

**Megan A. McVay, Ph.D.**  
Curriculum vitae

Associate Professor  
College of Health and Human Performance  
Health Education and Behavior Department  
University of Florida  
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Gainesville FL 32611-8210  
Phone: (352) 294-1638  
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Licensure Status: Licensed Psychologist; NC license number 4928  
Health Service Provider-Psychologist (HSP-P)

**Current Position**

Associate Professor, Department of Health Education and Behavior, University of Florida, Gainesville, FL,  
January 2023-present

**Past Positions**

Assistant Professor, Department of Health Education and Behavior, University of Florida, Gainesville, FL,  
January 2018-2023

Assistant Professor, Department of Psychiatry and Behavioral Science, Duke University School of Medicine,  
Durham, NC, 2015-2017

Research Associate, Center for Health Services Research in Primary Care, Durham Veterans Affairs Medical  
Center, Durham, NC, 2015-2017

Staff Psychologist, Durham Veterans Affairs Medical Center, Durham, NC, 2016-2017

Postdoctoral Research Fellow, Center for Health Services Research in Primary Care, Durham Veterans Affairs  
Medical Center, Durham, NC, 2014-2015

Postdoctoral Research Fellow, Department of Medicine, Duke University School of Medicine, Durham, NC,  
2012-2014

**Primary Research Interests**

- Behavioral aspects of body weight management in adults.
- Interventions to increase engagement with evidence-based strategies for weight loss.
- Primary care- and population-based approaches to addressing obesity.
- Digital technologies to address health behaviors.
- The conduct of randomized controlled trials (RCTs) for behavioral interventions.

**Education**

Ph.D. in Psychology (Dual Concentrations in Clinical and Biological Psychology) Louisiana State University, Baton Rouge, LA	2012
Pre-Doctoral Clinical Psychology Internship (Medical Psychology Concentration) Duke University Medical Center, Durham, NC	2011- 2012
M.A. in Psychology (Concentration in Biological Psychology) Louisiana State University, Baton Rouge, LA	2006
B.A. in Psychology University of Puget Sound, Tacoma, WA	2004

**Grant Funded Research Activities****Active****Principal Investigator/Multi-Principal Investigator**

Increasing initiation of evidence-based weight loss treatment. PI-McVay  
R01 DK134409-01A1, NIH/NIDDK  
09/01/2023-08/31/2028

Predicting periods of high risk for weight gain with machine learning: A pilot study. MPI-McVay/Jake-Schoffman.  
No Number Assigned, University of Florida College of Health & Human Performance.  
12/01/2023-11/31/2024

A hybrid effectiveness/ implementation trial using online tools to increase weight loss among primary care patients. PI-Jake-Schoffman  
R01 DK137092-01A1, NIH/NIDDK  
09/01/2024-05/31/2029

**Past****Principal Investigator/Multi-Principal Investigator**

Empowering the management of pain-obesity-weight through enhanced reward. MPI- Bartley/McVay.  
R21 AG070642. NIH/NIA  
02/15/2021-02/15/2024

Preventing weight gain among those who decline behavioral weight loss treatment. PI-McVay.  
R03 HL154272. NIH/NHLBI  
08/15/2020-01/31/2023

Increasing uptake of behavioral weight loss programs among primary care patients. PI- M. McVay.  
K23 HL127334. NIH/NHLBI  
4/7/15-9/30/20

**Co-Investigator**

Development of a weight maintenance intervention for bariatric surgery patients. PI- C. Voils.  
PPO 16-331. VA HSRD  
03/01/17- 02/28/18.

## Research Publications

### Peer-Reviewed Journal Articles (former surname: Apperson)

1. Carrera Seoane M, Jake-Schoffman D, Mobley AR, **McVay MA**. (2024). Addressing susceptibility to non-prescription substances for weight loss among immigrant Hispanic college students: A pilot study. *Journal of Immigrant and Minority Health*.
2. Carrera Seoane M, **McVay MA**. (2024) Perceptions of cultural adaptations and other characteristics of weight management interventions among Hispanic/Latinx immigrants. *Hispanic Health Care International*.
3. **McVay MA**, Moore WS, Wilkins FL, Jackson JR, Robinson MD. (2024). Patient perspectives on incretin-based weight loss medications and relationship with demographic factors. *Obesity Science & Practice*.
4. **McVay MA**, Carrera Seoane M, Rajoria M, Dye M, Marshall N, Muenyi S, Alkanderi A, Scotti KB, Ruiz J, Voils CI, Ross KM. (2024) A low-burden, self-weighting intervention to prevent weight gain in adults with obesity who do not enroll in comprehensive treatment. *Obesity Science & Practice*;10(2):e745. doi: 10.1002/osp4.745. PMID: 38510333; PMCID: PMC10951869.
5. Scotti KB, Rajoria M, Carrera Seoane M, Ross KM, Muenyi S & **McVay MA**. (2024) Exploring potential reach and representativeness of a self-weighting weight gain prevention intervention in adults with overweight and obesity. *Clinical Obesity*. Jun;14(3):e12641. doi: 10.1111/cob.12641. PMID: 38302264; PMCID: PMC11090748.
6. Moore WS, Maldonado-Molina MM, Mobley AR, Shelnett KP, **McVay MA**. (2023). Parental factors associated with intentions to initiate a family-based pediatric weight management program. *Childhood Obesity*. 20(4):270-278. doi: 10.1089/chi.2023.0033.. PMID: 37366662.
7. **McVay MA**\*, Lavoie HA, Rajoria M, Leong MC, Lou X, McMahan L, Patnode CD, Pagoto SL, Jake-Schoffman DE\*. (2023). Pre-enrollment steps and run-ins in weight loss trials: a meta-regression. *American Journal of Preventive Medicine* ;64(6):910-917. doi: 10.1016/j.amepre.2023.01.034. PMID: 36822955. \*Co-senior authors
8. Cooper KB, Lapierre S, Carrera Seoane M, Lindstrom K, Pritschmann R, Donahue M, Christou DD, **McVay MA**, Jake-Schoffman DE. (2023). Behavior change techniques in digital physical activity interventions for breast cancer survivors: a systematic review. *Translational Behavioral Medicine*. 2023. In press.
9. Varela EG, **McVay MA**, Shelnett KP & Mobley AR. (2023). The determinants of food insecurity among Hispanic/Latinx households with young children: A narrative review. *Advances in Nutrition*. In press.
10. **McVay MA**, Jake-Schoffman DE, Leong MC, Lou X. (2022). Privacy concerns in group format lifestyle interventions for obesity. *International Journal of Behavioral Medicine*. In press.
11. **McVay MA**, Cooper KB, Donahue ML, Carrera Seoane M, Shah NR, Webb F, Perri M, Jake-Schoffman DE. (2022). Engaging primary care patients with existing online tools for weight loss: A pilot study. *Obesity Science and Practice*. 8(5), 569-584.
12. Walker AL, Marchi E, Puig A, Slayton W, Dodd V, **McVay MA**, Livingston MD. (2022). Volunteer-based social support structures and program exposure outcomes in an adolescent young adult palliative care peer support program. *Journal of Palliative Medicine*. 25(8), 1186-1196.
13. **McVay MA**, Cooper KB, Carrera Seoane M, Donahue ML, & Scherer LD. (2021). Transparent reporting of hypotheses and analyses in behavioral medicine research: An audit of publications in 2018 and 2008. *Health Psychology and Behavioral Medicine*; 9(1):285-297
14. Jake-Schoffman, DJ & **McVay MA** (co-first authors). (2021). Using the Design Sprint process to enhance and accelerate behavioral medicine progress: A case study and guidance. *Translational Behavioral Medicine*. 11(5):1099-1106.
15. Voils CI, Pendergast J, Hale SL, Gierisch JM, Strawbridge EM, Levine E, **McVay MA**, Reed SD, Yancy Jr. WS, & Shaw RJ. (2021). A randomized feasibility pilot trial of a financial incentives intervention for dietary self-monitoring and weight loss in adults with obesity. *Translational Behavioral Medicine*. 11(4):954-969.
16. **McVay MA**, Donahue ML, Cheong J, Bacon J, Perri MG, Ross KM (2020). Effects of intervention characteristics on willingness to initiate a weight-gain prevention program. *American Journal of Health Promotion*, 34(8):837-847.

17. Voils CI, Adler R, Strawbridge E, Grubber J, Allen KD, Olsen MK, **McVay MA**, Raghavan S, Raffa SD, Funk LM. (2020), Early-phase study of a telephone-based intervention to reduce weight regain among bariatric surgery patients. *Health psychology*, 39(5), 391-402.
18. **McVay MA**, Yancy WS, Bennett GG, Levine E, Jung SH, Jung S, Anton S, Voils CI. (2019). A web-based intervention to increase weight loss treatment initiation: Results of a cluster randomized feasibility and acceptability trial. *Translational Behavioral Medicine*.
19. **McVay MA**, Bennett GG, Steinberg D, Voils CI. (2019). Dose-response research in digital health interventions: Concepts, considerations, and challenges. *Health Psychology*, 38(12), 1168-1174
20. **McVay MA**, Steinberg D, Askew S, Bennett GG. (2019). Provider counseling and weight loss outcomes in a primary care-based digital obesity treatment. *Journal of General Internal Medicine*, 34(6), 992-998
21. Shaw RJ, Levine E, Streicher M, Strawbridge E, Gierisch JM, Pendergast J, Hale SL, Reed S, **McVay MA**, Simmons BS, Yancy WA, Bennett G, Voils CI. (2018). Log2Lose: Development and lessons learned from a mobile technology weight loss intervention. *JMIR mHealth and uHealth*.
22. **McVay MA**, Yancy WS, Bennett GG, Jung S, Voils, CI. (2018). Perceived barriers and facilitators of initiation of behavioral weight loss interventions among adults with obesity: A qualitative study. *BMC Public Health*, 18: 854.
23. Taylor SS, Olsen MK, **McVay MA**, Grubber J, Gierisch JM, Yancy WS, Voils CI. (2018). The role of group cohesion in a group-based behavioral weight loss intervention. *Journal of Behavioral Medicine*. 1-7.
24. Voils CI, Levine E, Gierisch JM, Pendergast J, Hale SL, **McVay MA**, Reed SD, Yancy WS, Bennett G, Strawbridge EM, White AC. (2018). Study protocol for Log2Lose: A feasibility randomized controlled trial to evaluate financial incentives for dietary self-monitoring and interim weight loss in adults with obesity. *Contemporary Clinical Trials*. 65, 116-122
25. Funk LM, Grubber JM, **McVay MA**, Olsen MK, Yancy WS, Voils CI. (2017). Patient predictors of weight loss following a behavioral weight management intervention among US Veterans with severe obesity. *Eating and Weight Disorders*.
26. Voils CI, Olsen MK, Gierisch JM, **McVay MA**, Grubber JM, Gaillard L, Bolton J, Maciejewski ML, Strawbridge E & Yancy WS. (2017). Maintenance of weight loss after initiation of nutrition training: A randomized trial. *Annals of Internal Medicine*, 166(7), 463-471
27. Friedman K, Applegate K, Portenier D, & **McVay MA** (2017). Bariatric surgery in patients with bipolar spectrum disorders: Selection factors, post-operative visit attendance, and weight outcomes. *Surgery for Obesity and Related Disorders*, 13(4), 643-651.
28. **McVay MA**, Yancy WS, Scott CN, Wilson-Barlow L, Woolson S, McSherry WC, Allen S, & Voils CI (2017). Patient factors associated with initiation of behavioral weight loss treatment: A prospective observational study in an integrated care setting. *Translational Behavioral Medicine*, 7(1), 75-83.
29. Copeland AL, Spears CA, Baillie LE, **McVay MA**. (2016). Fear of fatness and drive for thinness in predicting smoking status in college women. *Addictive Behaviors*, 54, 1-6.
30. **McVay MA**, Steinberg DM, Askew S, Kaphingst KA, Bennett GG. (2016). Genetic causal attributions for weight status and weight loss during a behavioral weight gain prevention intervention. *Genetics in Medicine*, 18, 476-482.
31. **McVay MA**, Voils CI, Geiselman PJ, Smith VA, Coffman CJ, Mayer S, & Yancy WS. (2016). Food preferences and weight change during low-fat and low-carbohydrate diets. *Appetite*, 103, 336-343.
32. Voils CI, Grubber JM, **McVay MA**, Olsen MK, Bolton J, Gierisch JM, Taylor SS, Maciejewski ML, Yancy WS. (2016). Recruitment and retention for a weight loss maintenance trial involving weight loss prior to randomization. *Obesity Science & Practice*, 2(4), 355-365.
33. Copeland AL, **McVay MA**, Martin PD, Rash CJ, Kendzor DE, Baillie LE, Spears CA, Geiselman PJ (2015). Smoking relapse and weight gain prevention program for postmenopausal weight-concerned women: A pilot study. *Eating Behaviors*, 18, 107-14.
34. Funk LM, Jolles SA, Greenberg CC, Schwarze ML, Safdar N, **McVay MA**, & Voils, C I (2015). Primary care physician decision-making regarding severe obesity treatment and bariatric surgery: A qualitative study. *Surgery for Obesity and Related Diseases*, 12, 893-901.

35. **McVay MA**, Beadles C, Wu R, Grubber J, Coffman C J, Yancy W S, & Voils C I (2015). Effects of provision of type 2 diabetes genetic risk feedback on patient perceptions of diabetes control and diet and physical activity self-efficacy. *Patient Education and Counseling*, 98(12), 1600-1607.
36. **McVay MA**, King HA, Jeffreys AS, Coffman CJ & Voils CI (2015). Mediators of patient health behavior change in a randomized controlled trial of a spouse-assisted intervention. *Psychology, Health & Medicine* 20(7), 753-66.
37. Yancy WS, Mayer SB, Coffman CJ, Smith VA, Kolotkin RL, Geiselman PJ, **McVay MA**, Oddone EZ, & Voils CI. (2015). Effect of allowing choice of diet on weight loss: A randomized trial. *Annals of Internal Medicine*, 162, 805-814.
38. King HA, Jeffreys AS, **McVay MA**, Coffman CJ & Voils CI (2014) Spouse health behavior outcomes from a randomized controlled trial of a spouse-assisted lifestyle change intervention to improve patient low-density lipoprotein cholesterol. *Journal of Behavioral Medicine*, 37(6), 1102-1107.
39. Myers VH, **McVay MA**, Brashear MM, Johnson WD, Gupta AK, Brantley PJ & Ryan DH (2014). Five-year medical and pharmacy costs after a medically supervised intensive treatment program for obesity. *The American Journal of Health Promotion*, 28(6) 364-371.
40. **McVay MA**, Jeffreys AS, King HA, Olsen MK, Voils CI & Yancy WS (2014). The relationship between pre-treatment dietary composition and weight loss during a randomized trial of different diet approaches. *Journal of Human Nutrition and Dietetics*, 28(S2), 16-23.
41. **McVay MA**, Yancy WS, Vijan S, Van Scoyoc L, Neelon B, Voils CI & Maciejewski ML. (2014). Obesity-related health status changes and weight loss treatment utilization. *American Journal of Preventive Medicine*, 46(5), 465-472.
42. **McVay MA**, Voils, CI, Coffman, CJ, Geiselman, PJ, Kolotkin, RL, Mayer, SB, Smith, VA, Gaillard, L, Turner, MJ, & Yancy, WS (2014). Factors associated with choice of a low-fat or low-carbohydrate diet during a behavioral weight loss intervention. *Appetite*, 83, 117-124.
43. **McVay, MA**, Myers, VH, Vollmer, WM, Coughlin, JW, Champagne, CM, Dalcin, AT, Funk, KL, Hollis, JF, Jerome, GJ, Samuel-Hodge, CD, Stevens, VJ, Svetkey, LP, & Brantley, PJ (2013). Predictors of dietary change among those who successfully lost weight in phase I of the Weight Loss Maintenance Trial. *Nutrition & Dietetics*, 71(3), 144-151.
44. Vinci, C, Peltier, MR, Shah, S, Kinsaul, J, Waldo, K, **McVay, MA**, & Copeland, AL (2014) Effects of a brief mindfulness intervention on negative affect and urge to drink among college student drinkers. *Behavior Research and Therapy*, 59, 82-93.
45. Voils, CI, Gierisch, JM, Olsen, MK, Maciejewski, ML, Grubber, J, **McVay, MA**, Strauss, JL, Bolton, J, Gaillard, L, Strawbridge, E, & Yancy, WS. (2014) Study design and protocol for a theory-based behavioral intervention focusing on maintenance of weight loss: The Maintenance After Initiation of Nutrition TrAINing (MAINTAIN) Study. *Contemporary Clinical Trials*, 39(1):95-105.
46. Kulesza, M, **McVay, M A**, Larimar, M, & Copeland, A L (2013). A randomized clinical trial comparing the efficacy of two active conditions of a brief intervention for heavy college drinkers. *Addictive Behaviors*, 38(4): 2094-2101.
47. **McVay, MA**, Friedman, KE, Applegate, KL & Portenier, DD. (2013). Patient predictors of follow-up care attendance in Roux-en-y gastric bypass patients. *Surgery for Obesity and Related Diseases*, 9(6), 956-962.
48. Myers, VH, **McVay, MA**, Brashear, MM, Johannsen, NM, Swift, DL, Kramer, K, Harris, MN, Johnson, WD, Earnest, CP, & Church, TS. (2013). Exercise training and quality of life in individuals with type 2 diabetes: A randomized controlled trial. *Diabetes Care*, 36(7), 1884-1890.
49. Adams, CE, Benitez, L, Kinsaul, J, **McVay, MA**, Barbry, A, Thibodeaux, A, & Copeland, AL (2012). Effects of brief mindfulness instructions on reactions to body image stimuli among female smokers: An experimental study. *Nicotine and Tobacco Research*, 15(2), 376-384.
50. Adams, CE, **McVay, MA**, Vinci, C, Kinsaul, J, Stewart, D, Benitez, L, & Copeland, AL. (2012). Unique relationships between facets of mindfulness and eating pathology among female smokers. *Eating Behaviors*, 13(4), 390-393.

51. Adams, CE, **McVay, MA**, Stewart, DW, Vinci, C, Kinsaul, J, Benitez, L, & Copeland, AL. (2012). Mindfulness ameliorates the relationship between weight concerns and smoking in female smokers. *Mindfulness*, 5, 179-185.
52. **McVay, MA**, Copeland, AL, Newman, H S, & Geiselman, PJ. (2012) Food cravings and food cue responding across the menstrual cycle in a non-eating disordered sample. *Appetite*, 59(2), 591-600.
53. Myers, VH, **McVay, MA**, Adams, CE, Barbera, BL, Brashear, MM, Johnson, WD, Boyd, PS, & Brantley, PJ. (2012). Actual medical and pharmacy costs for bariatric surgery: a six-year follow-up. *Southern Medical Journal*, 105(10), 530-537.
54. Myers, VH, **McVay, MA**, Gullion, CM, Champagne , C, Coughlin, J, Funk, K, Jerome, G, Loria, C, & Brantley, PJ. (2012). Weight loss history as a predictor of weight loss: Results from phase I of the Weight Loss Maintenance Trial. *Journal of Behavioral Medicine*, 36(6), 574-582.
55. Vinci, C, **McVay, M**, Copeland, AL, & Carrigan, MH. (2012). The relationship between depression level and smoking motives in college smokers. *Psychology of Addictive Behaviors*, 26(1), 162-165.
56. **McVay, MA** & Copeland, A L. (2011). Smoking cessation in peri- and postmenopausal women: A review. *Experimental and Clinical Psychopharmacology*, 19(3), 192-202.
57. **McVay, MA**, Copeland, AL, & Geiselman, PJ. (2011). Eating disorder pathology and menstrual cycle fluctuations in eating variables in oral contraceptive users and non-users. *Eating Behaviors*, 12(1), 49-55.
58. Businelle, MS, **McVay, MA**, Kendzor, DE, & Copeland, AL. (2010). A comparison of delay discounting among smokers, substance abusers, and non-dependent controls. *Drug and Alcohol Dependence*, 112, 247-250.
59. Kulesza, M, **Apperson, MR**, Larimar, M, & Copeland, AL (2010). Brief alcohol intervention for college drinkers: How brief is brief? *Addictive Behaviors*, 35(7), 730-733.
60. Businelle, MS, **Apperson, MR**, Kendzor, DE, Terlecki, MA, & Copeland, AL. (2008). The relative impact of nicotine dependence, other substance dependence, and gender on Bechara Gambling Task performance. *Experimental and Clinical Psychopharmacology*, 16(6), 513-520.

#### Published Letters and Commentary

1. **McVay MA**, Conroy DE. (2019). Transparency and openness in behavioral medicine research. *Translational Behavioral Medicine*.
2. Yancy, WS, Barton, AB, **McVay, MA**, Voils, CI (2016). Efficacy of Commercial Weight Loss Programs. *Annals of Internal Medicine*. 163(5):398-399.
3. Yancy, WS Jr, Barton, AB, **McVay, MA**, Voils, CI (2015). In response. *Annals of Internal Medicine*. 163(10), 805-806.
4. Yancy, WS, **McVay, MA** & Brinkworth, G. (2013). Letter to the Editor in response to Pagoto et al. A call for an end to the diet debates. *JAMA*, 310(24), 2676.
5. **McVay, M.A** (2014). Capsule commentary on Wee et al., Sex, race, and consideration of bariatric surgery among primary care patients with moderate to severe obesity. *Journal of General Internal Medicine*, 29(1), 176.

#### Government Document

1. Brantley, P.J., Boyd, P., Harsha, D., **McVay, M.A.**, Myers, V.H., & Ryan, D.H. (2011). *The Louisiana Office of Group Benefits Cost Evaluation and Proposal for the Treatment of Obesity*. Manuscript prepared for The Louisiana Office of Group Benefits and published by the Louisiana State Legislature.

### **Research Presentations**

#### Invited Presentations: National/International

1. **McVay, MA**. Research Talk. *What treatment characteristics matter to individuals when deciding to enroll in a health behavior intervention (and how can we better study this)?* 5th Annual Park City Behavioral Science Summit (Hosted by University of Utah Huntsman Cancer Institute Center for HOPE). Park City, Utah. July 2022.

2. **McVay, MA.** (October 2019). *Increasing primary care patients' engagement in evidence-based weight management behaviors.* Annual Thematic Meeting on Addiction (Clearwater, FL).
3. **McVay, MA.** (November 2021). *Rural/Urban Disparities in Obesity Prevention and Management in Adulthood.* Symposium presented at the Annual Meeting of The Obesity Society (Virtual).

Invited Presentations: Local

1. **McVay, MA** (February, 2020). *Increasing Primary Care Patients' Engagement In Evidence-based Weight Management Behaviors.* University of Florida Pain Research & Intervention Center of Excellence Data Blitz (Gainesville, FL).

Referred Professional Conference Posters & Presentations: International

1. **McVay, MA,** Bacon, J, Cheong, J, Ross, KM, Donahue, M. (June 2019). *Demographic and weight history characteristics associated with willingness to initiate weight management interventions.* Presented at the Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity (Prague, Czech Republic).

Referred Professional Conference Posters & Presentations: National

1. **McVay MA,** Rajoria M, Carrera Seoane M, Marshall M, Alkanderi A, Muenyi S, Ross K.(October 2023). *A pilot trial of a low-intensity daily self-weighing intervention.* Annual Meeting of The Obesity Society (Dallas TX)
2. **McVay MA,** Jake-Schoffman DE, Leong MC, Lou X. (September 2022) *Self-disclosure and privacy concerns in group format lifestyle interventions for obesity: online vs. in-person.* 11<sup>th</sup> meeting of the International Society for Research on Internet Interventions (Pittsburgh PA)
3. ^Jake-Schoffman DE, ^**McVay MA,** Cooper KB, Carrera Seoane M., Rajoria M. *Selection of and engagement in online communities for weight loss support in a short-term pilot study.* 11<sup>th</sup> meeting of the International Society for Research on Internet Interventions (Pittsburgh PA). ^Co-presenters
4. **McVay MA,** Jake-Schoffman DE, McMahon L, Leong CM, Lou X, Patnode C, Pagoto S, Rajoria M. (April 2022) *Impact of pre-enrollment burden on weight loss outcomes in behavioral weight loss trials.* Annual Meeting of the Society of Behavioral Medicine (Baltimore MD).
5. **McVay MA,** Jake-Schoffman DE, Donahue ML, Shah N, Webb F, Cooper KB, Carrera Seoane M. (2021, April). *Engaging primary care patients in freely available commercial online tracking and social media tools to support weight loss.* Annual meeting of the Society of Behavioral Medicine (Virtual Meeting).
6. Jake-Schoffman DE, **McVay MA,** Donahue ML. *Using an adapted Design Sprint Methodology to increase speed and creativity during development of a web-based tool and implementation strategy.* In D.E. Jake-Schoffman(Chair), DHC Presents: Using the Design Sprint Methodology to Develop Digital Health Tools--Three Case Studies. Symposium accepted for presentation at the 41st Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference cancelled due to COVID-19)
7. **McVay, MA,** Ross, KM, Cheong, J (2019, March). *Intervention factors affecting willingness to initiate weight gain prevention interventions.* Presented at the Annual Meeting of the Society of Behavioral Medicine (Washington D.C.).
8. **McVay, MA,** Yancy, WS, Bennett, GG, Levine, E, Jung S, Anton S, Voils CI. (2018, November). *A web intervention to increase evidence-based weight loss treatment initiation: A pilot cluster RCT.* Presented at Obesity Week (Nashville, TN).
9. Voils, C. I., Hale, S., Pendergast, J., Gierisch, J. M., **McVay, M. A.,** Strawbridge, E., Levine, E., White, A., Yancy Jr., W. S., Reed, S., Li, Y., Bennett, G., & Shaw, R. S. (2018, April). *Incentivizing behavior change skills to promote weight loss.* Presented at the annual meeting of the Society of Behavioral Medicine. New Orleans, LA.
10. **McVay, M.A.,** Steinberg, D., Askew, S., & Bennett, G. (April 2017). *Provider counseling is associated with increased weight loss in a primary care-based digital health weight loss intervention.* Presented at the annual meeting of the Society of Behavioral Medicine (San Diego, CA).

11. **McVay, M.A.**, Yancy, W.S., Bennett, G., Voils, C.I. (April 2017). *Individuals' perspectives on factors influencing the decision to initiate weight loss treatment*. Presented at the annual meeting of the Society for Behavioral Medicine (San Diego, CA).
12. Taylor, S. S., Olsen, M. K., Grubber, J. M., **McVay, M. A.**, Gierisch, J. M., Yancy, W. S., & Voils, C. I. (2017, March). *Cohesion in group-based behavioral weight loss interventions*. Presented at the annual meeting of the Society of Behavioral Medicine (San Diego, CA).
13. **McVay, M.**, Friedman, K., Applegate, K., Portenier, D. (November 2016). *Bariatric surgery in patients with bipolar disorders: Selection factors and long-term surgical outcomes*. Presented at Obesity Week (New Orleans, LA)
14. **McVay, M.A.**, Yancy, W.S., Scott, C.N., Allen, S. McSherry, W.C., Voils, C.I. (April 2015). *Identifying factors to target to increase initiation of behavioral weight loss treatment*. Presented at the annual meeting of the Society of Behavioral Medicine (San Antonio, TX).
15. Voils, C.I., Grubber, J., Coffman, C.J., Edelman, D., **McVay, M.A.**, Maciejewski, M.L., Bolton, J. Cho, A. Ginsburg, G.S., & Yancy, W.S. (April 2014). *Does genetic testing increase perceived diabetes risk? Results from a RCT*. Presented at the Annual Meeting of the Society for Behavioral Medicine (Philadelphia, PA).
16. **McVay, M.A.**, Yancy, W.S., Vijan, S., Van Scoyoc, L., Neelon, B., Voils, C.I., & Maciejewski, M.L. (November 2013). *Effects of obesity-related health status changes on behavioral weight loss treatment utilization in an integrated healthcare setting*. To be presented at the annual meeting of The Obesity Society (Atlanta, GA).
17. **McVay, M.A.**, Jeffreys, A.S., Olsen, M.K., Voils, C.I., King, H.A., & Yancy, W.S. (November 2013). *The relationship between pre-treatment macronutrient intake and weight loss during a randomized trial of different diet approaches*. To be presented at the annual meeting of The Obesity Society (Atlanta, GA).
18. Maciejewski, M.L., Neelon, B., Yancy, W.S., Van Scoyoc, L., **McVay, M.A.**, Vijan, S. (November 2013). *Long-term healthcare costs of overweight and obese veterans*. To be presented at the annual meeting of The Obesity Society (Atlanta, GA).
19. King, H.A., Coffman, C.J., **McVay, M.A.**, & Voils, C.I. (March 2013). *Spouse outcomes from a spouse-assisted intervention to lower patient cholesterol*. Presented at the annual meeting of the Society of Behavioral Medicine (San Francisco, CA).
20. Copeland, A.L., Kulesza, M., Proctor, S. L., & **McVay, M. A.** (November 2012). *How Does the Brief Alcohol Screening Interview for College Students (BASICS) Influence College Student Smoking?* Presented at the annual meeting of the Association of Behavioral and Cognitive Therapy (National Harbor, MD).
21. Myers, V.H., **McVay, M.A.**, Adams, C.E., Barbera, B.L., Brashear, M.M., Johnson, W.D., Boyd, P.S., & Brantley, P.J. (October 2012) *Medical and Pharmacy Costs for Bariatric Surgery: A Six-Year Follow-Up*. Presented at the annual meeting of the Obesity Society (San Antonio, TX).
22. Kulesza, M., **McVay, M.**, Larimer, M.E., & Copeland, A.L. (June 2012). *A randomized clinical trial comparing the efficacy of two active brief interventions for heavy college drinkers*. Presented at the annual meeting of the Research Society on Alcoholism (San Francisco, CA).
23. Adams, C.E. Benitez, L., Kinsaul, J., Barbry, A., Thibodeaux, A., **McVay, M.A.**, & Copeland, A.L. (March 2012). *Direct and Moderating Effects of Trait Mindfulness in the Relationships between Weight Concerns and Smoking among Female Smokers*. Presented at the annual meeting for the Society for Nicotine and Tobacco Research (Houston, TX).
24. Adams, C.E. Benitez, L., Kinsaul, J., Barbry, A., Thibodeaux, A., **McVay, M.A.**, & Copeland, A.L. (November 2011). *Effects of Mindfulness on Body Image, Affect, and Smoking in Women*. Presented at the annual meeting of the Association for Cognitive and Behavioral Therapy (Toronto, Canada).
25. Geiselman, P.J., Ryan D.R., & **McVay, M.A.** (October 2011). *Macronutrient Validation and Test-Retest Reliability of Oral-Sensation Craving Scales in Women*. Presented at the annual meeting of The Obesity Society (Orlando, FL).
26. Myers, V.H., **McVay, M.A.**, Brashear, M.M., Swift, D.L., Kramer, K., Brantley, P.J., Johnson, W.D., Earnest, C.P., & Church, T.S. (October 2011). *The Effects of Aerobic and Resistance Training on Quality*

- of Life in Persons with Type 2 Diabetes: Results from the HART-D Study*. Presented at the annual meeting of The Obesity Society (Orlando, FL).
27. Myers, V.H., Barbera, B.L., Adams, C.E., Johnson, W.D., Brashear, M., **McVay, M.A.**, McKnight, G.T., Brantley, P.J. (April 2011). *Comparison of medical and pharmacy costs in a managed care sample of bariatric patients and non-surgical persons with extreme obesity*. Presented at the annual meeting of the Society for Behavioral Medicine (Washington DC).
  28. **McVay, M. A.**, Kulesza, M., Larimer, M. E. & Copeland, A. L. (November 2010). *Eating disorder pathology, alcohol problems, and food restriction on drinking days in college students*. Presented at the annual meeting of the Association for the Behavioral and Cognitive Therapies (San Francisco, CA).
  29. Copeland, A. L., **Apperson, M. R.**, Baillie, L. E., & Adams, C. E. (April 2009). *Test of a smoking cessation and weight gain prevention program for postmenopausal weight-concerned women*. In B. Spring (Chair), Smoking Cessation and Weight Gain Issues: Evidence to Practice and Policy. Presented at the meeting of the Society for Behavioral Medicine (Montreal, Canada).
  30. **Apperson, M. R.**, Geiselman, P. J., & Copeland, A. L. (April 2009). *Eating pathology and menstrual cycle-related fluctuations in craving, hunger, and dietary restraint*. Presented at the meeting of the Society for Behavioral Medicine (Montreal, Canada).
  31. Geiselman, P. J., Martin, C. K., Coulon, S., Ryan, D. H., & **Apperson, M. R.** (April 2009). *Effects of chewing gum on specific macronutrient and total caloric intake in an afternoon snack*. In M. Kern and H. Leidy (Co-chairs), Food Intake Regulation I Minisymposium. Presented at the Annual Experimental Biology Meeting (New Orleans, LA).
  32. Kulesza, M., **Apperson, M. R.**, Terlecki, M. A., Larimer, M. E., & Copeland, A.L. (2008 November). *Brief alcohol interventions for college student drinkers: How brief is brief?* Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (Orlando, FL).
  33. Businelle, M. S., **Apperson, M. R.**, Terlecki, M. A., Kendzor, D. E., Kulesza, M., Baillie, L., & Copeland, A. L. (February 2008). *The relative impact of nicotine dependence versus other substance dependence on decision-making*. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco (Portland, OR).
  34. **Apperson, M. R.**, Copeland, A. L., Martin, P. D., Ryan, D. H. & Geiselman, P. J. (October 2007). *The role of weight-related variables in smoking cessation program outcomes in postmenopausal African American and Caucasian women*. Poster presented at the annual meeting of The Obesity Society (New Orleans, LA).
  35. Geiselman, P. J., Martin, P. D., Copeland, A. L., Ryan, D. H., **Apperson, M. R.**, Businelle, M. S., Kendzor, D. E. (October 2005). *Food intake and prandial changes in hedonic responses to food in postmenopausal African-American and Caucasian women following smoking cessation*. Poster presented at the meeting of The North American Association for the Study of Obesity (Vancouver, Canada).

#### Other Presentations

1. "Inclusion and Accessibility in Open Science Practices in Behavioral Medicine" Panel Chair; presented at the 2021 Society of Behavioral Medicine Annual Meeting (Virtual).

#### **Awards and Honors**

- |           |   |
|-----------|---|
| 2016      | 2 <sup>nd</sup> place- Integrated Health Research Award, American Society for Metabolic and Bariatric Surgery, Obesity Week Annual Meeting                                |
| 2016-2020 | Loan Repayment Program Award, National Institutes of Health (NIH)   |
| 2015      | Early career award for best abstract, Society for Behavioral Medicine, Military and Veterans Health   |
| 2013      | Poster competition awardee, Health Services Research Section, The Obesity Society   |
| 2013      | Fellow, NIH OBSSR/NHLBI Summer Institute on the Design and Conduct of Randomized Clinical Trials Involving Behavioral Interventions, National Institutes of Health (NIH). |

2004-2008	Graduate School Enhancement Award, Louisiana State University
2004	Honorable Scholastic Performance in the Study of Psychology, University of Puget Sound
2000-2004	Coolidge Otis Chapman Honors Scholar, University of Puget Sound

## Teaching Experience

- HSC 4174: *Behavioral and Environmental Determinants of Obesity*, University of Florida, Fall 2018, Fall 2019, Fall 2021, Spring 2022, Spring 2023, Fall 2023 (Online), Fall 2024
- HSC 4950: *Research Methods*, University of Florida, Fall 2022
- HSC 5956: *Writing for Professional Publication*, University of Florida, Spring 2019
- HSC 6735: *Research Methods in Health Education*, University of Florida, Spring 2020, Spring 2024
- PSYC 3082: *Introduction to Abnormal Psychology*, Louisiana State University, Summer 2008

## Student Committees and Mentoring

### Dissertation chair

1. Katie Lindstrom (co-chair with Dr. Jalie Tucker), *Examining the Effectiveness of an Image-Based Food Label Nudge on Adult Whole Food Purchasing Choices in a Hypothetical Grocery Store Context*, Fall 2021
2. Wendy Moore, *Parental Factors and Their Association With Intentions to Initiate a Pediatric Weight Management Program*, Summer 2022
3. Montserrat Carrera Seoane, *Pilot Testing a Brief Intervention to Address Non-Evidence-Based Weight Loss Strategies on Social Media among Immigrant Hispanic Students*, Summer 2023
4. Kellie (Cooper) Scotti, *Understanding the Social Undermining of Weight Management Behaviors in Young Adult African American Women*, Summer 2024

### Other doctoral student committees

1. Umelo Ugwoaba, Clinical Health Psychology doctoral student; Committees: Qualifying exam (spring 2021); Dissertation proposal defense (Fall 2022); Dissertation defense (Summer 2023)
2. Elder Varela, HEB doctoral student; Committees: Qualifying exam (Spring 2021), Dissertation proposal defense (Fall 2022), Dissertation defense (Summer 2023)
3. Elena Kalina, HEB doctoral student; Committees: Planning committee (Summer 2023)
4. Kelsey Arroyo, Clinical Health Psychology doctoral student; Committees: Qualifying exam (summer 2023); Dissertation proposal defense (Fall 2023), Dissertation Defense (Summer 2024)
5. Hannah Lavoie, HEB doctoral student; Committees: Qualifying exam (Spring 2024), Dissertation proposal defense (Fall 2024)

### Master's student committee

1. Denis Schulz, HEB student; Role: Master's Special Project committee member, Spring 2019
2. Andrew Walker, HEB student; Role: Master's Thesis committee member, Summer 2019

### Undergraduate students, honors theses chair

1. Cassandra Clay, *Role of marital status on willingness to initiate weight loss treatment*, HEB Honors Thesis, Spring 2019
2. Hannah Garton, *Review of qualitative literature on adolescent bariatric surgery*, HEB Honors Thesis, Spring 2019
3. Madison McKay, *An audit of online social networks for weight loss*, HEB Honors Thesis, Spring 2022
4. Cameron Pagan, *Online group mental health interventions for college students: An examination of the existing literature*, Spring 2023

### Undergraduate students, honors theses committee member

1. Angelique Ramirez, HEB Honors Thesis, Spring 2021, Role: Thesis Faculty Reviewer
2. Katherine Bohn, "Physical Activity Levels of Florida Elementary School Students" Spring 2019. Role: Thesis committee member

#### Undergraduate students, portfolio

1. Esther Ducas, HEB Portfolio, Spring 2019, Faculty Chair

## **Professional Affiliations**

### National/International

Society of Behavioral Medicine

The Obesity Society

### Local

Center for Integrative Cardiovascular and Metabolic Disease (CICMD), University of Florida

Center for Behavioral Economic Health Research (CBEHR), University of Florida

## **University and Professional Service**

### Department Committee Roles

Chair, Faculty Search Committee, Department of Health Education and Behavior, 2022-2023

Member, Graduate Program Advisory Committee, Department of Health Education and Behavior, 2019-present

Member, Curriculum Committee, Department of Health Education and Behavior, 2020

Chair, Recognition Committee, Department of Health Education and Behavior, 2019-2020

Member, Undergraduate Program Advisory Committee, Department of Health Education and Behavior, 2018-2019

Member, Faculty Governance Committee, Department of Health Education and Behavior, 2018-2019

Member, Computing Resource Committee, Department of Health Education and Behavior, 2018-2019

### College Committee Roles

Chair, Research Committee, College of Health and Human Performance, 2019-2020

Member, Research Committee, College of Health and Human Performance, 2018-2021

### Professional Committee Roles

Member, Board of Directors, Society of Behavioral Medicine, 2019-2022

Council Chair, Publication and Communication Council, Society of Behavioral Medicine, 2019-2022

Council Member, Publication and Communication Council, Society of Behavioral Medicine, 2018-2019

Early Career Representative, Finance Committee, The Obesity Society, 2014-2016

### Other University and Professional Service

Member, Data and Safety Monitoring Board, Phentermine/tOpiramate to eND Obesity and Uric acid stones Trial (PI: Canales, Benjamin), 2020-.

## **Grant Reviewer**

### Ad hoc

2020 NIH: Psychosocial Risk and Disease Prevention (PRDP) standing study section

2020 NIH: ZAT1 PJ (10) Exploratory Clinical Trials of Mind and Body Interventions (MB)

2021 NIH: Lifestyle Change and Behavioral Health (LCBH) standing study section

2023 NIH: Small business panel, Disease Management, Risk Prevention, and Health Behavior (CCHI)

2024 NIH: Lifestyle Change and Behavioral Health (LCBH) standing study section

## **Editorial and Journal Reviewer Service**

### Editorial Roles

Senior Associate Editor, Translational Behavioral Medicine, 2020-2022

### Ad hoc peer review responsibilities (2014-present)

American Journal of Preventative Medicine (*designated as one of top quality reviewers, 2015*)

Appetite

BMJ

Clinical Obesity

Eating Behaviors

Health Education Research

Health Psychology

Health Psychology & Behavioral Medicine

International Journal of Behavioral Medicine

Journal of Behavioral Medicine

Journal of General Internal Medicine

Journal of Medical Internet Research

Obesity

Nature Human Behavior

Nicotine and Tobacco Research

Translational Behavioral Medicine

PLOS

### Conference review abstracts

Conference Abstract Reviewer, Society for Behavioral Medicine, 2019-2024

Conference Abstract Reviewer, American Medical Informatics Association. 2019, 2020