



Michele Lanpher Patel

Instructor, Medicine - Stanford Prevention Research Center

Bio

BIO

Michele L. Patel, PhD is an Instructor in the Stanford Prevention Research Center at the Stanford University School of Medicine. Trained as a clinical health psychologist, Dr. Patel conducts research to optimize scalable digital health interventions for adults with obesity. She leads clinical trials that test innovative strategies to address the critical challenge of suboptimal engagement in digital interventions.

Dr. Patel's research is supported by an NIH career development award (K23; 2022-2027). Her recent Spark trial investigated the most potent combination of self-monitoring strategies in a behavioral weight loss intervention among 176 adults with overweight or obesity. Results are expected to be published in 2026.

She is also testing other strategies to promote engagement, weight loss, and health. This includes the impact of easier vs. harder goals, and the effect of high-frequency, low-friction behavioral strategies. Her work leverages the Multiphase Optimization Strategy (MOST) to systematically identify intervention strategies that maximize effectiveness while minimizing patient burden.

Dr. Patel received her PhD in clinical psychology from Duke University. She completed her clinical internship at the VA Palo Alto with a specialization in behavioral medicine, followed by a postdoctoral fellowship (T32) at the Stanford Prevention Research Center. She currently serves as the Chair of the Optimization of Behavioral and Biobehavioral Interventions special interest group in the Society of Behavioral Medicine.

Primary Research Interests:

- Optimizing digital interventions for obesity treatment and prevention
- Leveraging behavioral science to create lower-burden self-monitoring strategies to improve engagement and outcomes
- Identifying psychosocial factors (including health literacy and self-efficacy) that influence treatment success

Methodological Expertise:

- Randomized clinical trials, including factorial designs and embedded trials
- Systematic reviews
- Signal detection analysis

ACADEMIC APPOINTMENTS

- Instructor, Medicine - Stanford Prevention Research Center

- Member, Wu Tsai Human Performance Alliance

HONORS AND AWARDS

- Jules Hirsch Innovation Award, The Obesity Society (2025)
- K23 Mentored Patient-Oriented Research Career Development Award, NIDDK/NIH (2022-2027)
- Outstanding Dissertation Award, Society of Behavioral Medicine (2019)
- Aleane Webb Dissertation Research Fellowship, The Graduate School, Duke University (2017)
- Dissertation Research Award, American Psychological Association (2016)
- E. Bayard Halsted Scholarship (full tuition), The Graduate School, Duke University (2016)
- George A. Bray Master's Thesis Award, The Obesity Society (2015)
- Karl E. Zener Award for Outstanding Performance of a Major in Psychology, Duke University (2010)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, The Obesity Society
- Member, Society of Behavioral Medicine
- Member, American Psychological Association

PROFESSIONAL EDUCATION

- Postdoctoral Fellowship, Stanford University (2021)
- PhD, Clinical Psychology, Duke University (2018)
- Internship, Clinical Psychology, VA Palo Alto Health Care System (2018)
- Master of Arts, Duke University (2014)
- Bachelor of Arts, Duke University (2010)

LINKS

- Google Scholar: <https://scholar.google.com/citations?hl=en&user=hK2FvCMAAAAJ>
- NIH K23 Description: <https://reporter.nih.gov/project-details/10448186>
- ResearchGate: https://www.researchgate.net/profile/Michele_Patel

Research & Scholarship

CLINICAL TRIALS

- Reset: Enhancing Weight Loss in a Digital Intervention, Not Recruiting
- Spark: Finding the Optimal Tracking Strategy for Weight Loss in a Digital Health Intervention, Not Recruiting

PROJECTS

- Pilot Grant: Optimizing behavioral obesity treatment using digital health for racial/ethnic minority populations - Stanford University Spectrum Pilot Grants Program (2020 - 2021)
- K23: Optimizing self-monitoring in a digital health intervention for weight loss - Stanford University (2022 - 2027)
- Pilot Grant: Goal-setting in a standalone, digital weight loss intervention: a pilot factorial trial (2023 - June 30, 2024)

Publications

PUBLICATIONS

- **Optimizing Self-Monitoring in a Digital Weight Loss Intervention (Spark): Protocol for a Factorial Randomized Trial.** *JMIR research protocols*

- Patel, M. L., King, A. C., Rosas, L. G., Bennett, G. G., Collins, L. M., Gallis, J. A., Zeitlin, A. B., Talreja, P. S., Crosthwaite, P. C., Collins, K. A., Lim, A. W., Kim, T. S.
2025; 14: e75629
- **Pretreatment predictors of weight loss in a 12-month behavioral obesity treatment: a signal detection analysis of DIETFITS.** *Obesity (Silver Spring, Md.)*
Patel, M. L., Landry, M. J., Zamora, A. N., Fielding-Singh, P., King, A. C., Gardner, C. D.
2025
 - **Detailed Versus Simplified Dietary Self-monitoring in a Digital Weight Loss Intervention Among Racial and Ethnic Minority Adults: Fully Remote, Randomized Pilot Study.** *JMIR formative research*
Patel, M. L., Cleare, A. E., Smith, C. M., Rosas, L. G., King, A. C.
2022; 6 (12): e42191
 - **Self-monitoring via digital health in weight loss interventions: A systematic review among adults with overweight or obesity** *Obesity*
Patel, M. L., Wakayama, L. N., Bennett, G. G.
2021
 - **Pre-Intervention Predictors of Meeting a 12-Month Walking Goal in Aging Latino/a Adults: A Signal Detection Analysis Approach.** *Journal of behavioral medicine*
Zamora, A. N., Patel, M. L., Campero, M. I., Garcia, D. M., King, A. C.
2025
 - **Sleep Duration is Associated with Fruit and Vegetable Intake in Lower Income Adults from the San Francisco Bay Area: A Cross-Sectional Analysis.** *Nutrients*
Zamora, A. N., Patel, M. L., Campero, M. I., Garcia, D. M., Portillo, S. A., King, A. C.
2025; 17 (5)
 - **Sleep Duration is Associated with Fruit and Vegetable Intake in Lower Income Adults from the San Francisco Bay Area: A Cross-Sectional Analysis** *Nutrients*
Zamora, A. N., Patel, M. L., Campero, M. I., Garcia, D. M., Portillo, S. A., King, A. C.
2025; 17 (5)
 - **Yes I can! Exploring the impact of self-efficacy in a digital weight loss intervention.** *Annals of behavioral medicine : a publication of the Society of Behavioral Medicine*
Cleare, A. E., Gardner, C. D., King, A. C., Patel, M. L.
2024
 - **Moderators of a diet and physical activity intervention: who responds best to sequential vs. simultaneous approaches** *International Journal of Behavioral Medicine*
Patel, M. L., Rodriguez Espinosa, P., King, A. C.
2023
 - **DEVELOPMENT, FEASIBILITY, AND ACCEPTABILITY OF A BEHAVIORAL WEIGHT AND SYMPTOM MANAGEMENT INTERVENTION FOR BREAST CANCER SURVIVORS AND INTIMATE PARTNERS.** *Journal of cancer rehabilitation*
Dorfman, C. S., Somers, T. J., Shelby, R. A., Winger, J. G., Patel, M. L., Kimmick, G., Craighead, L., Keefe, F. J.
2022; 5: 7-16
 - **An in-depth comparison of well-being among Latinx and non-Latinx White adults: A cautionary tale.** *Preventive medicine reports*
Rodriguez Espinosa, P., Patel, M. L., King, A. C., Campero, I., Freeman, M. 2., Garcia, D. M., Winter, S. J., Heaney, C. A.
2021; 24: 101513
 - **Testing the effectiveness of physical activity advice delivered via text messaging vs. human phone advisors in a Latino population: The On The Move randomized controlled trial design and methods.** *Contemporary clinical trials*
King, A. C., Campero, I., Sheats, J. L., Castro Sweet, C. M., Espinosa, P. R., Garcia, D., Hauser, M., Done, M., Patel, M. L., Parikh, N. M., Corral, C., Ahn, D. K.
2020: 106084
 - **Weight Perceptions and Weight Loss Attempts: Military Service Matters.** *Military medicine*
Breland, J. Y., Patel, M. L., Wong, J. J., Hoggatt, K. J.
2019

- **Consistent self-monitoring in a commercial app-based intervention for weight loss: results from a randomized trial.** *Journal of behavioral medicine*
Patel, M. L., Brooks, T. L., Bennett, G. G.
2019
- **Early weight loss in a standalone mHealth intervention predicting treatment success** *OBESITY SCIENCE & PRACTICE*
Patel, M. L., Hopkins, C. M., Bennett, G. G.
2019; 5 (3): 231–37
- **Comparing Self-Monitoring Strategies for Weight Loss in a Smartphone App: Randomized Controlled Trial.** *JMIR mHealth and uHealth*
Patel, M. L., Hopkins, C. M., Brooks, T. L., Bennett, G. G.
2019; 7 (2): e12209
- **Baseline Psychosocial and Demographic Factors Associated with Study Attrition and 12#Month Weight Gain in the DIETFITS Trial** *Obesity*
Fielding-Singh, P., Patel, M., King, A., Gardner, C.
2019
- **Motivational interviewing in eHealth and telehealth interventions for weight loss: A systematic review.** *Preventive medicine*
Patel, M. L., Wakayama, L. N., Bass, M. B., Breland, J. Y.
2019
- **A smoking cessation and pain management program for cancer survivors** *JOURNAL OF CANCER SURVIVORSHIP*
Pollak, K. I., Fish, L. J., Sutton, L. M., Gao, X., Lyna, P., Owen, L., Patel, M. L., Somers, T. J.
2018; 12 (6): 821–27
- **Health Literacy and Weight Change in a Digital Health Intervention for Women: A Randomized Controlled Trial in Primary Care Practice** *JOURNAL OF HEALTH COMMUNICATION*
Lanpher, M. G., Askew, S., Bennett, G. G.
2016; 21: 34–42
- **Electronic health (eHealth) interventions for weight management among racial/ethnic minority adults: a systematic review** *OBESITY REVIEWS*
Bennett, G. G., Steinberg, D. M., Stoute, C., Lanpher, M., Lane, I., Askew, S., Foley, P. B., Baskin, M. L.
2014; 15: 146–58
- **The Effect of a "Maintain, Don't Gain" Approach to Weight Management on Depression Among Black Women: Results From a Randomized Controlled Trial** *AMERICAN JOURNAL OF PUBLIC HEALTH*
Steinberg, D. M., Askew, S., Lanpher, M. G., Foley, P. B., Levine, E. L., Bennett, G. G.
2014; 104 (9): 1766–73
- **Availability of and Ease of Access to Calorie Information on Restaurant Websites** *PLOS ONE*
Bennett, G. G., Steinberg, D. M., Lanpher, M. G., Askew, S., Lane, I. B., Levine, E. L., Goodman, M. S., Foley, P. B.
2013; 8 (8): e72009
- **Weight gain prevention among black women in the rural community health center setting: The Shape Program** *BMC PUBLIC HEALTH*
Foley, P., Levine, E., Askew, S., Puleo, E., Whiteley, J., Batch, B., Heil, D., Dix, D., Lett, V., Lanpher, M., Miller, J., Emmons, K., Bennett, et al
2012; 12: 305