

**BIOGRAPHICAL SKETCH**

Provide the following information for the key personnel in the order listed for Form Page 2.  
Photocopy this page or follow this format for each person.

NAME	POSITION TITLE
Regina C. Casper, M.D.	Professor of Psychiatry, Stanford University, School of Medicine

EDUCATION/TRAINING (Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)			
INSTITUTION AND LOCATION	DEGREE (if applicable)	YEAR(s)	FIELD OF STUDY
Free University of Berlin, Germany	B.S.	1960	
Albert Ludwig University of Freiburg, Germany	M.D.	1962	Medicine
Albert Ludwig University of Freiburg, Germany	Ph.D.	1964	Biochemistry

RESEARCH AND PROFESSIONAL EXPERIENCE: Concluding with present position, list, in chronological order, previous employment, experience, and honors. Include present membership on any Federal Government public advisory committee. List, in chronological order, the titles, all authors, and complete references to all publications during the past three years and to representative earlier publications pertinent to this application. If the list of publications in the last three years exceeds two pages, select the most pertinent publications. **DO NOT EXCEED TWO PAGES.**

Postgraduate Education

1962-64 Rotating internships in Berlin and Hamburg, Germany.  
1964-66 Post-doctorate fellowship, Department of Physiology, University of California, Berkeley.  
1966-67 Rotating internship, Michael Reese Hospital, Chicago, IL.  
1967-70 Residency in Psychiatry, Michael Reese Hospital, Chicago, IL.  
1971-73 Assistant Director, Out-Patient Department, Illinois State Psychiatric Institute, Chicago, IL.  
1973-78 Chief, Research Ward, Illinois State Psychiatric Institute, Chicago, IL.  
1978-84 Associate Director of Research, Illinois State Psychiatric Institute, Chicago, IL.  
1984-92 Director Eating Disorders Treatment and Research Program, University of Chicago/ Michael Reese Hospital  
1992-08 Director Women's Wellness Research and Clinical Program, Stanford University

Academic Appointments

1971-78 Assistant Professor, Dept. of Psychiatry, University of Illinois, Chicago, IL.  
1978-84 Associate Professor, Dept. of Psychiatry, University of Illinois, Chicago, IL.  
1984-89 Associate Professor, Dept. of Psychiatry, The University of Chicago, Chicago, IL.  
1989-92 Professor of Psychiatry, Pritzker School of Medicine, The University of Chicago, Chicago, IL.  
1992- Professor of Psychiatry, Stanford University, School of Medicine, Stanford, CA.

Selected Publications

Casper RC, Pandey GN, Gosenfeld L., and Davis JM. Intracellular lithium and clinical response. *Lancet* II:418-419, 1976.  
Casper RC, Garver DL, Dekirmenjian H, Pandey G, and Davis JM. Neuroendocrine and amine studies in affective illness. *Psychoneuroendocrinology* 2:105-113, 1977.  
Casper RC and Davis JM. On the course of anorexia nervosa. *American Journal of Psychiatry* 134:974-978, 1977.  
Casper RC, Halmi KA, Goldberg SC, Davis JM, and Eckert ED. Disturbances in body image estimation as related to other characteristics and outcome measures in anorexia nervosa. *British Journal of Psychiatry* 134:60-66, 1979.  
Casper RC, Chatterton RT, Jr., and Davis JM. Alterations in serum cortisol and its binding characteristics in anorexia nervosa. *Journal of Clinical Endocrinology and Metabolism* 49:406-411, 1979.  
Casper RC, Garver DL, Dekirmenjian H, Chang S, and Davis JM. Phenothiazine levels in plasma and red blood cells: Their relationship to clinical improvement in schizophrenia. *Archives of General Psychiatry* 37:301-305, 1980.  
Casper RC, Kirschner B, Sandstead HH, Jacob RA, and Davis JM. An evaluation of trace metals, vitamins and taste function in anorexia nervosa. *American Journal of Clinical Nutrition* 33:1801-1808, 1980.  
Casper RC, Eckert ED, Halmi KA, Goldberg SC, and Davis JM. Bulimia: Its incidence and clinical significance in patients with anorexia nervosa. *Arch Gen Psychiatry* 37:1030-1035, 1980.  
Casper RC and Frohman LA. Delayed TSH release in anorexia nervosa following injection of thyrotropin-releasing hormone (TRH). *Psychoneuroendocrinology* 7:59-68, 1982.  
Casper RC. On the emergence of bulimia nervosa as a syndrome: A historical view. *International Journal of Eating Disorders* 2:3-16, 1983.  
Casper RC (1995). Nutrition and its relationship to aging. *Experimental Gerontology*, 30:299-314.  
Casper RC, Redmond DE, Katz MM, Schaffer CB, Davis JM, and Koslow SH. Somatic symptoms in primary affective disorder. Presence and relationship to the classification of depression. *Archives of General Psychiatry* 42:1098-1104, 1985.  
Casper RC, Schlemmer RF, Jr., and Javaid JI. The effects of oral clonidine on weight and other measures in acute anorexia nervosa. *Psychiatry Research* 20:249-160, 1987.  
Casper RC, Swann AC, Stokes PE, Chang S, Katz MM, and Garver D. Weight loss, cortisol levels and dexamethasone suppression in patients with major depressive disorder. *Acta Psychiatrica Scandinavica* 75:243-250, 1987.  
Casper RC, Kocsis J, Dysken M, Stokes P, Croughan J, and Maas J. Cortisol measures in primary major depressive disorder with hypersomnia or appetite increase. *Journal of Affective Disorders* 15:131-140, 1988.  
Casper RC. Psychological aspects of obesity: Searching for the evidence. In: Burrows G, Beumont PJV and Casper RC (eds.), *Handbook of Eating Disorders, Part II*. Elsevier Science Publications, B.V., Amsterdam, pp. 157-177, 1988.

- Casper RC. Personality features of women with good outcome from restricting anorexia nervosa. *Psychosomatic Medicine* 52:156-170, 1990.
- Casper RC and Offer D. Weight and dieting concerns in normal adolescents, fashion or symptom? *Pediatrics* 86:384-390, 1990.
- Casper RC and Heller W. La douce indifférence and mood in anorexia nervosa. *Neuro-psychological Correlates. Progress in Neuropsychopharmacology* 15:15-23, 1992.
- Casper RC, Schoeller DA, Kushner R, Hnilicka J, Trainer GS. Total daily energy expenditure and activity level in anorexia nervosa. *Am J Clin Nutrition* 53:1143-1150, 1991.
- Casper RC, Hedeker D, McClough JF. Personality dimensions in eating disorders and their relevance for subtyping. *Journal of the American Academy of Child and Adolescent Psychiatry* 31:830-840, 1992.
- Richards MH, Casper RC, Larson R. Weight and eating concerns among pre- and young adolescent boys and girls. *Journal of Adolescent Health Care* 11:203-209, 1990.
- Casper RC. The dilemma of homonymous symptoms for evaluating comorbidity between affective disorders and eating disorders. In: Maser JD and Cloninger CR (eds.), *Comorbidity of Mood and Anxiety Disorders*. Washington and London: American Psychiatric Press, pp. 253-269, 1990.
- Casper RC and Heller W. La douce indifférence and mood in anorexia nervosa. *Neuropsychological Correlates. Progress in Neuropsychopharmacology* 15:15-23, 1991.
- Casper RC. Exercise and mood. In: Simopoulos AP and Pavlou KN (eds.), *Nutrition and Fitness for Athletes: World Review on Nutrition and Diet*. Basel: Karger, vol. 71, pp. 115-143, 1993.
- Casper RC, Hedeker D, McClough JF. Personality dimensions in eating disorders and their relevance for subtyping. *Journal of American Academy of Child and Adolescent Psychiatry* 31, 830-840, 1992.
- Casper RC. Integration of psychodynamic concepts into psychotherapy. In: K. Halmi, (Ed.), *Psychobiology and Treatment of Anorexia Nervosa and Bulimia Nervosa*. Washington, DC, American Psychiatric Press, pp. 287-305, 1992.
- Casper RC. Risk factors for the development of eating disorders. *Annals of Adolescent Psychiatry*, 18, 91-94, 1992.
- Casper RC, Katz MM, Bowden CL, Davis JM, Koslow SH, Hanin I. The pattern of physical symptom changes in major depressive disorder following treatment with amitriptyline or imipramine. *J. of Affective Disorders*, 31,151-164, 1994.
- Williams KE, and Casper RC. Primrose oil in the treatment of premenstrual dysphoric disorders: Is the bloom off the rose? *Psychiatric Annals*, 24, 255-258, 1994.
- Casper RC. Fear of fatness and eating disorders in childhood and early adolescence. In: L. Cheung, (Ed.), *Child Health Through Nutrition and Physical Activity*. Champaign, IL, Human Kinetics Publishers, pp. 211-234, 1995.
- Casper RC, Winograd CH. Clinical and Metabolic Aspects of Nutrition and Aging. In: WB Quay and Timiras, PS (Eds.), *Hormones and Aging*. Boca Raton, CRC Press, Inc. pp. 213-233, 1995.
- Casper RC. The Biology of Eating Disorders. In: AF Schatzberg, and Nemeroff, CB (Eds.), *Textbook of Psychopharmacology*. Washington, DC, American Psychiatric Press, pp. 557-572, 1995.
- Casper RC. Eating Disturbances and Eating Disorders in Childhood. In: FE Bloom, and DJ Kupfer (Eds.), *Psychopharmacology: The Fourth Generation of Progress*. New York Raven Press, Ltd., pp. 1675-1683, 1995.
- Casper RC, Belanoff J, and Offer D. Gender differences, but no racial group differences in self reported psychiatric symptoms in adolescents. *J Am Acad Child Adol Psychiatry*, 35, 500-508, 1996.
- Casper RC. Carbohydrate metabolism and its regulatory hormones in anorexia nervosa. *Psychiatry Research*, 62:85-96, 1996
- Beck D, Casper RC, and Andersen A. Truly late onset of eating disorders: A study of 11 cases averaging 60 years of age at presentation. *International J Eating Dis*, 20: 389-395, 1996.
- Casper RC and Jabine L (1996). An 8 year follow-up: Outcome from adolescent compared to adult onset anorexia nervosa. *Journal of Youth and Adolescence*, 25: 499-517.
- Casper RC and Lyobomirsky S (1997). Individual psychopathology relative to reports of unwanted sexual experiences as predictor of a bulimic eating pattern. *International J Eating Dis.*, 21:229-236.
- Casper RC. Depression and Eating Disorders. *Depression and Anxiety*, 8: Suppl: 96-104, 1998.
- Casper RC. Behavioral activation and lack of concern, core symptoms of anorexia nervosa? *International J of Eating Dis*. 24: 381- 393,1998
- Casper RC. Serotonin, a major player in the regulation of feeding and affect. *Biological Psychiatry* 44: 795-797, 1998
- Casper RC. No gender differences in the placebo responses of patient with major depressive disorder. *Biol. Psych.* 49:158-60.
- Casper, R. C. Barry E. Fleisher, M.D., Julie C. Lee-Ancas, Ph.D., Allyson Gilles, B.A. Erika Gaylor, Ph.D., Anne DeBattista, M.S.,H. Eugene Hoyme, M.D. Follow-up of children of depressed mothers exposed or not exposed to antidepressant drugs during pregnancy. *The Journal of Pediatrics*, 142:402-408, (2003)
- Hebebrand, J. Exner C. Casper, R. Hebebrand K, Holtkamp, C. Remschmidt, H., Herpertz-Dahlman, B., Klingenspor, M. Hyperactivity in patients with anorexia nervosa and in semi-starved rats: evidence for a pivotal role of hypoleptinemia. (2003) *Physiology and Behavior* 6957: 1-13.
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- Casper, R.C. Restless Activation and Drive for Activity in Anorexia Nervosa May Reflect a Disorder of Energy Homeostasis. (2016) *Int.J Eat. Dis.* 49: 750-752.

### Books

- 1)Beumont, P. J.V.; Burrows, G.D. and Casper, R.C. (1987) *Handbook of Eating Disorders. Anorexia and Bulimia Nervosa*. Elsevier. Volume I:
- 2) Burrows, G.D., Beumont, P. J.V., and Casper, R.C. (1988) *Handbook of Eating Disorders. Obesity*. Elsevier. Volume II:
- 3)Casper, R.C. (1998) *Women's Health, Hormones, Emotions, and Behavior*. Cambridge University Press.