

## CURRICULUM VITAE

MICHAEL G. PERRI, PhD, ABPP

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### GENERAL INFORMATION

Address: College of Public Health and Health Professions  
University of Florida  
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### EDUCATIONAL BACKGROUND

PhD Clinical Psychology, University of Missouri—Columbia, 1978  
Internship Clinical Psychology, University of Minnesota, 1977-1978  
MA Psychology, University of Missouri—Columbia, 1975  
BS (honors) Psychology, Fordham University, 1973

### ACADEMIC AND CLINICAL APPOINTMENTS (Current)

#### University of Florida

Dean, College of Public Health and Health Professions, 2009-present  
Professor, Department of Clinical and Health Psychology, 1990-present  
Psychologist, Shands Hospital at the University of Florida, 1990-present

### ACADEMIC AND CLINICAL APPOINTMENTS (Previous)

#### University of Florida

Interim Dean, College of Public Health and Health Professions, 2007-2009  
Associate Dean for Research, College of Public Health and Health Professions, 2004-2007  
Director, Psychology Internship Program, 1992-2004  
Area Head, Health Psychology Division, 1990-2004

#### Oxford University (U.K.), Harris-Manchester College

Visiting Professor, Clinical Psychology, summer 2000

**Fairleigh Dickinson University**

Professor and Deputy Chair, Department of Psychology, 1989-1990  
Associate Professor, Department of Psychology, 1985-1989

**Franklin Delano Roosevelt VA Hospital**

Research Coordinator (part-time), 1985-1990

**Indiana University School of Medicine and Indianapolis VA Medical Center (VAMC)**

Associate Professor, Department of Psychiatry, 1985  
Assistant Professor, Department of Psychiatry, 1980-1985  
Chief Psychologist, Psychology Service, 1981-1985  
Staff Psychologist, Psychology Service, 1980-1981

**University of Rochester**

Assistant Professor, Department of Psychology, 1978-1980

**GRANTS AND CONTRACTS**

**Active:**

Title: **Escalating Proportion of Weight-Loss Maintainers Via Modules Prior to Weight Loss**

Dates: 2015-2020

Sponsor: Stanford University (R01HL128666)

Amount: \$799,530

Role: Co-Investigator (M. Kiernan, PI)

Title: **Fixed Versus Variable Energy Reduction during Behavioral Obesity Treatment**

Dates: 2015-2020

Sponsor: University of Alabama Birmingham (R01DK103869)

Amount: \$602,170

Role: Co-Investigator (G. Dutton, PI)

Title: **Rural Lifestyle Eating and Activity Program (Rural LEAP)**  
Dates: 2013-2019  
Sponsor: NIH/National Heart Lung and Blood Institute (R18 HL112720)  
Award: \$3,724,808  
Role: Principal Investigator

Title: **Midwestern Collaborative for Treating Obesity in Rural Primary Care**  
Dates: 2015-2019  
Sponsor: PCORI/University of Kansas (OB1402-09413)  
Amount: \$7,786,940  
Role: Co-Investigator (C. Befort, PI)

**Grants Completed:**

Title: **Bayesian Approaches for Missingness and Causality in Cancer and Behavior Studies**  
Dates: 2014-2017  
Sponsor: NIH/National Cancer Institute/University of Texas Austin (R01CA183854)  
Amount: \$1,718,419  
Role: Co-Investigator (M. Daniels, PI)

Title: **Claude D. Pepper Older American Independence Center (OAIC)**  
Dates: 2012-2017  
Sponsor: NIH/National Institute of Aging (P30 AG028740-01)  
Amount: \$1,393,287  
Role: Co-Investigator (M. Pahor, PI)

Title: **Group Phone-Based Weight Control among Rural Breast Cancer Survivors**  
Dates: 2011-2016  
Sponsor: NIH/National Cancer Institute (R01CA155014)  
Amount: \$2,259,571  
Role: Co-Investigator (C. Befort, PI)

Title: **Two Dietary Approaches for Weight Management**  
Dates: 2015  
Sponsor: Baylor University/Weight Watchers Foundation  
Award: \$28,961  
Role: Co-Investigator (S. Anton, PI)

Title: **Rural Lifestyle Intervention Treatment Effectiveness Trial (Rural LITE)**  
Dates: 2008-2014  
Sponsor: NIH/National Heart, Lung, and Blood Institute (R18 HL 087800)  
Award: \$3,614,359  
Role: Principal Investigator

Title: **Extension Family Lifestyle Intervention Project (FLIP for Kids)**  
Dates: 2009-2014  
Sponsor: NIH/National Institute of Diabetes, Digestive, and Kidney Diseases (R18 DK 082374)  
Award: \$2,661,164  
Role: Co-Principal Investigator (D. Janicke, PI)

Title: **Childhood Obesity Treatment: A Maintenance Approach**  
Dates: 2009-2012  
Sponsor: NIH/National Institute of Child Health and Human Development (2R01HD036904-06)  
Amount: \$7,458,402  
Role: Co-Investigator (D. Wilfley, PI)

Title: **Promoting Healthy Weight with "Stability First"**  
Dates: 2007-2011  
Sponsor: NIH/National Cancer Institute (RO1 CA112594)  
Award: \$1,555,371  
Role: Co-Investigator (M. Kiernan, PI)

Title: **Smart Home-Based Health Platform for Behavioral Monitoring and Alteration for Diabetic and Obese Individuals**  
Dates: 2007-2011  
Sponsor: NIH/National Institutes of Drug Abuse (R21 DA024294)  
Award: \$1,169,043  
Role: Co-Principal Investigator (A. Helal, PI)

Title: **Cooperative Lifestyle Intervention Program**  
Dates: 2005-2010  
Sponsor: NIH/National Heart Lung and Blood Institute (RO1 HL076441-01)  
Award: \$5,444,614  
Role: Co-Investigator (J. Rejeski, PI).

Title: **A Multi-Center, Randomized, Double Blind, Placebo Controlled Study Comparing the Safety and Efficacy of Naltrexone Sustained Release (SR)/Bupropion Sustained Release (SR) and Placebo in Subjects with Obesity Participating in a Behavior Modification Program**

Dates: 2007-2009

Sponsor: Orexigen Therapeutics (NB-302)

Award: \$1,009,022

Role: Site Principal Investigator

Title: **Treatment of Obesity in Underserved Rural Settings – TOURS**

Dates: 2003-2008

Sponsor: NIH/National Heart, Lung, and Blood Institute (R01 HL073326)

Award: \$2,604,956

Role: Principal Investigator

Title: **Physical Exercise to Prevent Disability Pilot Study**

Dates: 2005-2008

Sponsor: NIH/National Institute of Aging (U01 AG022376-01)

Award: \$3,488,305

Role: Co-Investigator (M. Pahor, PI)

Title: **Sensible Treatment of Obesity in Rural Youth – STORY**

Dates: 2005-2008

Sponsor: NIH/National Institute of Diabetes, Digestive, and Kidney Diseases (R34 DK071555-01)

Award: \$435,000

Role: Co-Principal Investigator (D. Janicke, PI)

Title: **Biological Effects of Weight Loss Plus Exercise in Older Obese African American Women**

Dates: 2006-2008

Sponsor: University of Florida Research Opportunity Fund

Award: \$81,876

Role: Principal Investigator

Title: **Biological Effects of Weight Loss Plus Exercise in Elders**

Dates: 2007-2009

Sponsor: University of Florida Institute on Aging

Award: \$150,000

Role: Principal Investigator

Title: **Clinical Centers for the Clinical Trial and Observational Study of the Women's Health Initiative**

Dates: 1994-2005

Sponsor: National Institutes of Health (NO1-WH-4-2129)

Award: \$10,008,238

Role: Co-Principal Investigator (M. Limacher, PI)

Title: **Enhanced Recruitment for the Clinical Trail of the Women's Health Initiative**

Dates: 1996-2005

Sponsor: National Institutes of Health (NO1-WH-4-2129)

Award: \$2,928,355

Role: Co-Principal Investigator (M. Limacher, PI)

Title: **Dose-Response to Exercise and Cardiovascular Health**

Dates: 1998-2003

Sponsor: National Heart, Lung, Blood Institute (R01 HL58873)

Award: \$2,205,220

Role: Principal Investigator

Title: **Cognitive Behavioral Therapy for Obesity and its Mental Health Co-Morbidities**

Dates: 2003-2004

Sponsor: National Institute of Mental Health  
(F31 MH68137, NRSA mentored research award)

Award: \$35,000

Role: Principal Investigator (G. Ames, Mentee)

Title: **A Multi-Center, Double-Blind, Randomized, Placebo-Controlled, Study of Treatment of Binge Eating Disorder**

Dates: 1999-2002

Sponsor: Abbott (Knoll) Pharmaceutical Company

Award: \$132,620

Role: Site Principal Investigator

Title: **Exercise in Primary Care Settings: Increasing Physical Activity in Sedentary Adults of Low Socio-Economic Status**

Dates: 1998-1999

Sponsor: UF College of Health Professions Research Development Award

Award: \$10,000

Role: Principal Investigator

Title: **Aerobic Training and the Treatment of Obesity**  
Dates: 1991-1993  
Sponsor: University of Florida Research Development Award  
Award: \$25,000  
Role: Principal Investigator

Title: **Improving the Effectiveness of Behavioral Treatment for Moderate Obesity**  
Dates: 1988-1993  
Sponsor: Veterans Administration Merit Review Research Program  
Award: \$101,500  
Role: Principal Investigator

Title: **Long-term Behavioral Management of Obesity**  
Dates: 1985-1988  
Sponsor: Veterans Administration Merit Review Research Program  
Award: \$65,000  
Role: Principal Investigator

Title: **Maintenance Strategies for Behavioral Treatment of Obesity**  
Dates: 1982-1985  
Sponsor: Veterans Administration Merit Review Research Program  
Award: \$35,000  
Role: Principal Investigator

Title: **Evaluation of a Maintenance Program for Behavior Modification of Obesity**  
Dates: 1981-1982  
Sponsor: Veterans Administration Research Advisory Group  
Award: \$14,000  
Role: Principal Investigator

Title: **Behavioral Self-Control and Addictive Behaviors**  
Dates: 1979-1980  
Sponsor: Office of Naval Research (Grant No. N00014-75-C-0001)  
Award: \$18,600  
Role: Principal Investigator

## PUBLICATIONS

### Journal Articles:

1. Ariel-Donges, A. H., Gordon, E. L., Bauman, V., & Perri, M. G. (2018). Does yoga help college-aged women feel better about their bodies? *Sex Roles* (epub ahead of print), 1-11. doi: 10.1007/s11199-018-0917-5. Available at <http://rdcu.be/J2pI>
2. Wilfley, D. E., Saelens, B. E., Stein, R. I., Best, J. R., Kolko, R. P., Schechtman, K. B., et al. (2017). Dose, content, and mediators of family-based treatment for childhood obesity: A multi-site randomized controlled trial. *JAMA Pediatrics*, 171(12): 1151-1159. doi: 10.1001/jamapediatrics.2017.2960. PMID: 29084318
3. Balantekin, K. N., Hayes, J. F., Sheinbein, D. H., Kolko, R. P., Stein, R. I., Saelens, B. E., et al. (2017). Patterns of eating disorder pathology are associated with weight change in family-based behavioral obesity treatment. *Obesity*, 25(12), 2115-2122. doi: 10.1002/oby.22028. PMC5705531
4. Dutton, G., Gowey, M. A., Tan, F., Zhou, D., Ard, J., Perri, M. G., et al. (2017). Comparison of an alternative schedule of extended care contacts to a self-directed control: A randomized trial of weight loss maintenance. *International Journal of Behavioral Nutrition and Physical Activity*, 14(1), 107, doi: 10.1186/s12966-017-0564-1. PMC5557426
5. Kass, A. E., Theim Hurst, K., Kolko, R. P., Ruzicka, E. B., Stein, R. I., Saelens, B. E., et al. (2017). Psychometric evaluation of the youth eating disorder examination questionnaire in children with overweight or obesity. *International Journal of Eating Disorders*, 50(7), 776-780. doi: 10.1002/eat.22693. PMID: 28205275
6. Hayes, J. F., Altman, M., Kolko, R. P., Balantekin, K. N., Holland J.C., Stein, R. I. et al. (2016). Decreasing food fussiness in children with obesity leads to greater weight loss in family-based treatment. *Obesity*. 24(10), 2158-2163. doi: 10.1002/oby.21622. PMC5039088
7. Befort, C. A., Klemp, J. R., Sullivan, D. K., Shireman, T., Diaz, F., Schmitz, K., et al. (2016). Weight loss maintenance strategies among rural breast cancer survivors: The Rural Women Connecting for Better Health Trial. *Obesity*. 24(10), 2070-2077. doi: 10.1002/oby.21625. PMC5288143



8. Ariel, A. H., & Perri, M. G. (2016). Effect of dose of behavioral treatment for obesity on binge eating severity. *Eating Behaviors, 22*, 55-61. doi: 10.1016/j.eatbeh.2016.03.032. PMC4983214
9. Laitner, M. H., Minksi, S. A., & Perri, M. G. (2016). The role of self-monitoring in the maintenance of weight loss success. *Eating Behaviors, 21*, 193-197. doi: 10.1016/j.eatbeh.2016.03.005. PMC4933960
10. Befort, C. A., VanWormer, J. J., DeSouza, C., Ellerbeck, E. F., Kimminau, K. S., Greiner, A., et al. (2016). Protocol for Rural Engagement in Primary Care for Optimizing Weight Reduction (RE-POWER) Trial: Comparing three obesity treatment models in rural primary care. *Contemporary Clinical Trials, 16*(47), 304-314. doi: 10.1016/j.cct.2016.02.006. PMID: 26898748
11. Anton, S. D., Woods, A. J., Ashizawa, T., Barb, D., Buford, T. W., Carter, C. S., et al. (2015). Successful aging: Advancing the science of physical independence in older adults. *Ageing Research Reviews, 24*(Pt B), 304-327. doi: 10.1016/j.arr.2015.09.005. PMC4661112
12. Nackers, L. M., Dubyak, P. J., Lu, X., Anton, S. D., Dutton, G. R., & Perri, M. G. (2015). Group dynamics are associated with weight loss in the behavioral treatment of obesity. *Obesity, 23*(8), 1563-1569. doi: 10.1002/oby.21148. PMID: 261794661
13. Liu, M., Daniels, M. J., & Perri, M. G. (2015). Quantile regression in the presence of monotone missingness with sensitivity analysis. *Biostatistics, 17*(1), 108-21. doi: 10.1093/biostatistics/kxv023. PMC4679069
14. Altman, M., Cahill Holland, J., Lundeen, D., Kolko, R. P., Stein, R. I., Saelens, B. E., et al. (2015). Reduction in food away from home is associated with improved child relative weight and body composition outcomes and this relation is mediated by changes in diet quality. *Journal of the Academy of Nutrition and Dietetics, 115*(9), 1400-1407. doi: 10.1016/j.jand.2015.03.009. PMC4555092
15. Perri, M. G., Peoples-Sheps, M., Blue, A., Lednicky, J. A., & Prins, C. (2015). Public health education at the University of Florida: Synergism and educational innovation. *American Journal of Public Health 105* (Suppl. 1), S83-587. doi: 10.2105/AJPH.2014.302414. PMC4340009
16. MacLean, P. S., Wing, R. R., Davidson, T., Epstein, L., Goodpaster, B., Hall, K. D., et al. (2015). NIH working group report: Innovative research to improve maintenance of weight loss. *Obesity 23*(1), 7-15. doi: 10.1002/oby.20967. PMC5841916

17. Perri, M. G., Limacher, M. C., von Castel-Roberts, K., Daniels, M. J., Durning, P. E., Janicke, D. M., et al. (2014). Comparative effectiveness of three doses of weight-loss counseling: Two-year findings from the Rural LITE trial. *Obesity*, 22(11), 2293-2300. doi:10.1002/oby.20832. PMC4225635
18. Dutton, G. R., Nackers, L. M., Dubyak, P. J., Rushing, N. C., Huynh, T. T., Tan, F., et al. (2014). A randomized trial comparing weight loss treatment delivered in large versus small groups. *International Journal of Behavioral Nutrition and Physical Activity*, 11, 123. doi:10.1186/s12966-014-0123-y. PMC41880323
19. Dutton, G. R., Laitner, M. H., & Perri, M. G. (2014). Lifestyle interventions for cardiovascular disease risk reduction: A systematic review of the effects of diet composition, food provision, and treatment modality on weight loss. *Current Atherosclerosis Reports*, 16(10), 442. doi: 10.1007/s11883-014-0442-0. PMC4157951
20. Peterson, N. D., Middleton, K. R., Nackers, L. M., Medina, K. E., Milsom, V. A., & Perri, M. G. (2014). Dietary self-monitoring and long-term success with weight management. *Obesity*, 22(9), 1962-1967. doi: 10.1002/oby.20807. PMC4149603
21. Befort, C. A., Klemp, J. R., Fabian, C., Perri, M. G., Sullivan, D. K., Schmitz, K. H., Diaz, F. J., & Shireman, T. (2014). Protocol and recruitment results from a randomized controlled trial comparing group phone-based versus newsletter interventions for weight loss maintenance among rural breast cancer survivors. *Contemporary Clinical Trials*, 37(2), 261-271. doi: 10.1016/j.cct.2014.01.010. PMC4149603
22. Holland, J. C., Kolko, R. P., Stein, R. I., Welch, R. R., Perri, M. G., Schechtman, K. B., . . . & Wilfley, D. E. (2014). Modifications in parent feeding practices and child diet during family-based behavioral treatment to improve child zBMI. *Obesity*, 22(5), E119-126. doi: 10.1002/oby.20708. PMC4111631
23. Middleton, K. R., & Perri, M. G. (2014). A randomized trial investigating the effect of a brief lifestyle intervention on freshman year weight gain. *Journal of American College Health*, 62(2), 101-109. doi: 10.1080/07448481.2013.849259. PMID: 24456512
24. Perri, M. G. (2014). Effects of behavioral treatment on long-term weight loss: Lessons learned from the Look AHEAD trial. *Obesity*, 22(1), 3-4. doi: 10.1002/oby.20672. PMID: 24415676
25. Manini, T. M., Buford, T. W., Lott, D. J., Vandenborne, K., Daniels, M. J., Knaggs, J. D., et al. (2014). Effect of dietary restriction and exercise on lower extremity tissue compartments in obese, older women: A pilot study. *Journal of Gerontology: Medical Sciences*, 69(1), 101-108. doi: 10.1093/gerona/gls337 PMC4158399

26. Melvin, C. L., Corbie-Smith, G., Kumanyika, S., Pratt, C. A., Nelson, C, Walker E. R., et al. (2013). Developing a research agenda for cardiovascular disease prevention in high-risk rural communities. *American Journal of Public Health, 103(6)*, 1011-1021. doi: 10.2105/AJPH.2012.300984. PMC3698719
27. Middleton, K. R., Anton, S. D., & Perri, M. G. (2013). Long-term adherence to health behavior change. *American Journal of Lifestyle Medicine 7(6)*, 395-405. doi: 10.1177/1559827613488867. PMC4988401
28. Kiernan, M., Schoffman, D. E., Lee, K., Brown, S. D., Fair, J. M., Perri, M. G., & Haskell, W. L. (2013). The Stanford Leisure-Time Activity Categorical Item (L-Cat): A single categorical item sensitive to physical activity changes in overweight/obese women. *International Journal of Obesity, 37(12)*, 1597-1602. doi: 10.1038/ijo.2013.36. PMC4731089
29. Rossen, L. M., Milsom, V. A., Middleton, K. R., Daniels, M. J., & Perri, M. G. (2013). Benefits and risks of weight-loss treatment for older, obese women. *Clinical Interventions in Aging, 8*, 157-166. doi: 10.2147/CIA.S38155. PMC3573815
30. Nackers, L. M., Middleton, K. R., Dubyak, P. J., Daniels, M. J., Anton, S. D., & Perri, M. G. (2013). Effects of prescribing 1,000 versus 1,500 kilocalories per day in the behavioral treatment of obesity: A randomized trial. *Obesity, 21(12)*, 2481-2487. doi: 10.1002/oby.20439. PMC5771240
31. Kiernan, M., Brown, S. D., Schoffman, D. E., Lee, K., King, A. C., Taylor, C. B., Schleicher, N. C., & Perri, M. G. (2013). Promoting healthy weight with "Stability Skills First": A randomized trial. *Journal of Consulting and Clinical Psychology, 81(2)*, 336-346. doi: 10.1037/a0030544. PMC4428307
32. Daniels, M. J., Roy, J. A., Kim, C., Hogan, J. W., & Perri, M. G. (2012). Bayesian inference for the causal effect of mediation. *Biometrics, 68(4)*, 1028-1036. doi: 10.1111/j.1541-0420.2012.01781.x. PMC3927554
33. Befort, C. A., Nazir, N., & Perri, M. G. (2012). Prevalence of obesity among adults from rural and urban areas of the United States: Findings from NHANES (2005-2008). *The Journal of Rural Health, 28(4)*, 392-397. doi: 10.1111/j.1748-0361.2012.00411.x. PMC3481194
34. Best, J. R., Theim, K. R., Gredysa, D. M., Stein, R. I., Welch, R. R., Saelens, B. E., . . . & Wilfley, D. E. (2012). Behavioral economic predictors of overweight children's weight loss. *Journal of Consulting and Clinical Psychology, 80(6)*, 1086-1096. doi: 10.1037/a0029827. PMC3514606

35. Radcliff, T. A., Bobroff, L. B., Lutes, L. D., Durning, P. E., Daniels, M. J., Limacher, M. C, et al. (2012). Comparing costs of telephone vs face-to-face extended-care programs for the management of obesity in rural settings. *Journal of the Academy of Nutrition and Dietetics*, 112(9), 1363-1373. doi:10.1016/j.jand.2012.05.002. PMC3432696
36. Befort, C. A., Klemp, J. R., Austin, H. L., Perri, M. G., Schmitz, K. H., Sullivan, D. K., & Fabian, C. J. (2012). Outcomes of a weight loss intervention among rural breast cancer survivors. *Breast Cancer Research and Treatment*, 132(2), 631-639. doi: 10.1007/s10549-011-1922-3. PMC3314288
37. Kiernan, M., Moore, S. D., Schoffman, D. E., Lee, K., King, A. C., Taylor, C. B., et al. (2012). Social support for healthy behaviors: Scale psychometrics and prediction of weight loss among women in a behavioral program. *Obesity*, 20(4), 756-764. doi: 10.1038./oby.2011.293. PMC4718570
38. Middleton, K. M., Patidar, S. M., & Perri, M. G. (2012). The impact of extended care on the long-term maintenance of weight loss: A systematic review and meta-analysis. *Obesity Reviews*, 13, 509-517. doi: 10.1111/j.1467-789X.00972.X. PMID: 22212682
39. Milsom, V. A., Middleton, K. M., & Perri, M. G. (2011). Successful long-term weight loss maintenance in a rural population. *Clinical Interventions in Aging*, 6, 303-309. doi: 10.2147/CIA.S25389. PMC3230584
40. Nocera, J., Buford, T. W., Manini, T. M., Naugle, K., Leeuwenburgh, C., Pahor, M., et al. (2011). The impact of behavioral intervention on obesity mediated declines in mobility function: Implications for longevity. *Journal of Aging Research*, 2011, 392510. doi: 10.4061/2011/392510. PMC195552
41. Rejeski, W. J, Brubaker, P. H., Goff, Jr., D. C., Bearon, L. B., McClelland, J. W., Perri, M. G., et al. (2011). Translating weight loss and physical activity programs into the community to preserve mobility in older, obese adults in poor cardiovascular health. *Archives of Internal Medicine*, 171(10), 880-886. doi: 10.1001/archinternmed.2010.522. PMC4425192
42. Wohlgemuth, S. E., Lees, H. A., Marzetti, E., Manini, T. M., Aranda, J. M., Daniels, M. J., et al. (2011). An exploratory analysis of the effects of a weight loss plus exercise program on cellular quality control mechanisms in older overweight women. *Rejuvenation Research*, 14(3), 315-324. doi: 10.1089/rej.2010.1132. PMC3136739
43. Anton, S. D., Manini, T. M., Milsom, V. A., Dubyak, P., Cesari, M., Cheng, J., et al. (2011). Effects of a weight loss plus exercise program on physical functioning in overweight, older women: A randomized controlled trial. *Clinical Interventions in Aging*, 6, 141-149. doi: 10.2147/CIA.S17001. PMC3131984

44. Rickel, K. A., Milsom, V. A., Ross, K. M., Hoover, V. J., Peterson, N. D., & Perri, M. G. (2011). Differential response of African-American and Caucasian women to extended-care programs for obesity management. *Ethnicity and Disease, 21(2)*, 170-175. PMC3772655
45. Anton, S. D., Duncan, G. E., Limacher, M. C., Martin, A. D., & Perri, M. G. (2011). How much walking is needed to improve cardiorespiratory fitness? An examination of the 2008 Physical Activity Guidelines for Americans. *Research Quarterly for Exercise and Sport, 82(2)*, 365-370. PMC4126169
46. Wadden, T. A., Foreyt, J. P., Foster, G. D., Hill, J. O., Klein, S., O'Neil, P. M., et al. (2011). Weight loss with naltrexone SR/bupropion SR combination therapy as an adjunct to behavior modification: The COR-BMOD Trial. *Obesity, 19(1)*, 110-120. doi: 10.1038/oby.2010.147. PMC4459776
47. LaCroix, A. Z., Chlebowski, R. T., Manson, J. E., Aragaki, A. K., Johnson, K. C., Martin, L., et al. (WHI) Investigators (2011). Health outcomes after stopping conjugated equine estrogens among postmenopausal women with prior hysterectomy: A randomized controlled trial. *JAMA, 305(13)*, 1305-1314. doi: 10.1001/jama2011.382. PMC3656722
48. Janicke, D. M., Lim, C. S., Perri, M. G., Bobroff, L. B., Mathews, A. E., Brumback, B. A., et al. (2011). The Extension Family Lifestyle Intervention Project (E-Flip for Kids): Design and methods. *Contemporary Clinical Trials, 32(1)*, 50-58. doi: 10.1016/j.cct.2010.08.002. PMC3006088
49. Wylie-Rosett, J., Aragaki, A. K., Cochrane, B., Perri, M. G., Rosal, M. C., & Rapp, S. R. (2010). Cynicism: Incident diabetes and worsening of metabolic syndrome in postmenopausal women. *Diabetes & Metabolic Syndrome: Clinical Research and Reviews, 4(4)*, 187-189. doi: 10.1016/j.dsx.2010.09.006. PMC4317350
50. Chlebowski, R. T., Anderson, G. L., Gass, M., Lane, D. S., Aragaki, A. K., Kuller, L. H., et al. (2010). Estrogen plus progestin and breast cancer incidence and mortality in postmenopausal women. *JAMA, 304(15)*, 1684-1692. doi: 10.1001/jama.2010.1500. PMID: 20959578
51. Befort, C. A., Donnelly, J. E., Sullivan, D. K., Ellerbeck, E. F., & Perri, M. G. (2010). Group versus individual phone-based obesity treatment for rural women. *Eating Behaviors, 11(1)*, 11-17. doi: 10.1016/j.eatbeh.2009.08.002. PMC2823259

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**Books (authored):**

150. Richards, S., & Perri, M. G. (2002). *Depression: A primer for practitioners*. Thousand Oaks, CA: Sage Publications.
151. Perri, M. G., Nezu, A. M., & Viegner, B. J. (1992). *Improving the long-term management of obesity: Theory, research, and clinical guidelines*. New York: John Wiley & Sons.
152. Nezu, A. M., Nezu, C. M., & Perri, M. G. (1989). *Problem solving therapy for depression: Theory, research, and clinical guidelines*. New York: John Wiley & Sons.

**Book (edited):**

153. Richards, S., & Perri, M. G. (2010). *Relapse prevention for depression*. Washington, DC: American Psychological Association Publications.



**Book chapters and monographs:**

154. Perri, M. G., Laitner, M. H., & Ariel, A. H. (in press). Obesity. In C. S. Richards & L. M. Cohen (Eds.), *The Wiley Encyclopedia of Health Psychology, Volume III, Clinical Health Psychology and Behavioral Medicine*. Oxford, U.K.: John Wiley and Sons.
155. Perri, M. G., & Ariel, A. H. (in press). Maintenance of weight lost in behavioral treatment of obesity. In T. A. Wadden & G. A. Bray (Eds.), *Handbook of obesity treatment*. New York: Guilford Press.
156. Dutton, G. & Perri, M. G. (2016). Delivery, evaluation, and future directions for cognitive-behavioral treatments of obesity. In A. M. Nezu & C. M. Nezu (Eds.), *The Oxford handbook of cognitive and behavioral therapies*. New York: Oxford University Press.
157. Corsica, J. A., & Perri, M. G. (2012). Understanding and managing obesity. In A. M. Nezu, C. M. Nezu, & P. Geller (Eds.), *Comprehensive handbook of psychology: Health psychology*. New York: John Wiley & Sons.
158. Anton, S. D., & Perri, M. G. (2012). Disease prevention through lifestyle interventions for diet and physical activity. In P. Kennedy (Ed.), *The Oxford handbook of rehabilitation psychology*. New York: Oxford University Press.
159. Ross, K. M., & Perri, M. G. (2012). Adherence. In J. M. Rippe (Ed.) *Encyclopedia of lifestyle medicine and health*. Thousand Oaks, CA: Sage Publications.
160. Anton, S. D., Hand, K. A., & Perri, M. G. (2010). Problematic lifestyle habits. In R. Di Tomasso & B. A. Golden (Eds.), *Handbook of cognitive-behavioral approaches in primary care*. New York: Springer.
161. Perri, M. G., & Nackers, L. M. (2010). Obesity. In I. Weiner & E. Craighead (Eds.), *Corsini's encyclopedia of psychology* (4<sup>th</sup> ed., pp. 1107-1109). New York: John Wiley & Sons.
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165. Milsom, V. A., Perri, M. G., & Rejeski, W. J. (2007). Guided group support and the long-term management of obesity. In J. Latner & G. T. Wilson (Eds.), *Self-help for binge eating and obesity* (pp. 205-222). New York: Guilford Press.
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167. Perri, M. G., & Fox, L. D. (2005). Cognitive behavioral treatment of obesity. In A. Freeman (Ed.), *Encyclopedia of cognitive behavior therapy*. New York: Kluwer Academic/Plenum Publishers.
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175. Perri, M. G. (2001). Improving adherence in the treatment of obesity. In L. E. Burke & I. S. Ockene (Eds.), *Compliance in healthcare and research* (pp. 219-233). Armonk, NY: Futura Publishing.
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179. Perri, M. G. (1992). Improving maintenance of weight loss following treatment by diet and lifestyle modification. In T. A. Wadden & T. B. Van Itallie (Eds.), *Treatment of severe obesity by diet and lifestyle modification* (pp. 456-477). New York: Guilford Press.
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183. Krouse, J. H., & Perri, M. G., (1981). Assessing academic competence in adults: A review of dependent measures used in study improvement programs. *JSAS Catalog of Selected Documents in Psychology*, 11, 61. (Ms. No. 2316)

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185. Perri, M. G. (1977). Behavior modification of heterosocial difficulties: A review of conceptual, treatment, and assessment considerations. *JSAS Catalog of Selected Documents in Psychology*, 7, 75. (Ms. No. 1530)

### **SCIENTIFIC AND PROFESSIONAL PRESENTATIONS**

More than 200 oral and poster presentations at national and international meetings.

### **DOCTORAL STUDENTS (Dissertation Chair or Co-Chair)**

Vivian Bauman, in progress

Eliza Warren, in progress

Aviva Ariel, in progress

Melissa Laitner, 2017

Samantha Minski, 2016

Kristen Newell Medina, 2016

Danielle Lespinasse, 2015

Stacey Maurer, 2015

Valerie Hoover, 2014

Kathryn Ross, 2013

Rachel André, 2012

Lisa Nackers, 2012

Ninoska DeBraganza, 2010

Vanessa Milsom, 2010

Katie Rickel, 2008

Mary Murawski, 2007

Gretchen Ames, 2005

Nicole Berlant, 2004

Stephen Anton, 2003

William Kanasky, 2003, Co-Chair

Robert Newton, 2002

Patricia Durning, 2001, Co-Chair

Tricia Park, 1998, Co-Chair

Elizabeth Leermakers, 1995

Pamela Fuller, 1994

Donna Wollerman-Ronan, 1992

Patricia Arean, 1991

Barbara Viegner, 1991

Wendy McKelvey, 1990

David Renjilian, 1990

Eugene Patti, 1990

Diane Napolitano, 1990

Bonnie Weisener, 1989

Karen McCann, 1988

Sara Green Schmidt, 1988

John Krouse, 1980

William Plaxco, 1980

Peter Stalonas, 1980, Co-Chair

## **COURSES TAUGHT**

Health Promotion  
Health Psychology/Behavioral Medicine  
Clinical Health Psychology Practicum  
Addictive Behaviors  
Behavior Therapy  
Theories and Methods of Psychotherapy  
Personality and Behavior Change  
Theories of Personality  
Abnormal Psychology  
General/Experimental Psychology

## **PROFESSIONAL SERVICE**

### **Editorial and Review Activities:**

Associate Editor, 2010-2012, *Journal of Consulting and Clinical Psychology*  
Consulting Editor, 2000-2017, *Eating Behaviors*  
Consulting Editor, 2005-2008, *ACSM's Fitness and Health Journal*  
Associate Editor, 1996-1998, *The Behavior Therapist*  
Consulting Editor, 1992-1993, *Health Psychology*  
Consulting Editor, 1991-1993, *Annals of Behavioral Medicine*  
Associate Editor, 1987-1994, *Psychology of Addictive Behaviors*  
Consulting Editor, 1986-1989, *Journal of Consulting and Clinical Psychology*

### **Ad hoc reviewer:**

*Addictive Behaviors*  
*American Psychologist*  
*American Journal of Clinical Nutrition*  
*American Journal of Epidemiology*  
*American Journal of Preventive Medicine*  
*Annals of Behavioral Medicine*  
*Appetite*  
*Archives of Internal Medicine*  
*Behavioral Assessment*  
*Behavior Modification*  
*The Behavior Therapist*  
*Behavior Therapy*  
*Clinical Psychology Review*  
*Cognitive Therapy and Research*  
*Health Psychology*  
*International Journal of Behavioral Medicine*

*International Journal of Obesity*  
*JAMA*  
*Journal of Community Psychology*  
*Journal of Consulting and Clinical Psychology*  
*Journal of Counseling Psychology*  
*Journal of Personality Assessment*  
*The Lancet*  
*Medicine and Science in Sports and Exercise*  
*New England Journal of Medicine*  
*Obesity*  
*Obesity Research*  
*Pediatrics*  
*Psychosomatic Medicine*  
*Psychosomatics*  
*Preventive Medicine*  
*Psychological Bulletin*  
*Southern Medical Journal*

Member, 2015-2016, Institute of Medicine's Committee on Evaluating Approaches to Assessing Prevalence and Trends in Obesity

Consultant, 2014, HHS, Office of Disease Prevention and Health Promotion, 2015 Dietary Guidelines Advisory Committee.

Member, 2014, NIH Working Group on Innovations in Research to Improve Weight Loss Maintenance

Chair, 2010-2014, NIH/NHLBI Data and Safety Monitoring Board for the "EARLY Weight Loss Trials."

Member, 2002-2011, NIH/NIDDK Data and Safety Monitoring Board for the "Look AHEAD" trial of weight loss in patients with type 2 diabetes.

Member, 2004-2007, NIH/NHLBI Data and Safety Monitoring Board for the "POUNDS LOST" Trial.

Member, 2003-2007, NIH/NHLBI Data and Safety Monitoring Board for the "Weight Loss Maintenance Trial."

Member, 2001, NIH/NIDDK Protocol Review Committee for the “Look AHEAD” trial of weight loss in patients with type 2 diabetes.

Member, 2000-2008, External Advisory Board, Minnesota Obesity Center

Ad-hoc Member, 1993-2011, various NIH Special Emphasis Review Sections

External Reviewer: Tenure and Promotion Reviews for Other Institutions

University of Connecticut, 2017

University of Tennessee, 2016

George Washington University, 2016

Louisiana State University, 2016

University of Connecticut, 2016

University of Minnesota, 2016

Brown University, 2014, 2015

University of Colorado Denver, 2013

University of Kansas, 2012

Temple University, 2011

University of Massachusetts Boston, 2011

University of Connecticut, 2010

Louisiana State University, 2010

Brown University, 2000, 2009

University of Washington—Seattle, 1999, 1998, 2007

University of Texas Medical Branch, 2007

Texas Tech University, 2010, 2004, 1997

Mayo Medical School, 2004, 1998

University at Albany, 2003

University of Missouri-Kansas City, 2001

Northwestern University, 2000

Baylor College of Medicine, 1999, 1998

Medical College of Pennsylvania-Hahnemann University, 1995, 1998

Uniformed Services University of the Health Sciences, 1998

Syracuse University, 1995, 1996

Consulting Reviewer, 1994, National Academy of Science, Institute of Medicine, Committee to Develop Criteria for Evaluating the Outcomes of Approaches to Prevent and Treat Obesity

Scientific Consultant, 1991, Federal Trade Commissions’ investigation of commercial weight-loss programs

Consulting Reviewer, 1990, *Surgeon General’s Report*

## **PROFESSIONAL MEMBERSHIPS AND ACTIVITIES**

Member, 1978 to present, American Psychological Association (APA)

Member, Society of Clinical Psychology (Div. 12)

Member, Division of Health Psychology (Div. 38)

Chair (1995-1996), Convention Program Committee (APA Div. 12)

Member, 1995, Site Visit Accreditation Team

Member, 1994-1995, Convention Program Committee (APA Div.12)

Member, 1994-1995, Convention Program Committee (APA Div. 38)

Member, 1978 -2005, Association for Advancement of Behavior Therapy (AABT)

Assistant Program Chair, 1999-2000, 2000 AABT Convention

Member, 1994-1996, Committee on Academic Training of AABT

Member, 1994-1995, Program Committee for 1995 AABT Convention

Member, 1992-1993, Program Committee for 1993 AABT Convention

Member, 1981 to present, Society of Behavioral Medicine (SBM)

Member, 2001 SBM Convention Program Committee

Member, 1997 SBM Convention Program Committee

Member, 1995 SBM Convention Program Committee

Member, 1993 SBM Convention Program Committee

Fellow / Member, 1990 to present, The Obesity Society (formerly the North American Association for the Study of Obesity)

Member, 2007 to present, American Public Health Association

Member, 2007 to present, Association of Schools and Programs of Public Health

Member, Research Committee

Licensed Psychologist, State of Florida, PY 4419, 1990 to present



## **AWARDS AND HONORS**

Recipient, Distinguished Research Mentor Award, Society of Behavioral Medicine, 2013.

Recipient, Leadership Award, University of Florida Campaign for Charities, 2012.

Named "Robert G. Frank Endowed Professor of Clinical and Health Psychology," 2010.

Elected Member, Delta Omega Public Health Society, Beta Upsilon Chapter, 2010.

Recipient, Alachua County Florida Proclamation declaring March 23, 2010 as "Dr. Michael Perri and Team Haitian Relief Efforts Day."

Recipient, College of Public Health and Health Professions Leadership Award, 2009.

Recipient, Samuel M. Turner Award for Distinguished Contributions in Applied Clinical Research, Society of Clinical Psychology, American Psychological Association, 2008.

Distinguished Visiting Scholar, University of Kansas Medical Center, 2006.

Elected Fellow, Society of Clinical Psychology (Division 12) American Psychological Association, 2005.

Distinguished Visiting Scientist, Graduate Psychology Education Program, Texas Tech University, 2005.

Recipient, Distinguished Psychologist Award, Florida Psychological Association, North Central Florida Chapter, 2002.

Appointment, University of Florida Research Foundation Professorship, 2001-2004.

Diplomate in Clinical Psychology, American Board of Professional Psychology, 2001.

Recipient, AABT Certificate of Appreciation for distinguished service as co-chair of the 2000 convention

Elected Fellow, Society of Behavioral Medicine, 1999.

Expert Panel Member, American College of Sports Medicine Consensus Committee on Physical Activity and the Treatment of Obesity, 1998-1999.

Member, National Heart, Lung, and Blood Institute's Task Force on "Maintenance of Behavior Change in Cardiorespiratory Risk Reductions," 1998-1999.

Named Fellow, 1998, The Obesity Society (formerly the North American Association for the Study of Obesity).

Recipient, APA Division 12 Certificate of Appreciation for "distinguished service as Chair of the Program Committee 1996"

Elected Charter Fellow, Division on Addictions, American Psychological Association, 1995.

Recipient, Audrey Schumacher Faculty Award for Outstanding Achievement in Clinical and Health Psychology, University of Florida, 1994.

Recipient, Faculty Research Award, University of Florida College of Health-Related Professions, 1993.

Elected Fellow, Division of Health Psychology, American Psychological Association, 1991.

Recipient, Superior Performance Award, FDR VA Hospital, Montrose, NY, 1990.

Recipient, Community Service Award, Indianapolis United Way/Combined Federal Campaign, 1985.

Recipient, Superior Performance Award, Richard L. Roudebush VA Medical Center, Indianapolis, IN, 1985.

Recipient, Middlebush Graduate Fellowship, University of Missouri—Columbia, 1976-1977.

Recipient, US Public Health Service Fellowship, University of Missouri – Columbia. 1973-1975.

Recipient, Bronx Rotary Club Scholarship, Fordham University, 1972-1973.

Recipient, New York State Regents Scholarship, Fordham University, 1970-1973.