Bio

BIO

Dr. Stice served as an assistant professor and associate professor at the University of Texas at Austin and as a Senior Research Scientist at Oregon Research Institute before joining the faculty at Stanford University. His research focuses on identifying risk factors that predict onset of eating disorders, obesity, substance abuse, and depression to advance knowledge regarding etiologic processes, including the use of functional neural imaging. He also designs, evaluates, and disseminates prevention and treatment interventions for eating disorders, obesity, and depression. For instance, he developed a dissonance-based eating disorder prevention program that has been implemented with over 4 million young girls in 139 countries. He has published 297 articles in high-impact outlets, including Science, Psychological Bulletin, Archives of General Biological Psychiatry, American Journal of Clinical Nutrition, and Journal of Neuroscience.

ACADEMIC APPOINTMENTS

• Professor - Med Center Line, Psychiatry and Behavioral Sciences

HONORS AND AWARDS

• Christina Barz Award, World Psychiatric Association (2017)
• Lori Irving Award for Excellence in Eating Disorder Prevention and Awareness, National Eating Disorder Association (2012)
• Nan Tobler Award for Review of the Prevention Science Literature, Society for Prevention Research (2008)
• Distinguished Scientific Award for Early Career Contributions to Psychopathology, American Psychological Association (2004)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

• Statistics Advisory Board, Cell Press (2019 - present)
• Statistical Review Board, Behaviour Research and Therapy (2016 - present)
• Associate Editor, Journal of Consulting and Clinical Psychology (2016 - present)

PROFESSIONAL EDUCATION

• B.S., University of Oregon , Psychology (1989)
• M.A., Arizona State University , Clinical Psychology (1992)
• Ph.D., Arizona State University , Clinical Psychology (1996)

Publications

PUBLICATIONS

• Weight gain is associated with changes in neural response to palatable food tastes varying in sugar and fat and palatable food images: a repeated-measures fMRI study. The American journal of clinical nutrition
Yokum, S., Stice, E.
2019

- **Randomized Trial of a Dissonance-Based Transdiagnostic Group Treatment for Eating Disorders: An Evaluation of Target Engagement** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
  Stice, E., Yokum, S., Rohde, P., Shaw, H., Gau, J. M., Johnson, S., Johns, A.
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- **Indirect Effects of a Cognitive-Behavioral Intervention on Adolescent Weight and Insulin Resistance Through Decreasing Depression in a Randomized Controlled Trial** *Journal of pediatric psychology*
  2019

- **Prevention of eating disorders: current evidence-base for dissonance-based programmes and future directions** *EATING AND WEIGHT DISORDERS-STUDIES ON ANOREXIA BULIMIA AND OBESITY*
  Dakanalis, A., Clerici, M., Stice, E.
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- **Cognitive dissonance-based eating disorder prevention: pilot study of a cultural adaptation for the Orthodox Jewish community** *EATING DISORDERS*
  Casasnovas, A. F., Huryk, K. M., Levinson, D., Markowitz, S., Friedman, S., Stice, E., Loeb, K. L.
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- **Moderators of two dual eating disorder and obesity prevention programs** *BEHAVIOUR RESEARCH AND THERAPY*
  Stice, E., Desjardins, C. D., Shaw, H., Rohde, P.
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- **Disaggregating the predictive effects of impaired psychosocial functioning on future DSM-5 eating disorder onset in high-risk female adolescents.** *The International journal of eating disorders*
  Mehl, A., Rohde, P., Gau, J. M., Stice, E.
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- **A controlled trial of a dissonance-based eating disorders prevention program with Brazilian girls** *PSICOLOGIA-REFLEXAO E CRITICA*
  Soares Amaral, A., Stice, E., Caputo Ferreira, M.
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- **Eating Disorder Prevention** *PSYCHIATRIC CLINICS OF NORTH AMERICA*
  Stice, E., Johnson, S., Turgon, R.
  2019; 42 (2): 309–+

- **Meta-analytic review of dissonance-based eating disorder prevention programs: Intervention, participant, and facilitator features that predict larger effects** *CLINICAL PSYCHOLOGY REVIEW*
  Stice, E., Marti, C., Shaw, H., Rohde, P.
  2019; 70: 91–107

- **Good practice in food-related neuroimaging** *AMERICAN JOURNAL OF CLINICAL NUTRITION*
  2019; 109 (3): 491–503

- **Neural vulnerability factors for obesity** *CLINICAL PSYCHOLOGY REVIEW*
  Stice, E., Burger, K.
  2019; 68: 38–53

- **A Prospective Test of the Temporal Sequencing of Risk Factor Emergence in the Dual Pathway Model of Eating Disorders** *JOURNAL OF ABNORMAL PSYCHOLOGY*
  Stice, E., Van Ryzin, M. J.
  2019; 128 (2): 119–28

- **Individual differences in appeal of energy dense foods predicts lower body mass change during adolescence** *APPETITE*
  Sadler, J. R., Stice, E., Shearrer, G. E., Burger, K. S.
  2019; 133: 184–90
• Weight suppression uniquely predicts body fat gain in first-year female college students *EATING BEHAVIORS*
  Lowe, M. R., Marti, C., Lesser, E., Stice, E.
  2019; 32: 60–64

• Ethnic differences in eating disorder prevalence, risk factors, and predictive effects of risk factors among young women *EATING BEHAVIORS*
  2019; 32: 23–30

• Randomized Trial of a Dissonance-Based Group Treatment for Eating Disorders Versus a Supportive Mindfulness Group Treatment *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
  Stice, E., Rohde, P., Shaw, H., Gau, J. M.
  2019; 87 (1): 79–90

• Translating Basic Science Into Clinical Practice Introduction *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
  Stice, E., Jansen, A.
  2018; 86 (12): 961–63

• Design of a randomized controlled trial to decrease depression and improve insulin sensitivity in adolescents: Mood and INsulin sensitivity to prevent Diabets (MIND) *CONTEMPORARY CLINICAL TRIALS*
  2018; 75: 19–28

• Effects of gymnemic acids lozenge on reward region response to receipt and anticipated receipt of high-sugar food *PHYSIOLOGY & BEHAVIOR*
  Stice, E., Yokum, S.
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• Attempt to Replicate Evidence that Weight and Shape Concerns Amplify the Effects of Gradual Lifestyle Improvement Obesity Prevention Programs *OBESITY*
  Stice, E., Rohde, P.
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• Using participant feedback to improve two selective eating disorder and obesity prevention programs *EATING BEHAVIORS*
  Shaw, H., Rohde, P., Stice, E.
  2018; 30: 93–97

• Relation of Self-Weighing to Future Weight Gain and Onset of Disordered Eating Symptoms *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
  Rohde, P., Arigo, D., Shaw, H., Stice, E.
  2018; 86 (8): 677–87

• Mediators of two selective prevention interventions targeting both obesity and eating disorders *BEHAVIOUR RESEARCH AND THERAPY*
  Rohde, P., Desjardins, C. D., Arigo, D., Shaw, H., Stice, E.
  2018; 106: 8–17

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  Shearrer, G. E., Stice, E., Burger, K. S.
  2018; 107 (6): 859–66

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Rohde, P., Stice, E., Shaw, H., Gau, J. M., Ohls, O. C.

Gymnemic acids lozenge reduces short-term consumption of high-sugar food: A placebo controlled experiment *Journal of Psychopharmacology*
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Clinician-Led, Peer-Led, and Internet-Delivered Dissonance-Based Eating Disorder Prevention Programs: Acute Effectiveness of These Delivery Modalities *Journal of Consulting and Clinical Psychology*
Stice, E., Rohde, P., Shaw, H., Gau, J. M.
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From Efficacy to Effectiveness to Broad Implementation: Evolution of the Body Project *Journal of Consulting and Clinical Psychology*
Becker, C. B., Stice, E.
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Stice, E., Yokum, S., Veling, H., Kemps, E., Lawrence, N. S.
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Rohde, P., Stice, E., Gau, J. M.
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Stice, E., Yokum, S., Hume, D.
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  Allen, K. L., Byrne, S. M., Crosby, R. D., Stice, E.
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  Hall, G., Ibaraki, A., Huang, E. R., Marti, C., Stice, E.
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- Predicting Change in Physical Activity: a Longitudinal Investigation Among Weight-Concerned College Women. *Annals of Behavioral Medicine*
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- Gain in Body Fat Is Associated with Increased Striatal Response to Palatable Food Cues, whereas Body Fat Stability Is Associated with Decreased Striatal Response. *Journal of Neuroscience*
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- Low energy intake plus low energy expenditure (low energy flux), not energy surfeit, predicts future body fat gain. *American Journal of Clinical Nutrition*
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- Group-Based Symptom Trajectories in Indicated Prevention of Adolescent Depression. *Depression and Anxiety*
  Briere, F. N., Rohde, P., Stice, E., Morizot, J.
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- Neural Vulnerability Factors That Increase Risk for Future Weight Gain. *Psychological Bulletin*
  Stice, E., Yokum, S.
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- Hedonic Hunger Prospectively Predicts Onset and Maintenance of Loss of Control Eating Among College Women. *Health Psychology*
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  Shaw, H., Stice, E.
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• Effectiveness of an eating disorder preventative intervention in primary care medical settings. *Behaviour Research and Therapy*
  Linville, D., Cobb, E., Lenee-Bluhm, T., Lopez-Zeron, G., Gau, J. M., Stice, E.
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• Moderators of the effects of indicated group and bibliotherapy cognitive behavioral depression prevention programs on adolescents’ depressive symptoms and depressive disorder onset. *Behaviour Research and Therapy*
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  Yokum, S., Marti, C., Smolen, A., Stice, E.
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  Rohde, P., Stice, E., Marti, C.
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  Stice, E., Marti, C., Rohde, P., Shaw, H.
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• Randomized Controlled Pilot Trial of a Novel Dissonance-Based Group Treatment for Eating Disorders *BEHAVIOUR RESEARCH AND THERAPY*
  Stice, E., Rohde, P., Butryn, M., Menke, K. S., Marti, C.
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  Stice, E., Yokum, S., Burger, K., Rohde, P., Shaw, H., Gau, J. M.
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• Effects of a Prototype Internet Dissonance-Based Eating Disorder Prevention Program at 1-and 2-Year Follow-Up *HEALTH PSYCHOLOGY*
  Stice, E., Durant, S., Rohde, P., Shaw, H.
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• Individual Differences in Striatum Activity to Food Commercials Predict Weight Gain in Adolescents *OBESITY*
  Yokum, S., Gearhardt, A. N., Harris, J. L., Brownell, K. D., Stice, E.
  2014; 22 (12): 2544–51

• Food reinforcement and parental obesity predict future weight gain in non-obese adolescents *APPETITE*
  Epstein, L. H., Yokum, S., Feda, D. M., Stice, E.
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• Do participant, facilitator, or group factors moderate effectiveness of the Body Project? Implications for dissemination *BEHAVIOUR RESEARCH AND THERAPY*
  Butryn, M. L., Rohde, P., Marti, C., Stice, E.
  2014; 61: 142–49

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  Burger, K. S., Stice, E.
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  Stice, E., Durant, S.
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- Effectiveness of a dissonance-based eating disorder prevention program for ethnic groups in two randomized controlled trials *BEHAVIOUR RESEARCH AND THERAPY*
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