Stanford

Michele Lanpher Patel

Instructor, Medicine - Stanford Prevention Research Center

Bio

BIO

Michele L. Patel, PhD is an Instructor at the Stanford University School of Medicine. Her research focuses on optimizing digital health interventions for treating & preventing obesity. She is particularly interested in improving engagement in these interventions and examining the impact of psychosocial factors on treatment success.

Dr. Patel received a K23 career development award from NIH (2022-2027). This work investigates the most potent combination of self-monitoring strategies in a behavioral weight loss intervention for adults with overweight or obesity. Dr. Patel is interested in using digital tools such as commercial apps, wearables, text-messaging, and telehealth to improve access to and engagement in treatment.

Dr. Patel received her BA in psychology from Duke University in 2010 and her PhD in clinical psychology from Duke in 2018. She completed her clinical internship at the VA Palo Alto, specializing in behavioral medicine, and her postdoctoral fellowship at the Stanford Prevention Research Center.

Primary Research Interests:

-- Conducting clinical trials to evaluate digital health interventions for obesity

-- Improving engagement in self-monitoring and other behavioral intervention strategies

-- Examining the impact of psychosocial factors (e.g., health literacy, stress) on treatment success

-- Applying the Multiphase Optimization Strategy (MOST) framework to efficiently construct behavioral interventions

Methods:

-- RCTs, including factorial designs

-- systematic reviews

-- signal detection analysis (upcoming)

-- mixed methods (upcoming)

ACADEMIC APPOINTMENTS

- Instructor, Medicine - Stanford Prevention Research Center

HONORS AND AWARDS

- 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, 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

- Spark: Finding the Optimal Tracking Strategy for Weight Loss in a Digital Health Intervention, Recruiting

- Ignite Pilot: Goal Setting in a Digital Weight Loss 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 - present)

Publications

PUBLICATIONS

- **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

- **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

- **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

- **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

- **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