




Regina Casper

Professor of Psychiatry and Behavioral Sciences, Emerita

 NIH Biosketch available Online

 Curriculum Vitae available Online

Bio

ACADEMIC APPOINTMENTS

- Professor Emeritus-Hourly, Psychiatry and Behavioral Sciences

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Eating disorders ; anorexia nervosa: endocrinology and subtypes; risk factors for restricting anorexia nervosa: personality traits and starvation-induced mental and behavioral activation. Women's health: depression with atypical physical symptoms; depression during pregnancy and postnatal depression: effects on the offspring.

Teaching

COURSES

2023-24

- Human Medical Research: Design and Ethics, a focus on Women's Health: OSPBER 67 (Spr)

2022-23

- The Changing Face of "Mental Illness" in Women: Historical, Medical and Artistic Approaches: PSYC 111Q (Win)

Publications

PUBLICATIONS

- **Sex Differences in Measures of Energy Expenditure and Body Composition in Young, Middle-Aged, and Older Adults.** *Current developments in nutrition*
Cabre, H. E., Marlatt, K. L., Fernández-Verdejo, R., Beyl, R., Redman, L. M., Ainslie, P. N., Alemán-Mateo, H., Andersen, L. F., Anderson, L. J., Arab, L., Bedu-Addo, K., Bonomi, A. G., Bouten, et al
2026; 10 (1): 107614
- **Energy expenditure and obesity across the economic spectrum.** *Proceedings of the National Academy of Sciences of the United States of America*
McGrosky, A., Luke, A., Arab, L., Bedu-Addo, K., Bonomi, A. G., Bovet, P., Brage, S., Buchowski, M. S., Butte, N., Camps, S. G., Casper, R., Cummings, D. K., Krupa Das, et al
2025; 122 (29): e2420902122
- **Energy expenditure and obesity across the economic spectrum** *PROCEEDINGS OF THE NATIONAL ACADEMY OF SCIENCES OF THE UNITED STATES OF AMERICA*
McGrosky, A., Luke, A., Arab, L., Bedu-Addo, K., Bonomi, A. G., Bovet, P., Brage, S., Buchowski, M. S., Butte, N., Camps, S. G., Casper, R., Cummings, D. K., Das, et al

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- **Author Correction: Predictive equation derived from 6,497 doubly labelled water measurements enables the detection of erroneous self-reported energy intake.** *Nature food*
Bajunaid, R., Niu, C., Hambly, C., Liu, Z., Yamada, Y., Aleman-Mateo, H., Anderson, L. J., Arab, L., Baddou, I., Bandini, L., Bedu-Addo, K., Blaak, E. E., Bouten, et al
2025
- **Motivation States for Bodily Movement in Hyperkinetic Movement Disorders: A Scoping Review**
Reynolds, D., Mckee, P., Divin, A., Nosrat, S., Williamson, S., Krantz, J., Koo, B., Blacutt, M., Casper, R., Bueno, F., Avila, R., Stults-Kolehmainen, M. LIPPINCOTT WILLIAMS & WILKINS.2025
- **Predictive equation derived from 6,497 doubly labelled water measurements enables the detection of erroneous self-reported energy intake.** *Nature food*
Bajunaid, R., Niu, C., Hambly, C., Liu, Z., Yamada, Y., Aleman-Mateo, H., Anderson, L. J., Arab, L., Baddou, I., Bandini, L., Bedu-Addo, K., Blaak, E. E., Bouten, et al
2025
- **Isotope Dilution Space Ratio Declines Above the Age of 60 Years, Potentially Impacting Estimates of Total Energy Expenditure by the Doubly Labeled Water Method¹⁻³, *, ^.** *The Journal of nutrition*
Wong, W. W., Speakman, J. R., Ainslie, P. N., Anderson, L. J., Arab, L., Baddou, I., Bedu-Addo, K., Blaak, E. E., Blanc, S., Bonomi, A. G., Bouten, C. V., Bovee, P., Buchowski, et al
2024
- **German And Spanish Adaptations Of The Crave Scale For Motivation States For Physical Activity**
Reichert, M., Boulosa, D. A., Casper, R., Amador, A., Vogelsang, A., Malcolm, L., Nigg, C. R., Aponte, L., Filgueiras, A., Rehder, J., Blacutt, M., Abolt, C., Reichert, et al
LIPPINCOTT WILLIAMS & WILKINS.2024: 481-482
- **Motivation states to move and be active in healthy and clinical populations: A scoping review**
Stults-Kolehmainen, M., Howard, M., Mckee, P., Gerber, M., Williamson, S., Divin, A., Nosrat, S., Krantz, J., Dadina, C., Bueno, F., Blacutt, M., Blakemore, R., Bartholomew, et al
HUMAN KINETICS PUBL INC.2024: S96-S97
- **Greater male variability in daily energy expenditure develops through puberty.** *Biology letters*
Halsey, L. G., Careau, V., Ainslie, P. N., Alemán-Mateo, H., Andersen, L. F., Anderson, L. J., Arab, L., Baddou, I., Bandini, L., Bedu-Addo, K., Blaak, E. E., Blanc, S., Bonomi, et al
2023; 19 (9): 20230152
- **Restlessness and an Increased Urge to Move (Drive for Activity) in Anorexia Nervosa May Strengthen Personal Motivation to Maintain Caloric Restriction and May Augment Body Awareness and Proprioception: A Lesson From Leptin Administration in Anorexia Nervosa.** *Frontiers in psychology*
Casper, R. C.
2022; 13: 885274
- **Urges to Move and Other Motivation States for Physical Activity in Clinical and Healthy Populations: A Scoping Review Protocol.** *Frontiers in psychology*
Stults-Kolehmainen, M. A., Blacutt, M., Bartholomew, J. B., Boulosa, D., Janata, P., Koo, B. B., McKee, P. C., Casper, R., Budnick, C. J., Gilson, T. A., Blakemore, R. L., Filgueiras, A., Williamson, et al
2022; 13: 901272
- **Might Starvation-Induced Adaptations in Muscle Mass, Muscle Morphology and Muscle Function Contribute to the Increased Urge for Movement and to Spontaneous Physical Activity in Anorexia Nervosa?** *Nutrients*
Casper, R. C.
2020; 12 (7)
- **Increased urge for movement, physical and mental restlessness, fundamental symptoms of restricting anorexia nervosa?** *Brain and behavior*
Casper, R. C., Voderholzer, U. n., Naab, S. n., Schlegl, S. n.
2020: e01556

- **Not the Function of Eating, but Spontaneous Activity and Energy Expenditure, Reflected in "Restlessness" and a "Drive for Activity" Appear to Be Dysregulated in Anorexia Nervosa: Treatment Implications.** *Frontiers in psychology*
Casper, R. C.
2018; 9: 2303
- **A 57-YEAR FOLLOW-UP INVESTIGATION AND REVIEW OF THE MINNESOTA STUDY ON HUMAN STARVATION AND ITS RELEVANCE TO EATING DISORDERS** *Archives of Psychology*
Eckert, E. D., Gottesman, I. I., E Susan, S. E., Casper, R. C.
2018; 2 (3): 1-19
- **The "Strikingly Disproportionate Degree of Physical and Mental Energy" in Anorexia Nervosa (AN) Manifested as Restlessness and a Drive for Activity may Reflect a Disorder of Energy Homeostasis**
Casper, R.
NATURE PUBLISHING GROUP.2016: S469–S470
- **Restless activation and drive for activity in anorexia nervosa may reflect a disorder of energy homeostasis.** *International journal of eating disorders*
Casper, R. C.
2016; 49 (8): 750-752
- **Use of selective serotonin reuptake inhibitor antidepressants in pregnancy does carry risks, but the risks are small.** *Journal of nervous and mental disease*
Casper, R. C.
2015; 203 (3): 167-169
- **Selective Serotonin Reuptake Inhibitors (ssri) in Pregnancy: The Effects on the Offspring**
Casper, R.
ELSEVIER SCIENCE INC.2012: 101S
- **Length of prenatal exposure to selective serotonin reuptake inhibitor (SSRI) antidepressants: effects on neonatal adaptation and psychomotor development** *PSYCHOPHARMACOLOGY*
Casper, R. C., Gilles, A. A., Fleisher, B. E., Baran, J., Enns, G., Lazzeroni, L. C.
2011; 217 (2): 211-219
- **Diet and Mental Health: An Up-to-Date Analysis** *Inaugural Conference of the World-Council-on-Genetic-Nutrition-and-Fitness-for-Health*
Casper, R. C.
KARGER.2011: 98–113
- **Relevance of animal models to human eating disorders and obesity** *PSYCHOPHARMACOLOGY*
Casper, R. C., Sullivan, E. L., Tecott, L.
2008; 199 (3): 313-329
- **The 'drive for activity' and "restlessness" in anorexia nervosa: Potential pathways** *JOURNAL OF AFFECTIVE DISORDERS*
Casper, R. C.
2006; 92 (1): 99-107
- **Psychiatric disorders, mood and cognitive function: The influence of nutrients and physical activity** *5th International Conference on Nutrition and Fitness*
Casper, R. C.
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- **Nutrients, neurodevelopment, and mood.** *Current psychiatry reports*
Casper, R. C.
2004; 6 (6): 425-429
- **Late pregnancy exposure to Serotonin Reuptake Inhibitors (SSRIs) is associated with neonatal adjustment problems and subtle motor changes in infancy compared to early pregnancy exposure to SSRIs or no drug exposure**
Casper, R. C., Fleischer, B. E., Lee-Ancajas, J. C., Gaylor, E., Hoyme, E. H., Gilles, A., DeBattista, A.
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- **The need to revise the diagnostic criteria for anorexia nervosa** *JOURNAL OF NEURAL TRANSMISSION*

Hebebrand, J., Casper, R., Treasure, J., Schweiger, U.
2004; 111 (7): 827-840

- **Hyperactivity in patients with anorexia nervosa and in semistarved rats: evidence for a pivotal role of hypoleptinemia** *Annual Meeting of the Society-for-the-Study-of-Ingestive-Behavior*
Hebebrand, J., Exner, C., Hebebrand, K., Holtkamp, C., Casper, R. C., Remschmidt, H., Herpertz-Dahlmann, B., Klingenspor, M.
PERGAMON-ELSEVIER SCIENCE LTD.2003: 25–37
- **Follow-up of children of depressed mothers exposed or not exposed to antidepressant drugs during pregnancy** *1st International Conference on Womens Mental Health*
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- **How useful are pharmacological treatments in eating disorders?** *Psychopharmacology bulletin*
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- **Family functioning in anorexia nervosa differs by subtype** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
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2001; 30 (3): 338-342
- **What triggers abnormal eating in bulimic and nonbulimic women? The role of dissociative experiences, negative affect, and psychopathology** *PSYCHOLOGY OF WOMEN QUARTERLY*
Lyubomirsky, S., Casper, R. C., Sousa, L.
2001; 25 (3): 223-232
- **No gender differences in placebo responses of patients with major depressive disorder** *BIOLOGICAL PSYCHIATRY*
Casper, R. C., Tollefson, G. D., Nilsson, M. E.
2001; 49 (2): 158-160
- **Mood, its relationship to physical activity and nutrition** *4th International Conference on Nutrition and Fitness*
Casper, R. C., Reed, E., Gilles, A., Chiang, L.
KARGER.2001: 73–88
- **Behavioral activation and lack of concern, core symptoms of anorexia nervosa?** *14th World Congress on Psychosomatic Medicine*
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JOHN WILEY & SONS INC.1998: 381–93
- **Serotonin, a major player in the regulation of feeding and affect** *BIOLOGICAL PSYCHIATRY*
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- **Women?s Health** *Cambridge University Press*
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1998
- **Recognizing eating disorders in women** *PSYCHOPHARMACOLOGY BULLETIN*
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1998; 34 (3): 267-269
- **Depression and eating disorders.** *Depression and anxiety*
Casper, R. C.
1998; 8: 96-104
- **Individual psychopathology relative to reports of unwanted sexual experiences as predictor of a bulimic eating pattern** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
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1997; 21 (3): 229-236
- **Body perception and emotional health in athletes: A study of female adolescents involved in aesthetic sports** *3rd International Conference on Nutrition and Fitness*

- Casper, R. C., Michaels, J., Simon, K.
KARGER.1997: 134-147
- **Truly late onset of eating disorders: A study of 11 cases averaging 60 years of age at presentation** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
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 - **An eight-year follow-up: Outcome from adolescent compared to adult onset anorexia nervosa** *JOURNAL OF YOUTH AND ADOLESCENCE*
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 - **Carbohydrate metabolism and its regulatory hormones in anorexia nervosa** *WHO Study Group on Anorexia Nervosa (AN) Meeting - Basic Mechanisms, Clinical Approaches and Treatment*
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 - **EXERCISE AND MOOD** *2ND INTERNATIONAL CONF ON NUTRITION AND FITNESS*
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KARGER.1993: 115-143
 - **WEIGHT AND DIETING CONCERNS IN ADOLESCENTS, FASHION OR SYMPTOM** *PEDIATRICS*
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 - **PERSONALITY FEATURES OF WOMEN WITH GOOD OUTCOME FROM RESTRICTING ANOREXIA-NERVOSA** *PSYCHOSOMATIC MEDICINE*
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1990; 52 (2): 156-170
 - **Cortisol measures in primary major depressive disorder with hypersomnia or appetite increase.** *J. Affect. Disorders*
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1988: 131-140
 - **Bulimia, its incidence and clinical significance in patients with anorexia nervosa.** *Arch.Gen Psych.*
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1980: 1030-1035