



## Cara Bohon

Assistant Professor of Psychiatry and Behavioral Sciences (Child and Adolescent Psychiatry and Development) at the Stanford University Medical Center  
Psychiatry and Behavioral Sciences - Child and Adolescent Psychiatry

### CLINICAL OFFICES

- **Stanford Children's Child and Adolescent Psychology Clinic**

401 Quarry Rd

MC 5719

Stanford, CA 94305

**Tel** (650) 723-5511

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### Bio

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### CLINICAL FOCUS

- Psychology
- Eating disorders

### ACADEMIC APPOINTMENTS

- Assistant Professor - Med Center Line, Psychiatry and Behavioral Sciences - Child and Adolescent Psychiatry
- Member, Bio-X
- Member, Maternal & Child Health Research Institute (MCHRI)
- Member, Wu Tsai Neurosciences Institute

### ADMINISTRATIVE APPOINTMENTS

- Director, Stanford Child and Adolescent Outpatient Eating Disorders Clinic, (2018- present)

### BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Co-Chair, Neuroimaging Special Interest Group, Academy of Eating Disorders (2014 - 2017)

### PROFESSIONAL EDUCATION

- Fellowship: Semel Institute for Neuroscience and Human Behavior (UCLA) (2012) CA
- Internship: Semel Institute for Neuroscience and Human Behavior (UCLA) (2010) CA
- PhD Training: University of Oregon Office of the Registrar (2010) OR
- PhD, University of Oregon , Clinical Psychology (2010)
- MS, University of Oregon , Clinical Psychology (2006)
- BS, Vanderbilt University , Psychology (2004)

## Research & Scholarship

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### CURRENT RESEARCH AND SCHOLARLY INTERESTS

My research interests have focused on the neural bases of eating disorders and obesity. I am particularly interested in the way emotion and reward is processed in the brain and how that may contribute to eating behavior and food restriction. I hope to eventually translate biological research findings into treatments.

### CLINICAL TRIALS

- Confirming the Efficacy/Mechanism of Family Therapy for Children With Low Weight ARFID, Recruiting
- Emotion Regulation in Binge Eating and Purging Among Adolescents, Recruiting
- Food and the Brain, Not Recruiting
- Implementing FBT for Adolescent AN for Providers in Private Practice, Not Recruiting
- Neural Links Between OCD and Anorexia, Not Recruiting
- Peer-Led Dissonance Eating Disorder Prevention: Virtual Delivery, Not Recruiting
- Taste Reward Processing in Pediatric Obesity, Not Recruiting

### PROJECTS

- Food and the Brain - Stanford University (September 22, 2015 - August 31, 2020)

## Publications

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### PUBLICATIONS

- **EVIDENCE-BASED TREATMENT OF BULIMIA NERVOSA AND BINGE-EATING DISORDER**  
Bohon, C.  
ELSEVIER SCIENCE INC.2020: S133–S134
- **Descriptive analysis of binge eating in adult and adolescent females.** *Eating and weight disorders : EWD*  
Bohon, C., Matheson, B., Welch, H.  
2020
- **Family-based treatment via videoconference: Clinical recommendations for treatment providers during COVID-19 and beyond.** *The International journal of eating disorders*  
Matheson, B. E., Bohon, C., Lock, J.  
2020
- **Bringing Virtual Reality From Clinical Trials to Clinical Practice for the Treatment of Eating Disorders: An Example Using Virtual Reality Cue Exposure Therapy.** *Journal of medical Internet research*  
Brown, T., Nauman Vogel, E., Adler, S., Bohon, C., Bullock, K., Nameth, K., Riva, G., Safer, D. L., Runfola, C. D.  
2020; 22 (4): e16386
- **Brain-Responsive Neurostimulation for Loss of Control Eating: Early Feasibility Study.** *Neurosurgery*  
Wu, H., Adler, S., Azagury, D. E., Bohon, C., Safer, D. L., Barbosa, D. A., Bhati, M. T., Williams, N. R., Dunn, L. B., Tass, P. A., Knutson, B. D., Yutsis, M., Fraser, et al  
2020
- **Confirming the Efficacy of an Adaptive Component to Family-Based Treatment for Adolescent Anorexia Nervosa: Study Protocol for a Randomized Controlled Trial.** *Frontiers in psychiatry*  
L'Insalata, A., Trainor, C., Bohon, C., Mondal, S., Le Grange, D., Lock, J.  
2020; 11: 41
- **Investigating Early Response to Treatment in a Multi-Site Study for Adolescent Bulimia Nervosa.** *Frontiers in psychiatry*  
Matheson, B. E., Gorrell, S., Bohon, C., Agras, W. S., Le Grange, D., Lock, J.  
2020; 11: 92

- **Insulin Resistance and Structural Change in the Anterior Cingulate Cortex in Youth With Depression and Obesity**  
Hagan, K., Fischer, A., Nrusimha, A., Nimarko, A., Gorelik, A., Bohon, C., Rasgon, N., Singh, M.  
NATURE PUBLISHING GROUP.2019: 143–44
- **Training Models For Implementing Evidence-Based Psychological Treatment: A Cluster-Randomized Trial in College Counseling Centers.** *JAMA psychiatry*  
Wilfley, D. E., Agras, W. S., Fitzsimmons-Craft, E. E., Bohon, C., Eichen, D. M., Welch, R. R., Jo, B., Raghavan, R., Proctor, E. K., Wilson, G. T.  
2019
- **Bariatric Surgery in Children and Adolescents with Cognitive Impairment and/or Developmental Delay: Current Knowledge and Clinical Recommendations.** *Obesity surgery*  
Matheson, B. E., Colborn, D., Bohon, C.  
2019
- **REWARD PROCESSING IN DEPRESSED AND OBESE CHILDREN**  
Angal, S., Fischer, A. S., Bohon, C., Nimarko, A. F., Rolle, C. E., Lu, Y., Pan, T., Kuramkote, S. R., Rasgon, N. L., Singh, M. K.  
ELSEVIER SCIENCE INC.2019: S274
- **Performance and brain activity during the Wisconsin Card Sorting Test in adolescents with obsessive-compulsive disorder and adolescents with weight-restored anorexia nervosa.** *European child & adolescent psychiatry*  
Bohon, C., Weinbach, N., Lock, J.  
2019
- **Set-shifting in adolescents with weight-restored anorexia nervosa and their unaffected family members.** *Journal of psychiatric research*  
Weinbach, N., Bohon, C., Lock, J.  
2019; 112: 71–76
- **Superior response inhibition to high-calorie foods in adolescents with anorexia nervosa.** *Behaviour research and therapy*  
Weinbach, N., Lock, J., Bohon, C.  
2019; 124: 103441
- **A Protocol for Integrating Neuroscience Into Studies of Family-Based Treatment for Anorexia Nervosa: An Approach to Research and Potential Benefits for Clinical Care.** *Frontiers in psychiatry*  
Bohon, C., Weinbach, N., Lock, J.  
2019; 10: 919
- **Binge Eating Disorder in Children and Adolescents.** *Child and adolescent psychiatric clinics of North America*  
Bohon, C.  
2019; 28 (4): 549–55
- **Change in brain volume and cortical thickness after behavioral and surgical weight loss intervention.** *NeuroImage. Clinical*  
Bohon, C., Geliebter, A.  
2018: 101640
- **Comorbid depressive symptoms and self-esteem improve after either cognitive-behavioural therapy or family-based treatment for adolescent bulimia nervosa** *EUROPEAN EATING DISORDERS REVIEW*  
Valenzuela, F., Lock, J., Le Grange, D., Bohon, C.  
2018; 26 (3): 253–58
- **Changes in Cerebral Cortical Thickness Related to Weight Loss Following Bariatric Surgery.** *Obesity surgery*  
Bohon, C., Garcia, L. C., Morton, J. M.  
2018
- **Aberrant Dynamic Connectivity for Fear Processing in Anorexia Nervosa and Body Dysmorphic Disorder.** *Frontiers in psychiatry*  
Rangaprakash, D., Bohon, C., Lawrence, K. E., Moody, T., Morfimi, F., Khalsa, S. S., Strober, M., Feusner, J. D.  
2018; 9: 273
- **Brain response to taste in overweight children: A pilot feasibility study.** *PloS one*  
Bohon, C.  
2017; 12 (2)

- **An interoceptive model of bulimia nervosa: A neurobiological systematic review.** *Journal of psychiatric research*  
Klabunde, M., Collado, D., Bohon, C.  
2017; 94: 36–46
- **Differences in Emotion Regulation Difficulties Across Types of Eating Disorders During Adolescence.** *Journal of abnormal child psychology*  
Weinbach, N., Sher, H., Bohon, C.  
2017
- **Intrinsic Brain Connectivity in Youth With Depression at High Risk for Insulin Insensitivity**  
Singh, M., Leslie, S., Foland-Ross, L., Weisman, E., Bhattacharjee, K., Onopa, A., Soudi, L., Staver, A., Bohon, C., Rasgon, N.  
NATURE PUBLISHING GROUP.2016: S185–S186
- **Functional connectivity for face processing in individuals with body dysmorphic disorder and anorexia nervosa** *PSYCHOLOGICAL MEDICINE*  
Moody, T. D., Sasaki, M. A., Bohon, C., Strober, M. A., Bookheimer, S. Y., Sheen, C. L., Feusner, J. D.  
2015; 45 (16): 3491-3503
- **Anorexia nervosa and body dysmorphic disorder are associated with abnormalities in processing visual information** *PSYCHOLOGICAL MEDICINE*  
Li, W., Lai, T. M., Bohon, C., Loo, S. K., McCurdy, D., Strober, M., Bookheimer, S., Feusner, J.  
2015; 45 (10): 2111-2122
- **Deep brain stimulation for obesity: rationale and approach to trial design.** *Neurosurgical focus*  
Ho, A. L., Sussman, E. S., Pendharkar, A. V., Azagury, D. E., Bohon, C., Halpern, C. H.  
2015; 38 (6): E8-?
- **Deep Brain Stimulation for Obesity.** *Cureus*  
Ho, A. L., Sussman, E. S., Zhang, M., Pendharkar, A. V., Azagury, D. E., Bohon, C., Halpern, C. H.  
2015; 7 (3)
- **Greater emotional eating scores associated with reduced frontolimbic activation to palatable taste in adolescents.** *Obesity*  
Bohon, C.  
2014; 22 (8): 1814-1820
- **Visual processing in anorexia nervosa and body dysmorphic disorder: Similarities, differences, and future research directions.** *Journal of psychiatric research*  
Madsen, S. K., Bohon, C., Feusner, J. D.  
2013; 47 (10): 1483-1491
- **Functional Connectivity While Viewing Cues for Taste Delivery Related to Body Mass in Healthy-Weight Adolescents**  
Bohon, C., Burger, K. S., Stice, E.  
ELSEVIER SCIENCE INC.2013: 197S–198S
- **Nonlinear relationships between anxiety and visual processing of own and others' faces in body dysmorphic disorder** *PSYCHIATRY RESEARCH-NEUROIMAGING*  
Bohon, C., Hembacher, E., Moller, H., Moody, T. D., Feusner, J. D.  
2012; 204 (2-3): 132-139
- **Negative affect and neural response to palatable food intake in bulimia nervosa** *APPETITE*  
Bohon, C., Stice, E.  
2012; 58 (3): 964-970
- **Effects of cranial electrotherapy stimulation on resting state brain activity.** *Brain and behavior*  
Feusner, J. D., Madsen, S., Moody, T. D., Bohon, C., Hembacher, E., Bookheimer, S. Y., Bystritsky, A.  
2012; 2 (3): 211-220
- **Reward Abnormalities among Women with Full and Subthreshold Bulimia Nervosa: A Functional Magnetic Resonance Imaging Study** *INTERNATIONAL JOURNAL OF EATING DISORDERS*  
Bohon, C., Stice, E.  
2011; 44 (7): 585-595
- **An fMRI study of obesity, food reward, and perceived caloric density. Does a low-fat label make food less appealing?** *APPETITE*

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- Ng, J., Stice, E., Yokum, S., Bohon, C.  
2011; 57 (1): 65-72
- **Weight Gain Is Associated with Reduced Striatal Response to Palatable Food** *JOURNAL OF NEUROSCIENCE*  
Stice, E., Yokum, S., Blum, K., Bohon, C.  
2010; 30 (39): 13105-13109
  - **Relation of dietary restraint scores to cognitive biases and reward sensitivity** *APPETITE*  
Ahern, A. L., Field, M., Yokum, S., Bohon, C., Stice, E.  
2010; 55 (1): 61-68
  - **Reward circuitry responsivity to food predicts future increases in body mass: Moderating effects of DRD2 and DRD4** *NEUROIMAGE*  
Stice, E., Yokum, S., Bohon, C., Marti, N., Smolen, A.  
2010; 50 (4): 1618-1625
  - **A Meta-Analytic Review of Depression Prevention Programs for Children and Adolescents: Factors That Predict Magnitude of Intervention Effects** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*  
Stice, E., Shaw, H., Bohon, C., Marti, C. N., Rohde, P.  
2009; 77 (3): 486-503
  - **Female Emotional Eaters Show Abnormalities in Consummatory and Anticipatory Food Reward: A Functional Magnetic Resonance Imaging Study** *INTERNATIONAL JOURNAL OF EATING DISORDERS*  
Bohon, C., Stice, E., Spoor, S.  
2009; 42 (3): 210-221
  - **Maintenance Factors for Persistence of Bulimic Pathology: A Prospective Natural History Study** *INTERNATIONAL JOURNAL OF EATING DISORDERS*  
Bohon, C., Stice, E., Burton, E.  
2009; 42 (2): 173-178
  - **Subtyping Women With Bulimia Nervosa Along Dietary and Negative Affect Dimensions: Further Evidence of Reliability and Validity** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*  
Stice, E., Bohon, C., Marti, C. N., Fischer, K.  
2008; 76 (6): 1022-1033
  - **Relation of Reward From Food Intake and Anticipated Food Intake to Obesity: A Functional Magnetic Resonance Imaging Study** *JOURNAL OF ABNORMAL PSYCHOLOGY*  
Stice, E., Spoor, S., Bohon, C., Veldhuizen, M. G., Small, D. M.  
2008; 117 (4): 924-935
  - **Relation between obesity and blunted striatal response to food is moderated by TaqIA A1 allele** *SCIENCE*  
Stice, E., Spoor, S., Bohon, C., Small, D. M.  
2008; 322 (5900): 449-452
  - **A prospective test of cognitive vulnerability models of depression with adolescent girls** *BEHAVIOR THERAPY*  
Bohon, C., Stice, E., Burton, E., Fudell, M., Nolen-Hoeksema, S.  
2008; 39 (1): 79-90
  - **Relations of bulimic symptom frequency and intensity to psychosocial impairment and health care utilization: Results from a community-recruited sample** *INTERNATIONAL JOURNAL OF EATING DISORDERS*  
Spoor, S. T., Stice, E., Burton, E., Bohon, C.  
2007; 40 (6): 505-514
  - **Reciprocal relations between rumination and bulimic, substance abuse, and depressive symptoms in female adolescents** *JOURNAL OF ABNORMAL PSYCHOLOGY*  
Nolen-Hoeksema, S., Stice, E., Wade, E., Bohon, C.  
2007; 116 (1): 198-207
  - **Predicting school dropout and adolescent sexual behavior in offspring of depressed and nondepressed mothers** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*  
Bohon, C., Garber, J., Horowitz, J. L.  
2007; 46 (1): 15-24