

Stanford

W. Stewart Agras

Professor of Psychiatry and Behavioral Sciences, Emeritus

Bio

BIO

Stewart Agras obtained his M.D. from University College, London, England in 1955 and completed his residency and Fellowship in Psychiatry at McGill University in 1961. Since 1973 he has been a member of the faculty of the Department of Psychiatry at Stanford University School of Medicine. For much of his career his research interests have been in the investigation of behavior change in areas such as treatment compliance, essential hypertension and other cardiovascular risk factors, and anxiety disorders. In 1974 he began one of the first programs in Behavioral Medicine in the United States, a program that continues today at Stanford University. For the last 20-years the majority of his work has been in the area of eating disorders, with studies ranging from epidemiology, basic psychological mechanisms, and treatment.

Dr Agras has been Editor of the Journal of Applied Behavior Analysis and the Annals of Behavioral Medicine, and has served on a large number of Editorial Boards, in addition he has been President of the Association for the Advancement of Behavior Therapy (AABT) and was the first President of the Society for Behavioral Medicine. He has also spent two years at the Center for Advanced Study of the Behavioral Sciences and in addition was co-Director of one of the summer programs for promising young faculty at the Center.

He is presently Professor (Emeritus) of Psychiatry in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine, and is continuing his research program in eating disorders.

ACADEMIC APPOINTMENTS

- Professor Emeritus, Psychiatry and Behavioral Sciences

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Associate Editor, Journal of Applied Behavior Analysis (1971 - 1974)
- Editor, Journal of Applied Behavior Analysis (1974 - 1977)
- Editor, Annals of Behavioral Medicine (1987 - 1990)
- Editorial Board, Appetite (1995 - present)
- Editorial Board, International Journal of Eating Disorders (1990 - present)
- President, Society for Behavioral Medicine (1978 - 1979)
- President, Association for the Advancement of Behavior Therapy (1985 - 1986)
- Chair, NIMH Psychopathology and Clinical Biology Research Review Committee (1989 - 1991)
- Chair, NIH Health Behavior and Prevention Research Review Committee (1995 - 2000)
- Fellow, Center for Advanced Study in the Behavioral Sciences (1976 - 1977)
- Co-Director Summer Institute, Center for Advanced Study in the Behavioral Sciences (1988 - 1988)
- Fellow, Center for Advanced Study in the Behavioral Sciences (1990 - 1991)

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

The principal theme of my research is the understanding of human feeding and its disorders, namely: obesity, anorexia nervosa, bulimia nervosa, binge eating disorder and selective eating (picky eating) across the age span. Current and past research projects range from basic studies through single site and multicenter clinical trials.

In a large-scale international multisite controlled clinical trial funded by the NIH two types of family therapy for anorexia nervosa are being compared. In addition to being a study site, our laboratory is the data and coordinating center for this study. Several large data sets from previous multisite studies allow for analyses both within and across studies involving large sample sizes. Hence, many secondary questions regarding the eating disorders can be addressed.

A second study is examining two methods of teaching community therapists the skills needed to use interpersonal psychotherapy for eating disorders and depression. This is a cluster randomized study in which college campuses across the US are randomly allocated to one of the teaching methods.

A further study is examining basic questions concerning the prevention of overweight in early childhood in preparation for a large-scale early prevention study. Other studies include the epidemiology and course of picky eating and in collaboration with Dr Jim Lock examining the treatment of bulimia nervosa in adolescents and the effects of using cognitive remediation therapy in adult anorexics.

CLINICAL TRIALS

- Comparison of Two Types of Family Therapy in the Treatment of Adolescent Anorexia Nervosa, Not Recruiting

PROJECTS

- Implementation of evidence-based treatment for on-campus eating disorders - Stanford University

Publications

PUBLICATIONS

- **Improving healthy eating in families with a toddler at risk for overweight: A cluster randomized controlled trial.** *Journal of Developmental & Behavioral Pediatrics*
Agras, W.S., Hammer, L.D., Huffman, L.C., Mascola, A., Bryson, S.W., Danaher, C.
- **Comparison of 2 Family Therapies for Adolescent Anorexia Nervosa A Randomized Parallel Trial** *JAMA PSYCHIATRY*
Agras, W. S., Lock, J., Brandt, H., Bryson, S. W., Dodge, E., Halmi, K. A., Jo, B., Johnson, C., Kaye, W., Wilfley, D., Woodside, B.
2014; 71 (11): 1279-1286
- **Psychological treatments of binge eating disorder** *Archives of General Psychiatry*
Wilson, G. T., Wilfley D. E., Agras, W. S.
2010; 67: 94-101
- **Childhood risk factors for thin body preoccupation and social pressure to be thin** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*
Agras, W. S., Bryson, S., Hammer, L. D., Kraemer, H. C.
2007; 46 (2): 171-178
- **A comparison of short- and long-term family therapy for adolescent anorexia nervosa** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*
Lock, J., Agras, W. S., Bryson, S., Kraemer, H. C.
2005; 44 (7): 632-639
- **Risk factors for childhood overweight: A prospective study from birth to 9.5 years** *JOURNAL OF PEDIATRICS*
Agras, W. S., Hammer, L. D., McNicholas, F., Kraemer, H. C.

2004; 145 (1): 20-25

- **Mediators and moderators of treatment effects in randomized clinical trials** *ARCHIVES OF GENERAL PSYCHIATRY*
Kraemer, H. C., Wilson, G. T., Fairburn, C. G., Agras, W. S.
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- **Randomized Clinical Trial of Family-Based Treatment and Cognitive-Behavioral Therapy for Adolescent Bulimia Nervosa.** *Journal of the American Academy of Child and Adolescent Psychiatry*
Le Grange, D., Lock, J., Agras, W. S., Bryson, S. W., Jo, B.
2015; 54 (11): 886-894 e2
- **Can adaptive treatment improve outcomes in family-based therapy for adolescents with anorexia nervosa? Feasibility and treatment effects of a multi-site treatment study.** *Behaviour research and therapy*
Lock, J., Le Grange, D., Agras, W. S., Fitzpatrick, K. K., Jo, B., Accurso, E., Forsberg, S., Anderson, K., Arnow, K., Stainer, M.
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- **Rapid Response in Psychological Treatments for Binge Eating Disorder** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
Hilbert, A., Hildebrandt, T., Agras, W. S., Wilfley, D. E., Wilson, G. T.
2015; 83 (3): 649-654
- **Relapse From Remission at Two- to Four-Year Follow-Up in Two Treatments for Adolescent Anorexia Nervosa** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*
le Grange, D., Lock, J., Accurso, E. C., Agras, W. S., Darcy, A., Forsberg, S., Bryson, S. W.
2014; 53 (11): 1162-1167
- **A Randomized Pilot Study of a Brief Outpatient Problem-Solving Intervention to Promote Healthy Eating and Activity Habits in Adolescents** *CLINICAL PEDIATRICS*
Gee, L., Agras, W. S.
2014; 53 (3): 293-296
- **Do end of treatment assessments predict outcome at follow-up in eating disorders?** *International journal of eating disorders*
Lock, J., Agras, W. S., Le Grange, D., Couturier, J., Safer, D., Bryson, S. W.
2013; 46 (8): 771-778
- **Do in-vivo behaviors predict early response in family-based treatment for anorexia nervosa?** *Behaviour research and therapy*
Darcy, A. M., Bryson, S. W., Agras, W. S., Fitzpatrick, K. K., Le Grange, D., Lock, J.
2013; 51 (11): 762-766
- **Is outpatient cognitive remediation therapy feasible to use in randomized clinical trials for anorexia nervosa?** *International journal of eating disorders*
Lock, J., Agras, W. S., Fitzpatrick, K. K., Bryson, S. W., Jo, B., Tchanturia, K.
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- **Is outpatient cognitive remediation therapy feasible to use in randomized clinical trials for anorexia nervosa?** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
Lock, J., Agras, W. S., Fitzpatrick, K. K., Bryson, S. W., Jo, B., Tchanturia, K.
2013; 46 (6): 567-575
- **Reducing the burden of eating disorders: A model for population-based prevention and treatment for university and college campuses** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
Wilfley, D. E., Agras, W. S., Taylor, C. B.
2013; 46 (5): 529-532
- **A cost effectiveness analysis of stepped care treatment for bulimia nervosa** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
Crow, S. J., Agras, W. S., Halmi, K. A., Fairburn, C. G., Mitchell, J. E., Nyman, J. A.
2013; 46 (4): 302-307
- **Defining Recovery in Adult Bulimia Nervosa** *EATING DISORDERS*
Yu, J., Agras, W. S., Bryson, S.
2013; 21 (5): 379-394
- **Longitudinal stability of binge-eating type in eating disorders** *INTERNATIONAL JOURNAL OF EATING DISORDERS*

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- Peterson, C. B., Swanson, S. A., Crow, S. J., Mitchell, J. E., Agras, W. S., Halmi, K. A., Crosby, R. D., Wonderlich, S. A., Berg, K. C.
2012; 45 (5): 664-669
- **The Mississippi Years (1969-1974) BEHAVIOR MODIFICATION**
Agras, W. S.
2012; 36 (4): 436-443
 - **Moderators and mediators of remission in family-based treatment and adolescent focused therapy for anorexia nervosa BEHAVIOUR RESEARCH AND THERAPY**
le Grange, D., Lock, J., Agras, W. S., Moye, A., Bryson, S. W., Jo, B., Kraemer, H. C.
2012; 50 (2): 85-92
 - **Examining the Stability of DSM-IV and Empirically Derived Eating Disorder Classification: Implications for DSM-5 JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY**
Peterson, C. B., Crow, S. J., Swanson, S. A., Crosby, R. D., Wonderlich, S. A., Mitchell, J. E., Agras, W. S., Halmi, K. A.
2011; 79 (6): 777-783
 - **A 1-year follow-up of a multi-center treatment trial of adults with anorexia nervosa EATING AND WEIGHT DISORDERS-STUDIES ON ANOREXIA BULIMIA AND OBESITY**
Yu, J., Agras, W. S., HALMI, K. A., Crow, S., Mitchell, J., Bryson, S. W.
2011; 16 (3): E177-E181
 - **Allegiance Bias and Therapist Effects: Results of a Randomized Controlled Trial of Binge Eating Disorder CLINICAL PSYCHOLOGY-SCIENCE AND PRACTICE**
Wilson, G. T., Wilfley, D. E., Agras, W. S., Bryson, S. W.
2011; 18 (2): 119-125
 - **Picky eating during childhood: A longitudinal study to age 11 years EATING BEHAVIORS**
Mascola, A. J., Bryson, S. W., Agras, W. S.
2010; 11 (4): 253-257
 - **Randomized Clinical Trial Comparing Family-Based Treatment With Adolescent-Focused Individual Therapy for Adolescents With Anorexia Nervosa ARCHIVES OF GENERAL PSYCHIATRY**
Lock, J., Le Grange, D., Agras, S., Moye, A., Bryson, S. W., Jo, B.
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 - **Heterogeneity Moderates Treatment Response Among Patients With Binge Eating Disorder JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY**
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 - **A 4-Year Prospective Study of Eating Disorder NOS Compared with Full Eating Disorder Syndromes INTERNATIONAL JOURNAL OF EATING DISORDERS**
Agras, W. S., Crow, S., Mitchell, J. E., Halmi, K. A., Bryson, S.
2009; 42 (6): 565-570
 - **A 4-year prospective study of Eating Disorder NOS compared with full eating disorder syndromes International Journal of Eating Disorders**
Agras, W. S., Crow, S., Mitchell, J. E., Halmi, K. A., Bryson, S. W.
2009; 42: 565-570
 - **Is Picky Eating an Eating Disorder? INTERNATIONAL JOURNAL OF EATING DISORDERS**
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2008; 41 (7): 626-634
 - **Interactions Between Disturbed Eating and Weight in Children and Their Mothers JOURNAL OF DEVELOPMENTAL AND BEHAVIORAL PEDIATRICS**
Jacobi, C., Schmitz, G., Agras, W. S.
2008; 29 (5): 360-366

- **Costs of remission and recovery using family therapy for adolescent anorexia nervosa: a descriptive report.** *Eating disorders*
Lock, J., Couturier, J., Agras, W. S.
2008; 16 (4): 322-330
- **Eating disorder symptoms in pregnancy: A prospective study** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
Crow, S. J., Agras, W. S., Crosby, R., Halmi, K., Mitchell, J. E.
2008; 41 (3): 277-279
- **Changes in psychopathology and symptom severity in bulimia nervosa between 1993 and 2003** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
Vaught, A. S., Agras, W. S., Bryson, S. W., Crow, S. J., Halmi, K. A., Mitchell, J. E.
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- **Forty years of progress in the treatment of the eating disorders** *NORDIC JOURNAL OF PSYCHIATRY*
Agras, W. S., Robinson, A. H.
2008; 62: 19-24
- **A comparison of ethnic groups in the treatment of bulimia nervosa.** *Eating behaviors*
Chui, W., Safer, D. L., Bryson, S. W., Agras, W. S., Wilson, G. T.
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- **Classification of eating disorders: Toward DSM-V** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
Wilfley, D. E., Bishop, M. E., Wilson, G. T., Agras, W. S.
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- **Comparison of long-term outcomes in adolescents with anorexia nervosa treated with family therapy** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*
Lock, J., Couturier, J., Agras, W. S.
2006; 45 (6): 666-672
- **Weight suppression is a robust predictor of outcome in the cognitive-behavioral treatment of bulimia nervosa** *JOURNAL OF ABNORMAL PSYCHOLOGY*
Butryn, M. L., Lowe, M. R., Safer, D. L., Agras, W. S.
2006; 115 (1): 62-67
- **Patterns of eating and abstinence in women treated for bulimia nervosa** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
Shah, N., Passi, V., Bryson, S., Agras, W. S.
2005; 38 (4): 330-334
- **Therapeutic alliance and treatment adherence in two interventions for bulimia nervosa: A study of process and outcome** *10th Annual International Conference on Eating Disorders*
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- **Risk factors for childhood overweight** *CURRENT OPINION IN PEDIATRICS*
Agras, W. S., Mascola, A. J.
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- **Predictors of treatment acceptance and completion in anorexia nervosa - Implications for future study designs** *ARCHIVES OF GENERAL PSYCHIATRY*
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- **The relationship between parental factors at infancy and parent-reported control over children's eating at age 7** *APPETITE*
Duke, R. E., Bryson, S., Hammer, L. D., Agras, W. S.
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- **Prediction of outcome in bulimia nervosa by early change in treatment** *AMERICAN JOURNAL OF PSYCHIATRY*
Fairburn, C. G., Agras, W. S., Walsh, B. T., Wilson, G. T., Stice, E.
2004; 161 (12): 2322-2324
- **An examination of the mechanisms of action in cognitive Behavioral therapy for bulimia nervosa** *BEHAVIOR THERAPY*
Spangler, D. L., Baldwin, S. A., Agras, W. S.

2004; 35 (3): 537-560

- **Report of the National Institutes of Health Workshop on Overcoming Barriers to Treatment Research in Anorexia Nervosa** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
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- **A trial of a relapse prevention strategy in women with bulimia nervosa who respond to cognitive-behavior therapy** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
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- **Participant recruitment for an anorexia nervosa treatment study** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
McDermott, C., Agras, W. S., Crow, S. J., Halmi, K., Mitchell, J. E., Bryson, S.
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- **Coming to terms with risk factors for eating disorders: Application of risk terminology and suggestions for a general taxonomy** *PSYCHOLOGICAL BULLETIN*
Jacobi, C., Hayward, C., de Zwaan, M., Kraemer, H. C., Agras, W. S.
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- **The clinical significance of binge eating disorder** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
Wilfley, D. E., Wilson, G. T., Agras, W. S.
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- **Behavioral validation, precursors, and concomitants of picky eating in childhood** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*
Jacobi, C., Agras, W. S., Bryson, S., Hammer, L. D.
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- **Relapse predictors of patients with bulimia nervosa who achieved abstinence through cognitive behavioral therapy** *ARCHIVES OF GENERAL PSYCHIATRY*
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- **Full syndromal versus subthreshold anorexia nervosa, bulimia nervosa, and binge eating disorder: A multicenter study** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
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- **Early body mass index and other anthropometric relationships between parents and children** *INTERNATIONAL JOURNAL OF OBESITY*
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- **Practice guidelines for eating disorders** *BEHAVIOR THERAPY*
Wilson, G. T., Agras, W. S.
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- **Perfectionism in women with binge eating disorder** *33rd Annual Meeting of the Association-for-Advancement-of-Behavior-Therapy*
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Hammer, L. D., Bryson, S., Agras, W. S.
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- **Predicting onset and cessation of bulimic behaviors during adolescence: A longitudinal grouping analysis** *BEHAVIOR THERAPY*
Stice, E., Agras, W. S.
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Niego, S. H., Pratt, E. M., Agras, W. S.
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- **The effects of extending cognitive-behavioral therapy for binge eating disorder among initial treatment nonresponders** *INTERNATIONAL JOURNAL OF EATING DISORDERS*
Eldredge, K. L., Agras, W. S., Arnow, B., Telch, C. F., Bell, S., Castonguay, L., Marnell, M.
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Agras, W. S.
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- **The aversiveness of specific emotional states associated with binge-eating in obese subjects** *AUSTRALIAN AND NEW ZEALAND JOURNAL OF PSYCHIATRY*
Kenardy, J., Arnow, B., Agras, W. S.
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Telch, C. F., Agras, W. S.
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