



Cara Bohon

Clinical Associate Professor, Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development

Bio

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development
- 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, (2018-2021)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

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

PROFESSIONAL EDUCATION

- PhD, University of Oregon , Clinical Psychology (2010)
- MS, University of Oregon , Clinical Psychology (2006)
- BS, Vanderbilt University , Psychology (2004)

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

My research interests have focused on the neural bases of eating disorders. 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, Not 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

PUBLICATIONS

- **Early weight gain as a predictor of weight restoration in avoidant/restrictive food intake disorder.** *Journal of eating disorders*
Perry, T. R., Cai, K., Freestone, D., Steinberg, D. M., Bohon, C., Menzel, J. E., Baker, J. H.
2024; 12 (1): 27
- **Family-based treatment (FBT) for loss of control (LOC) eating in youth: Current knowledge and future directions.** *Eating disorders*
Matheson, B. E., Bohon, C., Le Grange, D., Lock, J. D.
2024; 32 (1): 1-12
- **Who Responds to an Adaptive Intervention for Adolescents With Anorexia Nervosa Being Treated With Family-Based Treatment? Outcomes From a Randomized Clinical Trial.** *Journal of the American Academy of Child and Adolescent Psychiatry*
Lock, J. D., Le Grange, D., Bohon, C., Matheson, B., Jo, B.
2023
- **A randomized trial of two group-delivered transdiagnostic eating disorder treatments: Dissonance-based treatment versus interpersonal psychotherapy.** *Journal of consulting and clinical psychology*
Stice, E., Rohde, P., Yokum, S., Gau, J. M., Bohon, C., Shaw, H.
2023; 91 (12): 683-693
- **Expressed emotion and early treatment response in family-based treatment for adolescent anorexia nervosa.** *Eating disorders*
Bohon, C., Flanagan, K., Welch, H., Rienecke, R. D., Le Grange, D., Lock, J.
2023: 1-16
- **The assessment of caregiver self-efficacy in a virtual eating disorder setting.** *Journal of eating disorders*
Jones, N. M., Baker, J. H., Urban, B., Freestone, D., Doyle, A. C., Bohon, C., Steinberg, D. M.
2023; 11 (1): 167
- **An orexigenic subnetwork within the human hippocampus.** *Nature*
Barbosa, D. A., Gattas, S., Salgado, J. S., Kuijper, F. M., Wang, A. R., Huang, Y., Kakusa, B., Leuze, C., Luczak, A., Rapp, P., Malenka, R. C., Hermes, D., Miller, et al
2023
- **Family-based treatment (FBT) for loss of control (LOC) eating in youth: Current knowledge and future directions** *EATING DISORDERS*
Matheson, B. E., Bohon, C., Le Grange, D., Lock, J. D.
2023
- **Human habit neural circuitry may be perturbed in eating disorders.** *Science translational medicine*
Wang, A. R., Kuijper, F. M., Barbosa, D. A., Hagan, K. E., Lee, E., Tong, E., Choi, E. Y., McNab, J. A., Bohon, C., Halpern, C. H.
2023; 15 (689): eabo4919
- **Aberrant reward-related neural activation: Dimensional correlate of binge-eating severity or categorical marker of binge eating?** *Journal of psychiatric research*
Hagan, K., Datta, N., Stern, M., Bohon, C.
2023; 161: 54-61
- **Efficacy of virtual delivery of a dissonance-based eating disorder prevention program and evaluation of a donation model to support sustained implementation.** *Journal of consulting and clinical psychology*
Stice, E., Bohon, C., Shaw, H., Desjardins, C. D.
2023
- **Evaluating differences in setting expected body weight for children and adolescents in eating disorder treatment.** *The International journal of eating disorders*
Steinberg, D. M., Perry, T. R., Freestone, D., Hellner, M., Baker, J. H., Bohon, C.

2022

- **Predictors of family-based treatment for adolescent eating disorders: Do family or diagnostic factors matter?** *The International journal of eating disorders*
Datta, N., Hagan, K., Bohon, C., Stern, M., Kim, B., Matheson, B. E., Gorrell, S., Le Grange, D., Lock, J. D.
2022
- **Protocol for a randomized clinical trial for Avoidant Restrictive Food Intake Disorder (ARFID) in low-weight youth.** *Contemporary clinical trials*
Van Wye, E., Matheson, B., Citron, K., Yang, H., Datta, N., Bohon, C., Lock, J. D.
2022: 107036
- **To truly reduce weight stigma and eating disorder risk, we need to stop promoting weight loss.** *Journal of the Academy of Nutrition and Dietetics*
Steinberg, D. M., Bohon, C.
2022
- **Pilot study of responsive nucleus accumbens deep brain stimulation for loss-of-control eating.** *Nature medicine*
Shivacharan, R. S., Rolle, C. E., Barbosa, D. A., Cunningham, T. N., Feng, A., Johnson, N. D., Safer, D. L., Bohon, C., Keller, C., Buch, V. P., Parker, J. J., Azagury, D. E., Tass, et al
2022
- **Study protocol for training providers in private practice in family-based treatment for adolescents with anorexia nervosa: A randomized controlled feasibility trial.** *Contemporary clinical trials*
Citron, K., Johnson, M., Matheson, B. E., Onipede, Z. A., Yang, H. J., Bohon, C., Le Grange, D., Lock, J.
2022: 106889
- **Aberrant impulse control circuitry in obesity.** *Molecular psychiatry*
Barbosa, D. A., Kuijper, F. M., Duda, J., Wang, A. R., Cartmell, S. C., Saluja, S., Cunningham, T., Shivacharan, R. S., Bhati, M. T., Safer, D. L., Lock, J. D., Malenka, R. C., de Oliveira-Souza, et al
2022
- **Effectiveness of delivering evidence-based eating disorder treatment via telemedicine for children, adolescents, and youth.** *Eating disorders*
Steinberg, D., Perry, T., Freestone, D., Bohon, C., Baker, J. H., Parks, E.
2022: 1-17
- **The effect of mood on food versus non-food interference among females who are high and low on emotional eating.** *Journal of eating disorders*
Sambal, H., Bohon, C., Weinbach, N.
2021; 9 (1): 140
- **Factors that predict persistence versus non-persistence of eating disorder Symptoms: A prospective study of high-risk young women.** *Behaviour research and therapy*
Stice, E., Bohon, C., Gau, J. M., Rohde, P.
2021; 144: 103932
- **Maintenance of Training Effects of Two Models for Implementing Evidence-Based Psychological Treatment.** *Psychiatric services (Washington, D.C.)*
Fitzsimmons-Craft, E. E., Bohon, C., Wilson, G. T., Jo, B., Mondal, S., Laing, O., Welch, R. R., Raghavan, R., Proctor, E. K., Agras, W. S., Wilfley, D. E.
2021: appips202000702
- **Virtually delivered family-based eating disorder treatment using an enhanced multidisciplinary care team: A case study.** *Clinical case reports*
Hellner, M., Bohon, C., Kolander, S., Parks, E.
2021; 9 (6): e04173
- **Subcortical brain volume and cortical thickness in adolescent girls and women with binge eating.** *The International journal of eating disorders*
Hagan, K. E., Bohon, C.
2021
- **Cognitive Behavioral Therapy for the Eating Disorders.** *Annual review of clinical psychology*
Agras, W. S., Bohon, C.
2021; 17: 417-38
- **Understanding outcomes in family-based treatment for adolescent anorexia nervosa: a network approach.** *Psychological medicine*
Hagan, K. E., Matheson, B. E., Datta, N., L'Insalata, A. M., Onipede, Z. A., Gorrell, S., Mondal, S., Bohon, C. M., Grange, D. L., Lock, J. D.
2021: 1-12

- **Dopamine-Related Alterations of Frontostriatal Habit Circuitry Underlie Stimulus-Response Binge Eating**
Wang, A., Kuijper, F. M., Barbosa, D., Hagan, K., Lee, E., Tong, E., Bohon, C., Halpern, C. H.
ELSEVIER SCIENCE INC.2021: S233-S234
- **Test-retest reliability of functional MRI food receipt, anticipated receipt, and picture tasks.** *The American journal of clinical nutrition*
Yokum, S., Bohon, C., Berkman, E., Stice, E.
2021
- **Anticipatory human subthalamic area beta-band power responses to dissociable tastes correlate with weight gain.** *Neurobiology of disease*
Kakusa, B., Huang, Y., Barbosa, D. A., Feng, A., Gattas, S., Shivacharan, R., Lee, E. B., Kuijper, F. M., Saluja, S., Parker, J. J., Miller, K. J., Keller, C., Bohon, et al
2021: 105348
- **Quadratic relations of BMI with depression and brain volume in children: Analysis of data from the ABCD study.** *Journal of psychiatric research*
Bohon, C. n., Welch, H. n.
2021; 136: 421–27
- **The insulo-opercular cortex encodes food-specific content under controlled and naturalistic conditions.** *Nature communications*
Huang, Y., Kakusa, B. W., Feng, A., Gattas, S., Shivacharan, R. S., Lee, E. B., Parker, J. J., Kuijper, F. M., Barbosa, D. A., Keller, C. J., Bohon, C., Mikhail, A., Halpern, et al
2021; 12 (1): 3609
- **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. n., Adler, S. n., Azagury, D. E., Bohon, C. n., Safer, D. L., Barbosa, D. A., Bhati, M. T., Williams, N. R., Dunn, L. B., Tass, P. A., Knutson, B. D., Yutsis, M. n., 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
- **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
- **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. n., Lock, J. n., Bohon, C. n.
2019; 124: 103441
- **Change in brain volume and cortical thickness after behavioral and surgical weight loss intervention** *NEUROIMAGE-CLINICAL*
Bohon, C., Geliebter, A.
2019; 21
- **Binge Eating Disorder in Children and Adolescents.** *Child and adolescent psychiatric clinics of North America*
Bohon, C. n.
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
- **Differences in Emotion Regulation Difficulties Across Types of Eating Disorders During Adolescence** *JOURNAL OF ABNORMAL CHILD PSYCHOLOGY*
Weinbach, N., Sher, H., Bohon, C.
2018; 46 (6): 1351–58
- **Changes in Cerebral Cortical Thickness Related to Weight Loss Following Bariatric Surgery** *OBESITY SURGERY*
Bohon, C., Garcia, L. C., Morton, J. M.
2018; 28 (8): 2578–82
- **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., Morfini, F., Khalsa, S. S., Strober, M., Feusner, J. D.
2018; 9: 273
- **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. n., Garcia, L. C., Morton, J. M.
2018

- **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. n., Collado, D. n., Bohon, C. n.
2017; 94: 36–46
- **Differences in Emotion Regulation Difficulties Across Types of Eating Disorders During Adolescence.** *Journal of abnormal child psychology*
Weinbach, N. n., Sher, H. n., Bohon, C. n.
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)
- **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*
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