

August 2025

Angela Fidler Pfammatter, MS, PhD, FAHA, FSBM

Email: Angela@utk.edu

EDUCATION

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| 2002 | Barat College, Lake Forest, Illinois, USA
BA
Majors: Psychology, Dance/Movement Therapy
Minors: Dance Performance & Choreography, Theater |
| 2006 | Rosalind Franklin University of Medicine and Science, North Chicago, Illinois, USA
MS Clinical Psychology
Thesis: Neuroticism, Stress, and Performance |
| 2012 | PhD Clinical Psychology
Specialization: Health Psychology
Dissertation: A Placebo-Controlled Trial of Thermal Biofeedback Assisted Relaxation for the Treatment of Diabetic Neuropathy: An Evaluation of Outcomes and Mechanisms |

TRAINING

A. Research

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| 2013 – 2015 | Northwestern University Feinberg School of Medicine
Postdoctoral Research Fellow
Department of Preventive Medicine
Chicago, Illinois, USA
Mentor: Bonnie Spring, PhD, ABPP |
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B. Clinical

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| 2005 – 2006 | Anxiety and Obsessive Compulsive Disorders Program
Therapist
North Chicago, Illinois, USA
Supervisors: John Calamari, PhD & John Burns, PhD |
| 2006 – 2007 | Pain and Rehabilitation Clinic of Chicago
Health Psychology Extern
Chicago, Illinois, USA
Supervisor: Kenneth Lofland, PhD |
| 2007 – 2009 | University of Illinois Chicago Medical Center
Health Psychology Extern
Chicago, Illinois, USA
Supervisor: Sue Labott, PhD |
| 2009 – 2010 | Queen Elizabeth II Health Sciences Centre
Health Psychology Intern
Halifax, Nova Scotia, Canada |

Rotations: Internal Medicine (Obesity and Diabetes), Cardiology, Chronic Pain, Insomnia, Burn Unit, and Consultation/Liaison Service

2010 – 2013 Capital District Health Authority
Candidate Register Psychologist (Clinical Postdoctoral Training)
Halifax, Nova Scotia, Canada
Partners for Healthier Weight, Department of Cardiology

LICENSURE / CERTIFICATION

Nov 2010 – Dec 2013 Nova Scotia: PhD Registered Psychologist
2013 - Current Illinois: Licensed Clinical Psychologist #8704
2023 Mentorship Certificate, Northwestern University Feinberg School of Medicine

ACADEMIC APPOINTMENTS

2015 – 2017 Northwestern University Feinberg School of Medicine
Research Assistant Professor
Department of Preventive Medicine
Chicago, Illinois, USA

2017 - 2022 Northwestern University Feinberg School of Medicine
Associate Professor (effective 9/1/22)
Assistant Professor, Team Science Track
Department of Preventive Medicine
Chicago, Illinois, USA

2019 - 2022 Member, Cancer Prevention, Robert Lurie Comprehensive Cancer Center

2021 - 2022 Graduate Faculty, The Graduate School

2022 - Northwestern University Feinberg School of Medicine
Adjunct Associate Professor
Department of Preventive Medicine
Chicago, Illinois, USA

2022 - Graduate Faculty, The Graduate School

2022 - University of Tennessee, Knoxville
Senior Methodologist, College of Education, Health, and Human Sciences
Associate Professor of Public Health, Tenure Track
Knoxville, Tennessee, USA

HOSPITAL AND CLINICAL APPOINTMENTS

2004 – 2005 Kids First Health Fair
Behavioral Medicine Screener
Waukegan, Illinois, USA

2004 – 2005 Healthy Families Clinic
Therapist
Waukegan, Illinois, USA

2010 – 2013 Partners for Healthier Weight
Program Developer / Psychologist / Program Coordinator
Halifax, Nova Scotia, Canada

OTHER EMPLOYMENT

2010 – 2015 / 2023 - Independent Contractor

Research consultation, clinical practice educational materials, and health care provider training. Consulted on projects for Canadian drug companies, health authorities, and private research entities

METHODOLOGIST ROLE CONTRIBUTIONS IN CEHHS (by academic year, not captured elsewhere)

2022 – 2023 36 methods consultations with faculty on 17 submissions
College-wide seminar on implementation science
Created a summer professional development program for associate professors

2023 - 2024 25 methods consultations with faculty
2 University-wide presentations on methods
2 presentations to CEHHS graduate students on methods and research abstracts
Co-facilitated yearlong faculty professional development series

2024 - 2025 34 methods and grant consultations with faculty and faculty teams
Co-facilitated yearlong faculty professional development series and graduate seminar series
Newly held office hours each week to be openly available to faculty in Spring 2025
Led a session on new NIH scoring guidance for college faculty

PUBLICATIONS

Students, mentees, and trainees are italicized. Awards are underlined.

A. Peer-Reviewed Original Investigations

*Note that in computer science and engineering, conferences are the premier scientific publication venue with less than 20% acceptance rates rather than scientific journals. Oral presentation is expected for top publications.

1. Cox, J., Vallis M., **Pfammatter, A.**, Szpilfogel, C., Carr, B., O'Neill, B. (2013). A novel approach to cardiovascular health by optimizing risk management (ANCHOR): Behavioural modification in primary care effectively reduces global risk. *Canadian Journal of Cardiology*; 29:11, 1400-1407.
2. Labott, S., **Pfammatter, A.**, (2014). The role of the donor-recipient relationship in related donor reactions to stem cell donation. *Bone Marrow Transplantation*; 49, 831-835;
doi:10.1038/bmt.2014.38
3. Pellegrini, C., **Pfammatter, A.F.**, Conroy, D., Spring, B. (2015). Smartphone applications to support weight loss: Current perspectives. *Advanced Health Care Technologies*; 1, 13-22.
4. Rabbi, M., **Pfammatter, A.F.**, Spring, B., Zhang, M., Choudhury, T. (2015). Automated personalized feedback using smartphones: Development and feasibility study. *Journal of Medical Internet Research*; 3(2), e42.
5. **Pfammatter, A.F.**, Spring, B., Saligram, N., Dave, R., Gowda, A., Blais, L., Arora, M., Ranjani, H., Ganda, O., Reddy, S., Hedeker, D., Ramalingam, S. (2016). Arogya World's mDiabetes

intervention to improve health behaviors in India: A non-randomized, prospective, parallel cohort study. *Journal of Medical Internet Research*, 18(8) e207. PMCID: 4992169

6. Cohen, E., Stogin, W., Kalantarian, H., **Pfammatter, A.F.**, Spring, B., Alshurafa, N. (2016). SmartNecklace: Designing a wearable multi-sensor system for smart eating detection. *Proceedings of the 11th EAI International Conference on Body Area Networks, ICTS*; 33-37. (Acceptance Rate 30%)
7. Alharbi R, Nilofar V, Liu K, Moran K, Ledford G, **Pfammatter A**, Spring B, Alshurafa N, (2016). Investigating barriers and facilitators to wearable adherence in fine-grained eating detection. In *IEEE International Conference on Pervasive Computing Communications, PerCom 2016*. doi: 10.1109/PERCOMW.2017.7917597
8. **Pfammatter, A.F.**, Mitsos, A., Wang, S., Hood, S.H., Spring, B. (2017). Evaluating and improving recruitment and retention in an mHealth clinical trial: An example of iterating methods during a trial. *mHealth*: 3(49); doi: 10.21037/mhealth.2017.09.02. PMCID: PMC5682361
9. Spring, B., Pellegrini, C.A., **Pfammatter, A.F.**, Duncan, J.M., Pictor, A., McFadden, H.G., Siddique, J., Hedeker, D. (2017). Effects of an abbreviated obesity intervention supported by mobile technology: The ENGAGED randomized clinical trial. *Obesity*; 25(7), 191-1198. PMCID: PMC5487285
10. Conroy, D.E., Hedeker, D., McFadden, H.G., Pellegrini, C.A., **Pfammatter, A.F.**, Phillips, S.M., Siddique, J., Spring, B. (2017). Lifestyle intervention effects on the frequency and duration of daily moderate-vigorous physical activity and leisure screen time. *Health Psychology*; 36(4), 299-308. PMCID: PMC5357594.
11. Alharbi R, **Pfammatter A**, Spring B, Alshurafa N. (2017). WillSense: Adherence barriers for passive sensing systems that track eating behavior. *ACM CHI Conference on Human Factors in Computing Systems 2017*. <http://dx.doi.org/10.1145/3027063.3053271> (Acceptance Rate 20%)
12. Pellegrini, C.A., Conroy, D.E., Phillips, S.M., **Pfammatter, A.F.**, McFadden H.G., Spring, B. (2018). Daily and seasonal influences on dietary self-monitoring using a smartphone application. *Journal of Nutrition Education and Behavior*: 50(1):56-61.e1. doi: 10.1016/j.jneb.2016.12.004.
13. Spring, B., Pellegrini, C.A., McFadden, H.G., **Pfammatter, A.F.**, Ph.D., Stump, T.K., Juned Siddique, J., King, A.C., Hedeker, D. (2018) Multicomponent mHealth intervention for large, sustained change in multiple diet and activity risk behaviors: Make Better Choices 2 RCT. *Journal of Medical Internet Research*, 20(6), e10528. DOI: 10.2196/10528. PMCID: 6030572.
14. Alshurafa, N., Jain, J., Alharbi, R., Iakovlev, G., Spring, B., **Pfammatter A**. (2018). Is more always better?: Discovering incentivized mHealth intervention engagement related to health behavior trends. *Proceedings of the ACM on Interactive, Mobile, Wearable, and Ubiquitous Technologies*, 2(4), 153. DOI:10.1145/3287031 (Acceptance Rate 6-8%)

15. Alharbi R, Stump T, Vafaie N, **Pfammatter AF**, Spring B, Alshurafa N. (2018) I Can't Be Myself: Effects of Wearable Cameras on the Capture of Naturally Occurring Behavior in the Wild. *In Proceedings of the ACM on Interactive, Mobile, Wearable and Ubiquitous Technologies (IMWUT)*. doi: 10.1145/3264900. (Acceptance Rate in first round 6-8%)
16. Warnick, J., **Pfammatter, A.**, Galluzzi, T., Champion, K., Spring, B. (2019). Perceptions of health behaviors and mobile health applications in an academically elite college population to inform a targeted health promotion program. *International Journal of Behavioral Medicine*. 26(2): 165-174. DOI: 10.1007/s12529-018-09767-y. PMID: 30632092.
17. Spring, B., Stump, T., Penedo, F., **Pfammatter, A.F.**, Robinson, J. (2019). Toward a Health-Promoting System for Cancer Survivors: Patient and Provider Multiple Behavior Change. *Health Psychology*. 38(9): 840-850. DOI: 10.1037/hea0000760. PMID: 31436465.
18. **Pfammatter, A.F.**, Nahum-Shani, B., DeZelar, M., Scanlan, L., McFadden, H.G., Siddique, J., Hedeker, D. Spring, B. (2019). SMART: Study protocol for a Sequential Multiple Assignment Randomized Trial to optimize weight loss management. *Contemporary Clinical Trials*. 82, 36-45. DOI:10.1016/j.cct.2019.05.007. PMCID: PMC6624080.
19. Spring, B., Klyachko, E.A., Rak, P.W., McFadden, H.G., Hedeker, D., Siddique, J., Bardsley, L.R., **Pfammatter, A.F.** (2019). Online, cross-disciplinary team science training for health and medical professionals: Evaluation of COALESCE (teamscience.net). *Clinical and Translational Science*. 3(2-3), 82-89. DOI:10.1017/cts.2019.383. PMCID: PMC6802413.
20. **Pfammatter, A.F.**, Hoffman, S., Pellegrini, C., Daly, E. Davidson, M, Spring, B. (2020). Using the preparation phase of the Multiphase Optimization Strategy: Developing a messaging intervention component for weight loss. *JMIR Formative Research*, 4 (5), e16297. PMCID: PMC7254290
21. Spring, B.J., **Pfammatter, A.F.**, Marchese, S.H., Stump, T., Pellegrini, C., McFadden, H.G., Hedeker, D., Siddique, J., Jordan, N., Collins, L.M. (2020). A factorial experiment to optimize remotely delivered behavioral treatment for obesity: Results of the Opt-IN study. *Obesity*, 28 (9), 1652-1662. PMCID: PMC8045468
22. **Pfammatter, A.F.**, Champion, K.E., Finch, L.E., Siddique, J., Hedeker, D., Spring, B. (2020). A mHealth intervention to preserve and promote ideal cardiovascular health in college students: Design and protocol of a cluster randomized controlled trial. *Contemporary Clinical Trials*, 98, 106162. DOI: <https://doi.org/10.1016/j.cct.2020.106162>. PMID: 33038506. PMCID: PMC7686283
23. Spring, B., Stump, T.K., Battalio, S.L., McFadden, H.G., **Pfammatter, A.F.**, Alshurafa, N., Hedeker, D. (2021) Digitally characterizing the dynamics of multiple health behavior change. *Health Psychology*, 40(12):897-908. PMCID: PMC8355237
24. Schoenberg, N., Dunfee, M., Yeager, H., Rutledge, M., **Pfammatter, A.**, Spring, B. (2021) Rural residents' perspectives on a mHealth/personalized health coaching intervention: Insights from Focus groups and Key Informant Interviews. *JMIR Formative Research*. 5(2):e18853 doi: 10.2196/18853. PMCID: PMC7954651

25. Alshurafa N., Zhang S., Romano C., Zhang H., **Pfammatter A.F.**, Lin A.W. (2021) Association of number of bites and eating speed with energy intake: Wearable technology results under free-living conditions. *Appetite*. 167:105653. doi: 10.1016/j.appet.2021.105653. PMID: 34418505.
26. Ho, E., Jeon, M., Lee, M., Luo, J., **Pfammatter, A.F.**, Shetty, V., Spring, B. (2021). Fostering interdisciplinary collaboration: A longitudinal social network analysis of the NIH mHealth Training Institutes. *Journal of Clinical and Translational Science*. 20;5(1):e191. doi: 10.1017/cts.2021.859. PMCID: PMC8596066
27. Strayhorn, J.C., Collins, L.M., Brick, T.R., Hoffman Marchese, S., **Pfammatter, A.F.**, Pellegrini, C., Spring B.J (2022). Factorial Mediation: A tutorial on understanding intervention effects by conducting mediation analysis of data from a factorial optimization trial. *Translational Behavioral Medicine*. 18;12(1):ibab137. doi: 10.1093/tbm/ibab137. PMID:34698351.
28. **Pfammatter, A.F.**, Battalio, S., Olvera, C., DeZelar, M., Moore, D., Scanlan, L., Siddique, J., Spring, B., Chang, S. (2022). The EVO study protocol for a randomized controlled evaluation trial of an optimized weight management intervention. *Contemporary Clinical Trials*, 116. doi: 10.1016/j.cct.2022.106750 PMCID: PMC9133162
29. Battalio, S.L., **Pfammatter, A.F.**, Kershaw, K., Hernandez, A., Conroy, D., & Spring, B. (2022). Mobile Health Tobacco Cessation Interventions to Promote Health Equity: Current Perspectives. *Frontiers in Digital Health*, 4, 821049. doi: 10.3389/fdgth.2022.821049 PMCID: PMC9284415
30. Jinwen, L., Jeon, M., Lee, M., Ho, E., **Pfammatter, A.F.**, Shetty, V., Spring, B. (2022). Relationships between changing communication networks and changing perceptions of psychological safety in a team science setting: Analysis with actor-oriented social network models. *PLoS one*, 17(8), e0273899. doi: 10.1371/journal.pone.0273899 PMCID: PMC9432705
31. Jovanovic, C.E.S., Kalam, F., Granata, F., **Pfammatter, A.F.**, Spring, B. (2022). Validation and results of a novel survey assessing decisional balance for a whole food plant-based diet among adults. *Frontiers in Nutrition*, 9. doi: 10.3389/fnut.2022.958611 PMCID: PMC9557160
32. Schoenberg, N., Sherman, D.L., **Pfammattter, A.F.**, Roberts, M., Chih, M., Vos, S., Spring, B. (2022). Adaptation of the evidence-based Make Better Choices (MBC2) multiple diet and activity change intervention for a rural Appalachian population. *BMC Public Health*, 22:2043. doi: 10.1186/s12889-022-14475-0 PMCID: PMC9643925
33. **Pfammatter, A.F.**, Hughes, B.O., Tucker, B., Whitmore, H., Spring, B., Tasali, E., (2022). Development of a novel mHealth tool for Obstructive Sleep Apnea: Tracking continuous positive airway pressure adherence as a percent of time in bed. *Journal of Medical Internet Research*, 24(12):e39489. doi: 10.2196/39489. PMID:36469406 PMCID: PMC9764150
34. Alshurafa, N.I., Stump, T.K., Romano, C.S., **Pfammatter, A.F.**, Lin, A.W., Hester, J., Forman, E., Spring, B., (2023). Rationale and design of the SenseWhy Project: A passive sensing and

ecological momentary assessment study on characteristics of overeating episodes. *Digital Health*, 27;9. doi:10.1177/20552076231158314. PMID: 37138585.

35. Guastaferro, K., & **Pfammatter, A.F.** (2023). Guidance on selecting a translational framework for intervention development: Optimizing interventions for impact. *Journal of Clinical and Translational Science*, 7(1), E119. doi:10.1017/cts.2023.546 PMID: PMC10260336
36. Nahum-Shani, I., Dziak, J.J., Venera, H., **Pfammatter, A.F.**, Spring, B., & Dempsey, W., (2023). Design of experiments with sequential randomizations on multiple timescales: the hybrid experimental design. *Behavior Research Methods*. doi: 10.3758/s13428-023-02119-z.
37. Whipple, M., **Pfammatter, A.**, Spring, B., Rejeski, W.J., Treat-Jacobson, D., Domanchuk, K., Dressler, E., Ferrucci, L., Gildea, L., Guralnik, J., Harvin, L., Leeuwenburgh, C., Polonsky, T., Reynolds, E., Stowe, C., Sufit, R., Van Horn, L., Walkup, M., Ambrosius, W., McDermott, M. (2023). Study design, rational, and methodology for PROMote weight loss in obese peripheral artery disease patients to prevent mobility loss: The PROVE Trail. *Journal of the American Heart Association*. 12:e031182. doi: 10.1161/JAHA.123.031182. PMID: 37642035. PMCID: PMC10547361
38. Roddy, M., **Pfammatter, A.F.**, Mayberry, L., (2023). Optimizing adaptive stepped-care interventions to change adults' health behaviors: A systematic review. *Journal of Clinical and Translational Science*, 1-27. doi: 10.1017/cts.2023.618. PMID: PMC10514691
39. Fernandes, G., Choi, A., Schauer, J., **Pfammatter, A.F.**, Spring, B., Darwhiche, A., Alshurafa, N., (2023). An explainable artificial intelligence software tool for weight management experts (PRIMO): Mixed Methods Study. *Journal of Medical Internet Research*, 25:e42047. doi: 10.2196/42047. PMID: 37672333.
40. Spring, B., **Pfammatter, A.F.**, Scanlan, L., Daly, E., Reading, J., Battalio, S., McFadden, H.G., Hedeker, D., Siddique, J., Nahum-Shani, I., (2024). An adaptive behavioral intervention for weight loss management: A randomized clinical trial. *Journal of the American Medical Association (JAMA)*, 332(1):21-30. doi: 10.1001/jama.2024.0821. PMID:38744428. PMCID: PMC11094642.
41. McGuirt, J.T., Steeves, E.A., Labban, J.D., **Pfammatter, A.F.**, Allen, K., Kopper, R., Sun, Y., Gustafson, A., (2024). Multi-method formative evaluation of a digital online grocery shopping assistant among special supplemental nutrition program for women, infants, and children participants. *Journal of Nutrition Education and Behavior*, 56(8):556 – 568. doi: 10.1016/j.jneb.2024.04.004.
42. Battalio, S.L., Barrett, B., Arnaoudova, I.I., Press, D.J., Hedeker, D., **Pfammatter, A.F.**, Kershaw, K.N., Spring, B., (2024). The moderating effect of access to food facilities and recreational activity space on mHealth multiple health behavior change intervention. *Journal of Behavioral Medicine*, 47, 965-979. doi: 10.1007/s10865-024-00505-2.
43. Shahabi, F., Battalio, S., **Pfammatter, A.**, Hedeker, D., Spring, B., Alshurafa, N. (2024) A machine-learned model for predicting weight loss success using weight change features early in treatment. *Nature Partner Journal Digital Medicine*, 7, 344. doi: 10.1038/s41746-024-01299-y.

44. **Pfammatter, A.F.**, Siddique, J., Hedeker, D., McFadden, H.G., *Jovanovic, C.E.S.*, Olvera, C., Spring, B. (2025) NUYou: results from a cluster randomized trial testing a mHealth cardiovascular health intervention in young adults. *Journal of American College Health*, 1-11. doi: 10.1080/07448481.2025.2510688.

B. Invited Reviews and Commentaries

1. **Pfammatter, A.F.** (2015). Finding the release valves in the pressure cooker of campus life. White Paper for the NSF sponsored workshop on college student health held at Northwestern University.
2. Spring, B., **Pfammatter, A.F.**, Alshurafa, N. (2017). First steps into the brave new transdiscipline of mobile health. Commentary on McConnell, M.V., Shcherbina, A., Pavlovic, A., Homburger, J.R., Goldfeder, R.L., Waggott, D., Cho, M.K., Rosenberger, M.E., Haskell, W.L., Myers, J., Champagne, M.A., Mignot, E., Landray, M., Tarassenko, L., Harrington, R.A., Yeung, A.C., Ashley. *MyHeart Counts: A cardiovascular mobile health study. JAMA Cardiology*; 2(1): 76-78. doi:10.1001/jamacardio.2016.4440 PMID: 6433152.

C. Book Chapters

1. Spring, B. **Pfammatter, A.F.**, Conroy, D. (2019). Continuing professional development for team science. In: Hall K., Vogel A., Croyle R. (eds) *Strategies for Team Science Success*. Springer, Cham. doi:10.1007/978-3-030-20992-6_34.
2. Spring, B. **Pfammatter, A.F.**, *Hoffman, S., Warnick, J.L.* (2020). Research to Practice Translation. In MD Gellman & JR Turner (Eds.), *Encyclopedia of Behavioral Medicine*. New York, NY: Springer New York. doi: 10.1007/978-1-4614-6439-6 189-2.
3. Spring, B. **Pfammatter, A.F.**, *Hoffman, S., Warnick, J.L.* (2020). Translational Behavioral Medicine. In MD Gellman & JR Turner (Eds.), *Encyclopedia of Behavioral Medicine*. New York, NY: Springer New York. doi: 10.1007/978-1-4614-6439-6 189-2.
4. Spring, B. **Pfammatter, A.F.**, *Hoffman, S., Warnick, J.L.* (2020). Evidence Based Behavioral Medicine (EBBM). In MD Gellman & JR Turner (Eds.), *Encyclopedia of Behavioral Medicine*. New York, NY: Springer New York. doi: 10.1007/978-1-4614-6439-6 189-2.
5. Byrne, M., Marques, M., Pfammatter A.F. (in press). Complex interventions: A behaviour change perspective. In D Richards and IR Hallberg (Eds.), *Complex Interventions in Health*, 2nd Edition.

D. Patents

1. Tasali, R., Tucker, B., Hughes, B., Spring, B., **Pfammatter, A.F.** 2024. Systems and methods for positive airway pressure (PAP) treatment adherence or sleep optimization. International patent PCT/US2023/036473, filed October 31, 2023.

HONORS AND AWARDS

A. International

2018 IBTN Inaugural Summer Institute Attendee

	International Behavioural Trials Network
2022	Irish Implementation Science Training Institute (ISTI 2022) Trainee
	Health Research Board
2024	Invited Faculty
	International Behavioural Trials Network Summer School

B. National

2015, 2016	Quantified Self Public Health Symposium Travel Awardee
	Quantified Self Labs
2016	Early Career Award, Diabetes SIG
	Society of Behavioral Medicine
2017	mHealth Summer Training Institute Scholar
	UCLA, MD2K Center of Excellence
2017	Summer Institute on Randomized Behavioral Clinical Trials Invited Attendee
	OBSSR / ODP / NHLBI
2018	Optimization of Behavioral and Biobehavioral Interventions Trainee
	OBSSR, NIDA, The William T. Grant Foundation, The Pennsylvania State University
2018	NIH Loan Repayment Program Awardee
	NHLBI
2019 , 2022, 2023, 2024, 2025	Invited Faculty
	NIH/NSF mHealth Training Institutes, UCLA
2019, 2022, 2023, 2024	Invited Associate Instructor: Optimization of Behavioral and Biobehavioral Interventions
	OBSSR, NIDA, The William T. Grant Foundation, The Pennsylvania State University/New York University
2020, 2022	NIH Loan Repayment Program Renewal Awardee
	NHLBI
2022	Invited Panel Expert: Advances and Future Directions in Health Behavior Theory Research Workshop
	NIH/OBSSR
2023	Fellow Status (FSBM)
	Society of Behavioral Medicine
2024	Leadership Institute
	Society of Behavioral Medicine
2024	Fellow Status (FAHA)
	American Heart Association

C. Regional

2006	Midwest Pain Society Meeting Poster Competition (3 rd & 4 th)
	Midwest Pain Society

D. Institutional

2006	Student Council Appreciation Award
	Rosalind Franklin University of Medicine and Science
2006 & 2007	Women's Leadership Award

2015	Rosalind Franklin University of Medicine and Science Cancer Prevention and Control Travel Fellowship Robert H. Lurie Comprehensive Cancer Center of Northwestern University
2015	Postdoctoral Professional Development Travel Award Northwestern University, The Graduate School
2019	Searle Fellow Searle Center for Advancing Learning and Teaching, Northwestern University
2023	Leadership Acceleration and Development for Rising Stars Office of the Provost, University of Tennessee, Knoxville (UTK)
2023	Expanding Horizons Invited Participant Office of Research, Innovation, and Economic Development, UTK

FUNDED AND PENDING GRANT AWARDS (Unfunded awards are not listed)

A. Current

NIH/NHLBI
R01HL173291

Passport: Passive Real-time sensing for Conceptualizing Indicators of Stress and Eating.

Principal Investigator: Alshurafa & **Pfammatter**

Percent Effort: 15%

We will refine and deploy machine learning algorithms on a Band-Aid like device to detect stress and on an IR-enabled camera to detect overeating in real time.

Direct costs per year: 471,132

09/05/2025 - 06/30/2030

NIH/NIDDK
1R01DK125749

Evaluating the EVO treatment optimized for resource constraints: Elements Vital to treat Obesity

Principal Investigator: **Pfammatter**

Percent Effort: 25 - 35%

Direct costs per year: \$441,287

Total costs for project period: \$2,769,307

The goal of this project is to determine if EVO is non-inferior to DPP.

07/01/20-06/30/26

NIH/NHLBI
R34HL171722

Developing a Novel Adolescent Cardiovascular Health Promotion Program (CPP)

Principal Investigator: Marma

Role on Project: Co-Investigator

Percent Effort: 10%

Direct costs per year: \$165,820

Total costs for project period: \$730,437

We will co-develop, with adolescents, a health promotion program that combines evidence-based elements of existing adult-focused health promotion intervention with emotion regulation intervention.

3/1/2024 – 2/28/2027

NIH/NHLBI

R01HL167876

Interpregnancy as a Critical Period for Maternal-Child Cardiovascular Health in Pediatric Clinics:
Ancillary to Young Hearts

Principal Investigator: Marma

Role on Project: Co-Investigator

Percent Effort: 3%

Direct costs per year: \$598,332

Total costs for project period: \$ 3,735,670

We will examine the interpregnancy period as an opportune moment to assess and potentially intervene upon and support cardiovascular health.

3/1/2024 - 2/28/2029

NIH/NIDDK

R01DK12983

EAT: A Reliable Eating Assessment Technology for Free-living Individuals.

Principal Investigator: Alshurafa

Role on Project: Co-Investigator

Percent effort: 4 - 10%

Direct costs per year: 500,000

Total costs for project period: \$3,868,150

7/1/2021-6/30/2026

William T. Grant Foundation

Institutional Challenge Grant

Using implementation science to reduce health disparities in youth & families: A university – federally qualified health center partnership

Principal Investigator: Gordon

Role on Project: Co-Investigator

Percent Effort: 2%

Total costs for project period: \$650,000

This project aims to push forward the UTK and Cherokee Health FQHC partnership by supporting the development, adaptation, and evaluation of an implementation science program and implementation of a clinical intervention to decrease health disparities in young pregnant people.

3/1/2024 - 2/28/2027

NIH/NIDA

R25DA049699

Optimization of behavioral and biobehavioral interventions: Building investigator capacity nationwide

Principal Investigator: Collins

Role of Project: Consultant

Total costs for project period: \$690,000

The work will develop training aimed at increasing the number of scientists proficient in and funded for optimization of behavioral and biobehavioral interventions.

6/1/2024 - 5/31/2028

NIH/NHLBI

R61HL169357

FAMily-centered WEight Loss for Black Adults (FAM WEL B-ing): Optimization and Evaluation using Multiphase Optimization Strategy (MOST) and Social Network Analysis (SNA)

Principal Investigator: Samuel-Hodge

Role: Consultant

Total costs for project period: \$774,005

We propose a study using the Multiphase Optimization Strategy (MOST) to determine the optimal combination of family components and component levels, and Social Network Analysis (SNA) to identify how interactions within the social networks (family and non-family) influence individual behaviors among Black adults in a family-centered behavioral weight loss interventions.

5/01/2024 -4/30/2029

NIH/NICHD

R21HD115080

Preparing for obesity treatment optimization: A mixed methods study with transition-age autistic youth

Principal Investigator: Kushner

Role on Project: Consultant

Total cost for project period: \$296,945

This project uses a co-design and mixed-methods approach to develop intervention components specifically for transition age autistic youth to promote weight management.

7/10/2024 - 6/30/2026

NIH/NIDDK

R01DK136214

Sleep extension: A novel intervention for weight loss in young adults

Principal Investigator: Tasali

Role on Project: Consultant

Direct costs per year: \$537,593

This project will test a novel sleep extension prescription on weight loss outcomes.

9/15/2023 – 8/31/2028

NIH/NIDCD

R44DC022498

Hub4Smell: Advancing human olfactory research through digital innovation and community engagement

Principal Investigator: Kedziora & Parma

Role on Project: Consultant

Direct costs per year: \$1,078,397

This project will launch digital tools for collection, curation and analysis of human olfactory data to develop a community research resource and validate smell testing on health outcomes.

5/1/2025 – 4/30/2028

American Heart Association

Impact of Shared Social Norms

Principal Investigator: Tran

Role on Project: Primary Mentor

Percent effort: 3%

This proposal will investigate social norms in individuals and their caregivers that are participating in cardiac rehabilitation.

4/1/25 – 3/30/28

NIH/NHLBI

K01HL161417

Designing with dissemination in mind: Development and evaluation of a theory-based physical activity intervention using the Multiphase Optimization Strategy

Principal Investigator: Ostendorf

Role on Project: Mentor

Percent effort: In Kind

4/15/22 – 3/31/27

NIH/NIDDK

K23DK140531

Optimizing an adaptive self-care support intervention for adults with Type 2 diabetes leveraging their social relationships

Principal Investigator: Roddy

Role on project: Consulting Mentor

Percent effort: In Kind

08/01/24 – 4/30/29

B. Pending

NIH/NIA

1R01AG068421 (renewal)

Negotiating training to optimize caregiver communication in Alzheimer's disease

Principal Investigator: Lindquist

Role: Co-Investigator

Percent Effort: 10%

The goal of this project is to adapt training using the Multiphase Optimization Strategy for caregivers of those with Alzheimer's disease. The training will be tailored and optimized for family caregivers to decrease stress, burden, and anxiety.

NIH/NINR

K01

Influence of shared health eating and activity norms within cardiac rehab patient – caregiver social networks on behavior maintenance

Principal Investigator: Tran

Role: Primary Mentor

Percent Effort: In Kind

C. Past/Completed Funding

NIH/NIA

1R01AG068421

Negotiating training to optimize caregiver communication in Alzheimer's disease

Principal Investigator: Lindquist

Role: Co-Investigator

Percent Effort: 7-10%

Direct costs per year: \$496,730

The goal of this project is to adapt training using the Multiphase Optimization Strategy for caregivers of those with Alzheimer's disease. The training will be tailored and optimized for family caregivers to decrease stress, burden, and anxiety.

09/15/20-05/05/25

NIH/NHLBI

F31HL162555

A Mixed-Methods Evaluation of mHealth Weight Management for Racial/Ethnic Minorities

Principal Investigator: Battalio

Role on Project: Sponsor

Percent Effort: In Kind

06/01/2022 – 5/31/2025

NIH/NIMHD

K23 MD015092

Using the Multiphase Optimization Strategy to Optimize a Culturally Tailored Online Behavioral Weight Loss Intervention for Sexual Minority Women

Principal Investigator: Panza

Role on project: Consultant

Percent effort: In Kind

NIH/NIDDK

R01DK134629

SMARTer Weight Loss Management

Principal Investigators: **Pfammatter** & Spring

Percent Effort: 7-8%

Direct costs per year: \$438,276

Total costs for project period: \$3,163,659

This project will compare an optimized stepped-care weight management intervention to the Diabetes Prevention Program.

06/01/2023 – 02/28/2024

NIH/NCI

T32CA193193

Behavioral and psychosocial research training in cancer prevention and control

Principal Investigators: Spring & Yanez

Role on Project: Mentor

Percent Effort: In Kind

Total cost per year: \$454,466

This training grant supports post-doctoral trainees in acquiring experience in rigorous research in the area of cancer prevention and control from a behavioral and psychosocial perspective.

7/1/2020 – 8/31/22

NIH/NHLBI

1R01HL152714-01

Implementing an evidence-based mHealth healthy diet and physical activity intervention: Make Better Choices 2 for rural Appalachia

Principal Investigator: Schoenberg

Role on Project: Co-Investigator / Consultant

Percent Effort: 0 - 10.5%

Direct costs per year (Sub-contract): \$226,323

The goals of this project is to deliver treatment components to participants are consistent with evidence-based behavior change principles and that they provide lifestyle coaches with the systems support and information they need to coach effectively.

04/01/20-03/31/25

NIH/NIDDK

1R01DK125749-01

Methodological and data-driven approach to infer durable behavior change from mHealth

Principal Investigator: Spring

Role on Project: Co-I / Consultant

Percent Effort: 0 - 10%

Direct costs per year: \$474,903

The goal is to apply existing location scale methods to test the hypothesis that effective interventions will improve the location and reduce the scale of targeted behaviors across all trials. Because existing methods only measure scale at the group level and cannot measure the change in an individual's behavioral consistency that we need to personalize treatment adaptation,

07/01/20-06/30/25

NIH/NIDDK

R01 DK111727-01

Treatment of Sleep Apnea in Prediabetes: A Randomized Clinical Trial

Principal Investigator: Tasali

Role on project: Co-Investigator/ Consultant

Projected Percent Effort: 0 - 10%

Direct cost per year: \$178,571

The goal is to develop and test an mHealth intervention to support adherence to the use of CPAP and a lifestyle intervention to facilitate weight loss in adults with sleep apnea.

8/1/2019-3/31/2024

NIH/NIDDK

R01 DK111727-S

Supplement to: Treatment of Sleep Apnea in Prediabetes: A Randomized Clinical Trial

Principal Investigator: Tasali

Role on project: Co-Investigator

Projected Percent Effort: 6.5%

Direct cost per year: \$235,460

This supplement will enable the development of an open source platform to share software and data for the purpose of behavioral intervention development and testing.

8/1/2023-7/31/2024

NIH/NCI

P50CA271353

Scalable TELeheaLth Cancer CARE: The STELLAR Program to Treat Cancer Risk Behaviors

Principal Investigator: Spring

Role on Project: Co-I/ Consultant

Percent Effort: 0%

Direct costs per year: \$699,144

This center grant supports activities related to integrating evidence based, technology assisted risk behavior treatments into the cancer care continuum.

08/01/2022 – 07/31/2027

NIH/NHLBI

1UG3HL141729-01

PRomote weight loss in obese PAD patients to prevent mobility loss: The PROVE Trial

Principal Investigator: McDermott

Role on project: Co-Investigator/ Consultant

Percent Effort: 0 - 10%

Direct cost per year: \$396,472

The goal of this project is to compare mHealth and group based interventions to support either exercise alone or exercise plus weight loss on physical function in adults with peripheral artery disease.

07/01/2019 – 3/31/25

NIH/NCI

R01 CA262357

Optimization of a mHealth Physical Activity Promotion Intervention with Mindful Awareness for Adolescent and Young Adult Cancer Survivors

Principal Investigator: Phillips

Role on Project: Key Personnel

Percent Effort: 1%

Total costs for project period: \$1,813,895

09/01/21-07/31/26

NIH/NIDDK

R01 DK108678

Smart Weight Loss Management

Principal Investigator: Spring

Role on project: Key Personnel, Clinical Supervisor

Percent effort: 1%

Direct costs per year: \$680,000

Total costs for project period: \$3,321,320

3/1/2016 – 12/31/2022

NCATS

UL1 TR001422

The Northwestern University Clinical and Translational Sciences Institute (NUCATS)

Principal Investigator: Lloyd-Jones

Role on project: Co-I, Team Science Lead
Percent effort: 20%
Direct costs per year: \$1,121,606
Total costs for project period: \$27,200,000
8/12/2015 – 6/30/24

NIH/Center of Excellence for Mobile Sensor Data to Knowledge (MD2K)
U54 EB020404
Principal Investigator: Kumar
Role on project: Clinical Supervisor
Percent effort: 1%
Direct costs per year (NU Subcontract): \$66,045
Total costs for project period: \$10,800,000
07/1/14-06/30/19)

NCATS
UL1TR001422-04S1
Principal Investigator: Lloyd-Jones
Role on project: Team Science Faculty
Percent effort: 6%
Total costs for project period: \$597,202
8/28/2018 – 8/27/2019

Northwestern University
Primary Care Catalyzer
Optimizing Provider Management of Obesity in a Large Network of Primary Care Practices
Principal Investigator: Spring
Role on project: Co-Investigator
Percent effort: No effort allowable
Direct costs per year: \$25,000
Total costs for project period: \$25,000
9/1/2017-9/1/2019

American Heart Association
Strategically Focused Prevention Research Network
Health Intervention to Preserve and Promote Ideal Cardiovascular Health
Center Principal Investigator: Greenland
Clinical Principal Investigator: Spring
Role on project: Co-Author, Project Coordinator
Percent effort: 50- 5%
Direct costs per year (Clinical Science Project Only): \$280,000
Total costs for project period: \$3,709,200
07/1/14-06/30/19

Northwestern University
Cancer Projects Using the EDW

Informing optimization of obesity management by investigating provider use of obesity best practice alerts in the EHR

Principal Investigator: **Pfammatter**

Percent effort: No effort allowable

Direct Costs per year: \$900

Total costs for project period: \$900

1/14/2019 – 4/14/2019

NIH/NIDDK

R01 DK097364

Opt-IN: Optimizing INTensive Lifestyle Intervention for Weight Loss

Principal Investigators: Spring and Collins

Role on project: Clinical Supervisor

Percent effort: 1%

Direct costs per year: \$392,861

Total costs for project period: \$2,430,386

09/17/12-08/31/18

Northwestern University

NUCATS Voucher

Tailoring Interventions to Initiate and Maintain Cardiovascular Disease Risk in a Primary Care Setting

Principal Investigator: **Pfammatter**

Percent effort: No Salary

Direct costs per year: \$1,600

Total costs for project period: \$1,600

11/1/2016 – 10/31/2017

Data Science Initiative

Research Support Program

Conceptualizing and Leveraging Engagement to Optimize mHealth Intervention Systems

Principal Investigator: **Pfammatter**

Percent effort: No Salary

Direct costs per year: \$35,000

Total costs for project period: \$35,000

1/19/2017 – 9/15/2017

Data Science Initiative

Research Support Program

Redefining Gold Standard Measures for Obesity-Related Research

Principal Investigator: Alshurafa

Role on project: Co-Principal Investigator

Percent effort: No Salary

Direct costs per year: \$35,000

Total costs for project period: \$35,000

1/19/2017 – 9/15/2017

Lynn Sage Cancer Research Foundation Research Grants Initiative FY 2015

Intervention to Enhance Dietary Adherence for Breast Cancer Prevention

Principal Investigator: Spring

Role on project: Co-Author, Project Coordinator

Percent effort: 10%

Direct costs per year: \$50,000

Total costs for project period: \$50,000

09/1/2014 – 08/30/2017

Avon Foundation Breast Cancer Research and Care Program at the Robert H. Lurie Comprehensive Cancer Center of Northwestern University

A Pilot study of Time Restricted Feeding in Obese/Overweight Pre & Postmenopausal Women

Principal Investigator: Spring

Role on project: Clinical Supervisor, Project Coordinator

Percent effort: 27%

Direct costs per year: \$38,160

Total costs for project period: \$38,160

09/1/2014 – 08/30/2017

NIH/NHLBI

R01 HL075451

Make Better Choices (MBC2) Multiple Behavior Change in Diet and Activity

Principal Investigator: Spring

Role on project: Clinical Supervisor

Percent effort: 10%

Direct costs per year: 493,548

Total costs for project period: \$3,618,153

12/01/03 - 04/30/15

Robert H. Lurie Comprehensive Cancer Center of Northwestern University

Online Image Perception Study: Development of an Implicit Food Attitude Measure

Principal Investigator: Spring

Role on project: Project Coordinator

Percent effort: 24%

Direct costs per year: \$25,000

Total costs for project period: \$25,000

2013 – 2014

QEII Foundation, Halifax, Nova Scotia

The Intensive Intervention: A Novel Approach to Cardiovascular Health by Optimizing Risk Management (ANCHOR)

Principal Investigators: Vallis and **Pfammatter**

Role on project: Co-Principal Investigator, Clinical Supervisor, Project Coordinator, Statistical and Database Management

Percent effort: 50%

Direct costs per year: \$125,000

Total costs for project period: \$250,000

2011- 2013

Pfizer Canada, Department of Cardiology, Capital District Health Authority, Halifax, Nova Scotia
A Novel Approach to Cardiovascular Health by Optimizing Risk Management (ANCHOR)

Principal Investigators: Cox, Vallis, and **Pfammatter**

Role on project: Co-Principal Investigator, Clinical Supervisor, Project Coordinator, Statistical and Database Management

Percent effort: 50%

Direct costs per year: \$250000

Total costs for project period: \$2500000

2006 – 2013

Midwest Pain Society Trainee Research Grant

Thermal Biofeedback for the Treatment of Diabetic Neuropathy

Principal Investigator: **Pfammatter**

Percent effort: No Salary

Direct costs per year: N/A

Total costs for project period: \$6000

6/2007

Insulin Dependent Diabetes Trust

Thermal Biofeedback for the Treatment of Diabetic Neuropathy

Principal Investigator: **Pfammatter**

Percent effort: No Salary

Direct costs per year: N/A

Total costs for project period: £10,000

4/2007 – 5/2012

Rosalind Franklin University Internal Funding

Individual Differences After a Laboratory Stressor

Principal Investigator: Zakowski

Role of project: Co-Investigator

Percent effort: No Salary

Direct costs per year: N/A

Total costs for project period: \$5000

5/2004 – 5/2006

INVITED LECTURES, SEMINARS, AND PANELS

A. International

- | | |
|------|--|
| 2013 | Symposium: Vascular 2013, Montreal, QC
<i>Post-surgical Psychosocial Effects: Beyond the Weight Loss</i> |
| 2020 | International Behavioural Trials Network Global 2020 Conference
<i>Development of a Weight Loss Intervention Considering Resource Constraints</i> |
| 2023 | International Congress on Behavioral Medicine, 2023
<i>The EVO Study: A Remotely Implemented Trial to Evaluate and Optimized Intervention for Weight Management</i> |
| 2023 | International Congress on Behavioral Medicine, 2023
<i>INSPIRE Early Career Panel</i> |

- 2023 International Congress on Behavioral Medicine, 2023
Invited Symposium: Applying the ORBIT model to Behavioral Intervention Development and Testing in the Context of Obesity, Metabolic Syndrome, Dementia, and Child Mental Health: A Joint ISBM-IBTN Symposium
- 2024 International Behavioral Trials Network 2024 Summer School
Intervention optimisation and novel designs: Introduction to MOST, Just-in-time adaptive interventions, and microrandomized trials.

B. National

- 2017 SBM Preconference Course, Behavioral Intervention Technologies SIG
Getting the Tech You Need: Defining and Sourcing the Right Technology for Behavioral Science
- 2017 SBM Discussant
One Size Doesn't Fit All: Tailoring Interventions to Address Individual Variability in Treatment Response
- 2018 mPower NIH/NSF Working Group Webinar
Finding Novel Proximal Indicators of Distal Health Behaviors in mHealth Interventions
- 2019 American Heart Association/Telligen National Webinar
Motivational Interviewing: Strategies for Tobacco Cessation and Management of Cardiovascular Health
- 2019 American Heart Association Scientific Sessions, Philadelphia, PA
Just in Time Adaptive Interventions – May the Force Be With You for Weight Loss
- 2019 American Heart Association Scientific Sessions, Philadelphia, PA
Use of Digital Health Technologies to Foster Adherence and Health Literacy
- 2021 Society of Behavioral Medicine, Behavior Change Grand Rounds Webinar
Choosing the right research design in the Multiphase Optimization Strategy (MOST)
- 2021 Society of Behavioral Medicine, Pre-conference Workshop
Practicalities of the Multiphase Optimization Strategy (MOST): How to effectively and efficiently conduct an optimization trial
- 2021 American Heart Association/American Diabetes Association, Know Diabetes by Heart Webinar
Foundations of Brief Behavioral Counseling for Healthcare Providers
- 2021 New York University School of Global Public Health
Developing a Weight Management Program Considering Resource Constraints
- 2022 Indiana University School of Public Health
Optimizing for Population Engagement in Healthy Behavior
- 2022, 2023 Introduction to MOST Training
The Sequential Multiple Assignment Randomized Trial
- 2022 mHTI Intensive Training
Frameworks for Developing Behavioral Interventions
- 2023 Society of Behavioral Medicine, Pre-conference Workshop
Matching the right research design to your research question: Advanced topics in intervention optimization
- 2022- 2024 Society of Behavioral Medicine Annual Meeting
Words of Wisdom: Breakfast Roundtable Mentoring Session
- 2023 mHTI Intensive Training
Understanding engagement strategies in digital behavioral interventions (online webinar)
Methods Monday (in-person seminar)

2023 Keynote Speaker, Nutrition Obesity Research Center Retreat, University of Colorado Anschutz Medical Campus
Cracking the complexity: Rethinking our understanding of multicomponent interventions

C. Regional

2009 Centre for Health Care of the Eldery: NEGUS Education Days
I Get By With a Little Help From My Friends: Helping Teams Work

2010 Adherence Workshop: Millbrook First Nations
How Do We Get Them to Do What We Know is Good For Them?

2019 American Heart Association, Metro Chicago Smoking Cessation Initiative
Motivational Interviewing Training

D. Local (External to Institution)

2010 Invited Talk: QEII Health Sciences Centre Burn Unit
The Psychosocial Impact of Burns

2011 – 2012 Family Practice Nursing Program: Foundation Week
Moving Mountains: The Role of Behaviour Change in Clinical Intervention

2011 – 2013 Family Medicine Orientation: Dalhousie University
Maximizing Interventions by Improving Adherence to Behavioural Agreements

2013 Expert Panel Discussion: Dalhousie University
Obesity and Stigma

2016 Invited CME Seminar, Healthy Hearts in the Heartland
Using Motivational Interviewing to Address Patient Barriers

2020 Invited Professional Development Seminar, University of Chicago
Obesity Management in the Adult Population

CONFERENCE ACTIVITY

A. Oral Abstract Presentations (* denotes presenting author, italicized denotes student or mentee)

1. Zakowski, S.G.*, Herzer, M., **Fidler, A.**, and Dittoe, S. (2004). Differential effects of emotional disclosure in male and female cancer patients. Paper presented the meeting of the International Psycho-Oncology Society, Copenhagen, Denmark.
2. Zakowski, S. G.*, **Fidler, A.**, Dittoe Barrett, S., Herzer, M., Schmaus, B., and Boquiren, V. (2006). Intrusive thoughts are less distressing after an emotional disclosure intervention in female patients. Paper presented at the IV World Congress on Traumatic Stress, Buenos Aires, Argentina.
3. Dittoe Barrett, S.*, **Fidler, A.**, Pontarelli, N., Zakowski, S.G. (2007) Similarities and Differences in Coping and distress in African-American, Asian, Hispanic, and non-Hispanic White Medical and Graduate Students. Presented at the annual convention of the American Psychosomatic Society, Budapest, Hungary.
4. Spring, B.*, Pellegrini, C., **Pfammatter, A.F.**, McFadden, H.G., Driver, S., Hedeker, D., Siddique, J. (2014) Advanced Mobile Technology to Evaluate and Intervene on Eating Behaviors to Produce Weight Loss. Invited presentation to Obesity Society's Annual Scientific Meeting symposium on "Real-Time Measurement of Health Behaviors: Improved Behavior Change or a Distraction?" Boston, Massachusetts.

5. Lu, A.S.*, **Pfammatter, A.**, Spring B. (2014). Implicit health communication for dietary behavior prediction and intervention. Paper presented at the Kentucky Conference on Health Communication, Louisville, KY.
6. Spring, B.*, Pellegrini, C., McFadden, H.G., **Pfammatter, A.**, Siddique, J., Hedeker, D., (2015). Clinical trial of a mobile health intervention for simultaneous versus sequential diet and activity change. American Heart Association Scientific Sessions, Orlando, FL.
7. Collins, L.M.*, Pellegrini, C., **Pfammatter, A.F.**, *Hoffman, S.A.*, Spring, B. (2015). Using the multiphase optimization strategy (MOST) to develop an effective and scalable weight loss intervention. Poster presented at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Edinburg, Scotland.
8. Pellegrini, C.*, Conroy, D., **Pfammatter, A.F.**, Phillips, S.M., McFadden, H.G., Spring, B. (2015). Modeling daily dietary self-monitoring using intensive longitudinal data. *Annals of Behavioral Medicine*, 49, S85.
9. Spring, B.*, Pellegrini, C. A., McFadden, H. G., **Pfammatter, A.**, Siddique, J., & Hedeker, D. (2015). Clinical Trial of a Mobile Health Intervention for Simultaneous versus Sequential Diet and Activity Change. *Circulation*, 132: 23, 2270.
10. Alharbi, R., Matta, R., Hedeker, D., Iakovlev, G. **Pfammatter, A.F.**, Spring, B., Alshurafa, N.* (2016). Using a mixed-effects location scale model to examine factors that influence overeating behaviors among college students. *Proceedings of the Wireless Health 2016 on National Institutes of Health*.
11. **Pfammatter, A.F.***, Spring, B., Saligram, N., Dave, R., Gowda, A., Blais, L., Kaufman, F., Ranjani, H., Ganda, O., Hedeker, H., Reddy, S., Arora, M. (2016). Preventive Medicine for those who need it most: Changing health behaviors in India, one text at a time. *Annals of Behavioral Medicine*, 50, S74. Early Career Award, Diabetes SIG
12. **Pfammatter, A.F.***, Thomaz, E., Moran, K., Spring, B., (2016). A case study in new technology-based approaches to eating detection, prediction, and intervention. *Annals of Behavioral Medicine*, 50, S206.
13. Alshurafa, N.*, **Pfammatter, A.F.***, Sazonov, E.* (2018). Passive sensing of eating behaviors in the wild: Current state of the art and implications for obesity research. *Annals of Behavioral Medicine*, 52(Sup 1): S152.
14. **Pfammatter, A.F.*** (2018). From sensing to theory: Implications of capturing naturally occurring behaviors in the wild. *Annals of Behavioral Medicine*, 52(Sup 1): S153.
15. **Pfammatter, A.F.***, *Ledford, G., Hood S., Arca, S., Wang, S.*, Spring, B., (2017) Embracing iteration guided by mixed method evaluation during mHealth clinical trials. *Annals of Behavioral Medicine*, 51, S1651-S1652.

16. Alshurafa, N.*, **Pfammatter, A.F.**, Spring, B. (2017). Passive sensing of eating behaviors: Current state of the art and implications for behavioral medicine research. *Annals of Behavioral Medicine*, 51, S2375.
17. **Pfammatter, A.F.***, Moran, K., Spring, B. (2017). Leveraging passive sensing for just in time adaptive interventions on eating. *Annals of Behavioral Medicine*, 51, S2376-S2377.
18. **Pfammatter, A.F.***, Alshurafa, N., Spring, B., (2017). Using machine learning to refine behavior change theory: The case of participant engagement in mHealth intervention. *Annals of Behavioral Medicine*, 51, S2405.
19. Alshurafa, N.*, **Pfammatter, A.F.***, Sazonov, E.* (2018). Passive sensing of eating behaviors in the wild: Current state of the art and implications for obesity research. *Annals of Behavioral Medicine*, 52(Sup 1): S152.
20. **Pfammatter, A.F.***, *Alharbi, R.*, Alshurafa, N. (2018). From sensing to theory: Implications of capturing naturally occurring behaviors in the wild. *Annals of Behavioral Medicine*, 52(Sup 1): S153.
21. Hoffman, S.A.*, **Pfammatter, A.F.**, Pellegrini, C.A., McFadden, H.G., Collins, L.M., Spring, B. (2018) A MOST factorial experiment to optimize a weight loss intervention: 3-month outcomes of the Opt-IN trial. *Annals of Behavioral Medicine*, 52(Sup1): S180
22. Rak, P., Klyachko, K., **Pfammatter, A.F.**, McFadden, Hansen, M., Shetty, V., Spring, B.* (2018). An exploration of how emergent collaboration patterns relate to project performance of embedded interdisciplinary mHealth teams. Presented at NU Research Day, Chicago, IL and SciTS, Galveston, TX
23. Mielenz, T.*, Brincks, A.*, **Pfammatter, A.***, StGeorge, S., Cavallo, D. (2019). Overcoming barriers to NIH funding for optimization of behavioral and biobehavioral interventions. *Annals of Behavioral Medicine*, 52(Sup 1): S169.
24. **Pfammatter, A.F.***, *Bell, R.*, Alshurafa, N., Spring, B. (2019). Revealing meaningful engagement in mHealth interventions using machine learning. *Annals of Behavioral Medicine*, 52(Sup 1): S422
25. Bardsley, L.R.*, **Pfammatter, A.F.**, Mcfadden, H.G., Hedeker, D., Siddique, J.H., Klyachko, E.A., Rak, P., Spring, B. (2019). COALESKE (teamscience.net) online interdisciplinary research training: A promising beginning, new advances, and future directions. Association for Clinical and Translational Science, Washington, D.C.
26. **Pfammatter, A.F.*** (2019) Patterns of newly formed interdisciplinary collaborations over time during an immersive training experience. Science of Team Science, Lansing, Michigan.
27. Stump, T.*, Spring, B., Li, Y., Phillips, A., Rothman, A., McFadden, H.G., Alshurafa, N. **Pfammatter, A.F.**, Siddique, J., Hedeker, H., Hay, J.L., Schofield, E.A., (2019). Novel methods of

conceptualizing and assessing health habits using intensive longitudinal data. *Annals of Behavioral Medicine*, 53(Sup 1): S415.

28. Spring, B.*, **Pfammatter, A.F.**, Hoffman, S., Pellegrini, C., McFadden, H.G., Siddique, J., Hedeker, D., Collins, L. (2019) Determining the optimal 6-month weight loss treatment package: Results of the Opt-IN study. *Annals of Behavioral Medicine*, 53(Sup 1): S443.
29. Alshurafa, N.*, Zhang, S., **Pfammatter, A.F.** (2019). Predicting calorie consumption in individuals with and without obesity: Results from a video field study. *Annals of Behavioral Medicine*, 53(Sup 1): S540.
30. **Pfammatter, A.F.***, Collins, L., Nahum-Shani, I., Spring, B., Bennett, G., Gwadz, M., Czyz, E. (2019). Decision making in the optimization of multicomponent interventions: An open discussion. *Annals of Behavioral Medicine*, 53(Sup 1): S182.
31. **Pfammatter, A.F.**, Hoffman, S.*, Pellegrini, C., McFadden, H.G., Collins, L., Spring B. (2019) Overview of multiphase optimization strategy (MOST) phases and designs to address evidence-based behavioral practices. European Health Psychology Society, Dubrovnik, Croatia.
32. Hoffman, S., **Pfammatter, A.**, Pellegrini, C., McFadden, H.G., Collins, L., Spring, B.* (2019) The MOST optimization phase: Case example of the Opt-IN weight loss study. European Health Psychology Society, Dubrovnik, Croatia.
33. **Pfammatter, A.*** Nahum-Shani, I., McFadden, H.G., Siddique, J., Hedeker, D., Spring B. (2019). Testing stepped care interventions optimized for weight loss and conservation of resources. European Health Psychology Society, Dubrovnik, Croatia.
34. Spring, B., **Pfammatter, A.F.**, Marchese, S., Martindale, L., Battalio, S., Stump, T., Hedeker, D., Nahum-Shani, I. (2020). Do digital interventions overcome socio-demographic differences in weight loss initiation. *Obesity*, 28, 15.
35. Spring, B., **Pfammatter, A.F.**, Scanlan, L., McFadden, H., Marchese, S., Siddique, J., Hedeker, D., Nahum-Shani, I. (2020). How low can we go? Optimal first line and augmentation treatment tactics for obesity stepped care. *Obesity*, 28, 106.
36. Alshurafa, N., Zhang, S., Romano, C., Zhang, H., **Pfammatter, A.F.**, Lin, A. (2020). Association of number of bites and eating speed with energy intake using wearables in the real world. *Obesity*, 28, 53.
37. Spring, B., Patel, M., **Pfammatter, A.F.** (2020). New module supporting community engaged research added to COALESCE (teamsience.net) online training for interdisciplinary teams. *Journal of Clinical and Translational Science*, 4, s1, 64.
38. Stump, T., West, A.B., Peter, P., Conroy, D., Spring, B., **Pfammatter, A.F.**, Battalio, S., Alshurafa, N., Hedeker, D., Streeper, N., Thomaz, E. (2020). Using digital health interventions to promote healthy habit formation. *Annals of Behavioral Medicine*, 54, S193.

39. *Marchese, S., Pfammatter, A.F., Michie, S., Guastaferrero, K., Spring, B. (2020) The behavior change technique taxonomy and the multiphase optimization strategy: How do they work together? Annals of Behavioral Medicine, 54, S449.*
40. *Marchese, S.H., DeZelar, M., Siddique, J., Pfammatter, A.F., Spring, B. (April, 2022). The experience of receiving social support within a weight loss intervention: A qualitative interview study. Annals of Behavioral Medicine, 56 (Suppl 1): S231.*
41. *Battalio, S.L., Goldstein, M., Rumsey, H., DeZelar, M., Auster-Gussman, L., Daly, E., Pfammatter, A., Spring, B., (April, 2022). A thematic analysis of participant perspectives on weight loss treatment components in the Opt-IN study. Annals of Behavioral Medicine, 56 (Suppl 1): S343.*
42. *Shahabi, F., Battalio, S., Pfammatter, A.F., Alshurafa, N., Spring, B. (April, 2023). Weight loss prediction: Building and interpreting a machine-learned model that predicts weight loss success. Annals of Behavioral Medicine, 57 (Supp 1): S258*
43. *Pfammatter, A. (August 2023). The EVO Study: A remotely implemented trial to evaluate an optimized intervention for weight management. International Journal of Behavioral Medicine, 30 (Supp1): 53.*
44. *Guastaferrero, K., Locke, S.R., Pfammatter, A.F., Panza, E., Blackman Carr, L. (March, 2024). The optimization of behavioral and biobehavioral interventions SIG presents: The essential activities of the preparation phase: Examples of projects using the multiphase optimization strategy. Annals of Behavioral Medicine, 58 (Supp 1): S124.*
45. *Panza, E., Pfammatter, A.F., Thomas, G.T. (March, 2024). Applying the MOST framework to develop a culturally tailored online weight loss program for sexual minority women: Lessons from the preparation phase. Annals of Behavioral Medicine, 58 (Supp 1): S125.*
46. *Alshurafa, B., Wei, B., Shahabi, F., Romano, C., Stump, T., Lin, A.W., Pfammatter, A.F. (March, 2024). Identify predictors of overeating from real time wearable sensors and ecological momentary assessment in people with obesity. Annals of Behavioral Medicine, 58 (Supp 1): S248.*
47. *Shahabi, F., Romano, C., Wei, B., Pedram, M., Pfammatter, A.F., Lin, A.W., Stump, T., Alshurafa, N. (March, 2024). Defining overeating phenotypes in naturalistic settings: leveraging mobile health and machine learning. Annals of Behavioral Medicine, 58 (Supp 1): S248. Citation and Meritorious Award Winner.*
48. *Alshurafa, N., Romano, C., Fernandes, G., Pedram, M., Pfammatter, A.F. (March, 2024). Wildcam: Effects of video obfuscation on the acceptability of wearable cameras. Annals of Behavioral Medicine, 58 (Supp 1): S249.*
49. *Pfammatter, A.,* Smith, Samuel. (September 2024). MOST Lab: Discussing health psychology innovation through the use of the Multiphase Optimization Strategy. European Health Psychology Society, Cascais, Portugal.*

50. **Pfammatter, A.*** Smith, Samuel. (September 2024). An introduction to the multiphase optimisation strategy (MOST) and optimisation trials. European Health Psychology Society, Cascais, Portugal.

B. Posters

1. **Fidler, A.***, Dittoe, S., Quartana, P., & Zakowski, S. (2004). Moderating effect of time on the benefit of written emotional expression. Presented at the annual meeting of the American Psychological Society, Chicago, IL.
2. Dittoe Barrett, S.*, **Fidler, A.**, Pontarelli, N., Burns, J., and Zakowski, S. G. (2006). The relationship between coping flexibility and the use of effective coping strategies. Poster presented at the annual meeting of the Association for Psychological Science, New York.
3. Dittoe Barrett, S.*, **Fidler, A.**, Pontarelli, N., Burns, J., and Zakowski, S. G. (2006). The relationship between coping flexibility and the use of effective coping strategies. Poster presented at the 2nd annual Rosalind Franklin University student research consortium.
4. **Fidler, A.***, Dittoe Barrett, S., Kramer, M., Lofland, K. (2006) Can Thermal Biofeedback Help Diabetic Neuropathy? Poster presented at the annual meeting of the Midwest Pain Society, Chicago.
5. Dittoe Barrett, S.*, Kramer, M., **Fidler, A.**, Lofland, K. (2006) Thermal biofeedback and Complex Regional Pain Syndrome: A review of the literature and suggestions for further research. Poster presented at the annual meeting of the Midwest Pain Society, Chicago.
6. Dittoe Barrett, S.*, **Fidler, A.**, Pontarelli, N., Burns, J., and Zakowski, S. G. (2006) Coping flexibility and effective coping strategies: Implications for chronic pain populations. Poster presented at the annual meeting of the Midwest Pain Society, Chicago.
7. Kramer, M.K.*, Barret, S.D., **Fidler, A.**, Blodgett-Dycuss, C.J., Goforth, H., & Konopka, L.M. (2006) Effects of Methylphenidate on mood state, cognition, and neurophysiology in patients with depression secondary to vascular illness: Implications for the chronic pain population. Poster presented at the annual meeting of the Midwest Pain Society, Chicago.
8. Dittoe Barrett, S.*, Lofland, K., **Pfammatter, A.**, Sherrington, C., Gagnon C., (2012). Thermal Biofeedback for the Treatment of Complex Regional Pain Syndrome: Case Reports. Poster presented at the annual meeting of the Midwest Pain Society, Chicago.
9. **Pfammatter, A.***, Gagnon, C., Dittoe Barrett, S., Lofland, K. (2012). An RCT of TBAR for DPN: Can thermal biofeedback be successful in diabetic neuropathy? (Abstract) Pain Research and Management; 18,2.
10. **Pfammatter, A.***, Vallis, M., Carr, B., Cox, J., O'Neill, B., & Szpilfogel, C., (2012). Behaviour change intervention by non-psychologist providers: Can we reduce cardiovascular and metabolic syndrome risk in a primary care setting? (Abstract). Society of Behavioural Medicine 33rd Annual Meeting & Scientific Sessions: Rapid Communications, 71.

11. Vallis, M.*, **Pfammatter, A.**, Cox, J., Szpilfogel, C., O'Neill, B., Carr, B., (2012). Improving the odds of cardiovascular risk reduction: Who are the responders to lifestyle interventions? *Family Medicine*, 44.
12. Spring, B., McFadden, H., DeMott, A., Siddique, J., Pellegrini, C., Davidson, M., Driver, S., Hoffman, S., Thornton, L., **Pfammatter, A.** (2013). Applications of Mobile Health Technologies to Reduce CV Risk: Evolution of the App. Presented at the Heart Institutes at Northwestern Medicine Launch Event, Chicago, IL.
13. **Pfammatter, A.F.***, Vallis, T.M., Szpilfogel, C., O'Neill, B., Carr, B., Cox, J. (2014). Goal setting: Is it worth it? *Annals of Behavioral Medicine*, 47, S195.
14. **Pfammatter, A.F.***, Hoffman, S., Pellegrini, C., Davidson, M., Maby, C., Daly, E., Spring, B. (2015). Feasibility of a theory driven, tailored, and automated messaging system for weight loss. *Annals of Behavioral Medicine*, 49, S111.
15. **Pfammatter, A.F.***, Shirong, L.A., Conroy, D., Spring, B., (2015). Brief, computer based implicit and explicit attitude measures to predict online and actual food choice. *Annals of Behavioral Medicine*, 49, S19.
16. Ranwala, D., Ballargerion, G., Brasier, A., Cordero, J., Demby, K., DiazGranados, D., Kane, C., Iakovlev, G., Peden D., **Pfammatter, A.**, Spring, B., Tigges, B., Trochim, W., Wiseman, L., Wooten, K., Yehiely, F. (2016). Multi-CTSA team science intervention pilot study. *Science of Team Science 2017 Conference*, Clearwater Beach, FL.
17. Alshurafa, N*, Iakovlev, G., **Pfammatter, A.F.**, Spring, B., (2016). Improved conceptual models of engagement in an mHealth intervention application. *Obesity Week Proceedings*, New Orleans, LA.
18. Zhang, S.*, Alharbi, R., Stogin, W., Moran, K., **Pfammatter, A.F.**, Spring, B., Alshurafa, N., (2016). Machine learning algorithms applied to detect feeding gestures. *Obesity Week Proceedings*, New Orleans, LA.
19. Cohen, E.*, Alharbi, R., Moran, K., **Pfammatter, A.F.**, Spring, B., Alshurafa, N., (2016). Random forest detects eating in a neck-worn sensor: Results from a simulated real-life setting. *Obesity Week Proceedings*, New Orleans, LA. The Obesity Society's eHealth/mHealth Section Poster Competition Winner.
20. Spring, B.*, Pellegrini, C., McFadden, H.G., **Pfammatter, A.**, Siddique, J., Hedeker, D., (2016). Make better choices 2: RCT of a mobile health intervention for simultaneous versus sequential diet and activity change. *Annals of Behavioral Medicine*, 50, S100. Citation Award Winner.
21. Warnick, J.*, **Pfammatter, A.F.**, Galluzi, T., Spring, B. (2016). How to make "on fleek" mHealth interventions – and other pointers from target college population. *Annals of Behavioral Medicine*, 50, S123.

22. Alshurafa, N. *Alharbi, R., Pfammatter, A.F.*, Spring, B., (2017). Willsense: Will participants wear passive sensing devices long enough to study eating behavior. Obesity Week Proceedings, Washington, D.C.. The Obesity Society's eHealth/mHealth Section Poster Competition Winner.
23. Klyachko, K.*, Rak, P., McFadden, H., **Pfammatter, A.F.**, Hedeker, D., Siddique, J., Spring, B. (2018). An overview of teamscience.net: Online, cross-disciplinary research training for health and medical professionals. NU Research Day, Chicago, IL and SciTS, Galveston, TX.
24. Stump, T.K.*, Spring, B., Hedeker, D., Siddique, J., & **Pfammatter, A.F.** (2018). Changes in healthy goal commitment and automaticity during a technology-assisted multiple health behavior intervention. *Annals of Behavioral Medicine*, 52(Sup 1): S314.
25. *Hoffman, S.A.**, **Pfammatter, A.F.**, Pellegrini, C.A., Phillips, S.M., Spring, B. (2018) Selecting for social support: The presence of homophily among weight loss participants and their supporters. *Annals of Behavioral Medicine*, 52(Sup 1): S587.
26. **Pfammatter, A.F.***, *Daly, E.*, McFadden, G., Spring, B. (2018). Using dual process theory to determine effective messaging to support adherence to a time restricted diet. *Annals of Behavioral Medicine*, to be presented at the Annual Meeting of the Society of Behavioral Medicine, New Orleans, LA.
27. *Wang, S.**, **Pfammatter, A.F.**, *Daly, E.*, Spring, B. (2018). tRD Lightly: Adherence to low burden self-monitoring and weight loss outcomes in a time restricted diet trial. *Annals of Behavioral Medicine*, 52(Sup 1): S46.
28. **Pfammatter, A.F.***, Vallis, M., O'Neill, B., Szpilfogel, C., Kwasny, M., Cox, J. (2019). Examining a sustainable cardiovascular disease prevention strategy in primary care. 2018 International Behavioural Trials Network (IBTN) Conference Abstracts, *Annals of Behavioral Medicine*, 53(3), Pages 299–308.
29. **Pfammatter, A.F.***, *Daly, E.*, McFadden, H.G., Spring, B. (2019). Using dual process theory to determine effective messaging to support adherence to a time restricted diet. *Annals of Behavioral Medicine*, 52(Sup 1): S303.
30. Alshurafa, N.*, *Alharbi, R.*, **Pfammatter, A.F.**, Spring, B. (2018). Detecting real time episodic overeating for just in time interventions. *Annals of Behavioral Medicine*, 52(Sup 1): S726.
31. *DeZelar, M.**, *Hoffmann, S.*, **Pfammatter, A.F.**, Spring, B. (2018). Meal Replacement Usage and Favorability in a Weight Loss Trial. *Annals of Behavioral Medicine*, 52(Sup 1): S584.
32. Alshurafa, N.*, *Jain, J.*, Spring, B., **Pfammatter, A.F.** (2018). Predictors of cardiovascular health trends in college students. *Circulation*, 138 (Sup 1): A16900
33. **Pfammatter, A.F.***, *Wang, S.*, Hood, S., Mitsos, A., Spring, B. (2018). Cardiovascular health study of emerging adults entering college: Implications for prevention research. *Circulation*, 138 (Sup 1): A16832.

34. DeZelar, M., Hoffman, S., **Pfammatter, A.F.***, McFadden, H.G., Spring, B. (2019). Therapeutic alliance and self-efficacy on weight loss outcomes. *Annals of Behavioral Medicine*, 53(Sup 1.): S352.
35. Hoffman, S.,* **Pfammatter, A.**, McFadden, H.G., Collins, L., Spring, B., Pellegrini, C. (2019). Lessons from implementing a factorial experiment within the MOST framework: The Opt-IN weight loss study. European Health Psychology Society, Dubrovnik, Croatia.
36. Stump, T. K.,* Spring, B., Hedeker, D. **Pfammatter, A.**, Alshurafa, N., & Battalio, S. (2020). Behavioral Consistency as a Marker of Habit Formation within Digital Health Interventions. Symposium cancelled due to Covid-19 for the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.
37. **Pfammatter, A.F.*** Patel, M., Spring, B. (2020). Development of an experiential workshop series to support interdisciplinary teams: Lessons learned. Lightning talk delivered virtually due to Covid-19 at the annual meeting of the International Network for the Science of Team Science.
38. Spring, B., Moscovitz, D.A.,* Butt, Z., & **Pfammatter, A.** (2021). Use of an IDEAS lab to integrate disciplinary siloes in order to advance research on cancer and aging. Science of Team Science Annual Conference. May 2021.
39. **Pfammatter, A.F.*** Jovanovic, C, McFadden, HG, Olvera, C, Siddique, J, Hedeker, D, Spring, B (March 2022). A Cluster Randomized Trial Of An Mhealth Intervention To Promote Cardiovascular Health In Emerging Adults: Results Of The Nuyou Study. Poster presented at American Heart Association Epidemiology, Prevention, Lifestyle, and Cardiometabolic Health, Chicago. *Circulation*, 145 (Supp 1) AP074.
40. Jovanovic, C,* **Pfammatter, A**, Daly, E, Spring, B A Confirmatory Factor Analysis Of The Whole Food Plant-based Diet Attitudes And Beliefs Survey. (March, 2022) Poster presented at American Heart Association Epidemiology, Prevention, Lifestyle, and Cardiometabolic Health, Chicago. *Circulation*, 145 (Supp 1) AP053
41. Kalam, F.,* **Pfammatter, A.**, Khan, S., & Spring, B. (2021). Effects of a 10-Hour Restricted Diet on Body Weight in Pre- and Post-Menopausal Women: A Pilot Study. Delivered virtually to the University of North Carolina Conference on Nutrition, Obesity, and Cancer.
42. Yu, J.K. Battalio, S., **Pfammatter, A.**, Hedeker, D., Spring, B.* (March, 2022) Disparities in telehealth for oncology encounters during COVID as a function of race, ethnicity, and insurance type. American Society for Preventive Oncology. Tucson, AZ
43. Jovanovic, C.E.S.,* Granata, F., Kalam, F., **Pfammatter, A.F.**, Spring, B. (March, 2022). Survey: Pros and cons of a WFPBD among US adults. American Society for Preventive Oncology. Tucson, AZ
44. Kalam F.,* Akasheh, R.T., Jovanovic, C., **Pfammatter, A.F.**, Reddy, S., Khan, S., Spring, B. (March, 2022). Effect of 10-hours time restricted diet on breast cancer risk in pre and postmenopausal women with overweight or obesity: TRED pilot study. American Society for Preventive Oncology. Tucson, AZ

45. **Pfammatter, A.F.,*** Hughes, B.O., Spring, B., Tasali, E. (April, 2022). A novel mHealth tool to support behavior change and treatment adherence in patients with obstructive sleep apnea. *Annals of Behavioral Medicine*, 56 (Suppl 1): S28.
46. *Dunfee, M.,** Vos, S.C., Bonds, D., **Pfammatter, A.F.,** Sherman, D., Westneat, S., Spring, B., Schoenberg, N.E., (April, 2022). Adapting recruitment messaging strategies for an mHealth intervention from an urban to a rural population. *Annals of Behavioral Medicine*, 56 (Suppl 1): S41.
47. *Marchese, S.H.,** Siddique, J., **Pfammatter, A.F.,** Spring, B. (April, 2022). Homophily as a social support moderator between intervention assignment and weight loss. *Annals of Behavioral Medicine*, 56 (Suppl 1): S303.
48. *Jovanovic, C.,** Arnaoudova, I., Spring, B., **Pfammatter, A.F.,** (April, 2022). Moderating effects of depression and achievement motives on cardiovascular disease risk factors in young adults. *Annals of Behavioral Medicine*, 56 (Suppl 1): S503.
49. *Fernandes, G.,* Choi, A., **Pfammatter, A.F.,** Spring, B., Darwhiche, A., Alshurafa, N.,* (April, 2022). Weight-loss prediction: A mobile health case study of explainable AI. *Annals of Behavioral Medicine*, 56 (Suppl 1): S678.
50. *Kalam F.,** Akasheh, R.T., *Jovanovic, C.,* **Pfammatter, A.,** Reddy, S., Khan, S., Spring, B. (2022). Effect of 10-hours time restricted diet on breast cancer risk in pre and postmenopausal women with overweight or obesity: TRED pilot study. *Current Developments in Nutrition*, 6(Suppl 1): 1065. doi:10.1093/cdn/nzac070.024
51. *Kalam F.,** Ali, S., **Pfammatter, A.,** Spring, B., Takrouiri, A., Lin, A. (2022). Effect of 10-hours time restricted diet on breast cancer risk in pre and postmenopausal women with overweight or obesity: TRED pilot study. *Current Developments in Nutrition*, 6(Suppl 1): 1066. doi:10.1093/cdn/nzac070.025
52. *Arnaoudova, I.,** Scanlan, L., **Pfammatter, A.F.,** Hernandez, A. (2023). Tests of recruitment modalities and messages in a remotely conducted trial. *Annals of Behavioral Medicine*, 57 (Suppl 1): S314.
53. *Chih, M.Y.,** Sherman, D., **Pfammatter, A.,** Roberts, M., Vos, S., Spring, B., Schoenberg, N. (2023). Cultural adaptation and implementation of an evidence-based lifestyle intervention for vulnerable rural Appalachian residents. *Implementation Science*, 18(Suppl 3): S147.
54. *Roddy, M.,** **Pfammatter, A.F.,** Mayberry, L.S. (2024). Optimizing adaptive stepped-care interventions to change adults health behaviors: A systematic review. *Annals of Behavioral Medicine*, 58 (Suppl 1): S88.
55. *Johnson, E.,** Esparza, V., **Pfammatter, A.,** Parma, V., Bhutani, S. (2024). Olfactory behavioral strategies promote short-term weight loss. *Obesity*, 32, S1: 55-308.
56. *Le, P.N.A.,** Lin, A.W., **Pfammatter, A.F.,** Schauer, J., Alexandria, S., Nolan, B., Romano, C., Morris, G., Kurasch, J., Pedram, M., Alshurafa, N. (2025). The role of eating time in the associations between hunger, appetite, thirst, and energy intake. *Current Developments in Nutrition*, 9 (S2): 107041.

57. *Esparza, V.,* Pfammatter, A.,* Parma, V., Bhutani, S. (2024). Olfactory nudging promotes short-term weight loss. Presented at the 46th Annual Meeting of the Association for Chemoreception Sciences. Achems Undergrad Finalist
58. *Yu, A.Q., Kennedy, S.M., Pfammatter, A.F.,* Castillo, L., Guzman, Z., Ibrahim, S., Jones, M., AlHarbi, J., Burrell, E., Varshney, S., Madden, D., Kaplan, K.C., Heard-Garris, N., Allen, N.B., Bonner, L.B., Kuhns, L., Perak, A.M. (2025). Adolescent perspectives on emotions and health behavior change intervention: A qualitative analysis. To be presented at American Academy of Pediatrics, Denver, Co, Sept 26 – 30.

TEACHING

2024	University of Tennessee, Knoxville PUBH650 Dissemination and Implementation Science Independent Study (mHealth and weight management in minoritized populations)
2023	University of Tennessee, Knoxville PUBH580 Developing Your Research Agenda Virtual
2022	Northwestern University Feinberg School of Medicine Independent Study (Advanced Research Methods)
2021	New York University Guest Lecture: Building mHealth Interventions to Prevent Chronic Disease Virtual
2019 - 2021	Northwestern University Guest Lecture: Medical Communication/Psychosocial aspects of Genetic Counseling Chicago, IL
2019, 2022	OBSSR, NIDA, The William T. Grant Foundation, The Pennsylvania State University/New York University Associate Instructor: Training on Optimization of Behavioral and Biobehavioral Interventions Bethesda, MD
2019	Northwestern University Co-Instructor: Public Health 317, Topics in Public Health: Team Science Chicago, IL
2018 - 2022	Northwestern University Course Director: Public Health 301, Behavior, Society, and Health Chicago, IL In person (2018, 2019) Virtual (2020, 2021)

2017	Northwestern University Co-Instructor: Public Health 301, Behavior, Society, and Health Chicago, IL
2016	Northwestern University Guest Lecturer: Public Health 301, Behavior, Society, and Health Chicago, IL
2015	Northwestern University Guest Lecturer: mHealth and Behavior Theory: Wireless and mHealth Evanston, IL
2012	Mount Saint Vincent University Part-Time Faculty: Introduction to Psychology II (undergraduate) Halifax, Nova Scotia, Canada
2007	Rosalind Franklin University of Medicine and Science Cognitive Assessment Teaching Assistant North Chicago, Illinois, USA Supervisor: John Woodard, PhD

INSTITUTIONAL SERVICE (Committees, Councils, Task Forces)

2005	Chair, Committee for Student Interest, Rosalind Franklin University (RFUMS)
2005 – 2006	President, Graduate Association of Students of Psychology, RFUMS
2006	Psychology Representative, Student Council Constitution Review Committee, RFUMS
2006	Student Representative, Student Health Advisory Committee, RFUMS
2006 – 2007	Vice President, Graduate Association of Students of Psychology, RFUMS
2006 – 2007	Graduate School Representative, Student Dean's Council, RFUMS
2006 – 2007	President, Graduate Student Association, RFUMS
2019	Member, Website Committee, Department of Preventive Medicine
2019 -	Judge, Research Day Poster Session, Feinberg School of Medicine
2020 - 2020	Faculty Search Committee, Team Science Track, Division of Behavioral Medicine
2020	Judge, Paula Stern Award, Feinberg School of Medicine
2021	Reviewer, Cancer and Aging Translational Bridge Award, Robert H Lurie Cancer Center
2021 - 2022	Faculty Search Committee, Team Science Track, Division of Behavioral Medicine, Northwestern University Feinberg School of Medicine
2021 - 2022	Department of Preventive Medicine 50 th Anniversary Committee Northwestern University Feinberg School of Medicine
2022 -	Graduate Research Symposium Committee College of Education, Health, and Human Sciences The University of Tennessee, Knoxville
2023	Intervention Development Series (3, 1-hour seminars) College of Education, Health, and Human Sciences The University of Tennessee, Knoxville
2023, 2024	Member, Faculty Search Committee, Assistant Professor of Nutrition The University of Tennessee, Knoxville
2023 – 2024	Chair, Faculty Search Committee, Assistant Professor of Public Health

	The University of Tennessee, Knoxville
2023 – 2024	Chair, Faculty Search Committee, Associate Professor, College of Education, Health, and Human Sciences, Statistician
	The University of Tennessee, Knoxville
2024	Judge, Exhibition of Undergraduate Research and Creative Achievement
	The University of Tennessee, Knoxville
2024	Member, Search Committee, College of Education Health and Human Sciences, Director of External Funding
2024 - 2025	Member, College of Emerging and Collaborative Studies, Medical Sciences Curriculum Committee
2025	Member, Search Committee, Health and Wellness Research Development Manager, ORIED, The University of Tennessee, Knoxville
2025	Member, Search Committee, Post-Award Specialist, College of Education, Health, and Human Sciences, The University of Tennessee, Knoxville
2025	Chair, Search Committee, Assistant/Associate Professor (Cluster hire), College of Education, Health, and Human Sciences, The University of Tennessee, Knoxville

SERVICE TO PROFESSION

A. Professional Society Memberships

2004 – 2005	American Psychological Society
2006 – 2012	Midwest Pain Society
2011 -	Society of Behavioral Medicine
2011 – 2013	Association of Psychologists of Nova Scotia
2012 – 2013	Canadian Psychological Association
2012 – 2013	Canadian Pain Society
2014 - 2016	The Obesity Society
2017 - 2023	American Psychological Association
2018-	American Heart Association
2018 -	International Behavioral Trials Network
2019 - 2020	International Science of Team Science, founding member
2019 -	European Health Psychology Society

B. Leadership and Service

2016 - 2021	Board Member
	Optimization of Behavioral and Biobehavioral Interventions Special Interest Group
	Society of Behavioral Medicine
2017	Invited Expert
	Good Clinical Practices Workshop
	National Institutes of Health, Science of Behavior Change program
2019	Expert Reviewer
	Theoretical Fidelity of Health Messages
	The Motivation Lab, The Pennsylvania State University
2019	Poster Judge
	Inaugural Annual Meeting
	National Collaborative for Education to Address Social Determinants of Health
2019 - 2020	Abstract Reviewer
	Annual Meeting

2020	Society of Behavioral Medicine Member
2020	Scientific Steering Committee International Behavioral Trials Network Expert Reviewer Resource Development for ClinicalTrials.Gov Office of Behavioral and Social Science Research (OBSSR/NIH)
2020 - 2023	Member Membership Council Society of Behavioral Medicine
2020	Application Reviewer LMIC Travel Awards International Behavioural Trials Network
2021 - 2023	Topic Area Chair: Cardiovascular Health and Disease Society of Behavioral Medicine
2022 -	Appointed Obesity Committee Member American Heart Association
2022 -	Co-Leader Health Behavior Theory Project National Institutes of Health / OBSSR
2023 - 2024	Member Summer School Steering Committee International Behavioral Trials Network
2023	Appointed Human Research Committee Member American Psychological Association
2023 -	Chair Membership Council Society of Behavioral Medicine

C. Editorial and Manuscript Review

2013	Canadian Journal of Diabetes, Reviewer
2013 -	Journal of Consulting and Clinical Psychology, Reviewer
2014 -	American Journal of Preventive Medicine, Reviewer
2014 -	Translational Behavioral Medicine, Reviewer
2014 -	Journal of Medical and Internet Research, Reviewer
2015 -	Obesity, Reviewer
2016-	Current Diabetes Review, Reviewer
2016 -	Sensors, Reviewer
2017-	Psychology of Sport & Exercise, Reviewer
2018-	Journal of Behavioral Medicine, Reviewer
2019-	Value in Health, Reviewer
2019 - 2020	Contemporary Clinical Trials, Reviewer
2020-	Annals of Behavioral Medicine, Reviewer
2020	PCORI, Reviewer
2020 -	Contemporary Clinical Trials, Editorial Board Member
2023 -	Annals of Behavioral Medicine, Editorial Board Member

D. Grant Review

2018	NIH – Psychosocial Risk and Disease Prevention Standing Study Section (PRDP) Early Career Reviewer
2019	University of Maryland, Baltimore – Institute for Clinical and Translational Research External Reviewer for Accelerated Translational Incubator Pilot Grant Program
2020	University of Nebraska External Reviewer for Collaboration Initiative Grant
2021	Social Sciences and Humanities Research Council of Canada Insight Grant Reviewer
2022 -	NIH/NCCIH – Special Emphasis Panels Reviewer (5 cycles)
2024	NIH/HPC Standing Study Section Ad Hoc Reviewer
2024	NIH/LBH Standing Study Section Ad Hoc Reviewer
2025	NIH/HPC Standing Study Section Nomination (Pending)
2025	NIH/HD

COMMUNITY / PUBLIC SERVICE

2010 – 2012	Market Volunteer, The Grainery Food Cooperative
2013 – 2022	Leader, Girl Scouts of America Troop #23057
2018- 2022	Ogden Jenner PTO Founding Member and Treasurer
2025 -	Second Harvest Food Bank (General Volunteer Slots)

MENTORSHIP

A. Junior Faculty

Mentee Name	Mentee Rank	Your Role	Dates	Mentoring Activities and Outcomes
Tammy Stump	Research Assistant Professor	Informal Mentor	2016-2021	Transitioned from a T-32 postdoctoral position to a Research Assistant Professor position in my lab and is now a tenure track Assistant Professor at University of Utah
Danielle Ostendorf	Assistant Professor, UTK	K Mentor	2022 - present	Attained NIH K award at University of Colorado and was recruited to UTK in Fall of 2024
Emily Panza	Assistant Professor, Brown	K Mentor	2019 - 2025	Completed NIH K award
Phoebe Tran	Assistant Professor, UTK	AHA Early Career Award Mentor	2023 - Present	Mentored supplement award application (not funded), AHA grant awarded, K application submitted (pending)
Mckenzie Roddy	Assistant Professor, Vanderbilt	K Mentor	2023 - Present	K-award from NIDDK awarded on first submission and project underway
Kaylee Ramage	Assistant Professor, UTK	Departmental Assigned Mentor	2024 - Present	Mentor on scholarship and career ladder at UTK

B. Students (RSA = research study assistant, GRA = graduate research assistant)

Student Name	Trainee Type	Role / Description of Mentoring Activities	Dates	Grant and Publication?	Accomplishments of Trainee
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Jeremy Steiglitz	Clinical Psychology PhD Student (Northwestern)	Provided supervision of brief behavioral counseling	2013-2016	Publication	Completed PhD in 2017 and now independently practices as a clinical psychologist
Sara Hoffman	Clinical Psychology PhD Student / RSA (Northwestern)	Dissertation Committee Provided supervision of brief behavioral counseling	2013-2021	Publication, mentor on F31	Funded F31 with a perfect score, Postdoc at Rush, now Assistant Professor at Northwestern Medicine
Sam Battalio	Clinical Psychology PhD student (Northwestern)	Dissertation Committee	2018-present	Publication, mentor on F31	Currently under mentorship as PhD candidate at Northwestern
Saad Usman	High School Intern (Northwestern)	Met twice a week to discuss progress on summer project and contributions to the lab	Summer 2020	No	Admitted to University
Talha Syed	High School Intern (Northwestern)	Meet twice a week to discuss progress on summer project and contributions to the lab	Summer 2020 - 2022	No	Admitted to University of Illinois Urbana
Daire Jansson	Public Health PhD Graduate Student (University of Tennessee)	Chair of Dissertation Committee	2023 - Present	No	Defended dissertation 2025, hired as Assistant Professor at Lincoln Memorial University
Alice Grosserode	Undergraduate Student (University of Tennessee)	Supervisor	2023	Mentor on Undergraduate Research Award	Graduated 2023
Kyndall Albright	Undergraduate Student (University of Tennessee)	Supervisor	2023 - 2024	Mentor on Advanced Undergraduate Research Award	Graduated 2024
Jessica Appiah-Kubi	Undergraduate Student (University of Tennessee)	Supervisor	2023 - Present	In Progress	
Lillian Murphy	Undergraduate Student (University of Tennessee)	Supervisor	2024 - Present	In Progress Mentor on Undergraduate Research Award	
Robert Briggs	Public Health PhD Graduate Student (University of Tennessee)	Advisor	2024- Present	In Progress	
Caroline Ajilogba	Public Health PhD Graduate Student (University of Tennessee)	Advisor/Chair of Dissertation Committee	2024- Present	In Progress	

Iyanuoluwa Oyetunji	Nutrition PhD Graduate Student / GRA (University of Tennessee)	Supervisor	2024 - Present	Under Review, Mentor on Faculty Graduate Research Award	Student joined my lab as a GRA and won a competitive research award to carry out a qualitative study, the results of which are now under review
Emilie Holloway	Nutrition PhD Graduate Student / GRA (University of Tennessee)	Dissertation Committee Member / Supervisor	2023 - 2025	Under Review	Joined lab as GRA on NIH project, now working on dissertation and has one paper under review
Abigail Coulter	Public Health PhD Graduate Student (University of Tennessee)	Dissertation Committee	2024 - present		

C. Trainees and Other Mentees

Student Name	Trainee Type	Your Role / Description of Mentoring Activities	Dates	Publication?	Accomplishments of trainee after leaving candidate's supervision
Jennifer Warnick	RSA	Met regularly to build CV towards applying to Clinical Psychology PhD programs, provided supervision of brief behavioral counseling	2013-2016	Yes	Assistant Professor at The Warren Alpert Medical School at Brown University, now faculty
Kara Dewalt	RSA	Provided training and supervision of brief behavioral counseling	2013-2016	No	Manager at an internet marketing company
Gwen Ledford	RSA/Project coordinator	Provided supervision of brief behavioral counseling and met to review materials for admission to a health administration program	2015-2017	Yes	Graduate student at Rush University in health administration, now Senior Product Manager at a health care company
Garseng Wong	RSA	Provided training and supervision of brief behavioral counseling	2015-2016	No	Med school at NYU, now Psychiatrist in private practice
Thomas Galluzzi	RSA	Provided oversight during an internship on analyzing qualitative research	2016-2016	Yes	Senior Research Specialist at NORC at University of Chicago
Susan Hood	RSA/Program coordinator	Met regularly to review progress towards promotion on Research Study Job Family ladder	2015-2019	Yes	Clinic Manager in California
Shirlene Wang	RSA	Provided supervision of brief behavioral counseling and met regularly to review materials for Clinical Psychology PhD applications	2016-2019	Yes	Graduate PhD Psychology student at USC, Now T-32 at Northwestern

Sasha Cukier	RSA	Provided training and supervision of brief behavioral counseling	2016-2019	Yes	Recruited by a health technology startup
Alexa Mitsos	RSA	Provided training and supervision of brief behavioral counseling	2016-2019	Yes	Completed RN
Margaret DeZelar	RSA	Provided training and supervision of brief behavioral counseling and met regularly to build resume and CV for graduate school applications	2017-2021	Yes	Completed a Master's program and attained a program manager position at Kaiser Permanente
Dominique Moore	RSA	Provided training and supervision of brief behavioral counseling	2018 - 2023	Yes	Senior RSA
Elyse Daly	RSA/Project coordinator	Regularly meet to review progress towards promotion on Research Study Job Family ladder	2013-2023	Yes	Promoted to Project coordinator, now grants management specialist
Laura Scanlan	Project Coordinator	Regularly meet to review progress towards promotion on Research Study Job Family ladder	2017 - 2023	Yes	Clinical Manager
Christine Jovanovich, PhD	T-32 Postdoctoral Fellow	Meet bi-weekly to discuss progress towards attaining an F31, publication goals and build competitiveness for faculty positions	2020-2022	yes	Faculty at University of Illinois, Chicago
Alexis Hernandez	RSA	Provided supervision of brief behavioral counseling, meeting regularly to build CV for application to Clinical Psychology PhD program	2021-2022	In Progress	Currently under mentorship as Lab coordinator at UTK

MEDIA COVERAGE AND APPEARANCES

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