

# A. Janet Tomiyama, Ph.D.

## Curriculum Vitae

6534 Pritzker Hall (formerly Franz Hall), 502 Portola Plaza, Los Angeles, CA 90095-1563  
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### CURRENT POSITION

Title: Associate Professor  
Institution: University of California, Los Angeles  
Department: Psychology

### PRIOR EMPLOYMENT

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

### EDUCATION

Institution: University of California, Los Angeles  
Degree: Ph.D., June 2009  
Major: Social Psychology  
Minors: Health Psychology  
Quantitative Psychology  
Dissertation Title: *Dieting as a Stressor*

Institution: University of California, Los Angeles  
Degree: M.A., December 2004  
Major: Social Psychology

Institution: Cornell University  
Degree: B.A., *cum laude*, June 2001  
Major: Psychology  
Concentrations: Social, Personality, and Abnormal Psychology

### FELLOWSHIPS

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

## AWARDS AND HONORS

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

## GRANTS (Direct costs)

2021	NIH NIDDK R01-DK128575 (\$1,500,392)
2021	NIH NHLBI R01-HL158555 (\$862,341)
2020	UCLA Innovations Fund (Co-PI with Emaminejad; \$200,000)
2020	UCLA Bedari Kindness Institute Pilot Grant (\$11,311)
2020	UBC-UCLA Collaborative Research Mobility Award (\$6,000)
2018	UC Healthy Campus Network Grant (\$5,000)
2017	UCLA Healthy Campus Initiative Grant (\$6,500)
2016	Robert Wood Johnson Foundation Evidence for Action Grant (\$46,000)
2015	National Science Foundation CAREER Grant (\$380,035)
2015	UCLA Institute for Genetics and Society Research Grant (\$5,000)

2015	UCLA Academic Senate Faculty Research Grant (\$9,400)
2014	UCLA Academic Senate Faculty Research Grant (\$9,011)
2014	UCLA Transdisciplinary Seed Grant Cycle 5 (Co-I, \$24,987)
2014	UCLA Faculty Career Development Award (\$10,000)
2014	UCLA Clinical and Translational Science Institute Award (\$5,695)
2013	UCLA Academic Senate Faculty Research Grant (\$4,600)
2013	UCLA Faculty Career Development Award (\$7,500)
2013	UCLA Chancellor's Award (\$1,500)
2012	Rutgers University Busch Biomedical Grant (Co-I, \$50,000)
2012	Rutgers University Faculty Research Grant (Co-I, \$47,190)
2011	UC Berkeley Population Center Pilot Grant (\$8,000)
2010	Appleby Foundation Grant (\$60,000)
2010	RWJF/UCSF Health Disparities Pilot Grant (\$28,875)
2003	Sigma Xi Grant-in-aid of Research (\$960)

## PROFESSIONAL ACTIVITIES

Panelist	National Science Foundation Graduate Research Fellowship Selection
Associate Editor	International Journal of Behavioral Medicine
Consulting Editor	Journal of Personality and Social Psychology
Editorial Board	Psychosomatic Medicine
Ad Hoc Reviewer	National Science Foundation, SBE Directorate Wellcome Trust

### *Partial journal list:*

American Journal of Public Health  
 Appetite  
 Annals of Behavioral Medicine  
 Frontiers in Psychology (Associate Editor 2012-2015)  
 Health Psychology  
 International Journal of Obesity  
 Journal of American College Health  
 Journal of Experimental Social Psychology  
 Journal of Personality and Social Psychology  
 Neuroscience  
 Obesity  
 Personality and Social Psychology Bulletin  
 Physiology and Behavior  
 Psychological Bulletin  
 Psychological Review  
 Psychological Science  
 Psychoneuroendocrinology

Psychosomatic Medicine  
Stigma and Health

Affiliations            American Psychological Association (APA)  
                              APA Division 38: Health Psychology  
                              American Psychosomatic Society  
                              Association for Psychological Science (Fellow, 2017)  
                              Social Personality Health Network  
                              Society for Experimental Social Psychology (elected 2017)  
                              Society for Personality and Social Psychology  
                              Society for Behavioral Medicine  
                              The Obesity Society

**PEER-REVIEWED PUBLICATIONS**

\*Denotes mentees, IF = Impact Factor

Rosenfeld, D. L., & **Tomiyaama, A. J.** (2022). Would you eat a burger made in a petri dish? Why people feel disgusted by cultured meat. *Journal of Environmental Psychology, 80*, 101758.

Rosenfeld, D. L., & **Tomiyaama, A. J.** (2022). Jab my arm, not my morality: Perceived moral reproach as a barrier to COVID-19 vaccine uptake. *Social Science & Medicine, 294*, 114699.

Cummings, J.R., Schiestl, E., **Tomiyaama, A.J.**, Mamtora, T., & Gearhardt, A.N. (in press). Highly processed food intake and immediate and future emotions in everyday life. *Appetite*.

Hamlat, E. J., Laraia, B., Bleil, M. E., Deardorff, J., **Tomiyaama, A. J.**, Mujahid, M., Shields, G. S., Brownell, K., Slavich, G. M., & Epel, E. S. (2021). Effects of early life adversity on pubertal timing and tempo in Black and White girls: The National Growth and Health Study. *Psychosomatic Medicine*.

Wang, B., Zhao, C., Wang, Z., Yang, K. A., Cheng, X., Liu, W., Yu, W., Lin, S., Zhao, Y., Cheung, K. M., Lin, H., Hojaiji, H., Weiss, P. S., Stojanović, M. N., **Tomiyaama, A. J.**, Andrews, A. M., & Emaminejad, S. (in press). Wearable Aptamer Field-Effect Transistor Sensing System for Noninvasive Cortisol Monitoring. *Science Advances*.

Lee, K. M., Arriola-Sanchez, L., Lumeng, J. C., Gearhardt, A., & **Tomiyaama, A. J.** (2021). Weight Stigma by Association Among Parents of Children with Obesity: A Randomized Trial. *Academic Pediatrics*.

Haderlein, T. P. & **Tomiyaama, A. J.** (in press). Effects of Internet-delivered eating disorder prevention on reward-based eating drive: A randomized controlled trial. *Eating Behaviors*.

Rosenfeld, D. L.,\* Balcetis, E., Bastian, B., Berkman, E. T., Bosson, J. K., Brannon, T. N., Burrow, A. L., Cameron, C. D., Chen, S., Cook, J. E., Crandall, C. S., Davidai, S., Dhont, K., Eastwick, P. W., Gaither, S. E., Gangestad, S. W., Gilovich, T., Gray, K., Haines, E. L., .

- .. **Tomiyama, A. J.** (in press). Psychological science in the wake of COVID-19: Social, methodological, and meta-scientific considerations. *Perspectives on Psychological Science*. <https://psyarxiv.com/6gjfm> [IF = 9.42]
- Wiss, D. A.\* , Brewerton, T. D., **Tomiyama, A. J.** (in press). Limitations to the protective measure theory in explaining the role of childhood sexual abuse in eating disorders, addictions, and obesity: An updated model with emphasis on biological embedding. *Eating and Weight Disorders*.
- Finch, L. E., Cummings, J. R., Lee, S. C., & **Tomiyama, A. J.** (2021). A Pavlovian intervention to condition comforting effects of fruits. *Psychosomatic Medicine*. [IF = 3.97]
- Laraia, B. L., Leung, C., **Tomiyama, A. J.**, Ritchie, L., Crawford, P., Epel, E. S. (in press). Drive for thinness in adolescents predicts greater adult BMI in the Growth and Health Study Cohort over 20 years. *Obesity*. [IF = 5.00]
- Ragpal, T. S., **Tomiyama, A. J.**, & Incollingo Rodriguez, A. C. (in press). Beyond BMI: Pregnancy-related weight stigma increases risk of gestational diabetes. *Primary Care Diabetes*. [IF = 2.46]
- Rosenfeld, D. L.\* & Tomiyama, A. J. (in press). Moral judgments of COVID-19 social distancing violations: The roles of perceived harm and impurity. *Personality and Social Psychology Bulletin*. [IF = 2.97]
- Seitz, B. M.,\* Tomiyama, A. J., & Blaisdell, A. P. (in press). Eating behavior as a new frontier in memory research. *Neuroscience and Biobehavioral Reviews*. <https://doi.org/10.1016/j.neubiorev.2021.05.024> [IF = 8.33]
- Krizanova, J., Rosenfeld, D. L.,\* **Tomiyama, A. J.**, & Guardiola, J. (in press). Pro-environmental behavior predicts adherence to plant-based diets. *Appetite*. <https://doi.org/10.1016/j.appet.2021.105243> [IF = 4.08]
- Dinh, T.,\* Gangestad, S.W., Emery Thompson, M., **Tomiyama, A.J.**, Fessler, D.M.T., Robertson, T.E., Haselton, M.G. (in press). Endocrinological effects of social exclusion and inclusion: Experimental evidence for adaptive regulation of female fecundity. *Hormones and Behavior*. <https://doi.org/10.1016/j.yhbeh.2021.104934> [IF = 4.45]
- Rosenfeld, D. L.,\* & **Tomiyama, A. J.** (2021). Gender differences in meat consumption and openness to vegetarianism. *Appetite*, 166, 105475. [IF = 4.08]
- Keirns, N. G.,\* Tsotsoros, C. E., Addante, S., Layman, H. M., Krems, J. A., Pearl, R. L., **Tomiyama, A. J.**, Hawkins, M. (2021). Adverse childhood experiences associated with greater internalization of weight stigma in women with excess weight. *Obesities*. <https://doi.org/10.3390/Obesities1010005> [IF = 3.61]

- Rosenfeld, D. L.,\* & **Tomiyama, A. J.** (2021). Can a pandemic make people more socially conservative? Political ideology, gender roles, and the case of COVID-19. *Journal of Applied Social Psychology*, 51, 425-433. <https://doi.org/10.1111/jasp.12745> [IF = 1.23]
- Rosenfeld, D. L.,\* & **Tomiyama, A. J.** (2021). How proximal are pescatarians to vegetarians? An investigation of dietary identity, motivation, and attitudes toward animals. *Journal of Health Psychology*, 26, 713-727. <https://doi.org/10.1177/1359105319842933> [IF = 2.5]
- Seitz, B.M.,\* Blaisdell, A.P., & **Tomiyama, A.J.** (2021). Calories count: Memory of eating is evolutionarily special. *Journal of Memory and Language*, 117. <https://doi.org/10.1016/j.jml.2020.104192> [IF = 4.01]
- Incollingo Rodriguez, A. C., Smieszek, S. M., Nippert, K. E., & **Tomiyama, A. J.** (2020). Pregnant and postpartum women's experiences of weight stigma in healthcare. *BMC Pregnancy and Childbirth*. <https://doi.org/10.1186/s12884-020-03202-5> [IF = 3.01]
- Tomiyama, A. J.**, Kawecki, N. S., Rosenfeld, D. L.,\* Jay, J. A., Rajagopal, D., & Rowat, A. C. (2020). Bridging the gap between the science of cultured meat and public perceptions. *Trends in Food Science & Technology*. <https://doi.org/10.1016/j.tifs.2020.07.019> [IF = 11.08]
- Nippert, K.E., **Tomiyama, A.J.**, Smieszek, S.M., & Incollingo Rodriguez, A.C. (2020). The media as a source of weight stigma for pregnant and postpartum women. *Obesity*. <https://doi.org/10.1002/oby.23032> [IF=3.97]
- Cummings, J. R.,\* Ray, L. A., Nooteboom, P.,\* & **Tomiyama, A. J.** (2020). Acute effect of eating sweets on alcohol cravings in a sample with at-risk drinking. *Annals of Behavioral Medicine*, 54(2), 132-138. doi: 10.1093/abm/kaz031 [IF = 3.58]
- Cummings, J. R.,\* Gearhardt, A. N., Ray, L. A., Choi, A. K.,\* & **Tomiyama, A. J.** (2020). Experimental and observational studies on alcohol use and dietary intake: A systematic review. *Obesity Reviews*, 21(2). doi: 10.1111/obr.12950 [IF = 8.48]
- Incollingo Rodriguez, A. C.,\* Dunkel Schetter, & **Tomiyama, A. J.** (2020). Weight stigma among pregnant and postpartum women: A new context of stigmatization. *Stigma and Health*, 5(2), 209-216. doi: <https://doi.org/10.1037/sah0000191>
- Hunger, J. M.,\*Smith, J. P., & **Tomiyama, A. J.** (2020). An evidence-based rationale for adopting weight-inclusive health policy. *Social Issues and Policy Review*, 14(1), 73 – 107. doi: <https://doi.org/10.1111/sipr.12062> [IF = 8.94]
- Rosenfeld, D. L.,\* & **Tomiyama, A. J.** (2020). Taste and health concerns trump anticipated stigma as barriers to vegetarianism. *Appetite*, 144. doi: <https://doi.org/10.1016/j.appet.2019.104469> [IF = 4.08]

- Rosenfeld, D. L.,\* Rothgerber, H., & **Tomiyama, A. J.** (2020). Mostly vegetarian, but flexible about it: Investigating how meat-reducers express social identity around their diets. *Social Psychological and Personality Science*, *11*(3), 406-415. doi: <https://doi.org/10.1177/1948550619869619> [IF = 3.61]
- Rosenfeld, D. L.,\* Rothgerber, H., & **Tomiyama, A. J.** (2020). From mostly vegetarian to fully vegetarian: Meat avoidance and the expression of social identity. *Food Quality and Preference*, *85*. doi: <https://doi.org/10.1177/1948550619869619>
- Cummings, J. R.,\* Mamtora, T.,\* & **Tomiyama, A. J.** (2019). Non-food rewards and highly processed food intake in everyday life. *Appetite*, *142*. doi:10.1016/j.appet.2019.104355 [IF = 4.08]
- Frederick, D. A., **Tomiyama, A. J.**, Bold, J., Saguy, A. C. (2019). Can she be healthy at her weight? Effects of news media frames on antifat attitudes, dieting intentions, and perceived health risks of obesity. *Stigma and Health*. doi: <https://doi.org/10.1037/sah0000195>
- Incollingo Rodriguez, A. C.,\* Dunkel Schetter, C., Brewis, A., & **Tomiyama, A. J.** (2019). The psychological burden of baby weight: Pregnancy, weight stigma, and maternal health. *Social Science & Medicine*, *235*. [IF = 4.04]
- Rosenfeld, D. L.\* & **Tomiyama, A. J.** (2019). When vegetarians eat meat: Why vegetarians violate their diets and how they feel about doing so. *Appetite*, *143*. doi: <https://doi.org/10.1016/j.appet.2019.104417> [IF = 4.08]
- Finch, L. E.,\* Cummings, J. R.,\* & **Tomiyama, A. J.** (2019). Cookie or clementine? Psychophysiological stress reactivity and recovery after eating healthy and unhealthy comfort foods. *Psychoneuroendocrinology*, *106*, 26-36. doi: 10.1016/j.psyneuen.2019.04.022 [IF = 4.94]
- Vainik, U., Han, J. E., Epel, E. S., **Tomiyama, A. J.**, Dagher, A., & Mason, A. E. (2019). Rapid assessment of reward-related eating: The RED-X5. *Obesity*, *27*(2), 325-331. doi:10.1002/oby.22374. [IF = 4.04]
- Incollingo Rodriguez, A. C.,\* **Tomiyama, A. J.**, Guardino, C. M., & Dunkel Schetter, C. (2019). Association of weight discrimination during pregnancy and postpartum with maternal postpartum health. *Health Psychology*, *38*(3), 226-237. doi:10.1037/hea0000711. [IF = 3.18]
- Cummings, J. R.,\* & **Tomiyama, A. J.** (2019). Food loves company: Risky eating increases interpersonal closeness. *Journal of Experimental Social Psychology*, *81*, 61-69. doi:10.1016/j.jesp.2018.07.006 [IF = 2.87]
- Tomiyama, A. J.** (2019). Stress and obesity. *Annual Review of Psychology*, *70*, 703-718. doi:10.1146/annurev-psych-010418-102936 [IF = 22.77]

- Incollingo Rodriguez, A. C.,\* White, M. L.,\* Standen, E. C.,\* Mann, T., Wells, C. R., & **Tomiyama, A. J.** (2018). Body mass index and educational inequality: An update of Crandall (1995). *Stigma and Health*, 4(3), 357-363. doi: <https://doi.org/10.1037/sah0000149>
- Cummings, J. R.,\* **Tomiyama, A. J.**, & Ray, L. A. (2018). Does the neuroimmune modulator Ibudilast alter food craving? Results in a sample with alcohol use disorder. *Journal of Addiction Medicine*, 12(5), 410-417. PMID: 29794557 [IF = 2.41]
- Hunger, J. M.,\* & **Tomiyama, A. J.** (2018). Weight labeling and disordered eating among adolescent females: Longitudinal evidence from the NHLBI Growth and Health Study. *Journal of Adolescent Health*, 63(3), 360-362. PMID: 29705495 [IF = 4.10]
- Oldham, M., **Tomiyama, A. J.**, & Robinson, E. (2018). The psychosocial experience of feeling overweight promotes increased snack food consumption in women but not men. *Appetite*, 128, 283-293. PMID: 29883685 [IF = 4.08]
- Tomiyama, A. J.**, Carr, D., Granberg, E. M., Major, B., Robinson, E., Sutin, A. R., & Brewis, A. (2018). How and why weight stigma drives the obesity ‘epidemic’ and harms health. *BMC Medicine*, 16(1), 123. [IF = 9.09]
- Cummings, J. R.,\* Mason, A. E., Puterman, E., & **Tomiyama, A. J.** (2018). Comfort eating and all-cause mortality in the US Health and Retirement Study. *International Journal of Behavioral Medicine*, 25(4), 473-478. PMID: 29243156 [IF = 2.01]
- Cummings, J. R.,\* & **Tomiyama, A. J.** (2018). Bidirectional associations between eating and alcohol use during restricted intake. *Current Addiction Reports*, 5(2), 243-250. doi:10.1007/s40429-018-0180-4
- Alcalá, H. E.,\* **Tomiyama, A. J.** & von Ehrenstein, O. S. (2017). Gender differences in the association between adverse childhood experiences and cancer. *Women's Health Issues*, 27(6), 625-631. PMID: 28774479 [IF = 2.15]
- Finch, L. E.,\* **Tomiyama, A. J.**, & Ward, A. (2017). Taking a stand: The effects of standing desks on task performance and engagement. *International Journal of Environmental Research and Public Health*, 14(8), 939-954. PMID: 28825655 [IF = 2.15]
- Incollingo Rodriguez, A. C.,\* Rodriguez, A.,\* Callahan, L. C.,\* Saxbe, D., & **Tomiyama, A. J.** (2017). The buddy system: A randomized controlled experiment of the benefits and costs of dieting in pairs. *Journal of Health Psychology*. PMID: 28810464 [IF = 2.04]
- Mason, A. E., Vainik, U., Acree, M., **Tomiyama, A. J.**, Dagher, A., Epel, E. S., & Hecht, F. M. (2017). Improving assessment of the spectrum of reward-related eating: The RED-13. *Frontiers in Psychology*, 8, 795-809. PMID: 28611698 [IF = 2.09]



- Cummings, J. R.,\* Ray, L. A., & **Tomiyama, A. J.** (2017). Food-alcohol competition: As young females eat more food, do they drink less alcohol? *Journal of Health Psychology*, 22(5), 674-683. PMID: 26542418 [IF = 2.04]
- Tomiyama, A. J.**, Milush, J. M., Lin, J., Flynn, J. M., Kapahi, P., Verdin, E., Sinclair, E., Melov, S., Epel, E. S. (2017). Long-term calorie restriction in humans is not associated with indices of delayed immunologic aging: A descriptive study. *Nutrition and Healthy Aging*, 4(2), 147-156. PMID: 28447069
- Ahlstrom, B. \*, Dinh, T. \*, Haselton, M. G., & **Tomiyama, A. J.** (2017). Understanding eating interventions through an evolutionary lens. *Health Psychology Review*, 11(1), 72-88. PMID: 27842459 [IF = 8.60]
- Incollingo Rodriguez, A. C.,\* Heldreth, C. M., & **Tomiyama, A. J.** (2017). Response to: Why fat suits do not advance the scientific study of weight stigma. *Obesity*, 25(2), 276 – 276. url: PMID: 28084047
- Alcalá, H. E.,\* von Ehrenstein, O. S., & **Tomiyama, A. J.** (2016). Adverse childhood experiences and use of tobacco products. *Journal of Community Health*. PMID: 27000040 [IF = 1.53]
- Incollingo Rodriguez, A. C.,\* Heldreth, C. M.,\* & **Tomiyama, A. J.** (2016). Putting on weight stigma: A randomized study of the effects of wearing a fat suit on eating, well-being, and cortisol. *Obesity*, 24(9), 1892-1898. PMID: 27465666 [IF = 4.04]
- Tomiyama, A. J.**, Hunger, J. M.,\* Nguyen-Cuu, J.,\* & Wells, C. (2016). Misclassification of cardiometabolic health when using Body Mass Index categories in NHANES 2005-2012. *International Journal of Obesity*. PMID: 26841729 [IF = 5.15]
- Incollingo Rodriguez, A. C.,\* Epel, E. S., White, M. L.,\* Standen, E. C.,\* Seckl, J. R., & **Tomiyama, A. J.** (2015). Hypothalamic-pituitary-adrenal axis dysregulation and cortisol activity in obesity: A systematic review. *Psychoneuroendocrinology*, 62, 301-318. PMID: 26356039 [IF = 4.73]
- Finch, L. E.,\* & **Tomiyama, A. J.** (2015). Comfort eating, psychological stress, and depressive symptoms in young adult women. *Appetite*. 95, 239-244. PMID: 26192221 [IF = 4.08]
- Puterman, E., Prather, A. A., Epel, E. S., Loharuka, S.,\* Adler, N. E., Laraia, B. A., & **Tomiyama, A. J.** (2015). Exercise mitigates cumulative associations between stress and BMI in girls age 10-19. *Health Psychology*, 35(2), 191-194. PMID: 26301595 [IF = 3.18]
- [All authors made equal contributions] Mann, T., **Tomiyama, A. J.**, & Ward, A. (2015). Promoting public health in the context of the “obesity epidemic”: False starts and promising new directions. *Perspectives on Psychological Science*, 10(6), 706-710. PMID: 26581722 [IF = 9.31]

- Himmelstein, M. S.,\* & **Tomiyama, A. J.** (2015). It's not you, it's me: Self-perceptions, antifat attitudes and stereotyping of obese individuals. *Social Psychological and Personality Science*, 6(7), 749-757. [IF = 3.61]
- Incollingo Rodriguez, A. C.,\* Finch, L. E.,\* Buss, J.,\* Guardino, C.,\* & **Tomiyama, A. J.** (2015). An experimental field study of weight salience and food choice. *Appetite*, 89, 215-218. PMID: 25698080 [IF = 4.08]
- Giuliani, N. R., **Tomiyama, A. J.**, Mann, T., & Berkman, E. T. (2015). Prediction of daily food intake as a function of measurement modality and restriction status. *Psychosomatic Medicine*, 77(5), 583-590. PMID: 25984820 [IF = 3.81]
- Incollingo Rodriguez, A. C.,\* **Tomiyama, A. J.**, & Ward, A. (2015). What does weight stigma smell like? Cross-modal influence of visual weight cues on olfaction. *International Journal of Obesity*, 39(6), 1030-1032. PMID: 25649689 [IF = 5.15]
- Himmelstein, M. S.,\* Incollingo Belsky, A. C.,\* & **Tomiyama, A. J.** (2015). The weight of stigma: Cortisol reactivity to manipulated weight stigma. *Obesity*, 23(2), 368-374. PMID: 25522347 [IF = 4.04]
- Lowry, D. W.,\* & **Tomiyama, A. J.** (2015). Air displacement plethysmography versus dual-energy x-ray absorptiometry in underweight, normal-weight, and overweight/obese individuals. *PLOS One*, 10(1). PMID: 25607661 [IF = 2.77]
- Tomiyama, A. J.**, Finch, L. E.,\* Incollingo Belsky, A. C.,\* Buss, J.,\* Finley, C., Schwartz, M. B., & Daubenmier, J. (2015). Weight bias in 2001 versus 2013: Contradictory attitudes among obesity researchers and health professionals. *Obesity*, 23, 46-53. PMID: 25294247 [IF = 4.04]
- Aschbacher, K., Rodriguez-Fernandez, M., van Wietmarschen, H., Jain, S., Epel, E. S., **Tomiyama, A. J.**, Doyle, F., & van der Greef, J. (2014). The hypothalamic-pituitary-adrenal (HPA)-leptin axis and metabolic health: A systems approach to resilience, robustness and control. *Interface Focus*, 4(5), 20140020. PMID: 25285198 [IF = 3.17]
- Tomiyama, A. J.** (2014). Weight stigma is stressful: A review of evidence for the Cyclic Obesity/Weight-Based Stigma Model. *Appetite*, 82, 8-14. PMID: 24997407 [IF = 4.08]
- Tomiyama, A. J.**, Epel, E. S., McClatchey, T. M.,\* Poelke, G., Kemeny, M. E., McCoy, S., & Daubenmier, J. (2014). Associations of weight stigma with cortisol and oxidative stress independent of adiposity. *Health Psychology*, 33, 862-867. PMID: 25068456 [IF = 3.18]
- [First two authors made equal contributions] Epel, E. S., **Tomiyama, A. J.**, Mason, A. E., Laraia, B. A., Hartman, W., Ready, K., Acree, M., Adam, T. C., St. Jeor, S., & Kessler, D. (2014). The Reward-Based Eating Drive Scale: A self-report index of reward-based eating. *PLOS One*, 9(6), 101350. PMID: 24979216 [IF = 2.77]

- Incollingo Belsky, A. C.,\* Epel, E. S., & **Tomiyama, A. J.** (2014). Clues to maintaining caloric restriction? Psychosocial profiles of successful long-term restrictors. *Appetite*, *79*, 106-112. PMID: 24747211 [IF = 4.08]
- Hunger, J. M.,\* & **Tomiyama, A. J.** (2014). Weight labeling and obesity: A 10-year longitudinal study of girls aged 10-19 years. *Journal of the American Medical Association Pediatrics*, *168*(6), 579-580. PMID: 24781349 [IF = 10.77]
- Giuliani, N. R., Mann, T., **Tomiyama, A. J.**, & Berkman, E. T. (2014). Neural systems underlying the reappraisal of personally-craved foods. *Journal of Cognitive Neuroscience*, *7*, 1390-1402. PMID: 24392892 [IF = 3.47]
- Tomiyama, A. J.**, Ahlstrom, B.,\* & Mann, T. (2013). Evaluating eating behavior treatments by FDA standards. *Frontiers in Psychology*, *4*, 1009. PMID: 24427153 [IF = 2.09]
- Tomiyama, A. J.**, Ahlstrom, B.,\* & Mann, T. (2013). Long-term effects of dieting: Is weight loss related to health? *Social and Personality Psychology Compass*, *7*(12), 861-877.
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- [First two authors made equal contributions] **Tomiyama, A. J.**, Schamarek, I.,\* Lustig, R. H., Kirschbaum, C., Puterman, E., Havel, P. J., & Epel, E. S. (2012). Leptin concentrations in response to acute stress predict subsequent intake of comfort foods. *Physiology & Behavior*, *107*, 34-39. PMID: 22579988 [IF = 2.52]
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- Frosch, D. L., Saxbe, D., **Tomiyama, A. J.**, Glenn, B. A., Low, C. A., Hanoch, Y., Motivala, S. J., & Meeker, D. (2010). Assessing the scholarly impact of Health Psychology: A citation analysis of articles published from 1993 to 2003. *Health Psychology*, 29(5), 555-562. PMID: 20836611 [IF = 3.18]
- Tomiyama, A. J.**, Mann, T., Vinas, D.,\* Hunger, J. M.,\* DeJager, J., & Taylor, S. E. (2010). Low calorie dieting increases cortisol. *Psychosomatic Medicine*, 72, 357-364. PMID: 20368473 [IF = 3.81]
- Tomiyama, A. J.**, Moskovich, A., Haltom, K. B.,\* Ju, T., & Mann, T. (2009). Consumption after a diet violation: Disinhibition or compensation? *Psychological Science*, 20(10), 1275-1281. PMID: 19732383 [IF = 6.13]
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- Tomiyama, A. J.**, & Mann, T. (2008). Cultural factors in collegiate eating disorder pathology: When family culture clashes with individual culture. *Journal of American College Health*. 57(3), 309-314. PMID: 18980887 [IF = 1.33]
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- Keller, H., Lamm, B., Abels, M., Yovsi, R., Jensen, H., Papligoura, Z., Holub, C.,\* Lo, W.,\* **Tomiyama, A. J.**, Su, Y., Wang, Y., & Chaudary, N. (2006). Cultural models, socialization goals, and parenting ethnotheories: A multi-cultural analysis. *Journal of Cross-Cultural Psychology*, 37, 155-172. [IF = 1.35]

#### INVITED PAPERS (peer-reviewed)

**Tomiyama, A. J.**, Finch, L. E.,\* & Cummings, J. R.\* (2015). *Did that brownie do its job? Stress, eating, and the biobehavioral effects of comfort food*. Invited contribution (peer-reviewed) to *Emerging Trends in the Social and Behavioral Sciences*, R. Scott & S. Kosslyn, Eds. Hoboken, NJ: John Wiley and Sons.

**Tomiyama, A. J.**, & Epel, E. S. (2012). *Telomeres and telomerase*. Invited contribution (peer-reviewed) to *Encyclopedia of Behavioral Medicine*, M. D. Gellman & J. R. Turner, Eds. New York: Springer.

## BOOK CHAPTERS

Olanubi, G. O.,\* & **Tomiyama, A. J.** (in press). Social factors in diet and obesity. In K. Sweeny & M. L. Robbins (Eds.), *Wiley Encyclopedia of Health Psychology*. New York: Wiley & Sons.

Major, B., **Tomiyama, A.J.**, & Hunger, J.M.\* (2018). The negative and bidirectional effects of weight stigma on health. In B. Major, J.F. Dovidio, & B.G. Link (Eds.), *Oxford Handbook of Stigma, Discrimination, and Health*. New York: Oxford University Press, 499-519. ISBN: 9780190243470

[All authors contributed equally] Epel, E. S., Prather, A. A., Puterman, E., & **Tomiyama, A. J.** (2016). Eat, drink, and be sedentary: A review on health behaviors' effects on emotions and affective states, and implications for interventions. In Lisa F. Barrett, Michael Lewis, & Jeannette M. Haviland-Jones (Eds.), *Handbook of Emotions* (4<sup>th</sup> ed.). New York: Guilford Press, 685-706. ISBN: 9781462525348

Finch, L. E.,\* & **Tomiyama, A. J.** (2014). Stress-induced eating dampens physiological and behavioral stress responses. In Ronald R. Watson (Ed.), *Nutrition in and Prevention and Treatment of Abdominal Obesity*. New York: Elsevier, 189-195. ISBN: 0124078699

Epel, E. E., **Tomiyama, A. J.**, & Dallman, M. F. (2012). Stress and reward neural networks, eating, and obesity. In Kelly D. Brownell & Mark S. Gold (Eds.), *Handbook of Food and Addiction*. Oxford: Oxford University Press, 266-272. ISBN: 0199738165

Yancey, A. K., **Tomiyama, A. J.**, & Keith, N. R. (2009). Addressing diversity and health literacy at the worksite. In N. Pronk (Ed.), *Healthy worker, healthy company: ACSM Worksite Health Handbook* (2<sup>nd</sup> ed.). Champaign, IL: Human Kinetics, 214-223. ISBN: 0736074341

## LETTERS TO THE EDITOR / COMMENTARIES

Hunger, J. M.,\* & **Tomiyama, A. J.** (2015). A call to shift the public health focus away from weight. *American Journal of Public Health*, 105(11), e3. PMID: 26378831

**Tomiyama, A. J., & Mann, T. (2013).** If shaming reduced obesity, there would be no fat people. *Hastings Center Report*, 43, 4-5. PMID: 23650055

**Tomiyama, A. J., & Mann, T. (2011).** *Commentary on Crum et al., 2011.* Invited commentary in *Health Psychology*, 30, 430-431.

**Tomiyama, A. J., & Dallman, M. F. (2010).** The cortisol-cortisone shuttle in caloric restriction. *Psychosomatic Medicine*, 72, 599-600. PMID: 20595418

**Tomiyama, A. J., & Mann, T. (2008).** Focusing on weight is not the answer to America's obesity epidemic. *American Psychologist*, 63, 203-204. PMID: 18377114

## OP-ED

**Tomiyama, A. J., & Hunger, J. M.\* (2016, Mar 7).** *Body Mass Index is not a good measure of your health.* Op-Ed in Zocalo Public Square. <http://www.zocalopublicsquare.org/2016/03/07/body-mass-index-is-not-a-good-measure-of-your-health/ideas/nexus/>

**Tomiyama, A. J., Ahlstrom, B.,\* & Mann, T. (2012, Dec 7).** *Is dieting worth the trouble?* Op-Ed in the Huffington Post. [http://www.huffingtonpost.com/a-janet-tomiyama/does-dieting-work\\_b\\_2253565.html](http://www.huffingtonpost.com/a-janet-tomiyama/does-dieting-work_b_2253565.html)

## INVITED TALKS

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

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

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

**Tomiyama, A. J. (2020, July).** *Stress and obesity: Where does stigma fit in?* Invited talk for the Los Angeles District of California Academy of Nutrition and Dietetics Annual Meeting, Los Angeles, CA.

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

Villanova, PA.

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

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

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

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

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

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

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

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

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

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

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

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

- Tomiyama, A. J.** (2018, October). *Social closeness shifts after unhealthy eating with strangers and friends*. Invited talk for the 54th Annual Society for Experimental Social Psychology Meeting, Seattle, WA.
- Tomiyama, A. J.** (2018, March). *Stress-induced eating: Helpful or harmful?* Invited talk for the American Psychosomatic Society 77<sup>th</sup> Annual Meeting, Louisville, KY.
- Tomiyama, A. J.** (2017, October). *Diets don't work*. Invited Keynote Address for the National Association of Anorexia Nervosa and Associated Disorders, Chicago, IL.
- Tomiyama, A. J.** (2017, October). *Eating behavior, stress, and health*. Invited talk for the Department of Psychology, Chapman University, Orange, CA.
- Tomiyama, A. J.** (2017, October). *Weight stigma, stress, and resilience*. Invited talk for the UC Health Psychology Consortium, Lake Arrowhead, CA.
- Tomiyama, A. J.** (2017, March). *The vicious cycle of weight stigma and dieting*. Invited talk for the Valley Federation of Eating Disorder Professionals, Los Angeles, CA.
- Tomiyama, A. J.** (2016, October). *Social inclusion and fertility*. Invited talk for the UC Health Psychology Consortium, Lake Arrowhead, CA.
- Tomiyama, A. J.** (2016, May). *Dieting, stress, and weight stigma*. Invited talk for the Los Angeles County Psychological Association, Los Angeles, CA.
- Tomiyama, A. J.** (2016, March). *Stress, eating behavior, and the stigma of obesity*. Invited Keynote Address for the Scientific Society of Chilean Psychology, Pucon City, Chile.
- Tomiyama, A. J.** (2016, February). *Weight stigma: Psychological and health consequences*. Invited talk for the Department of Psychology, California State University, Northridge, Northridge, CA.
- Tomiyama, A. J.** (2015, October). *Dieting, weight obsession, stigma, and health*. Invited talk for the Southwest American College of Sports Medicine 36<sup>th</sup> Annual Meeting, Orange County, CA.
- Tomiyama, A. J.** (2015, September). *The Cyclic Obesity/Weight-Based Stigma model and its biobehavioral consequences*. Invited talk for the Rudd Center for Food Policy and Obesity, University of Connecticut, Hartford, CT.
- Tomiyama, A. J.** (2015, September). *Stress, eating, and biobehavioral effects of low-calorie dieting*. Invited talk for the Center for Health, Intervention, and Promotion, University of Connecticut, Storrs, CT.



- Tomiyama, A. J.** (2015, August). *Weight stigma: Psychological, behavioral, and health consequences*. Invited Early Career Talk for Division 38, American Psychological Association Annual Meeting, Toronto, Canada.
- Tomiyama, A. J.** (2015, February). *Weight stigma and physiological stress*. Invited talk for the Mayo Clinic/Arizona State University Obesity Solutions Center, Tempe, AZ.
- Tomiyama, A. J.** (2014, July). *Weight stigma, social-evaluative threat, and physiological stress*. Invited talk for the International Congress of Applied Psychology, Paris, France.
- Tomiyama, A. J.** (2013, October). *Weight stigma: Cure or curse?* Invited talk for the Department of Psychology, Claremont Graduate University, Claremont, CA.
- Tomiyama, A. J.** (2013, October). *Eating in the context of stress: Is comfort food comforting?* Invited talk for the West Los Angeles Veteran Affairs Department of Psychiatry Grand Rounds, Los Angeles, CA.
- Tomiyama, A. J.** (2012, May). *Neuroendocrinology of dieting behavior*. Invited talk for the Universidade Federal de Sao Paulo, Sao Paulo, Brazil.
- Tomiyama, A. J.** (2012, May). *Stress and nutrition*. Invited talk for the Universidade Federal de Sao Paulo, Sao Paulo, Brazil.
- Tomiyama, A. J., & Epel, E. S.** (2012, January). *How psychologically savvy are your immune cells? What telomeres can and can't tell us*. Invited talk for the Social Personality Health Network Preconference for the Society for Personality and Social Psychology Annual Meeting, San Diego, CA.

#### **INVITED TALKS – Within University**

- Tomiyama, A. J.** (2021, April). *The Science of fat shaming*. Invited talk for the UCLA RISE Body Liberation Series, University of California, Los Angeles.
- Tomiyama, A. J.** (2021, February). *Psychology & food studies: Best hits from the DiSH Lab*. Invited talk for the UCLA Healthy Campus Network EatWell Pod, University of California, Los Angeles.
- Tomiyama, A. J.** (2021, January). *The psychology of food*. Invited talk for the Food Studies Seminar Series, University of California, Los Angeles.
- Tomiyama, A. J.** (2018, November). *Stress, stigma, and eating behavior*. Invited talk for the Clinical Psychology Lecture Series, University of California, Los Angeles.
- Tomiyama, A. J.** (2018, November). *The psychology of food*. Invited talk for the Food Studies Seminar Series, University of California, Los Angeles.

- Tomiyama, A. J.** (2016, February). *Stress and M&Ms: Biobehavioral causes and consequences of eating*. Invited talk for the Health Psychology Lecture Series, University of California, Los Angeles.
- Tomiyama, A. J.** (2015, April). *Stress, eating, and the biobehavioral effects of dieting*. Invited talk for the Ingestive Behaviors and Obesity Program, University of California, Los Angeles.
- Tomiyama, A. J.** (2014, April). *Health consequences of weight stigma*. Invited talk for the Department of Psychology Social Colloquium, University of California, Los Angeles.
- Tomiyama, A. J.** (2014, January). *Eating behavior and stress*. Invited talk for the Health Psychology/Biobehavioral Medicine Seminar, University of California, Los Angeles.
- Tomiyama, A. J.** (2012, February). *Biopsychosocial models of comfort food eating*. Invited talk for the Department of Animal Sciences, Rutgers University.
- Tomiyama, A. J.** (2012, April). *Stress, eating, and not eating*. Invited talk for the Institute for Health, Health Care Policy and Aging, Rutgers University.
- Tomiyama, A. J., & Hartman, B.** (2011, May). *Food addiction and medical obesity treatment outcomes*. Invited talk for the Center for Obesity Assessment, Study, & Treatment, University of California, San Francisco.
- Tomiyama, A. J.** (2010, February). *The paradox of caloric restriction and health*. Invited talk for the Institute for Personality and Social Psychology Research, University of California, Berkeley.
- Tomiyama, A. J.** (2008, October). *Consumption after a diet violation: Disinhibition or compensation?* Invited talk for the Health Psychology/Behavioral Medicine Seminar, University of California, Los Angeles.

#### **INVITED TALKS – Service**

- Tomiyama, A. J.** (2018, October). *Fat shaming: The science and solutions*. Invited Faculty Speaker for Bruin Family Weekend, UCLA, Los Angeles, CA.
- Tomiyama, A. J.** (2018, April). *The negative consequences of weight stigma*. Invited Keynote Address for Cerritos College Psychology Day, Cerritos, CA.
- Tomiyama, A. J.** (2013, November). *Can you starve yourself to immortality... or will that stress you out?* Invited talk for the Manhattan Beach Rotary Club of California, Manhattan Beach, CA.

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

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

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

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

## PROFESSIONAL PRESENTATIONS

\*Denotes student authors

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

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

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

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

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

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

- Tomiyama, A. J.** (2018, May) *Strategic comfort eating: Why, when, and how*. Paper presented at the Association for Psychological Science Annual Convention, San Francisco, CA.
- Incollingo Rodriguez, A. C.,\* Dunkel Schetter, C., Guardino, C. M., & **Tomiyama, A. J.** (2018, March). *Longitudinal consequences of experiencing weight stigma during pregnancy for psychological and physical health*. Paper presented at the American Psychosomatic Society 76<sup>th</sup> Annual Meeting, Louisville, KY.
- Cummings, J. R.,\* Nooteboom, P.,\* Nguyen, D.,\* & **Tomiyama, A. J.** (2018, March). *Food-alcohol competition: Does eating sweets reduce alcohol craving?* Poster presented at the American Psychosomatic Society 76<sup>th</sup> Annual Meeting, Louisville, KY.
- Standen, E. C.,\* Hunger, J.M.,\* & **Tomiyama, A.J.** (2018, March). *How controllable is weight? Weight controllability beliefs predict disordered eating behavior and negative emotional symptoms in 19-year-old women*. Poster presented at the Society for Personality and Social Psychology 19<sup>th</sup> Annual Meeting, Atlanta, GA.
- Gomez Juarez, N.,\* Standen, E. C.,\* & **Tomiyama, A.J.** (2018, March). *Mass media and the imperfect mirror of body image: The media's role in promoting positive body image*. Poster presented at the Society for Personality and Social Psychology 19<sup>th</sup> Annual Meeting, Atlanta, GA.
- Standen, E. C.,\* **Tomiyama, A. J.**, Mann, T., & Ward, A. (2018, February). *Take the Stairs: An intervention for elevator use*. Poster presented at the Social Personality & Health Network Preconference for the Society for Personality and Social Psychology 19<sup>th</sup> Annual Meeting, Atlanta, GA.
- Cummings, J. R.,\* & **Tomiyama, A. J.** (2017, April). *Trait and demographic predictors of bonding over alcohol and unhealthy food consumption*. Paper presented at the Society of Behavioral Medicine 38<sup>th</sup> Annual Meeting, San Diego, CA.
- Finch, L. E.,\* Cummings, J. R.,\* & **Tomiyama, A. J.** (2017, April). *What to eat, and when? An experimental test of the psychophysiological effects of comfort eating*. Poster presented at the Society for Behavioral Medicine 38<sup>th</sup> Annual Meeting, San Diego, CA.
- Cummings, J. R.,\* & **Tomiyama, A. J.** (2017, March). *Food-alcohol competition? Evidence from longitudinal and experimental studies*. Paper presented at the Collaborative Perspectives on Addiction 5<sup>th</sup> Annual Meeting, Albuquerque, NM.
- Finch, L. E.,\* & **Tomiyama, A. J.** (2017, January). *An experimental test of the psychophysiological effects of comfort eating*. Poster presented at the Social Personality & Health Network Preconference for the Society for Personality and Social Psychology 18<sup>th</sup> Annual Meeting, San Antonio, TX.
- Cummings, J. R.,\* & **Tomiyama, A. J.** (2017, January). *Indulgence loves company: The effect of*

*indulgent behavior on interpersonal closeness in non-romantic dyads.* Poster presented at the Society for Personality and Social Psychology 18<sup>th</sup> Annual Meeting, San Antonio, TX.

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

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

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

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

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

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

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

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

Standen, E. C.,\* White, M. L.,\* Nguyen-Cuu, J.,\* Incollingo Rodriguez, A. C.,\* & **Tomiyama, A. J.** (2015, December). *Debunking the buddy system: Evidence that dieting together may exacerbate the negative consequences of dieting.* Poster presented at the COAST/Sugar, Stress, Environment, and Weight 7<sup>th</sup> Annual Symposium, San Francisco, CA.

- Cummings, J. R.,\* Ray, L. A., & **Tomiyama, A. J.** (2015, June). *Bonding over desserts and drinks: Does “risky” consumption of alcohol and food increase social closeness?* Poster presented at the Research Society on Alcoholism 38<sup>th</sup> Annual Scientific Meeting, San Antonio, TX. [Student Merit Award Recipient]
- Tomiyama, A. J.**, Himmelstein, M. S.,\* Incollingo Rodriguez, A. C.,\* Hunger, J. M.,\* & Daubemier, J. (2015, March). *Is weight stigma stressful? Evidence from correlational, longitudinal, and experimental studies.* Paper presented at the American Psychosomatic Society 73<sup>rd</sup> Annual Scientific Meeting, Savannah, GA.
- Himmelstein, M. S.,\* Incollingo Belsky, A. C.,\* & **Tomiyama, A. J.** (2015, March). *The effect of weight stigma on HPA reactivity: The importance of self-perceived weight.* Poster presented at the American Psychosomatic Society 73<sup>rd</sup> Annual Scientific Meeting, Savannah, GA.
- Cummings, J. R.,\* Ray, L. A., & **Tomiyama, A. J.** (2015, March). *Food-alcohol competition: Do young girls who eat more drink less?* Poster presented at the American Psychosomatic Society 73<sup>rd</sup> Annual Scientific Meeting, Savannah, GA.
- Incollingo Belsky, A. C.,\* **Tomiyama, A. J.**, & Ward, A. (2015, March). *The smell of stigma: Cross-sensory pathway between vision and olfaction in stigma perception.* Poster presented at the American Psychosomatic Society 73<sup>rd</sup> Annual Scientific Meeting, Savannah, GA.  
\*Presented during the Citation Poster Session.
- Incollingo Belsky, A. C.,\* **Tomiyama, A. J.**, & Ward, A. (2015, February). *What does stigma smell like? Cross-modal influence of visual weight cues on olfaction.* Poster presented at the Society for Personality and Social Psychology 16<sup>th</sup> Annual Meeting, Long Beach, CA.
- Cummings, J. R.,\* & **Tomiyama, A. J.** (2015, February). *Bonding over desserts and drinks: Does “risky” consumption of alcohol and food increase social closeness?* Poster presented at the Social Personality Health Network Preconference for the Society for Personality and Social Psychology 16<sup>th</sup> Annual Meeting, Long Beach, CA.
- Himmelstein, M. S.,\* Incollingo Belsky, A. C.,\* & **Tomiyama, A. J.** (2015, February). *The effect of weight stigma on HPA reactivity: The importance of self-perceived weight.* Paper presented at the Social Personality Health Network Preconference for the Society for Personality and Social Psychology 16<sup>th</sup> Annual Meeting, Long Beach, CA.
- Incollingo Belsky, A. C.,\* **Tomiyama, A. J.**, & Ward, A. (2015, February). *What does stigma smell like? Cross-modal influence of visual weight cues on olfaction.* Paper presented at the Social Personality Health Network Preconference for the Society for Personality and Social Psychology 16<sup>th</sup> Annual Meeting, Long Beach, CA.
- Tomiyama, A. J.**, Finch, L. E.,\* Incollingo Belsky, A. C.,\* Buss, J., & Daubemier, J. (2015, February). *Weight-bias in 2001 vs. 2013: Contradictory attitudes among obesity researchers and health professionals.* Poster presented at the Social Personality Health Network

Preconference for the Society for Personality and Social Psychology 16<sup>th</sup> Annual Meeting, Long Beach, CA.

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

Cummings, J. R.,\* & **Tomiyama, A. J.** (2014, June). *Alcohol consumption and Body Mass Index: Food-alcohol competition or third variable problem?* Poster presented at the Research Society on Alcoholism 37<sup>th</sup> Annual Meeting, Seattle, WA. [Student Merit Award Recipient]

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

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

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

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

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

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

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

- Finch, L. E.,\* & **Tomiyama, A. J.** (2014, March). *Emotional eating behavior buffers psychological stress in Black and White girls*. Poster presented at the American Psychosomatic Society 72<sup>nd</sup> Annual Scientific Meeting, San Francisco, CA.
- Tomiyama, A. J.**, Incollingo Belsky, A. C.,\* Himmelstein, M. S.,\* & Mann, T. (2014, February). *Diminish the self, expand the waist: How efforts to change overeating through stigma backfire*. Poster presented at the Society for Personality and Social Psychology 15<sup>th</sup> Annual Meeting, Austin, TX.
- Himmelstein, M. S.,\* & **Tomiyama, A. J.** (2014, February). *Allergic to fat: Precursors to antifat attitudes, stereotyping and stigmatization of the obese*. Poster presented at the Society for Personality and Social Psychology 15<sup>th</sup> Annual Meeting, Austin, TX.
- Ahlstrom, B.,\* & **Tomiyama, A. J.** (2014, February). *The influence of the evolutionary life history model on eating behavior*. Paper presented at the Social Personality Health Network Preconference for the Society for Personality and Social Psychology 15<sup>th</sup> Annual Meeting, Austin, TX.
- Incollingo Belsky, A. C.,\* Finch, L. E.,\* Buss, J., & **Tomiyama, A. J.** (2014, February). *Becoming our own stereotypes: Assimilating to unhealthy eating choices*. Paper presented at the Social Personality Health Network Preconference for the Society for Personality and Social Psychology 15<sup>th</sup> Annual Meeting, Austin, TX.
- Finch, L. E.,\* & **Tomiyama, A. J.** (2013, November). *Emotional eating and psychological stress in Black and White girls aged 10-19*. Paper presented at The Obesity Society Annual Scientific Meeting, Obesity Week 2013, Atlanta, GA.
- Incollingo Belsky, A. C.,\* Epel, E. S., & **Tomiyama, A. J.** (2013, November). *The keys to dieting success: Psychosocial characteristics of long-term calorie restrictors*. Poster presented at The Obesity Society Annual Scientific Meeting, Obesity Week 2013, Atlanta, GA.
- Himmelstein, M. S.,\* & **Tomiyama, A. J.** (2013, November). *A picture is worth a thousand perceptions: Stereotype content of obese individuals*. Poster presented at The Obesity Society Annual Scientific Meeting, Obesity Week 2013, Atlanta, GA.
- Loharuka, S.,\* Puterman, E., Prather, A. A., Esmaili, P.,\* Epel, E. S., Rehkopf, D., Evans, Z.,\* **Tomiyama, A. J.**, & Laraia, B. (2012, October). *Physical activity mitigates the impact of chronic stress on BMI growth in girls from ages 10 through 19: Results from the NHLBI Growth and Health Study*. Poster presented at the American Public Health Association Annual Conference, San Francisco, CA.
- Esmaili, P.,\* Puterman, E., Prather, A. A., Loharuka, S.,\* Epel, E. S., Rehkopf, D., Evans, Z.,\* **Tomiyama, A. J.**, & Laraia, B. (2012, September). *The lingering effect of childhood socioeconomic status: Parental education predicts diurnal cortisol trajectory in adulthood*.



Poster presented at the International Society for Psychoneuroendocrinology 42<sup>nd</sup> Annual Conference, New York City, NY.

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

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

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

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

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

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

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

**Tomiyaama, A. J.**, Moskovich, A.,\* Haltom, K. B.,\* Ju, T.,\* & Mann, T. (2009, February). *The effect of diet violations on everyday eating*. Poster presented at the Society for Personality and Social Psychology 12<sup>th</sup> Annual Meeting, Tampa, FL.

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

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

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

- Tomiyama, A. J., Mann, T., & Comer, L. (2007, January).** *Triggers of eating in everyday life.* Poster presented at the Society for Personality and Social Psychology 10<sup>th</sup> Annual Meeting, Memphis, TN.
- Tomiyama, A. J., Mann, T., Taylor, S. E., & Comer, L. (2006, March).** *Dieting predicts daily stress.* Citation Poster presented at the American Psychosomatic Society 64<sup>th</sup> Annual Scientific Meeting, Denver, CO.
- Tomiyama, A. J., Mann, T., & Comer, L. (2006, January).** *Mood and food: Triggers of diet violations in daily context.* Poster presented at the Society for Personality and Social Psychology 9<sup>th</sup> Annual Meeting, Palm Springs, CA.
- Tomiyama, A. J. (2005, May).** *Why dieting fails: Psychological and biopsychosocial mediators.* Poster presented at the American Psychological Society Annual Convention, Los Angeles, CA.
- Tomiyama, A. J., Mann, T., & Taylor, S. E. (2005, March).** *Dieting may be a chronic stressor.* Poster presented at the American Psychosomatic Society 63<sup>rd</sup> Annual Scientific Meeting, Vancouver, BC, Canada.
- Tomiyama, A. J., & Mann, T. (2004, July).** *Enmeshment in eating disorders: The moderating role of culture.* Poster presented at the American Psychological Association Annual Meeting, Honolulu, HI.
- Mann, T., & Tomiyama, A. J. (2004, July).** *Biases in body-size perception in non-pathological populations.* Paper presented at the American Psychological Association Annual Meeting, Honolulu, HI.

## LEADERSHIP IN PROFESSIONAL SERVICE

2020-present	Member, Council, American Psychosomatic Society
2020-present	Founder and member, Antiracism Task Force, American Psychosomatic Society
2018-2020	Member, Program Committee, American Psychosomatic Society
2017	Chair, UC Intercampus Consortium on Health Psychology Training Conference
2013 - 2015	Co-Chair, Social Personality Health Network Preconference for the Society for Personality and Social Psychology Annual Meeting
2006 - 2008	Health Psychology Area Representative, American Psychological Association Science Student Council, Science Directorate (Council Chair, 2007 - 2008)

## REPRESENTATIVE MEDIA COVERAGE

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

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

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

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

Study: Stress a weightier problem for black girls. *Chicago Tribune*, October 17, 2012.  
[http://articles.chicagotribune.com/2012-10-17/news/ct-x-1017-trice-column-20121017\\_1\\_white-girls-obesity-rates-stress](http://articles.chicagotribune.com/2012-10-17/news/ct-x-1017-trice-column-20121017_1_white-girls-obesity-rates-stress)

Stress hormone rises as dieters restrict calories. *USA Today*, Print: April 7, 2010, Online: April 6, 2010. [http://www.usatoday.com/news/health/2010-04-07-diet07\\_ST\\_N.htm](http://www.usatoday.com/news/health/2010-04-07-diet07_ST_N.htm)

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