



Cynthia Kapphahn

Clinical Professor, Pediatrics - Adolescent Medicine

 Curriculum Vitae available Online

CLINICAL OFFICE (PRIMARY)

- **Center for Adolescent Health**

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Bio

CLINICAL FOCUS

- Adolescent Medicine
- Feeding and Eating Disorders

ACADEMIC APPOINTMENTS

- Clinical Professor, Pediatrics - Adolescent Medicine
- Member, Maternal & Child Health Research Institute (MCHRI)

PROFESSIONAL EDUCATION

- Board Certification: Pediatrics, American Board of Pediatrics (2005)
- Board Certification: Adolescent Medicine, American Board of Pediatrics (2010)
- Medical Education: Yale School Of Medicine (1987) CT
- Fellowship: UCSF Adolescent Medicine (1993) CA
- Residency: Johns Hopkins Hospital Pediatric Residency (1990) MD
- MPH, Johns Hopkins , Health Care Policy & Management (1991)
- MD, Yale School of Medicine , Medicine (1987)

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Access to health care services for adolescents.

Confidentiality.

Mental Health Financing.

Eating disorders.

Publications

PUBLICATIONS

- **Sudden Onset Disordered Eating Behaviors and Appetite Issues in a Local Clinical Cohort of Children With Pediatric Acute-Onset Neuropsychiatric Syndrome (PANS).** *The International journal of eating disorders*
Kapphahn, C., Peet, B., Gao, J., Chan, A., Farhadian, B., Ma, M., Silverman, M., Tran, P., Schlenk, N., Thienemann, M., Frankovich, J.
2025
- **HYPOMETABOLISM IN PATIENTS WITH ATYPICAL ANOREXIA NERVOSA: BASELINE FINDINGS FROM THE INDIVIDUALIZED- STUDY OF REFEEDING TO OPTIMIZE INPATIENT GAINS (ISTRONG)**
Downey, A., Gorrell, S., Mehta, A., Cheng, J., Kapphahn, C., Legrange, D., Vendlinski, S., Buckelew, S., Kreiter, A., Marsal, B., Moscicki, A., Golden, N., Garber, et al
ELSEVIER SCIENCE INC.2025
- **The Effect of Preadmission Energy Balance on Short-Term Medical Outcomes: Findings From the Study of Refeeding to Optimize Inpatient Gains.** *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*
Downey, A. E., Kapphahn, C. J., Gorrell, S., Vendlinski, S. S., Cheng, J., Le Grange, D., Accurso, E. C., Buckelew, S. M., Kreiter, A., Marsal, B., Wright, P., Golden, N. H., Garber, et al
2025
- **THE EFFECT OF PRE-ADMISSION ENERGY BALANCE ON SHORTTERM MEDICAL OUTCOMES: FINDINGS FROM THE STUDY OF REFEEDING TO OPTIMIZE INPATIENT GAINS (STRONG)**
Downey, A. E., Kapphahn, C. J., Gorrell, S., Vendlinski, S. S., Cheng, J., Le Grange, D., Accurso, E. C., Buckelew, S. M., Kreiter, A., Marsal, B., McMahon, P., Golden, N. H., Garber, et al
ELSEVIER SCIENCE INC.2024: S29
- **Short-term outcomes of the study of refeeding to optimize inpatient gains for patients with atypical anorexia nervosa.** *The International journal of eating disorders*
Garber, A. K., Cheng, J., Accurso, E. C., Buckelew, S. M., Downey, A. E., Le Grange, D., Gorrell, S., Kapphahn, C. J., Kreiter, A., Moscicki, A. B., Golden, N. H.
2024
- **Course and outcome in individuals with atypical anorexia nervosa: Findings from the Study of Refeeding to Optimize iNpatient Gains (STRONG).** *The International journal of eating disorders*
Golden, N. H., Kapphahn, C. J., Cheng, J., Kreiter, A., Downey, A. E., Accurso, E. C., Machen, V. I., Adams, S. H., Buckelew, S. M., Moscicki, A. B., Le Grange, D., Garber, A. K.
2023
- **WEIGHT GAIN AND PSYCHOLOGICAL RECOVERY IN PATIENTS WITH ATYPICAL ANOREXIA NERVOSA: FINDINGS FROM THE STUDY OF REFEEDING TO OPTIMIZE INPATIENT GAINS (STRONG)**
Golden, N. H., Kapphahn, C. J., Accurso, E. C., Kreiter, A., Machen, V., Adams, S. H., Buckelew, S. M., Cheng, J., Moscicki, A., Le Grange, D., Garber, A. K.
ELSEVIER SCIENCE INC.2023: S16-S17
- **Renal Function in Patients Hospitalized With Anorexia Nervosa Undergoing Refeeding: Findings From the Study of Refeeding to Optimize Inpatient Gains.** *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*
Downey, A. E., Cheng, J., Adams, S. H., Buckelew, S. M., Kapphahn, C. J., Machen, V. I., Rosen, E. L., Moscicki, A., Golden, N. H., Garber, A. K.
2022
- **RENAL FUNCTION IN PATIENTS HOSPITALIZED WITH ANOREXIA NERVOSA UNDERGOING MEDICAL STABILIZATION: FINDINGS FROM THE STUDY OF REFEEDING TO OPTIMIZE INPATIENT GAINS (STRONG)**
Downey, A. E., Cheng, J., Adams, S. H., Buckelew, S. M., Kapphahn, C. J., Machen, V. I., Golden, N. H., Garber, A. K.
ELSEVIER SCIENCE INC.2022: S86-S87
- **HIGHER CALORIE REFEEDING IN ATYPICAL ANOREXIA NERVOSA: SHORT-TERM OUTCOMES FROM THE STUDY OF REFEEDING TO OPTIMIZE INPATIENT GAINS (STRONG)**
Garber, A. K., Cheng, J., Accurso, E. C., Adams, S. H., Buckelew, S. M., Kapphahn, C. J., Kreiter, A. A., Le Grange, D., Machen, V. I., Moscicki, A., Wilson, L., Golden, N. H.
ELSEVIER SCIENCE INC.2022: S11

- **Editorial: What Do Alterations in Plasma Lipidome Tell Us About Refeeding in Anorexia Nervosa?** *Journal of the American Academy of Child and Adolescent Psychiatry*
Kapphahn, C. J.
2021
- **Higher-Calorie Refeeding in Anorexia Nervosa: 1-Year Outcomes From a Randomized Controlled Trial.** *Pediatrics*
Golden, N. H., Cheng, J., Kapphahn, C. J., Buckelew, S. M., Machen, V. I., Kreiter, A., Accurso, E. C., Adams, S. H., Le Grange, D., Moscicki, A., Sy, A. F., Wilson, L., Garber, et al
2021
- **Words Matter: An Antibias Workshop for Health Care Professionals to Reduce Stigmatizing Language.** *MedEdPORTAL : the journal of teaching and learning resources*
Raney, J., Pal, R., Lee, T., Saenz, S. R., Bhushan, D., Leahy, P., Johnson, C., Kapphahn, C., Gisondi, M. A., Hoang, K.
2021; 17: 11115
- **ONE-YEAR OUTCOMES FROM A MULTI-CENTER RANDOMIZED CONTROLLED TRIAL (RCT) OF REFEEDING IN ANOREXIA NERVOSA: THE STUDY OF REFEEDING TO OPTIMIZE INPATIENT GAINS (STRONG)**
Golden, N. H., Cheng, J., Kapphahn, C., Buckelew, S. M., Machen, V. I., Kreiter, A. A., Accurso, E. C., Adams, S. H., Le Grange, D., Moscicki, A., Sy, A., Wilson, L. S., Garber, et al
ELSEVIER SCIENCE INC.2021: S8
- **Preventing Nutritional Disorders in Adolescents by Encouraging a Healthy Relationship With Food** *JOURNAL OF ADOLESCENT HEALTH*
Kumar, M. M., Argo, T., Chang, J., Cifra, N., Docter, A., Galagali, P. M., Kapphahn, C. J., Key, J. D., Pitt, P., Weiss, A. L.
2020; 67 (6): 875–79
- **Short-term Outcomes of the Study of Refeeding to Optimize Inpatient Gains for Patients With Anorexia Nervosa: A Multicenter Randomized Clinical Trial.** *JAMA pediatrics*
Garber, A. K., Cheng, J., Accurso, E. C., Adams, S. H., Buckelew, S. M., Kapphahn, C. J., Kreiter, A., Le Grange, D., Machen, V. I., Moscicki, A., Sy, A., Wilson, L., Golden, et al
2020
- **MEDICAL ASSESSMENT, MONITORING, AND NUTRITIONAL REPLETION**
Kapphahn, C.
ELSEVIER SCIENCE INC.2020: S134
- **Weight Loss and Illness Severity in Adolescents With Atypical Anorexia Nervosa.** *Pediatrics*
Garber, A. K., Cheng, J., Accurso, E. C., Adams, S. H., Buckelew, S. M., Kapphahn, C. J., Kreiter, A., Le Grange, D., Machen, V. I., Moscicki, A., Saffran, K., Sy, A. F., Wilson, et al
2019
- **Clinical Management of Pediatric Acute-Onset Neuropsychiatric Syndrome: Part I-Psychiatric and Behavioral Interventions.** *Journal of child and adolescent psychopharmacology*
Thienemann, M., Murphy, T., Leckman, J., Shaw, R., Williams, K., Kapphahn, C., Frankovich, J., Geller, D., Bernstein, G., Chang, K., Elia, J., Swedo, S.
2017; 27 (7): 566-573
- **Effect of Hospitalization on Percent Median Body Mass Index at One Year, in Underweight Youth With Restrictive Eating Disorders.** *journal of adolescent health*
Kapphahn, C. J., Graham, D. A., Woods, E. R., Hehn, R., Mammel, K. A., Forman, S. F., Fisher, M., Robinson, K. A., Rome, E. S., Hergenroeder, A., Golden, N. H.
2017
- **History of Overweight/Obesity as Predictor of Care Received at 1-year Follow-Up in Adolescents With Anorexia Nervosa or Atypical Anorexia Nervosa.** *journal of adolescent health*
Kennedy, G. A., Forman, S. F., Woods, E. R., Hergenroeder, A. C., Mammel, K. A., Fisher, M. M., Ornstein, R. M., Callahan, S. T., Golden, N. H., Kapphahn, C. J., Garber, A. K., Rome, E. S., Richmond, et al
2017; 60 (6): 674-679
- **A 6-Week School Curriculum Improves Boys' Attitudes and Behaviors Related to Gender-Based Violence in Kenya** *JOURNAL OF INTERPERSONAL VIOLENCE*
Keller, J., Mboya, B. O., Sinclair, J., Githua, O. W., Mulinge, M., Bergholz, L., Paiva, L., Golden, N. H., Kapphahn, C.

2017; 32 (4): 535-557

- **Clinical Management of Pediatric Acute-Onset Neuropsychiatric Syndrome: Part I—Psychiatric and Behavioral Interventions** *Journal of Child and Adolescent Psychopharmacology*
Thienemann, M., Murphy, T., Leckman, J., Shaw, R., Williams, K., Kapphahn, C., Frankovich, J., Geller, D., Bernstein, G., Chang, K., Elia, J., Swedo, S.
2017; 27 (7): 566-573
- **Use of Psychopharmacologic Medications in Adolescents With Restrictive Eating Disorders: Analysis of Data From the National Eating Disorder Quality Improvement Collaborative.** *journal of adolescent health*
Monge, M. C., Forman, S. F., McKenzie, N. M., Rosen, D. S., Mammel, K. A., Callahan, S. T., Hehn, R., Rome, E. S., Kapphahn, C. J., Carlson, J. L., Romano, M. E., Malizio, J. B., Bravender, et al
2015; 57 (1): 66-72
- **A 6-Week School Curriculum Improves Boys' Attitudes and Behaviors Related to Gender-Based Violence in Kenya.** *Journal of interpersonal violence*
Keller, J., Mboya, B. O., Sinclair, J., Githua, O. W., Mulinge, M., Bergholz, L., Paiva, L., Golden, N. H., Kapphahn, C.
2015
- **EFFECT OF HOSPITALIZATION ON WEIGHT RESTORATION IN ADOLESCENTS WITH RESTRICTIVE EATING DISORDERS**
Kapphahn, C. J., Hehn, R., Woods, E. R., Mammel, K. A., Forman, S. F., Fisher, M., Robinson, K. A., Rome, E. S., Hergenroeder, A. C.
ELSEVIER SCIENCE INC.2015: S86–S87
- **Predictors of Outcome at 1 Year in Adolescents With DSM-5 Restrictive Eating Disorders: Report of the National Eating Disorders Quality Improvement Collaborative** *JOURNAL OF ADOLESCENT HEALTH*
Forman, S. F., McKenzie, N., Hehn, R., Monge, M. C., Kapphahn, C. J., Mammel, K. A., Callahan, S. T., Sigel, E. J., Bravender, T., Romano, M., Rome, E. S., Robinson, K. A., Fisher, et al
2014; 55 (6): 750-756
- **Predictors of outcome at 1 year in adolescents with DSM-5 restrictive eating disorders: report of the national eating disorders quality improvement collaborative.** *journal of adolescent health*
Forman, S. F., McKenzie, N., Hehn, R., Monge, M. C., Kapphahn, C. J., Mammel, K. A., Callahan, S. T., Sigel, E. J., Bravender, T., Romano, M., Rome, E. S., Robinson, K. A., Fisher, et al
2014; 55 (6): 750-756
- **THE IMPACT OF A SIX-WEEK SCHOOL CURRICULUM ON BOYS' ATTITUDES AND BEHAVIORS RELATED TO GENDER BASED VIOLENCE (GBV) IN KENYA**
Sinclair, J., Githua, O. W., Omondi, B., Kapphahn, C. J., Sinclair, L., Mulinge, M. M., Golden, N. H.
ELSEVIER SCIENCE INC.2014: S6
- **Higher Caloric Intake in Hospitalized Adolescents With Anorexia Nervosa Is Associated With Reduced Length of Stay and No Increased Rate of Refeeding Syndrome** *JOURNAL OF ADOLESCENT HEALTH*
Golden, N. H., Keane-Miller, C., Sainani, K. L., Kapphahn, C. J.
2013; 53 (5): 573-578
- **A self-defense program reduces the incidence of sexual assault in kenyan adolescent girls.** *journal of adolescent health*
Sinclair, J., Sinclair, L., Otieno, E., Mulinge, M., Kapphahn, C., Golden, N. H.
2013; 53 (3): 374-380
- **An Eleven Site National Quality Improvement Evaluation of Adolescent Medicine-Based Eating Disorder Programs: Predictors of Weight Outcomes at One Year and Risk Adjustment Analyses** *JOURNAL OF ADOLESCENT HEALTH*
Forman, S. F., Grodin, L. F., Graham, D. A., Sylvester, C. J., Rosen, D. S., Kapphahn, C. J., Callahan, S. T., Sigel, E. J., Bravender, T., Peebles, R., Romano, M., Rome, E. S., Fisher, et al
2011; 49 (6): 594-600
- **Financing mental health services for adolescents: A position paper of the Society for Adolescent Medicine** *JOURNAL OF ADOLESCENT HEALTH*
Kapphahn, C. J., Morreale, M. C., Rickert, V. I., Walker, L. R.
2006; 39 (3): 456-458
- **Financing mental health services for adolescents: A background paper** *JOURNAL OF ADOLESCENT HEALTH*
Kapphahn, C., Morreale, M., Rickert, V. I., Walker, L.

2006; 39 (3): 318-327

- **Adolescent girls' and boys' preferences for provider gender and confidentiality in their health care** *JOURNAL OF ADOLESCENT HEALTH*
Kapphahn, C. J., Wilson, K. M., Klein, J. D.
1999; 25 (2): 131-142
- **Access to medical care for adolescents: Results from the 1997 Commonwealth Fund Survey of the Health of Adolescent Girls** *JOURNAL OF ADOLESCENT HEALTH*
Klein, J. D., Wilson, K. M., McNulty, M., Kapphahn, C., Collins, K. S.
1999; 25 (2): 120-130
- **Meeting the health care needs of adolescents in managed care: A background paper** *JOURNAL OF ADOLESCENT HEALTH*
Engligh, A., Kapphahn, C., Perkins, J., Wibbelsman, C. J.
1998; 22 (4): 278-292
- **Schools sites for research: Land of opportunity - And dilemma** *JOURNAL OF ADOLESCENT HEALTH*
Kapphahn, C. J.
1996; 18 (3): 165-165
- **THE IMPACT OF HEALTH-INSURANCE STATUS ON ADOLESCENTS UTILIZATION OF SCHOOL-BASED CLINIC SERVICES - IMPLICATIONS FOR HEALTH-CARE REFORM** *JOURNAL OF ADOLESCENT HEALTH*
Brindis, C., Kapphahn, C., MCCARTER, V., Wolfe, A. L.
1995; 16 (1): 18-25