



Michele Lanpher Patel

Postdoctoral Research Fellow, SCRDP/ Heart Disease Prevention

Bio

BIO

Michele ("Shelley") L. Patel, PhD is currently a postdoctoral fellow in cardiovascular disease prevention at the Stanford Prevention Research Center. Her primary research interests include conducting and evaluating behavioral interventions for obesity, with a focus on leveraging technology-based self-monitoring strategies to improve engagement. She is also interested in examining the impact of psychosocial factors—such as health literacy and negative life events—on treatment success.

Dr. Patel completed her undergraduate studies at Duke University in 2010, receiving a BA in Psychology and a certificate in Markets & Management. She received her PhD in Clinical Psychology from Duke in 2018 and completed her clinical psychology internship at the VA Palo Alto Health Care System, specializing in behavioral medicine.

New research: Patel, M. L., Hopkins, C. M., Brooks, T. L., & Bennett, G. G. (2019). Comparing self-monitoring strategies for weight loss in a smartphone app: Randomized controlled trial. *JMIR mHealth and uHealth*. <http://dx.doi.org/10.2196/12209>.

PROFESSIONAL EDUCATION

- Doctor of Philosophy, 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)

Publications

PUBLICATIONS

- **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
- **Motivational interviewing in eHealth and telehealth interventions for weight loss: A systematic review.** *Preventive medicine*

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- Patel, M. L., Wakayama, L. N., Bass, M. B., Breland, J. Y.
2019
- **Weight Perceptions and Weight Loss Attempts: Military Service Matters.** *Military medicine*
Breland, J. Y., Patel, M. L., Wong, J. J., Hoggatt, K. J.
2019
 - **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
 - **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