

# A. JANET TOMIYAMA, PH.D.

## CURRICULUM VITAE

5625 Franz Hall, 502 Portola Plaza, Los Angeles, CA 90095-1563  
tomiyama@psych.ucla.edu | 310.206.6875 | www.dishlab.org

### 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

2017	Association for Psychological Science Janet Taylor Spence Award for Transformational Early Career Contributions
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)

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

Associate Editor	International Journal of Behavioral Medicine
Ad Hoc Reviewer	<i>Partial list:</i> Appetite

Annals of Behavioral Medicine  
British Journal of Health Psychology  
Ethnicity and Health  
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 Science  
Psychoneuroendocrinology  
Psychosomatic Medicine

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

## PEER-REVIEWED PUBLICATIONS

\*Denotes student authors

Incollingo Rodriguez, A. C.,\* Rodriguez, A.,\* Callahan, L. C.,\* Saxbe, D.,  
& **Tomiyama, A. J.** (in press). The buddy system: A randomized controlled  
experiment of the benefits and costs of dieting in pairs. *Journal of Health Psychology*.

Alcalá, H. E.,\* **Tomiyama, A. J.** & von Ehrenstein, O. S. (in press). Gender differences  
in the association between adverse childhood experiences and cancer. *Journal of  
Women's Health Issues*.

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.

**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, 147-156.

Ahlstrom, B.\*, Dinh, T.\*, Haselton, M. G., & **Tomiyama, A. J.** (2017). Understanding  
eating interventions through an evolutionary lens. *Health Psychology Reviews*, 11,  
72-88.

- 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*, 1892-1898.
- 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
- 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
- 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
- Cummings, J. R.,\* Ray, L. A., & **Tomiyama, A. J.** (2015). Food-alcohol competition: As young females eat more food, do they drink less alcohol? *Journal of Health Psychology*. PMID: 26542418
- Finch, L. E.,\* & **Tomiyama, A. J.** (2015). Comfort eating, psychological stress, and depressive symptoms in young adult women. *Appetite*, *95*, 239-244. PMID: 26192221
- 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
- [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
- 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.
- 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
- 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
- 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
- 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

- 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
- 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
- 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
- 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
- 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
- [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
- 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
- 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
- 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
- Tomiyama, A. J.**, Ahlstrom, B.,\* & Mann, T. (2013). Evaluating eating behavior treatments by FDA standards. *Frontiers in Psychology*, *4*, 1009. PMID: 24427153
- 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.
- Tomiyama, A. J.**, Puterman, E., Epel, E. S., Rehkopf, D., & Laraia, B. A. (2013). Chronic psychological stress and racial disparities in Body Mass Index change between black and white girls aged 10-19. *Annals of Behavioral Medicine*, *45*, 3-12. PMID: 22993022
- Tomiyama, A. J.** (2012). Beyond interventions: Caloric restriction as a scientific model. *Psychosomatic Medicine*, *74*(6), 665-666. PMID: 22753628

- [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 and Behavior*, *107*, 34-39. PMID: 22579988
- Tomiyama, A. J.**, O'Donovan, A., Lin, J., Puterman, E., Lazaro, A., Chan, J. K., Dhabhar, F., Wolkowitz, O., Kirschbaum, C., Blackburn, E., & Epel, E. S. (2012). Does cellular aging relate to patterns of allostasis? An examination of basal and stress reactive HPA axis activity and telomere length. *Physiology & Behavior*, *106*, 40-45. PMID: 22293459
- O'Donovan, A., **Tomiyama, A. J.**, Lin, J., Puterman, E., Kemeny, M., Wolkowitz, O., Blackburn, E., & Epel, E. S. (2012). Stress appraisals and cellular aging: A key role for anticipatory threat in the relationship between psychological stress and telomere length. *Brain Behavior and Immunity*, *26*(4), 573-579. PMID: 22293459
- Tomiyama, A. J.**, Dallman, M. F., & Epel, E. S. (2011). Comfort food is comforting to those most stressed: Evidence of the chronic stress response network in high stress women. *Psychoneuroendocrinology*, *36*, 1513-1519. PMID: 21906885
- Prather, A. A., Puterman, E., Lin, J., O'Donovan, A., Krauss, J., **Tomiyama, A. J.**, Epel, E.S., & Blackburn, E. H. (2011). Shorter leukocyte telomere length in midlife women with poor sleep quality. *Journal of Aging Research*, *2011*, 721390. PMID: 22046530
- Puterman, E., O'Donovan, A., Adler, N. E., **Tomiyama, A. J.**, Kemeny, M. E., & Epel, E. S. (2011). Physical activity moderates effects of stressor-induced rumination on cortisol reactivity. *Psychosomatic Medicine*, *73*, 604-611. PMID: 21873586
- 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
- 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
- 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
- Tomiyama, A. J.**, Mann, T., & Comer, L. (2009). Triggers of eating in everyday life. *Appetite*, *52*, 72-82. PMID: 18773931
- Motivala, S. J., **Tomiyama, A. J.**, Ziegler, M., Khandrika, S., & Irwin, M. R. (2008). Nocturnal levels of ghrelin and leptin and sleep in chronic insomnia. *Psychoneuroendocrinology*, *34*(4), 540-545. PMID: 19059729
- 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

Mann, T., **Tomiyama, A. J.**, Lew, A. M., Westling, E., Chatman, J., & Samuels, B. (2007). Medicare's search for effective obesity treatments: Diets are not the answer. *American Psychologist*, 62, 220-233. PMID: 17469900

Yancey, A. K., & **Tomiyama, A. J.** (2007). Physical activity as primary prevention to address cancer disparities. *Seminars in Nursing Oncology*, 23, 253-263. PMID: 18022053

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.

#### **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**

[All authors contributed equally] Epel, E. S., Prather, A. A., Puterman, E., & **Tomiyama, A. J.** (in press). Eat, drink, and be sedentary: A review on health behaviors' effects on emotions and affective states, and implications for interventions. In Lisa F. Barrett (Ed.), *Handbook of Emotions* (4<sup>th</sup> ed.). New York: Guilford Press.

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. (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, 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, 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.** (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.** (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

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.

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.,\* & Daubenmier, 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., Esmaeili, P.,\* Epel, E. S., Rehkopf, D., Evans, Z.,\* **Tomiyama, A. J.**, & Laraia, B. (2012, October). *Physical activity mitigates the impact of chronic stress on BMI growth in girls from ages 10 through 19: Results from the NHLBI Growth and Health Study*. Poster presented at the American Public Health Association Annual Conference, San Francisco, CA.
- Esmaeili, P.,\* Puterman, E., Prather, A. A., Loharuka, S.,\* Epel, E. S., Rehkopf, D., Evans, Z.,\* **Tomiyama, A. J.**, & Laraia, B. (2012, September). *The lingering effect of childhood socioeconomic status: Parental education predicts diurnal cortisol trajectory in adulthood*. Poster presented at the International Society for Psychoneuroendocrinology 42<sup>nd</sup> Annual Conference, New York City, NY.
- Tomiyama, A. J.**, Epel, E., McClatchey, T.,\* Poelke, G., & Daubenmeier, J. (2012, March). *Weight stigma independent of BMI predicts oxidative stress*. Poster presented at the American Psychosomatic Society 70<sup>th</sup> Annual Scientific Meeting, Athens, Greece.
- Tomiyama, M., & **Tomiyama, A. J.** (2012, March). *Stress and SLA: A new line of research*. Paper presented at the Georgetown University Roundtable, Washington, D.C.
- Hunger, J. M.,\* **Tomiyama, A. J.**, & Laraia, B. (2011, January). *Predicting obesity longitudinally from causal beliefs about weight: Evidence from the NHLBI Growth and Health Study*. Poster presented at the Society for Personality and Social Psychology 12<sup>th</sup> Annual Meeting, San Antonio, TX.
- VanSonnenberg, E. L.,\* & **Tomiyama, A. J.** (2010, August). *The effects of gratitude expressions on mindfulness, self-esteem, body image, and macronutrient composition of diet*. Paper presented at the International Positive Psychology Conference, Beijing, China.
- Tomiyama, A. J.**, Dallman, M. F., Lustig, R. H., & Epel, E. S. (2010, March). *Executive function, stress, and abdominal obesity*. Poster presented at the American Psychosomatic Society 68<sup>th</sup> Annual Scientific Meeting, Portland, OR.
- Tomiyama, A. J.**, Mann, T., & Taylor, S. E. (2009, July). *Low calorie dieting increases cortisol*. Paper presented at the International Society for Psychoneuroendocrinology Annual Conference, San Francisco, CA.

- Tomiyama, A. J.**, Moskovich, A.,\* Haltom, K. B.,\* Ju, T.,\* & Mann, T. (2009, March). *Food consumption after a diet violation: Disinhibition or compensation?* Poster presented at the American Psychosomatic Society 67<sup>th</sup> Annual Scientific Meeting, Chicago, IL.
- Tomiyama, A. J.**, Moskovich, A.,\* Haltom, K. B.,\* Ju, T.,\* & Mann, T. (2009, February). *The effect of diet violations on everyday eating.* Poster presented at the Society for Personality and Social Psychology 12<sup>th</sup> Annual Meeting, Tampa, FL.
- Motivala, S. J., **Tomiyama, A. J.**, Ziegler, M., Khandrika, S., & Irwin, M. R. (2008, March). *Leptin and ghrelin levels in insomnia patients and healthy controls.* Citation Poster presented at the the American Psychosomatic Society 66<sup>th</sup> Annual Scientific Meeting, Baltimore, MA.
- Mann, T., **Tomiyama, A. J.**, Moskovich, A.,\* & Ward, A. (2008, March). *Attention and the self-control of eating.* Poster presented at the American Psychosomatic Society 66<sup>th</sup> Annual Scientific Meeting, Baltimore, MA.
- Mann, T., Moskovich, A.,\* **Tomiyama, A. J.**, & Ward, A. (2008, March). *Self-regulation in dieters.* Paper presented at the Society of Behavioral Medicine Annual Meeting, San Diego, CA.
- Tomiyama, A. J.**, Mann, T., & Comer, L. (2007, January). *Triggers of eating in everyday life.* Poster presented at the Society for Personality and Social Psychology 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

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

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/>