, with particular emphasis on (1) improving long-term weight loss maintenance and (2) the use of newer technologies to improve the reach and effectiveness of behavioral interventions.</p> | <p>Ross KM, Qiu P, You L, Wing RR. Week-to-week predictors of weight loss and regain. <i>Health Psychol.</i> 2019;38(12):1150–1158. PMID: PMC6861630.</p> <p>Ross KM, Wing RR. Impact of newer self-monitoring technology and brief phone-based intervention on weight loss: a randomized controlled pilot study. <i>Obesity.</i> 2016;24(8);1653–1659. PMID: PMC4963263.</p> <p>Ross Middleton KM, Patidar SA, Perri MG. The impact of extended care on long-term weight loss maintenance: a systematic review and meta-analysis. <i>Obes Rev.</i> 2012;13:509–517.</p> |
| <p>Robert Schnoll, Ph.D.</p> <p>Professor and Director, Center for Interdisciplinary Research on Nicotine Addiction, Department of Psychiatry; Associate Director for Population Science, Abramson Cancer Center; Senior Fellow, Center for Public Health Initiatives; University of Pennsylvania</p> <p>schnoll@penncare.upenn.edu</p> |  | <p>I am a tobacco control researcher and implementation scientist. Our work in tobacco control focuses on improving the use and effectiveness of evidence-based tobacco treatments. As implementation scientists, our work leverages behavioral economics to address practice gaps across a range of clinical settings, such as oncology care and genetic testing.</p> | <p>Bauer AM, Lubitz SF, Flitter A, Quinn MH, Ashare R, Leone F, Gross R, Hitsman B, Schnoll R. (2021). Medication adherence and rate of nicotine metabolism are associated with response to treatment with varenicline among smokers with HIV. <i>Addictive Behaviors.</i> 2021;112:106638.</p> <p>Jenssen B, Schnoll R, Beidas R, Bekelman J, Bauer A-M, Evers-Casey S, Nicoloso J, Gabriel P, Melo J, Asch D, Wileyto EP, Buttenheim A, Shulman LA, Chen J, Clifton ABW, Rendle K, Lieberman A, Salam T, Chaiyachati K, Shelton R, Ware S, Leone F. (2023). A cluster randomized pragmatic clinical trial testing behavioral economic implementation strategies to improve tobacco treatment rates for cancer patients who smoke. <i>Journal of Clinical Oncology.</i> 2023 Jul 19:JCO2300355.</p> <p>Schnoll R, Leone F, Quinn M, Stevens N, Flitter A, Wileyto EP, Kimberly J, Beidas R, Hatzell J, Siegel SD, Crawford G, Hill N, Deatley T, Ziedonis D. (2023). A randomized clinical trial testing two implementation strategies to promote the treatment of tobacco dependence in community mental healthcare. <i>Drug & Alcohol Dependence.</i> 2023 Jun 1;247:109873.</p> |

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| <p>Paschal Sheeran, Ph.D.</p> <p>Professor, Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill</p> <p>psheeran@unc.edu</p> <p>https://psheeran.web.unc.edu</p> |  | <p>Behavior change interventions; health behavior theories; the intention-behavior “gap”; affect regulation.</p> | <p>Sheeran P, Wright CE, Listrom O, Klein WMP, Rothman AJ. Which intervention strategies promote the adoption and maintenance of physical activity? Evidence from behavioral trials with cancer survivors. <i>Ann Behav Med</i>. In press. PDF [ResearchGate].</p> <p>Rothman AJ, Sheeran P. The Operating Conditions Framework: integrating mechanisms and moderators in health behavior interventions. <i>Health Psychol</i>. 2021;40(12):845–857.</p> <p>Avishai A, Oldham M, Kellett S, Sheeran P. Sustaining attendance at a mental health service: a randomized controlled trial. <i>Journal of Consulting and Clinical Psychology</i>. 2018;86(12):1056-1060.</p> |
| <p>Rena Wing</p> <p>Professor, Psychiatry and Human Behavior, Brown University</p> <p>Director, Weight Control and Diabetes Research Center, The Miriam Hospital</p> <p>rwing@lifespan.org</p> <p>https://vivo.brown.edu/display/rwingphd</p> |  | <p>My expertise is in behavioral interventions for obesity, with particular interest in clinical trials testing lifestyle interventions for the prevention of diabetes and its negative health consequences. I study approaches to improve weight loss and maintenance and for dissemination of obesity treatments.</p> | <p>Thomas, JG, Bond, DS, Phelan, S, Hill, JO, Wing, RR. (2014). Weight-loss maintenance for 10 years in the National Weight Control Registry. <i>Am J Prev Med</i>. 2014;46(1):17-23.</p> <p>MacLean PS, Wing RR, Davidson T, Epstein L, Goodpaster B, Hall KD, Levin BE, Perri MG, Rolls BJ, Rosenbaum M, Rothman AJ, Ryan D. NIH working group report: innovative research to improve maintenance of weight loss. <i>Obesity (Silver Spring)</i>. 2015;23(1):7-15.</p> <p>Look AHEAD Research Group, Wadden TA, Bantle JP, Blackburn GL, Bolin P, Brancati FL, Bray GA, Clark JM, Coday M, Dutton GR, Egan C, Evans M, Foreyt JP, Sengardi SG, Gregg EW, Hazuda HP, Hill JO, Horton ES, Hubbard VS, Jakicic JM, Jeffery RW, Johnson KC, Kahn SE, Kitabchi AE, Knowler WC, Lewis CE, Maschak-Carey BJ, Montez MG, Montgomery B, Nathan DM, Nelson J, Patricio J, Peters A, Pi-Sunyer FX, Pownall H, Rickman AD, Vitolins M, Walkup MP, West DS, Williamson D, Wing RR, Wyatt H, Yanovski SZ. (2014). Eight-year weight losses with an intensive lifestyle intervention: The Look AHEAD study. <i>Obesity</i>. 2014;22(1):5-13.</p> |

NIH STAFF

| Name, Degrees, Title, Affiliation, and Email Address | Photo | Research and Clinical Interests | 1–3 publications you would like to highlight as influential to the science of behavior maintenance |
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| <p>Maureen Monaghan Center, Ph.D., CDCES</p> <p>Program Director, Diabetes Behavioral Science: Division of Diabetes, Endocrinology, & Metabolic Diseases, National Institute of Diabetes and Digestive and Kidney Diseases</p> <p>maureen.center@nih.gov</p> |  | <p>Research interests include psychosocial and behavior factors associated with optimal diabetes self-care and health in youth with diabetes and their families, behavioral interventions to promote health and well-being among youth and adults with diabetes, and behavioral strategies to promote self-management of chronic conditions.</p> | |
| <p>Sydney O'Connor, Ph.D.</p> <p>Health Scientist Administrator, Office of Behavioral and Social Science Research, Office of the Director, NIH</p> <p>sydney.oconnor@nih.gov</p> |  | <p>Theories of health behavior, behavior maintenance, mHealth and ecological momentary assessment methodologies, environmental and social determinants of health, 24-hour behavioral patterns, climate change and health</p> | <p>O'Connor SG, Boyd P, Bailey CP, Nebeling L, Reedy J, Czajkowski SM, Shams-White MM. A qualitative exploration of facilitators and barriers of adherence to time-restricted eating. <i>Appetite</i>. 2022. doi: 10.1016/j.appet.2022.106266. PMID: 35934114.</p> |
| <p>Jane M. Simoni, Ph.D.</p> <p>NIH Associate Director for Behavioral and Social Sciences Research</p> <p>Director, Office of Behavioral and Social Sciences Research, Office of the Director, NIH</p> <p>jane.simoni@nih.gov</p> |  | <p>Research interests focused on health disparities and resilience among populations that have been socially marginalized; intervention research focused on behavioral aspects of chronic illness, using mixed methods and clinical trials; and use of cutting-edge behavioral and social science methods and theory to inform development, efficacy and implementation of health promotion and disease prevention programs.</p> | <p>Wang L, Ramaiya MK, Puttkammer N, Chery JM, Dervis W, Balan JG, Jane M. Simoni JM. An EMR-based alert with brief provider-led ART adherence counseling in Haiti: effects on information, motivation, and behavioral skills (IMB) and patient-provider communication (PPC). <i>AIDS Care</i>. 2023;35(7):982-988. doi: 10.1080/09540121.2022.2072803</p> <p>Graham SM, Micheni M, Secor A, van der Elst EM, Kombo B, Operario D, Amico KR, Sanders EJ, Simoni JM. (2018) HIV care engagement and ART adherence among Kenyan gay, bisexual, and other men who have sex with men: a multi-level model informed by qualitative research. <i>AIDS Care</i>. 2018;30(sup5):S97-S105. doi: 10.1080/09540121.2018.1515471.</p> |

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| <p>Michael Stirratt, Ph.D.</p> <p>Program Officer and Senior Behavioral Scientist, Division of AIDS Research, National Institute of Mental Health</p> <p>stirrattm@mail.nih.gov</p> |  | <p>My research interests center on behavioral, social, and structural interventions to improve the sustained use of antiretroviral medications for HIV treatment and prevention.</p> | |
| <p>Deborah Young-Hyman, Ph.D., FTOS, Fel SBM, CDCES</p> <p>Health Scientist Administrator, Office of Behavioral and Social Science Research, Office of the Director, NIH</p> <p>deborah.young-hyman@nih.gov</p> |  | <p>Dr. Young-Hyman’s research interests focus on optimizing effective behavioral strategies to improve the health and well-being of people with diabetes through improving the rigor of the science of behavior change, as well as promoting dissemination of effective methods in clinical practice.</p> | <p>Nuha A. ElSayed, Grazia Aleppo, Vanita R. Aroda, Raveendhara R. Bannuru, Florence M. Brown, Dennis Bruemmer, Billy S. Collins, Marisa E. Hilliard, Diana Isaacs, Eric L. Johnson, Scott Kahan, Kamlesh Khunti, Jose Leon, Sarah K. Lyons, Mary Lou Perry, Priya Prahalad, Richard E. Pratley, Jane Jeffrie Seley, Robert C. Stanton, Deborah Young-Hyman, and Robert A. Gabbay, on behalf of the American Diabetes Association. Facilitating Positive Health Behaviors and Well-being to Improve Health Outcomes: Standards of Care in Diabetes—2023 Diabetes Care 2023;46(Suppl. 1):S68–S96 https://doi.org/10.2337/dc23-S005</p> <p>Voils, Corrine & Gierisch, Jennifer & Yancy, William & Sandelowski, Margarete & Smith, Rose & Bolton, Jamiyla & Strauss, Jennifer. (2013). Differentiating Behavior Initiation and Maintenance: Theoretical Framework and Proof of Concept. Health education & behavior: the official publication of the Society for Public Health Education. 41. 10.1177/1090198113515242.</p> <p>Seymour RB, Hughes SL, Ory MG, Elliot DL, Kirby KC, Migneault J, Patrick H, Roll JM, Williams G. A lexicon for measuring maintenance of behavior change. Am J Health Behav. 2010;34(6):660–8. doi: 10.5993/ajhb.34.6.3. PMID: 20604692; PMCID: PMC4034462.</p> |