

# Cristin D. Runfola, Ph.D.

Curriculum Vitae

Stanford University, Department of Psychiatry and Behavioral Sciences  
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## ACADEMIC HISTORY

- 09/2013 –09/2015     **Global Foundation for Eating Disorders (GFED) Scholar**  
Training in Cognitive-Behavioral Couple Therapy and Eating Disorders  
University of North Carolina School of Medicine, Department of Psychiatry  
PIs: Cynthia Bulik, Ph.D. and Donald Baucom, Ph.D.
- 09/2011 –09/2013     **Post-doctoral Fellowship**  
Research Training in Eating Disorders  
T32 Ruth L. Kirschstein National Research Service Award (NRSA)  
University of North Carolina School of Medicine, Department of Psychiatry  
PI: Cynthia Bulik, Ph.D.
- 08/2010 –08/2011     **Pre-doctoral Internship**  
University of North Carolina School of Medicine, Department of Psychiatry  
(APA Accredited)  
Concentration: Eating Disorders  
Training Director: Gladys Williams, Ph.D.
- 06/2009 –08/2011     **Ph.D. Clinical Psychology**  
Palo Alto University / Pacific Graduate School of Psychology  
(APA Accredited)  
Doctoral Dissertation: Night eating syndrome: Prevalence and clinical  
significance in pediatric eating disorder patients. Defended: June 7<sup>th</sup>, 2010  
Chairs: Rebecka Peebles, M.D. and Allison Briscoe-Smith, Ph.D.
- 08/2006 – 06/2009     **M.S. Clinical Psychology**  
Palo Alto University | Pacific Graduate School of Psychology
- 08/2002 – 08/2006     **B.A. Psychology, *Summa Cum Laude***  
San Diego State University

## PROFESSIONAL LICENSURE AND REGISTRATION

Licensed Clinical Psychologist, State of California, U.S.A., #27903 (active)  
Licensed Clinical Psychologist, State of North Carolina, U.S.A. #4531 (inactive)

## ACADEMIC APPOINTMENTS

- 01/2021 – pres.       **Clinical Associate Professor (.50 FTE)**  
Department of Psychiatry & Behavioral Sciences, School of Medicine

Stanford University Medical Center  
(Reappointed 10/2022 for a two-year period)

- 06/2017 – 12/2020 **Clinical Assistant Professor**  
Department of Psychiatry & Behavioral Sciences, School of Medicine  
Stanford University Medical Center
- 01/2016 – 05/2017 **Clinical Instructor**  
Department of Psychiatry & Behavioral Sciences, School of Medicine  
Stanford University Medical Center
- 09/2013 – 11/2015 **Clinical Assistant Professor**  
Department of Psychiatry, School of Medicine  
University of North Carolina at Chapel Hill (UNC)

## RESEARCH POSITIONS

- 09/2010 – 09/2013 **T32 Post-doctoral Fellowship in Eating Disorders Research**  
*University of North Carolina School of Medicine, Department of Psychiatry*  
Supervisors: Cynthia Bulik, Ph.D. & Laura Thornton, Ph.D.  
Research on epidemiology and clinical outcome of eating disorders in underserved populations. Pilot study of a parenting intervention for mothers with histories of eating disorders with infants 0-3 years of age.
- 08/2010 – 08/2011 **Pre-doctoral Clinical Psychology Intern**  
*University of North Carolina School of Medicine, Department of Psychiatry*  
Supervisor: Cynthia Bulik, Ph.D.  
Epidemiological and clinical outcome research on eating disorders.  
Researched eating disorders and weight concerns in a large sample of women over 50 years.
- 03/2007 – 08/2010 **Clinical Research Coordinator**  
*WEIGHT Lab, Stanford University Medical Center, Palo Alto, CA*  
Supervisors: Rebecka Peebles, M.D. & James Lock, M.D., Ph.D.  
Research on 1) cardiac risk factors and bone health of pediatric patients with disordered eating; 2) dietary behaviors and psychosocial health of college students and athletes; 3) diet, mood, and quality of life in patients with obesity or post-bariatric surgery.
- 09/2006 – 02/2007 **Research Assistant**  
*WEIGHT Lab, Stanford University Medical Center, Palo Alto, CA*  
Supervisor: Rebecka Peebles, M.D.  
Research on eating disorders and weight concerns in youth.
- 08/2007 – 08/2010 **Senior Research Assistant**  
*Child Trauma Lab and WestCoast Children's Clinic and Prostitution Research & Education (PRE), Pacific Graduate School of Psychology, Palo Alto, CA*  
Supervisor: Allison Briscoe-Smith, Ph.D.

Research on mental health and high-risk behaviors of commercially sexually exploited minors (CSEM).

- 05/2005 – 08/2006 **Research Assistant**  
*Eating Disorders Center for Treatment and Research, University of California, San Diego School of Medicine*  
 Supervisors: Walter Kaye, M.D. & Roxanne Rockwell, Ph.D.  
 Research assessing brain functioning of patients with an eating disorder history. Assisted with startup of an intensive outpatient eating disorder unit.
- 01/2004 – 08/2006 **Research Assistant**  
*Dating Violence Prevention Lab, San Diego State University, CA*  
 Supervisor: Emilio Ulloa, Ph.D.  
 Examined the relation between dating violence and psychosocial health in college students. Facilitated discussion formats for qualitative data collection.

## CLINICAL POSITIONS

- 01/2018 – present **Owner and Therapist**  
 Cristin Runfola, PhD (Private Practice)
- 01/2016 – present **Clinical Psychologist and Attending Psychologist**  
*Stanford University Eating Disorders Clinic, Anxiety and Depression Adult Psychological Treatment (ADAPT) Clinic, and Couples and Family Therapy Clinic, Department of Psychiatry & Behavioral Science*  
 Initial diagnostic evaluations with adults to assess presence and severity of psychiatric symptoms and determine appropriate level of care (inpatient, partial hospitalization, outpatient, etc.). Serve as therapist on clinical trials including eating disorder and obesity treatment and prevention studies. Individual and couple therapy. Participate in weekly team supervision. Primary clinical populations: eating disorders, depression, anxiety, adjustment disorders, relationship distress.
- 01/2016 – present **Psychological Evaluator**  
*Stanford University Bariatric & Metabolic Disorders Clinic*  
 Conduct pre-bariatric surgery psychological evaluations in adults.
- 09/2013 – 11/2015 **Therapist and Supervisor**  
*UNC Center of Excellence for Eating Disorders, Department of Psychiatry*  
 Initial diagnostic evaluations with adolescents and adults to assess presence and severity of eating disorder symptoms and determine appropriate level of care (inpatient, partial hospitalization, outpatient, etc.). Individual and group therapy in outpatient unit and supervise trainees.
- 09/2013 – 11/2015 **Assessment Trainer and Supervisor**  
*UNC Center of Excellence for Eating Disorders, Department of Psychiatry*  
 Trainer and supervisor of research staff and clinical faculty in the administration of the SCID, EDE, MFED, YBOCS-BE and suicide assessment for clinical trials.

- 08/2011 – 11/2015 **Clinical Trial Therapist**  
*UNC Center of Excellence for Eating Disorders, Department of Psychiatry.*  
UNITE: Couple therapist for UNiting couples In the Treatment of Eating disorders (UNITE) pilot study assessing feasibility and preliminary efficacy of a novel couple-based therapy program for binge-eating disorder.  
 Supervisors: Donald Baucom, Ph.D., & Jennifer Kirby, Ph.D.  
UCAN: Individual and couple therapist for Uniting Couples (in the treatment of) Anorexia Nervosa (UCAN) R01 randomized-controlled trial comparing UCAN (couple therapy) to twice weekly individual cognitive-behavioral therapy.  
 Supervisors: TJ Raney, Ph.D., Millie Maxwell, Ph.D., & Jennifer Kirby, Ph.D.  
CBT4BN: Chat group therapist for the Cognitive-Behavioral Therapy for Bulimia Nervosa (CBT4BN) R01 study.  
 Supervisors: Cynthia Bulik, Ph.D., Marsha Marcus, Ph.D.
- 09/2011 – 09/2013 **Post-doctoral Fellow**  
*UNC Center of Excellence for Eating Disorders, Department of Psychiatry*  
 Supervisors: TJ Raney, Ph.D., Millie Maxwell, Ph.D., & Cynthia Bulik, Ph.D.  
 Individual and group therapist for individuals with eating disorders in outpatient unit.
- 08/2010 – 08/2011 **Pre-doctoral Clinical Psychology Eating Disorders Intern**  
*University of North Carolina School of Medicine, Department of Psychiatry*  
 Program Coordinator: T.J. Raney, Ph.D.  
Major Rotation: Eating Disorders Clinic. Child, adolescent, and adult assessment and treatment of eating disorders in individual and group format (CBT, DBT, ACT, Motivational Enhancement Therapy, Parent Psychoeducation, Family Meals) across all levels of care (inpatient, partial hospitalization, and outpatient units).  
  
Minor Rotations: Crisis Emergency Services, Functional Gastroenterology and Motility Disorders Clinic, Abdominal Transplant, and Adult Neuropsychology.
- 03/2007 – 08/2010 **Assessment Trainer**  
*WEIGHT Lab, Stanford University Medical Center, Palo Alto, CA*  
 Trainer and supervisor of research staff in the administration of the EDE and NESHI with children and adolescents for research studies.
- 08/2009 – 06/2010 **Psychological Trainee**  
*Notre Dame de Namur University Counseling Services, Belmont, CA*  
 Supervisors: Edna Esnil, Psy.D. & Dennis Dow, Ph.D.  
 Therapy and crisis intervention with individuals, couples, and groups, and consultation services. Held monthly workshops (e.g., stress management, body image enhancement).

08/2008 – 06/2009

**Practicum Trainee**

*Fremont Youth and Family Services and Mattos Elementary, Fremont, CA*  
Supervisors: David Watt, Ph.D. & Lisa Gioia, M.F.T.

Community-based outpatient clinic and elementary school site. Therapy and crisis intervention with youth, groups, and families. Participated in SST, IEP, and 504 meetings. Training in behavioral interventions and family systems therapy.

08/2007 – 06/2008

**Psychological Trainee**

*Gronowski Clinic, Pacific Graduate School of Psychology, Los Altos, CA*  
Supervisors: Yasmeeen Yamini-Diouf, Ph.D. & Robert Reiser, Ph.D.

Community mental health outpatient clinic. Individual and couple assessment and therapy with adult clients. Training in CBT and Gottman Methods Couple Therapy.

**PROGRAM DEVELOPMENT**

01/2020 – 01/2022

Virtual Reality Emotion Regulation Training for Emotional Eating

Co-developed manual-based transdiagnostic virtual reality emotion regulation training program to reduce emotional eating with Drs. Debra Safer, Riva Guiseppe, and Kim Bullock at Stanford University, Department of Psychiatry & Behavioral Sciences.

01/2018 – 01/2019

Virtual Reality Cue Exposure Therapy (VR-CET) for Binge Eating

Co-developed manual-based transdiagnostic virtual reality based cue-exposure therapy for binge eating with Drs. Debra Safer, Sarah Adler, and Kim Bullock at Stanford University, Department of Psychiatry & Behavioral Sciences.

03/2012 – 11/2015

Director, Embody Carolina (Buckley Public Service Scholar Skills Training) [www.embodycarolina.com](http://www.embodycarolina.com) at The University of North Carolina at Chapel Hill, Department of Psychiatry. Developed and oversaw a novel peer-to-peer skills training program designed to improve detection of and support for individuals with eating disorders at colleges and universities. *Embody in the News*: Daily Tar Heel, Carolina Week, UNC Health Care, NIRSA News, Blogtalkradio.

01/2014 – 09/2014

Cognitive-Behavioral Couple-Based Therapy for Binge-Eating Disorder

Co-developed manual-based couple-based intervention for binge-eating disorder with Drs. Jennifer Kirby, Donald Baucom, and Cynthia Bulik at The University of North Carolina at Chapel Hill, Department of Psychiatry.

03/2010

College Counseling Center Therapist Training Manual

Developed practicum student therapist training program with Edna Ensil, Psy.D. at Norte Dame de Namur University.

**TEACHING**

- 2023, Spring  
2022, Spring  
2020, Spring  
2018, Spring  
2016, Spring
- Acceptance and Commitment Therapy, Clin 750**  
Stanford University, PsyD Graduate Students
- 2019-2023
- Guest Lecturer, Psychiatry Post-doctoral Training**  
Stanford University, Department of Psychiatry & Behavioral Sciences  
*Lecture: Couple-based treatment for eating disorders*
- 2023
- Lecture: Preparing Your Curriculum Vitae (CV)*
- 2020
- Guest Lecturer, Psychiatry Resident Training**  
Stanford University, Department of Psychiatry & Behavioral Sciences  
*Lecture: A Brief Overview of Acceptance and Commitment Therapy (ACT)*
- 2017-2018
- Advanced Practicum Forum (4<sup>th</sup> year), Prac 701**  
Stanford University, PsyD Graduate Students
- 08/2013 – 11/2015
- Guest Lecturer, Psychiatry Resident Training**  
University of North Carolina at Chapel Hill, Department of Psychiatry  
Lectures on eating disorders detection and treatment for psychiatry residents.
- 05/2015
- Guest Lecturer, Grand Rounds**  
University of North Carolina at Chapel Hill, Department of Psychiatry  
*Lecture: Role of the therapist in eating disorders treatment.*
- 04/2015
- Guest Lecturer, Continuing Education**  
University of San Diego, California (UCSD), Center for Eating Disorders Research and Treatment  
*Lecture: Enhanced cognitive-behavioral therapy for couples in the context of psychopathology: Application to eating disorders.*
- Teaching Assistant, San Diego State University**
- |              |                                   |                                |
|--------------|-----------------------------------|--------------------------------|
| 2005, spring | Psychology Undergraduate Advising | Professor: Emilio Ulloa, Ph.D. |
| 2005, fall   | Psychology Undergraduate Advising | Professor: Emilio Ulloa, Ph.D. |
| 2005, fall   | Psychology of Human Sexuality     | Professor: Pat Tackett, Ph.D.  |
| 2004, spring | Introductory Psychology           | Professor: Pat Tackett, Ph.D.  |
- 08/2004 – 05/2005
- Teaching Assistant**  
Sex Education and Life Skills Course, San Pasqual Academy, Escondido, CA  
Supervisor: Pat Tackett, Ph.D.

**TRAINEES**Clinical Supervision

- 2023-Pres. Emily Vogel, PsyD (Postdoctoral Fellow, Stanford University)
- 2023-Pres. Sally Huang, MD (4<sup>th</sup> Year Resident, Stanford University)

2023-Pres. Georgia Potter (PGSP/Stanford PsyD Consortium)  
 2023 Natalie Saba (PGSP/Stanford PsyD Consortium)  
 2021-Pres. Emma Huston (PGSP/Stanford PsyD Consortium)  
 2022 Ciara Schnitzer (PGSP/Stanford PsyD Consortium)

2021-2022 Aimee Zhang, PhD (Postdoctoral Fellow, Stanford University)  
 2018-2021 Emily Nauman (PGSP/Stanford PsyD Consortium)  
 2018-2021 Theresa Brown (PGSP/Stanford PsyD Consortium)  
 2019-2020 Molly Atwood, PhD (Postdoctoral Fellow, Stanford University)  
 2017-2018 Ripal Shah, MD (4<sup>th</sup> Year Resident, Stanford University)  
 2018 Elise Gibbs, PsyD (Postdoctoral Fellow, Stanford University)  
 2018 Jeff Taylor, PhD (Postdoctoral Fellow, Stanford University)  
 2018 Aimee Zhang (PGSP/Stanford PsyD Consortium)

### Research Supervision

2022-2023 Sophie York Williams, PhD (Stanford University, mini research rotation)  
 2022- Ciara Schnitzer (PGSP/Stanford PsyD Consortium)  
 2019- Clelia Malighetti, PhD student (Stanford University, 2019; primary mentor is Dr. Riva in Italy. Visited our VR eating disorder lab to learn about our VR-cue exposure protocol and to receive feedback and mentorship on her dissertation using VR to address emotion regulation deficits.)

2018-2021 Emily Nauman (PGSP/Stanford PsyD Consortium)  
 2015 Aoife Sinclair (Newton-Conover, High School Senior Project)  
 2014 Lauren Breithaupt (Clinical Psychology, UNC Eating Disorder Summer Research Fellowship Program)  
 2014 Margaret Sala (Clinical Psychology, UNC Eating Disorder Summer Research Fellowship Program)  
 2012-2013 Eleanor Byars (Ashley Hall, High School Senior Project)

### Doctoral Dissertation Supervision

#### **Reader**

2023-pres. Josephine Sanchez, BA (PhD Clinical Psychology, PAU)  
 2019-2022 Erik Wilkerson, MS (PsyD, PGSP/Stanford Consortium)  
 2018-2021 Theresa Brown (PsyD, PGSP/Stanford Consortium)  
 2014-2015 Rebecca Yao, MPH, CPH (PhD Epidemiology, UNC-CH)

#### **Outside Reader**

2020-2023 Morgan Walker, MA, NCCM (PhD in Counselor Education and Supervision, William & Mary School of Education, Dissertation *External* Committee Member)

### Career Mentoring

2017-2018 Samantha Holmes, PhD (Counseling, VA Palo Alto Internship Career Mentoring Program)

### Undergraduate Academic Peer Advisor

2005-2006 San Diego State University, Psychology Department. Director: Emilio Ulloa, Ph.D.

**OTHER TRAINING | CERTIFICATIONS**Clinical

07/2023

5150 Certification

W&1 Code 5150 Evaluator Number 6949  
 County of Santa Clara Behavioral Health Services  
 Agency Name: Stanford University  
 Expiration Date: 7/31/2028

09/2021- 04/2022

Couple Therapy for Infidelity

Participated in biweekly individual supervision and manual review with Don Baucom, PhD.

01/2019- 01/2020

Acceptance and Commitment Therapy

Stanford University School of Medicine  
 Completed ACT Immersion 10-Module Online Training with Steven Hayes, Ph.D.

01/2019- 09/2019

Acceptance and Commitment Therapy

Participated in weekly group supervision and manual review with Robyn Walser, Ph.D., Certified ACT Trainer.

09/2013- 09/2015

Cognitive-Behavioral Couple Therapy

University of North Carolina School of Medicine, Department of Psychiatry  
 Training in Cognitive-Behavioral Couple Therapy with Donald Baucom, Ph.D. and Jennifer Kirby, Ph.D.

07/2012– 08/2012

Manualized Individual Cognitive-Behavioral Therapy

University of North Carolina at Chapel Hill, Department of Psychiatry  
 Manualized CBT training with Cynthia Bulik, Ph.D., Donald Baucom, Ph.D., Millie Maxwell, Ph.D., Jennifer Kirby, Ph.D., & Jacqueline Carter, Ph.D.

10/2010

Structured Clinical Interview for DSM Disorders (SCID-II) – Certified Trainer

University of North Carolina at Chapel Hill

02/2010

Family-Based Treatment of Eating Disorders in Adolescents: The Maudsley Method

Training Institute for Child and Adolescent Eating Disorders, Stanford University. Step 1: Two day workshop with James Lock, M.D., Ph.D. & Kara Fitzpatrick, Ph.D.

04/2007

Eating Disorder Examination (EDE) – Certified Trainer

Stanford University School of Medicine

Psychological Assessment Familiarity

WAIS-IV, WIAT, WMS, Woodcock Johnson III, Boston Naming Test, Trail Making Test, Rey-Osterrieth Complex Figure, Wisconsin Card Sorting Test Stroop Test, Index Finger Taping, Rorschach, MMPI-2, ADOS.



Supervision

09/2016 – 09/2017 Supervisory Academy Program  
 Stanford University School of Medicine  
 Eleven session supervisory training program for all Stanford Medicine supervisors.

Research

08/2012 – 06/2013 Translational and Clinical Research Curriculum  
 Accepted into program providing coursework in core competencies viewed critical to the success of an academic clinical-translational researcher (NC TraCS Institute).

Statistical Programming – SPSS, SAS

**SERVICE AND LEADERSHIP**

- 2011 – 2023 Academy for Eating Disorders  
 Reviewer, 2023 International Conference on Eating Disorders (ICED)  
 Abstract Review for Scientific Programming (2022)  
 Member, 2022 International Conference on Eating Disorders (ICED)  
 Scientific Committee (2021-2022)  
 Co-Chair, Membership Recruitment and Retention Committee (2014-2018)  
 Co-Chair, International Conference on Eating Disorders (ICED) Scientific Paper Session “Treatment of Adult Eating Disorders” (2016)  
 Consultant, Membership Recruitment and Retention Committee (2013-2014)  
 Member, Electronic Media Committee (2011-2014)  
 Member, Membership Recruitment and Retention Committee (2010-2013)
- 2014 – 2015 Binge Eating Disorder Association  
 Co-Chair, Conference Committee
- 2011 – 2014 F1000 Associated Faculty (post-publication peer review)
- 2013 – 2014 Eating Disorder Outreach on High School and College Campuses  
 Presenter, Southern Smash, University of North Carolina (Aug. 2013, 2014)  
 Presenter, Panhellenic Council, University of North Carolina (Aug. 2013)  
 Presenter, Tigerfest, Chapel Hill High School (June 2013)
- 2010 – 2013 National Eating Disorders Awareness Week Events  
 Leader, University of North Carolina at Chapel Hill (Feb. 2012, 2013)  
 Leader, Notre Dame de Namur University, Belmont, CA (Feb. 2010)
- 2004 – 2006 Psi Chi National Honor Society in Psychology (SDSU)  
 President (2005–2006)  
 Treasurer (2005–2006)  
 Publicist (2004–2005)
- 2005 – 2006 Psychology Club (SDSU), Vice President

## UNIVERSITY AND DEPARTMENTAL COMMITTEES

### Stanford University

2021 – 2023 Clinical Psychology Fellowship Program Recruitment and Interviewing

### University of North Carolina

2015 – 2015 UNC CEED Program Development Committee Member

2014 – 2015 UNC CEED Faculty Search Committee Member

2013 – 2015 UNC Clinical Internship Selection Committee Member

2011 – 2015 UNC Clinical and Research Talk Coordinator and Presenter

## DIVERSITY, EQUITY, AND INCLUSION (DEI)

### Committee Work

2021-2022 International Conference on Eating Disorders (ICED) Scientific Committee  
Recommended and secured the first black female keynote speaker for the most reputable conference on eating disorders to increase understanding of the racist origins of fat phobia and identify key tactics for targeting internalized weight stigma and racism in our community. Chaired the sociocultural plenary focused on ageism and eating disorders in individuals at mid- to late-life including the intersection of age with gender and race in this population.

### Workgroups

2020-2021 Eating Disorder Clinic Anti-Racism and Weightism Workgroup  
Participated in weekly to one monthly book club and workgroup focused on DEI efforts and supporting peers in developing anti-racist practices. Goals included educating ourselves about the experiences of BIPOC and the pervasiveness of white supremacy; working to become anti-racist practitioners and people; gaining greater awareness of the ways our provision of care is affected by racism; and to understand our own biases. Through this work, we have identified and worked to effect change in racist practices imbedded in the EBTs we offer as well as in how we recruit new members.

#### Education Books and Journal Articles (examples below)

- Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor by Layla F. Saad
- White Fragility: Why It's So Hard for White People to Talk About Racism by Robin Diangelo, PhD
- Fearing the Black Body: The Racist Origins of Fat Phobia by Sabrina Strings, PhD
- The Body is Not an Apology by Sonya Renee Taylor

#### Outcome

- Set aside funds (from personal professional accounts) for established experts on social justice issues to talk at postdoc and faculty seminars
- Centered the voices of marginalized group members in and outside of Stanford

- Recruited BIPOC postdoctoral fellows
- Revised program materials to ensure they are inclusive and representative of all genders, races, religions, sexual orientations, weights, etc.
- Helped create a resource center featuring people of the respective community (i.e., BIPOC authoring anti-racism resources, TGNC people authoring gender justice resources, etc.) and made accessible to all trainees/faculty (e.g., on Stanford Med Box)
- Maintain space for peer support/mentorship for our mentors

### Select Trainings (2020-)

1. Evidence-Based Teaching (EBT) Workshop Series Inclusive Pedagogy Deep Dive: Navigating the Classroom Climate by Daren Basma, PhD
2. Trans Affirming Care and Practices, PESI, Drs. Em Matsuno, Tyler Lefevor, & Jay Bettergarcia
3. Having Culturally Sensitive Mentoring Conversations by Steve Lee, PhD
4. MPH on Mental Health Care for Transgender and Gender-diverse People by Alex Keuroghlian, MD
5. NEDA Panel: BIPOC in the Eating Disorders Field

### Clinical

Provide clinical services to individuals and couples identifying as BIPOC and/or LGBTQ+ in the eating disorder, psychosocial, couples, and bariatric surgery clinics. Provide consultation to faculty in the Thrive Clinic.

## **EDITORIAL CONTRIBUTIONS**

### Editorial Board

Eating Disorders: The Journal of Treatment and Prevention (2017-pres.)  
Frontiers in Virtual Reality – Virtual Reality in Medicine (2019-pres.)

### Reviewer

Appetite (2012)  
Eating Behaviours (2011-2013)  
Eating Disorders: The Journal of Treatment and Prevention (2011-pres.)  
International Journal of Behavioral Medicine (2015)  
International Journal of Eating Disorders (2011-pres.)  
Journal of Adolescent Health (2015)  
Journal of Clinical Nursing (2016)  
Journal of Clinical Psychology (2017)  
Journal of Psychosomatic Research (2018)  
Research on Aging (2014)  
The Journal of Pediatrics (2015)  
The Journal of Psychology: Interdisciplinary and Applied (2023)

## **HONORS AND AWARDS**

2022	Chairman's Award for Clinical Innovation and Service, Stanford University
2020	Alumni Hall of Fame, Cupertino High School (for career, academic, and societal achievements; 2 alumni inducted every other year)
2016, 2018	Best Professor Nomination, Golden Apple Award, PGSP/Stanford PsyD Consortium

Runfola 10/10/23

2015	Clinician Scholarship Award, Academy for Eating Disorders (AED)
2012	OTCF Award (for service and dedication to the UNC Center of Excellence for Eating Disorders)
2011	Martin S. Wallach Award for Outstanding Clinical Psychology Intern of the Year, University of North Carolina at Chapel Hill
2009	National Institute of Mental Health (NIMH) / Academy for Eating Disorders (AED) Early Career Investigator Travel Fellowship Award
2009	Top Fundraising Award, National Eating Disorders Association (NEDA)
2008	Superior Research Award, American Psychological Association (APA)
2006 – 2008	Fellowship Award, Pacific Graduate School of Psychology
2006	Undergraduate Service Award, San Diego State University
2006	Exemplary Peer Advisor Award, San Diego State University

## GRANTS

<u>Hilda &amp; Preston Davis Foundation</u>	2023 – 2025
Telehealth Delivery of Virtual Reality Cue Exposure Therapy (VR-CET) for Bulimia Nervosa and Binge Eating	
PI: Debra Safer, MD and Cristin Runfola, PhD	
<i>Role:</i> Co-PI	
<u>NIMH R34</u>	2018 – 2021
Targeting Relationship Domains in Community-Based Treatment of Binge-Eating Disorder and Bulimia Nervosa	
PI: Cynthia Bulik, Ph.D. and Donald Baucom, Ph.D.	
<i>Role:</i> Consultant (included providing CBT-E training for therapists)	
<u>National Eating Disorder Association, Feeding Hope Fund</u>	2018 – 2021
Virtual Reality Intervention Adaptation to A Real-World Clinic Setting	
PI: Cristin Runfola, PhD and Debra Safer, MD	
<i>Role:</i> Lead PI	
<u>Hilda &amp; Preston Davis Foundation</u>	2017 – 2019
Parent-Based Prevention Program to Prevent Disordered Eating in Children	
PI: Shiri Sadeh-Sharvit, Ph.D. and James D. Lock, Ph.D.	
<i>Role:</i> Therapist	
<u>Stanford Small Grant</u>	2017 – 2018
Analysis of Measurement Based Care Data to Inform Clinical Decision Making: Building the Model	
PI: Sarah Adler, Psy.D.	
<i>Role:</i> Co-Investigator	
<u>Stanford Small Grant</u>	2017 – 2018
Parent-Based Approach to Prevent Obesity in Very High Risk Children	
PI: Debra Safer, M.D., Shiri Sadeh-Sharvit, Ph.D., & James D. Lock, Ph.D.	
<i>Role:</i> Therapist	

University Research Council 2016 – 2018  
 Project: Embody Carolina: Providing Eating Disorder Support with Peer Education  
 PI: Cristin D. Runfola, Ph.D. and Christine Peat, Ph.D.  
*Current Role:* Consultant

Hilda & Preston Davis Foundation 2014 – 2016  
 Project: Enhancing Treatment for Binge-Eating Disorder with a Couple-Based Approach  
 PI: Cristin D. Runfola, Ph.D., Cynthia Bulik, Ph.D. & Donald Baucom, Ph.D.  
*Role:* Co-Principal Investigator

NIH Clinical Research Loan Repayment Program (LRP) 2013 – 2015  
 U.S. Department of Health and Human Services  
 Project: Improving Detection and Treatment of Eating Disorders  
 PI: Cristin D. Runfola, Ph.D.  
*Role:* Principal Investigator

Global Foundation for Eating Disorders (GFED) 2013 – 2015  
 Project: Developing and Pilot testing a Cognitive-Behavioral Couple Therapy (CBCT) Manual for Binge-Eating Disorder  
 PI: Cynthia Bulik, Ph.D. and Donald Baucom, Ph.D.  
*Role:* GFED Scholar

Klarman Foundation 2011 – 2016  
 Project: Anorexia Nervosa Genetics Initiative  
 PI: Cynthia Bulik, Ph.D.  
*Role:* Other Personnel

NIH/NIMH Institutional Training Award (T32 MH076694) 2011 – 2013  
 Public Health Service Grant. H076694  
 Project: Training in Eating Disorders Research  
 PI: Cynthia Bulik, Ph.D.  
*Role:* Post-doctoral Fellow

Dissertation Research Grant Award, PAU Campus Research Board 2010  
 Project: Night Eating Syndrome in Pediatric Eating Disorders Patients  
 Chairs: Rebecka Peebles, M.D. and Allison Briscoe-Smith, Ph.D.  
*Role:* Principal Investigator

## **PUBLICATIONS**

[\*co-first author; \*\*co-senior author]

### Peer-Reviewed Journal Articles

1. Malighetti C, Schnitzer C, Potter G, Nameth K, Brown T, Vogel E, Riva G, **Runfola C**, & Safer D. (2022). Rescripting Emotional Eating with Virtual Reality: A Single Case Study. *Annual Review of Cybertherapy and Telemedicine*, 19: 117-121
2. Matherne CE, Watson H, Fassnacht D, Ali K, Zerwas S, Peat C, **Runfola C**, Levine M, Marcus M, Zimmer B, Moessner M, Crosby R, & Bulik CM. (2022). An exploratory investigation of

- predictors of outcome in face-to-face and online cognitive-behavioral therapy for bulimia nervosa. *European Eating Disorders Review*, 30(4): 373-387. PMID: 35474624.
3. Nameth K, Brown T, Bullock K, Adler S, Riva G, Safer D\*, **Runfola C\***. (2021). Translating virtual reality cue exposure therapy for binge eating into a real-world setting: An uncontrolled pilot study. *Journal of Clinical Medicine*, 10(7):1511. PMID: 33916374.
  4. Sadeh-Sharvi S, **Runfola CD**, Welch H, Gibbs EL, Dickens CE, Lock J, & Safer DL. (2020). Parent-based prevention after parental weight loss surgery: A pilot case-series trial. *Surgery for Obesity and Related Diseases*, 16(9): 1321-1327. PMID: 32636177.
  5. Dickens CE, Safer DL, **Runfola CD**, Gibbs E, Welch H, Sadeh-Sharvit, S. (2020). The offspring of parents undergoing weight loss surgery: A systematic review. *Surgery for Obesity and Related Diseases*, 16(6): 806-815. PMID: 32334972.
  6. \*Brown T, \*Nauman ER, Adler S, Bohon C, Bullock K, Nameth K, Riva G, \*\*Safer DL, & \*\***Runfola CD**. (2020). Bringing virtual reality from clinical trials to clinical practice for the treatment of eating disorders: An example using virtual reality cue exposure therapy. *Journal of Medical Internet Research*, 22(4): e16386. PMID: 32324145.
  7. Sadeh-Sharvit S, Sacks MR, **Runfola CD**, Bulik CM, & Lock JD. (2020). Interventions to empower adults with eating disorders and their partners around the transition to parenthood. *Family Process*, 59(4): 1407-1422. PMID: 31799711.
  8. Gibbs EL, **Runfola CD**, Dickens C, Welch H, Safer DL, Sadeh-Sharvit S. (2019). Parenting after weight loss surgery: A conceptual model and two case reports. *Family Process*, 59(4): 1903-1913. PMID: 3182698.
  9. Baker, J., Higgins MK, Thornton LM, **Runfola CD**, Larsson H, Lichtenstein P, & Bulik CM. (2019). Body dissatisfaction in adolescent boys. *Developmental Psychology*, 55(7): 1566-1578.
  10. Weber DM, Fischer MS, Baucom DH, Baucom BR, Kirby KS, **Runfola CD**, Matherne CE, & Bulik CM (2018). The association between symptom accommodation and emotional coregulation in couples with binge eating disorder. *Family Process*, Epub ahead of print. PMID: 30229890
  11. \***Runfola CD**, \*Kirby JS, Baucom DH, Baucom BRW, Fischer MS, Matherne CE, Pentel K, Bulik CM (2018). A pilot open trial of UNITE-BED: A couple-based intervention for binge-eating disorder. *International Journal of Eating Disorders*, 51(9): 1107-1112. PMID: 30189106
  12. Watson HJ, McLagan N, Levine MD, Zerwas SC, Hamer RM, Crosby RD, Zimmer B, Hofmeier S, Kordy H, Moessner M, Peat CM, **Runfola CD**, Marcus, MD, Bulik CM, Crow S. (2018). Cost effectiveness of face-to-face vs. online cognitive-behavioral treatment for bulimia nervosa in a randomized controlled trial. *Journal of Clinical Psychiatry*, 79(1).
  13. Levinson C, Zerwas S, Calebs B, Forbush K, Kordy H, Watson HJ, Hofmeier, SM, Levine MD, Crosby RD, Peat CM, **Runfola CD**, Zimmer B, Moessner M, Marcus MD, Bulik CM (2017). The core symptoms of bulimia nervosa, anxiety, and depression: A network analysis. *Journal of Abnormal Psychology*, 126(3): 340-354.

14. Yau RK, Golightly YM, Richardson DB, **Runfola CD**, Waller AE, Marshall SW (2017). Potential predictors of injuries among pre-professional ballet and contemporary dancers. *Journal of Dance Medicine and Science*, 21(2): 53-63.
15. Zerwas SC, Levine MD, Watson HJ, Hofmeier, SM, Hamer RM, Crosby RD, **Runfola CD**, Peat CM, Shapiro JR, Zimmer B, Moessner M, Kordy H, Marcus MD, Bulik CM (2017). CBT4BN: A randomized controlled trial of online chat and face-to-face group therapy for bulimia nervosa. *Psychotherapy and Psychosomatics*, 86(1): 47-53.
16. Watson HJ, Levine MD, Zerwas SC, Hamer RM, Crosby RD, Sprecher C, O'Brien A, Zimmer B, Hofmeier S, Kordy H, Marcus, MD, Moessner M, Peat CM, **Runfola CD**, Bulik CM. (2016). Predictors of dropout in face-to-face and internet-based cognitive-behavioral therapy for bulimia nervosa in a randomized controlled trial. *International Journal of Eating Disorders*, 50(5): 569-77.
17. Hofmeier S, **Runfola CD**, Sala M, Gagne DA, Von Holle A, Brownley KA, & Bulik CM. (2016). Body image, aging, and identity in women over 50: The Gender and Body Image (GABI) study. *Journal of Women & Aging*, 29(1): 3-13.
18. Baker JH, **Runfola CD** (2016). Eating disorders in midlife: A perimenopausal eating disorder? *MATURITAS*, 85: 112-116.
19. Yao S, Kuja-Halkola R, Thornton LM, **Runfola CD**, D'Onofrio B, Almqvist, C., Lichtenstein, P., Sjölander, A., Larsson H, Bulik CM. (2016). Familial liability for eating disorders and suicidal behavior: Evidence from a population registry in Sweden. *JAMA Psychiatry*, 73(3):284-291.
20. \*Javaras K, \***Runfola CD**, Thornton LM, Agerbo E, Birgegård A, Norring C, Yao S, Rästam M, Larsson H, Lichtenstein P, Bulik CM. (2015). Sex- and Age-Specific Incidence of Healthcare-Register-Recorded Eating Disorders in the Complete Swedish 1979-2001 Birth Cohort. *International Journal of Eating Disorders*, 48(8): 1070-81.
21. \*Kirby JS, \***Runfola CD**, Fischer MS, \*\*Baucom DH, \*\*Bulik CM (2015). Couple-based treatment for eating disorders. *Eating Disorders: The Journal of Treatment and Prevention. Special Edition*, 23(4): 356-65.
22. **Runfola CD**, Allison KC, Hardy K, Lock J, & Peebles R. (2014). Prevalence and clinical significance of night eating syndrome in university students. *Journal of Adolescent Health*, 55(1): 41-48.
23. **Runfola CD**, Von Holle A, Ålgars M, Forsberg S, Hoffman L, Bentley M, Hodges E, Mazzeo S, Zucker N, & Bulik CM. (2014). NURTURE: Development and pilot testing of a novel parenting intervention for mothers with histories of eating disorders. *International Journal of Eating Disorders*, 47(1): 1-12.
24. **Runfola CD**, Thornton L, Pisetsky EM, Birgegård, A, Bulik CM (2014). Self-image and suicide in a Swedish national eating disorders clinical register. *Comprehensive Psychiatry*, 55(3): 439-449.

25. **Runfola CD** (2014). The Body Project: A Dissonance-Based Eating Disorder Prevention Intervention, Updated Edition-Programs That Work, by Eric Stice, Paul Rohde, and Heather Shaw, *Eating Disorders: The Journal of Treatment & Prevention*, 22(3): 275-277.
26. **Runfola CD**, Von Holle A, Peat CM, Gagne DA, Brownley KA, Hofmeier SM, Bulik CM (2013). Characteristics of women with body size satisfaction at midlife: Results of the Gender and Body Image (GABI) study. *Journal of Women & Aging*, 25(4): 287-304.
27. **Runfola CD**, Von Holle A, Trace SE, Brownley KA, Hofmeier SM, Gagne DA, & Bulik CM. (2012). Body dissatisfaction in women across the lifespan: Results of the UNC-*SELF* and Gender and Body Image (GABI) studies. *European Eating Disorders Review*, 21(1): 52-59.
28. Gagne DA, Von Holle A, Brownley KA, **Runfola CD**, Hofmeier SM, Branch, KE, & Bulik CM. (2012). Eating disorder symptoms and weight and shape concerns in women ages 50 and above: Results of the Gender and Body Image Study (GABI). *International Journal of Eating Disorders*, 45(7): 832-844.
29. Trace SE, Thornton LM, **Runfola CD**, Lichtenstein P, Pedersen NL, & Bulik CM. (2012). Sleep problems are associated with binge eating in women. *International Journal of Eating Disorders*, 45(5): 695-703.
30. Filson JMW, **Runfola C**, Ulloa EC, & Hokada A (2010). Does powerlessness explain the relationship between intimate partner violence and depression? *Journal of Interpersonal Violence*, 25(3): 400-415.
31. Trunko ME, Rockwell RE, Curry E, **Runfola C**, & Kaye WH (2007). Management of bulimia nervosa. *Women's Health*, 3(2), 255-265.

#### Manuscripts Under Review

32. Fisher M, Baucom DH, Weber DM, Bauer DJ, Munion AK, Porter LS, Christensen A, Bulik CM, Whisman M, Abramowitz JS, Kirby JS, **Runfola CD**, Ditzen B, & Baucom BRW. (under review). Transdiagnostic associations of depression symptoms, anxiety, and relationship distress with interpersonal emotion dynamics during couple interactions.
33. Welch HA, Sadeh-Sharvit S, **Runfola CD**, Gibbs EL, Dickens CE, Safer DL, & Lock J. (under review). Eating disorder pathology, parental attitudes, and psychosocial functioning of parents with a history of an eating disorder, bariatric surgery, and no eating disturbance.
34. Peebles R, Shain A, Sadler-Burton C, **Runfola CD**, Carlson JL, Cheek-Park C, Hardy K, Payne A, Lock J, Stallings VA, Dubin AM, & Robinson T. (under review). Cardiometabolic and polycystic ovarian syndrome risk in adolescents with eating disorders who report recent binge eating or purging behaviors.

#### Non-Peer-Reviewed Articles

1. **Runfola CD** (2015). Eating disorders in women midlife and beyond: Assessment and treatment challenges. *Counselor Magazine*, 2015(4).



### Book Chapters

1. **Runfola CD** & Utzinger L. (2020). Utilizing alternative caregivers and support persons in treatment. In C. Tortolani, A. Goldschmidt, & D. Le Grange. *Adapting Evidence-Based Treatments for Eating Disorders for Novel Populations and Settings: A Practice Guide*. Routledge.
2. **Runfola CD**, Adler S, Safer D. (2018). Binge-Eating Disorder. In J. Lock. *Treating Eating Disorders: An Evidence Base for Practitioners*. American Psychiatric Publishing.
3. Feldman T, **Runfola CD**, & Lock J (2018). Feeding and Eating Disorders. In T.H. Ollendick, S.W. White, & B.A. White. *The Oxford Handbook of Clinical Child and Adolescent Psychology*. Oxford University Press.
4. **Runfola CD**, Baker, JH, & Bulik CM (2017). Mid-life onset eating disorders. In L Anderson, S Murray, & W Kaye. *The Handbook of Complex and Atypical Eating Disorders*. Oxford University Press.
5. **Runfola CD** (2017). Eating disorders: Lifespan perspectives. In A. Wenzel (Ed.) *The SAGE Encyclopedia of Abnormal and Clinical Psychology*. SAGE Publications.
6. \*Kirby JS, \***Runfola CD**, Fischer MS, \*\*Baucom DH, \*\*Bulik CM (2016). Couple-based interventions for adults with eating disorders. In S Murray, L Anderson, & L Cohn. *Innovations in Family Therapy for Eating Disorders: Novel Treatment Developments, Patient Insights, and the Role of Carers*. Abingdon: Routledge.
7. **Runfola CD**, Root TL, & Bulik, CM. (2012). Behavioral and Molecular Genetics of Night Eating Syndrome. In LD Lundgren, KC Allison, & AJ Stunkard (Eds). *Night Eating Syndrome: Definition, Assessment, and Treatment*. New York, NY: Guilford Press.
8. **Runfola CD** & Peebles, R. (2011). Night Eating Syndrome in Adolescents. In Y. Latzer & O. Tzischinsky (Eds.) *Associations Between Eating and Sleep in Adolescents*. New York, NY: Nova Sciences Publishers, Inc.

## PRESENTATIONS

### Invited Presentations

1. **Runfola CD** and Safer DL. *Virtual Reality in Eating Disorders*. Webinar, Academy for Eating Disorders Special Interest Group, CA, January 2022.
2. **Runfola CD** and Safer, DL. *Through the Looking Glass: Virtual Reality in Eating Disorders Treatment*. Panel presentation (pre-recorded), Novel Treatments for Eating Disorders, National Eating Disorder Association (NEDA), CA, November 2021.

3. **Runfola CD.** *UNiting couples In the Treatment of Eating disorders.* Panel presentation (Addictions and Couples Therapy), Couples Therapy Special Interest Group Meeting, L A County Psychological Association, Encino, CA, November 2016.
4. Baucom D, Bulik CM, & **Runfola CD.** *Couple-based therapy for eating disorders.* Workshop (5 day), Karolinska Institutet, Stockholm, Sweden, September 2015.
5. **Runfola CD.** *UNiting couples In the Treatment of Eating disorders (UNITE)-BED Edition.* Workshop presentation, Binge Eating Disorder Association Conference, Denver, Colorado, April 2014.
6. **Runfola CD.** *Night eating syndrome: Prevalence and clinical correlates in pediatric eating disorder patients.* Invited presentation, Stanford University School of Medicine, Division of Adolescent Medicine, Palo Alto, CA, June 2010.
7. **Runfola, CD,** Budwey, S, & Briscoe-Smith, AMP. *Mental health outcomes in sexually exploited foster youth.* Poster and invited oral presentation at American Psychological Association Conference, Boston, MA, August 2008.

#### Regional Meetings

1. Sadeh-Sharvit S, **Runfola CD,** Welch H, Gibbs EL, Dickens CE, Lock J, & Safer DL. *Parent-based Prevention Following Parental Weight Loss Surgery.* Poster Presentation, Stanford University Department of Psychiatry and Behavioral Sciences Faculty Retreat, Stanford, CA, May 2019.
2. **Runfola, CD,** Budwey, S, & Briscoe-Smith, AMP. *Sexually exploited foster youth.* Panel discussion, PGSP Pacific Research Forum, Redwood City, CA, April 2008.
3. Filson JMW, **Runfola C,** & Ulloa E. *Effects of power differentials in relationships on dating violence victimization.* Poster presentation, Undergraduate Research Symposium, College of Sciences, San Diego State University, San Diego, CA, March 2005.

#### National Meetings

1. Carrino EA, Baucom DH, Kirby JS, Baucom BW, Matherne CE, Watson HJ, **Runfola CD,** Bulik CM. *Uniting Couples in the Treatment of Eating Disorders (UNITE): Outcomes from a randomized control trial comparing UNITE with CBT-E for binge-eating disorder.* Accepted symposium talk, Association of Behavioral and Cognitive Therapies (ABCT) 57<sup>th</sup> Annual Convention, Seattle, WA, November 2023.
2. Baker JH, Celio-Doyle A, Lampe E, **Runfola CD,** Coniglio K, Levinson C, & Reilly E. *Innovative Treatments for Eating Disorders.* Accepted symposium, Association of Behavioral and Cognitive Therapies (ABCT) 57<sup>th</sup> Annual Convention, Seattle, WA, November 2023.
3. Manasse S, **Runfola C,** Frost A, Sadler Burton C, Carlson J, Timko A, Robinson T, Hammer L, & Peebles R. *Features of Eating Disorder Psychopathology in a Clinical, Treatment-Seeking Sample of Adolescents With and Without Binge Eating Across the Weight Spectrum.* Paper

- presentation, Association of Behavioral and Cognitive Therapies (ABCT) 53<sup>rd</sup> Annual Convention, Atlanta, GA, November 2019.
4. Baucom DH, Kirby JS, **Runfola CD**, Fischer MS, & Bulik CM. *A Couple-Based Intervention for Binge-Eating Disorder: How to Adapt Well-established Couple Interventions to Address a Specific Disorder*. Workshop presentation, Association for Behavioral and Cognitive Therapies, New York City, NY, October, 2016.
  5. Yau RK, Golightly YM, Richardson DB, **Runfola CD**, Waller AE, Santos LA, Wilkenfeld DA, & Marshall SW. *Injuries among elite pre-professional ballet and contemporary dancers*. Poster presentation, The American Public Health Association Annual Meeting & Exposition, Chicago, IL, October 2015.
  6. **Runfola CD**, King S, Peat C, & Daly C. *Embody Carolina: Providing Eating Disorder Support with Peer Education*. Panel presentation, Educator & Outreach Track, National Eating Disorders Association Conference, Washington, DC, October 2013.
  7. Peebles R, **Runfola CD**, Wilson JL, Hardy KK, & Lock JD. *Differences in Asian, Hispanic, and Caucasian adolescents with eating disorders*. Poster presentation, American Academy of Child and Adolescent Psychiatry, Boston, MA, October 2007.
  8. Filson JMW, **Runfola C**, & Ulloa E. *Power, depression and intimate violence: A meditational analysis*. Poster presentation, American Psychological Association, Washington DC. August 2005.
  9. Cuevas J, Buelna C, Urbina J, **Runfola C**, & Ulloa E. *Social support for disclosure of sexual abuse among college women*. Poster presentation, American Psychological Association, Washington DC. August 2005.

### International Meetings

1. Malighetti C, Schnitzer C, Potter G, Nameth K, Brown T, Vogel E, Riva G, **Runfola C**, & Safer D. *Rescripting Emotional Eating with Virtual Reality: A Single Case Study*. Poster presentation, 25<sup>th</sup> Annual CyberPsychology, CyberTherapy & Social Networking Conference (CYPSY25), Milan, Italy, June 2021.
2. Nameth K, Bullock K, Bohon C, Adler S, Riva G, \*Safer DL, & \***Runfola CD**. *Real-World Application of Virtual Reality Cue-Exposure Therapy for Binge Eating: Case Series*. Poster presentation, 25<sup>th</sup> Annual CyberPsychology, CyberTherapy & Social Networking Conference (CYPSY25), Milan, Italy, June 2020.
3. Gorrell S, **Runfola C**, Allison KC, Carlson JL, Hardy KK, Nagata JM, Lock JD, & Peebles R. *Night-Eating Syndrome in Adolescents with Eating Disorders: a High-Risk Subgroup*. Poster presentation, Pediatric Academic Societies (PAS) Meeting, Philadelphia, PA, May, 2020.
4. Sadeh-Sharvit S, **Runfola CD**, Welch H, Gibbs EL, Dickens CE, Lock J, & Safer DL. *Parent-Based Prevention Following Parental Weight Loss Surgery*. Poster presentation, Eating Disorder Research Society, Chicago, September, 2019.

5. Welch H, Sadeh-Sharvit S, **Runfola CD**, Gibbs EL, Dickens CE, Lock J, & Safer DL. *Parental and Child Functioning of Mothers with Eating Disorders, a History of Bariatric Surgery, and Healthy Controls*. Poster presentation, Eating Disorder Research Society, Chicago, September 2019.
6. Salcido L, Osipov L, **Runfola CD**, Barrett M, Safer DL, & Adler S. *Pilot of a Remotely-Delivered and Skills-Based Intervention to Improve Dietary Adherence and Weight-Loss Outcomes in Post-Bariatric Patients*. Poster presentation, Society of Behavioral Medicine's 40<sup>th</sup> Annual Meeting & Scientific Sessions, Washington, DC, March 2019.
7. Adler S, Safer DL, Nameth K, Riva G, & **Runfola CD**. *Through the Looking Glass: How to Use Virtual Reality in Eating Disorder Treatment*. Workshop presentation, 2019 International Conference on Eating Disorders, New York, NY, March 2019.
8. Nauman E, Brown T, **Runfola CD**, Safer D, Bullock K, Nameth K, & Adler S. *Virtual Reality Cue Exposure Therapy for Eating Disorders: Development of a Culturally-Specific Manual in the U.S. for Use in a Real World Clinic Setting*. Poster presentation, 2019 International Conference on Eating Disorders (ICED), New York, NY. March, 2019
9. Sadeh-Sharvit S, **Runfola C**, Welch H, & Lock J. *A Randomized Case-Series Trial Testing The Feasibility and Acceptability of The Parent-Based Prevention Program for Parents with Eating Disorder Histories*. Paper presentation, The International Conference on Eating Disorders, New York, NY, March 2019.
10. Weber DM, Fischer MS, Baucom DH, Baucom BR, Kirby SK, **Runfola CD**, Matherne CE, & Bulik, CM. *The association between symptom accommodation and emotional coregulation in couples with binge-eating disorder*. Paper presentation, ABCT 52<sup>nd</sup> Annual Convention, DC, November 2018.
11. Sharvit S, **Runfola CD**, & Lock J. *Parent-Based Prevention for Parents with Eating Disorders*. Workshop presentation, The International Conference on Eating Disorders, Chicago, IL, April 2018.
12. Wakayama L, Salcido L, Toyama H, Kurland A, **Runfola CD**, Osipov L, & Safer D. *Replication of dietary adherence as a predictor of suboptimal weight-loss outcomes in post-bariatric patients*. Paper presentation, 34<sup>th</sup> Annual Meeting of the ASMBS at ObesityWeek, Washington, DC, 2017.
13. Levinson C, Zerwas S, Forbush K, Watson H, Kordy H, Hofmeier S, Levine M, Zimmer B, Moesner M, Peat C, **Runfola C**, Marcus M, Bulik C. *Identifying the core symptoms of bulimia nervosa and associated anxiety and depression*. Paper presentation, Eating Disorder Research Society, New York, NY, October, 2016.
14. **Runfola CD**, Kirby JS, Baucom D, & Bulik CM. *Pilot study of a novel couple-based intervention for binge-eating disorder: UNITE*. Paper presentation, The International Conference on Eating Disorders, San Francisco, CA, May, 2016.
15. Baker JH, Thornton LM, Yao S, Watson H, Javaras K, **Runfola CD**, Birgegård A, Larsson H, Lichtenstein P, Råstam M, & Bulik CM. *Psychiatric comorbidity in men with eating disorders:*

- A population-based study*. Paper presentation, The International Conference on Eating Disorders, San Francisco, CA, May, 2016.
16. Matherne CE, Watson HJ, Zerwas SC, Peat CM, **Runfola CD**, Hofmeier SM, Levine MD, Zimmer B, Moessner M, Crosby RD, Sprecher C, Marcus MD, & Bulik CM. *Predictors of outcome in face-to-face and online cognitive behavioral therapy for bulimia nervosa in a randomized controlled trial*. Accepted paper presentation, The International Conference on Eating Disorders, San Francisco, CA, May, 2016.
  17. Yau R, Golightly Y, Richardson D, **Runfola C**, Waller A, Orr B, Potter A, & Marshall S. *Eating disorder symptoms among elite pre-professional ballet and modern dancers*. Paper presentation, International Association for Dance Medicine & Science, Pittsburgh, PA, October 2015.
  18. **Runfola CD** & Bulik CM. *Uniting couples in recovery from binge-eating disorder: Initial observations*. Paper presentation, Binge Eating Disorder Association Annual Conference, Hollywood, FL, November 2015.
  19. Yao S, Kuja-Halkola R, Thornton LM, **Runfola CD**, D’Onofrio B, Bulik CM, & Larsson H. *Familial liability for eating disorders and suicidal behavior: A population-based study in Sweden*. Poster presentation, Behavior Genetics Association 45<sup>th</sup> Annual Meeting, San Diego, CA, June 2015.
  20. Javaras KN, **Runfola CD**, Thornton LM, Agerbo E, Birgegård A, Norring C, Yao S, Pedersen NL, Råstam M, Larsson H, Lichtenstein P, & Bulik CM. *Sex- and age-specific incidence of healthcare-detected eating disorders in Sweden: Differences by birth cohort and diagnostic period*. Paper presentation, International Conference on Eating Disorders, Boston, MA, April 2015.
  21. Zerwas S, Marcus M, Kordy H, Hamer R, Hofmeier S, Levine M, Zimmer B, Moesner M, **Runfola C**, Watson H, & Bulik C. *A randomized-controlled trial of group cognitive-behavioral therapy delivered online via chat versus face-to-face*. Paper presentation, International Conference on Eating Disorders, Boston, MA, April 2015.
  22. Baker JH, Thornton LM, **Runfola CD**, Lichtenstein P, & Bulik CM. *Body dissatisfaction in adolescent boys*. Paper presentation, International Conference on Eating Disorders, New York, NY, May 2014.
  23. **Runfola CD**, Thornton LM, Pisetsky EM, Bulik CM, & Birgegård A. *Self-image as a predictor of suicide attempts and completions in a clinical sample of women with eating disorders*. Paper presentation, International Conference on Eating Disorders, Montreal, Canada, May 2013.
  24. Bulik CM & **Runfola CD**. *The good, the bad and the ugly: Developing successful mentor-mentee relationships*. Workshop presentation, International Conference on Eating Disorders, Montreal, Canada, May 2013.
  25. Weaver L, **Runfola CD**, Lock J, Payne A, & Peebles R. *Importance of parental report in assessing psychiatric symptoms in adolescents with eating disorders*. Poster presentation, International Conferences on Eating Disorders, Montreal, Canada, May 2013.

26. **Runfola CD**, Von Holle A, Peat CM, Gagne DA, Brownley KA, Hofmeier SM, & Bulik CM. *Characteristics of women with body size satisfaction at midlife: Results of the Gender and Body Image Study (GABI)*. Poster presentation, Eating Disorders Research Society, Porto, Portugal, September 2012.
27. Baker, J, Thornton, LA, **Runfola, CD**, Lichtenstein, P, & Bulik, CM. *Muscle and height dissatisfaction in 16-17 year-old adolescent boys: TCHAD*. Poster presentation, Eating Disorders Research Society, Porto, Portugal, September 2012.
28. Gagne D, Von Holle A, Brownley KA, **Runfola CD**, Hofmeier S, Branch KE, & Bulik CM. *Disordered Eating and Weight and Shape Concerns in Women Ages 50 and Above: Results of the Gender and Body Image Study (GABI)*. Paper presentation, International Conference on Eating Disorders, Austin, TX, May 2012.
29. Hofmeier S, Bulik CM, Gagne D, **Runfola CD**, Von Holle, A, & Brownley, KA. *Body Image, Ageing, and Identity in Women Over 50: A Qualitative Analysis from the Gender and Body Image Study (GABI)*. Paper presentation, International Conference on Eating Disorders, Austin, TX, May 2012.
30. **Runfola CD**, Payne A, Allison KC, Briscoe-Smith A, Lock JD, & Peebles R. *Clinical severity of night eating syndrome in eating disordered adolescents: A case series*. Poster symposium presentation, Pediatric Academic Societies Meeting, Boston, MA, April 2012.
31. **Runfola CD**, Payne A, Allison KC, Briscoe-Smith A, Lock JD, & Peebles R. *Clinical severity of night eating syndrome in eating disordered adolescents: A case series*. Poster presentation, Society for Adolescent Health and Medicine Annual Meeting, New Orleans, LA, March 2012.
32. **Runfola CD**, Von Holle A, Brownley, K. & Bulik CM. *Body dissatisfaction in women across the lifespan*. Poster presentation, Eating Disorders Research Society, Edinburgh, Scotland, September 2011.
33. Peebles R, Frost A, **Runfola CD**, Hardy K, Sadler C, Litt I, Engel S, & Lock J. *Purging and quality of life in adolescents with eating disorders*. Poster presentation, International Conference on Eating Disorders, Salzburg, Austria, June 2010.
34. **Runfola CD**, Allison K, & Peebles R. *Prevalence and clinical correlates of night eating syndrome in university students: A comparison between existing and proposed diagnostic criteria*. Paper presentation, International Conference on Eating Disorders, Cancun, Mexico, May 2009. Note: meeting cancelled due to H1NI flu epidemic.
35. Peebles R, Critchlow, A, **Runfola CD**, & Lock, J. *Binge eating and purging and team sports participation in eating disordered adolescent females*. Paper presentation, International Conference on Eating Disorders, Seattle, WA, May 2008.

#### PROFESSIONAL ORGANIZATION MEMBERSHIP

Academy for Eating Disorders (AED)  
California Psychological Association (CPA)

Member (2005–pres.)  
Member (2016– pres.)

Association for Contextual Behavioral Science (ACBS)	Member (2016– pres.)
Association for Behavioral and Cognitive Therapies (ABCT)	Member (2019– pres.)
Eating Disorders Coalition	Student Member (2007–2011)
Binge Eating Disorder Association (BEDA)	Member (2011– 2019)
American Psychological Association (APA)	Member (2010–2011)
APA Div 53: Society of Clin. Child and Adolescent Psychology	Member (2007–2011)
APA for Graduate Students (APAGS)	Student Member (2005–2008)
American Psychological Society	Member (2006–2008)
National Academic Advising Association	Member (2004–2006)

## **MEDIA LOG**

### Select Media Mentions (2013-Pres)

Radio appearance in Northern California, KTVU Fox 2

Blogarp.org

Cosmeticsdesign-europe.com

Dailytarheel.com

Eatingdisorderhope.com

Foxnews.com

MedicineNet

Medicaremd.com

Medicalxpress.com

Newsday.com

Newswise.com

Organicspamagazine.com

Reuters Health

Sciencedaily.com

Thefix.com

Wbur.org