

CURRICULUM VITAE

KIRSTIE M HERB NEFF, PHD

Department of Population Health Sciences | Department of Psychiatry and Behavioral Health
Geisinger Medical Center
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EMPLOYMENT

- 2023 – Present **Geisinger Medical Center**, Danville, PA
Staff Scientist, Department of Population Health Sciences
Psychology Resident, Department of Psychiatry and Behavioral Health
- 2021 – Present **Eastern Michigan University**, Ypsilanti, MI
Part-time Lecturer, Department of Psychology

EDUCATION AND TRAINING

- 2022 – 2023 **VA Connecticut Healthcare System**, West Haven, CT
Health Service Psychology Pre-Doctoral Internship
- 2019 – 2023 **Eastern Michigan University**, Ypsilanti, MI
Ph.D., Clinical Psychology
Faculty Advisors: Joseph Breza, Ph.D., Karen Saules, Ph.D.
- 2017 – 2019 **Eastern Michigan University**, Ypsilanti, MI
M.S., Clinical Psychology
Faculty Advisor: Karen Saules, Ph.D.
- 2012 – 2015 **The Pennsylvania State University**, University Park, PA
B.S., Psychology – Neuroscience Concentration (Biology minor)

HONORS AND AWARDS

- 2022 **New Investigator Virtual Attendance Awardee**, SSIB
- 2021, 2018 **Research Funding Award**, Eastern Michigan University
- 2020 – 2021 **Women in Philanthropy Grant**, Eastern Michigan University
- 2020 **Scott Brown Memorial Scholarship**, Eastern Michigan University
- 2019 **University Graduate Scholarship**, Eastern Michigan University
- 2019 **Alex DeVinny Memorial Scholarship**, Academy of Eating Disorders
- 2018 **Conference Travel Funding Award**, Eastern Michigan University
- 2017 – 2022 **Doctoral Fellowship**, Eastern Michigan University
- 2015 **Conference Travel Funding Award**, Penn State University
- 2014 – 2015 **Research Scholarship**, NSF Grant awarded to PI: James. Z Wang
- 2012 – 2015 **Psi Chi Honor Society**, Distinguished Member
- 2011 – 2015 **Phi Eta Sigma Honor Society**, Member
- 2011 – 2015 **Jo Anne Eisenhower Scholarship**, Penn State University

GRANT-FUNDED WORK

- 2023 – Present **Food Is Medicine Initiative, American Heart Association**
*Advancing Health Equity by Integrating Social-Clinical Models
During Pregnancy*
Role: Co-investigator, (Lisa Bailey-Davis, PI)

2023 – Present

Quality Improvement Initiative, Geisinger Health Plan
Food is Medicine: Linking Pediatric Patients with WIC
 Role: Co-investigator, (Lisa Bailey-Davis, PI)

PEER-REVIEWED PUBLICATIONS

1. **Herb Neff, K. M.**, Launis, K., Schuh, L. M., Creel, D. B. & Inman, M. M. (2024). Physical activity, fitness, and body composition after a five-year exercise counseling intervention. *Translational Journal of the American College of Sports Medicine*.
2. **Herb Neff, K. M.**, Buta, E., Fenn, L. M., Ramsey, C. M., Snow, J. L., Haskell, S., Brandt, C. A., & Masheb, R. M. (2023). Atypical anorexia versus weight loss alone in a national sample of U.S. Military Veterans: Disentangling the roles of weight suppression and cognitive concerns. *International Journal of Eating Disorders*.
<https://doi.org/10.1002/eat.24116>
3. Launis, K., **Herb Neff, K. M.**, Schuh, L. M., Saules, K. K., Creel, D. B. & Inman, M. (2023). Long-term engagement in physical activity among bariatric surgery patients: Associations with treatment outcomes at 5-year follow up. *Obesity Surgery*, 33(2), 434-442. <https://doi.org/10.1007/s11695-022-06425-x>
4. Lowe, M. R., Singh, S. Apple, D. E., Mayer, L., Rosenbaum, M., Espel-Hyunh, H. Thomas, J. G., **Herb Neff, K. M.**, & Fengqing, Z. (2022). Traditional versus developmental measures of weight suppression: Relationships with bulimic psychopathology. *European Eating Disorders Review*, 30(4), 412-425.
<https://doi.org/10.1002/erv.2903>
5. Martens, K., Pester, B., Hecht, L., **Herb Neff, K. M.**, Clark, S., Hamann, A., Carlin, A. M., & Miller-Matero, L. M. (2021). Adherence to postoperative appointments is associated with weight loss following bariatric surgery. *Obesity Surgery*. 31(12), 5494-5496. <https://doi.org/10.1007/s11695-021-05717-y>
6. **Herb Neff, K. M.**, Schuh, L. M., Saules, K. K., Creel, D. B., Stote, J. J., Schuh, K. M., & Inman, M. M. (2021). Psychological functioning and health behaviors associated with weight loss patterns up to 13.7 years after weight loss surgery. *Journal of Clinical Psychology in Medical Settings*. 28(4), 833-843. <https://doi.org/10.1007/s10880-021-09807-y>
7. **Herb Neff, K. M.**, Fay, A., Saules, K. K., (2021). Food and nutritional characteristics associated with addictive-like eating. *Psychological Reports*, 125(4) 1937-1956.
<https://doi.org/10.1177/00332941211014156>
8. Saules, K. K., Carr, M. M., & **Herb, K. M.** (2018). Overeating, overweight, and substance use: What's the connection? *Current Addiction Reports*. 5(2), 232-242.
<https://doi.org/10.1007/s40429-018-0208-9>

INVITED CHAPTERS

1. **Herb Neff, K. M.**, Launis, K., & Saules, K. K. (in press). Food addiction and bariatric surgery. In A. N. Gearheardt, K. D. Brownell, M. S. Gold, & M. N. Potenza (Eds), *Handbook of Food and Addiction: Second Edition*. Oxford University Press.

2. Saules, K. K. & **Herb, K. M.** (2019). Sex and gender differences in compulsive overeating. In P. Cottone, G. Koob, V. Sabino, & C. Moore (Eds), *Compulsive Eating Behavior and Food Addiction: Emerging Pathological Constructs*. (pp. 389-418). Elsevier.
<https://doi.org/10.1016/B978-0-12-816207-1.00013-5>

CONFERENCE PRESENTATIONS

1. Cary, A. M., **Herb Neff, K. M.**, Buta, E., Fenn, L. M., Ramsey, C. M., Snow, J. L., Haskell, S., Brandt, C. A., & Masheb, R. M. (2024, March). Relationships between “making weight” during military service and weight, eating, and mental health later in life. [Poster presentation]. Annual Meeting of the Society for Behavioral Medicine, Philadelphia, PA, United States.
2. **Herb Neff, K. M.**, (2023, June). Toward a better understanding of atypical anorexia nervosa in military veterans. [Paper presentation]. VA Connecticut Healthcare System Clinical Health Psychology Research Day, West Haven, CT, United States.
3. Masheb, R. M., **Herb Neff, K. M.**, Buta, E., Fenn, L. M., Ramsey, C. M., Snow, J. L., Haskell, S. G., & Brandt, C. A., (2023, April). Atypical anorexia nervosa versus healthy weight loss in U.S. military veterans. [Poster presentation]. Annual Meeting of the Society for Behavioral Medicine, Phoenix, AZ, United States.
4. **Herb Neff, K. M.** (2023, March). Atypical anorexia nervosa among U.S. military veterans. [Invited talk]. VA Connecticut Healthcare System Epidemiology to Implementation Seminar, West Haven, CT, United States.
5. Pejisa-Reitz, M. C., Saules, K. K., Bellers, D., **Herb, K. M.**, Battles, J. A., & Happel Krautbauer, K. (2019, November). *Clinical service collaboration between psychologists and dieticians: A case study*. [Poster presentation]. 2nd Annual Michigan Health Psychology Symposium, Howell, MI, United States.
6. **Herb, K. M.**, Pejisa-Reitz, M. C., Saules, K. K., Lindsay-Westphal, C., & Sexton, M. B. (2019, November). *Baseline characteristics and preliminary weight-related outcomes of bariatric surgery patients at a Veteran Affairs Medical Center*. [Poster presentation]. 2nd Annual Michigan Health Psychology Symposium, Howell, MI, United States.
7. **Herb, K. M.**, & Saules, K. K. (2019, September). *Core eating disorder psychopathology among males and females*. [Poster presentation]. Annual Meeting of the Eating Disorders Research Society, Chicago, IL, United States.
8. **Herb, K. M.**, Saules, K. K., Pejisa-Reitz, M. M., & Battles, J. (2019, March). *A test of the affect regulatory role of compulsive exercise in individuals with binge eating*. [Poster presentation]. Annual Academy of Eating Disorders International Conference on Eating Disorders, New York, NY, United States.
9. Korn, R., Lowe, M. R., Davis, H., Riegel, M., **Herb, K. M.**, Espel-Hyuhn, H. E., Muratore, A. F., Lantz, E., Schebendach, J., & Mayer, L. (2019, March). *Weight*

- suppression, resting metabolic rate, and leptin in bulimia nervosa*. [Poster presentation]. Annual Academy of Eating Disorders International Conference on Eating Disorders, New York, NY, United States.
10. **Herb, K. M.**, & Saules, K. K. (2018, April). *The core symptoms of binge eating and other addictive behaviors: A network analysis*. [Poster presentation]. Annual Meeting of the Society of Behavioral Medicine, New Orleans, LA, United States.
 11. Lowe, M. R., Berner, L., Davis, H., Espel, H. E., Feig, E. H., **Herb, K. M.**, Lantz, E. L., Mayer, L., Muratore, A. F, Rosenbaum, D. L., Schebendach, J., Thomas, J. G., & Witt, A. (2017, September). *New evidence on an old question: What is the relationship between dietary restriction and binge eating in bulimia nervosa?* [Poster presentation]. Annual Meeting of the Eating Disorders Research Society, Leipzig, Germany.
 12. Davis, H., Riegel, M., **Herb, K. M.**, Schebendach, J., Lowe, M. R., & Mayer, L. (2016, October). *Eating behavior in bulimia nervosa*. [Poster presentation]. Annual Meeting of the Eating Disorders Research Society, New York, NY, United States.
 13. **Herb, K. M.**, Espel, H. E., & Lowe, M. R. (2016, October). *Avoiding emotions, but in different ways: Divergent experiential avoidance profiles among patients with anorexia and bulimia nervosa*. [Poster presentation]. Annual Association for Behavioral and Cognitive Therapies Convention, New York, NY, United States.
 14. Lantz, E., **Herb, K. M.**, & Lowe, M. R. (May, 2016). *Differentiating “drive for thinness” and “drive for objective thinness” among individuals with bulimia nervosa*. [Poster presentation] Annual Academy of Eating Disorders International Conference on Eating Disorders, San Francisco, CA, United States.
 15. **Herb, K. M.**, Taber-Thomas, B. C., & Perez-Edgar, K. E. (2015, March). *Individual differences in affective decision making in late adolescence*. [Poster presentation]. Society for Research in Child Development Biennial Meeting, Philadelphia, PA, United States.
 16. Risley, S., **Herb, K. M.**, Taber-Thomas, B. C., & Perez-Edgar, K. E., (2015, March). *Altered affective decision making in behaviorally inhibited children*. [Poster presentation]. Society for Research in Child Development Biennial Meeting, Philadelphia, PA, United States.
 17. **Herb, K. M.**, Morales, S., Taber-Thomas, B. C., & Perez-Edgar, K. E. (2014, April). *Adaptive affective decision making is associated with less negative emotion and greater mindfulness*. [Poster presentation]. Penn State Psi Chi Annual Research Conference, States College, PA, United States.
 18. Abney, R, Haven, J., Berthold, K., **Herb, K. M.**, Morales, S., Taber-Thomas, B. C., & Perez-Edgar, K. E. (2014, April). *Greater anxiety is associated with avoidance of threat: An eye tracking dot-probe study*. [Poster presentation]. Penn State Psi Chi Annual Research Conference, States College, PA, United States.

RESEARCH EXPERIENCE

- 2023 – Present **Center for Obesity and Metabolic Research**
 Department of Population Health Science, Geisinger
Staff Scientist
Primary Responsibilities: Independently and collaboratively conduct research with a focus on better understanding the biopsychosocial mechanisms impacting eating habits and body weight in adults with obesity and/or eating disorders.
- 2022 - 2023 **Veterans Initiative for Eating and Weight**
 PRIME Center of Innovation, VA Connecticut Healthcare System
Clinical Health Psychology Intern
Principle Investigator: Robin Masheb, PhD
Primary Responsibilities: Participated in clinical research activities for eating disorders and obesity within the context of grant-funded pragmatic clinical trials (5101HX002028-04; 510HX002563-03) including preparation of manuscripts and presentations.
- 2021 - 2022 **Program for Obesity, Weight, and Eating Research (POWER)**
 Department of Psychiatry, Yale School of Medicine
Postgraduate Associate
Principal Investigator: Carlos Grilo, PhD
Primary Responsibilities: Participated in clinical research activities for eating and weight disorders within the context of grant-funded randomized controlled trials including participant screening and follow-up and intervention delivery. Primary studies included those examining the efficacy of cognitive-behavioral and pharmacological treatment of binge eating disorder (RO1DK114075; RO1DK049587).
- 2017 – 2022 **Eating and Addictive Behaviors Laboratory**
 Department of Psychology, Eastern Michigan University
Graduate Research Assistant
Principal Investigator: Karen Saules, PhD
Primary Responsibilities: Conducted research focused broadly on the relationship between eating disorders, obesity, and addictive behaviors including study design and protocol development, participant recruitment and management, data collection and management, statistical analysis, and preparation of presentations and manuscripts.
- 2018 – 2021 **The Breza Laboratory**
 Department of Neuroscience, Eastern Michigan University
Graduate Research Assistant
Principal Investigator: Joseph Breza, PhD
Primary Responsibilities: Conducted experiments for grant-funded research (R21DC016990) examining the structure and function of taste perception in the murine nervous system. Primary responsibilities involved surgical preparation of animal research subjects (i.e., anesthesia, tracheostomies, and craniotomies), preparation of taste solutions, single cell recording in the mouse nucleus of the solitary tract, and assistance with behavioral experiments.

- 2017 – 2021 **Bariatric Surgery Department**
 VA Ann Arbor Healthcare System, US Department of Veterans Affairs
Without Compensation Employee
Supervisors: Minden Sexton, PhD, Carol Lindsay-Westphal, PhD
Primary Responsibilities: Conducted research focused on
 biopsychosocial variables associated with bariatric surgery outcomes
 including electronic medical record review, data entry and
 management, statistical analyses, and preparation of presentations.
- 2015 – 2017 **Program in Eating Disorder and Obesity Research**
 Department of Psychology, Drexel University
Research Coordinator
Principal Investigator: Michael Lowe, PhD
Primary Responsibilities: Coordinated two grant-funded studies of
 characteristics of women with eating disorders (RO1MH103419;
 RO1MH095982). Primary responsibilities included participant
 recruitment, screening, and retention; data collection, including EMA
 set-up and monitoring and fMRI scan assistance; database
 management; contact with Institutional Review Board and National
 Institute of Health officials; statistical analysis; and preparation of
 presentations and manuscripts. Additional responsibilities included
 assisting with various other ongoing studies and training and managing
 undergraduate research assistants.
- 2014 – 2015 **Anxiety and Emotion Laboratory**
 Department of Psychology, Penn State University
Undergraduate Research Assistant
Principal Investigator: Michelle Newman, PhD
Primary Responsibilities: Conducted participant visits for study
 investigating the psychophysiology of anxiety including participant
 recruitment, data collection including psychophysiological data
 acquisition (e.g., SCR, EKG, RSP, GSR, cardiac impedance, pulse);
 and training of new undergraduate research assistants. Assisted with
 various other ongoing studies.
- 2013 – 2015 **Cognition, Affect, and Temperament (CAT) Laboratory**
 Department of Psychology, Penn State University
Undergraduate Research Assistant
Principal Investigator: Koraly Perez-Edgar, PhD
Primary Responsibilities: Conducted participant visits for study
 investigating attention, emotion, and executive functioning. Primary
 responsibilities included data collection (including eye tracking and
 psychophysiological data acquisition), data entry and management,
 processing and analysis of behavioral and psychophysiological data,
 and training of new undergraduate research assistants.

CLINICAL LICENSURE

Jan 2024 – Present Licensed Psychologist, State of Pennsylvania (License # PS020077)

CLINICAL EXPERIENCE

- 2023 – Present **Outpatient Services Division**
 Department of Psychiatry and Behavioral Health, Geisinger
Psychology Resident
Supervisor: Laura Campbell, PhD
Primary Responsibilities: Conduct presurgical and postoperative psychosocial evaluations for patients pursuing bariatric surgery. Provide evidence-based outpatient treatment for eating and weight-related concerns.
- 2022 – 2023 **VA Connecticut Healthcare System**
 Health Psychology Track, VA Connecticut West Haven
Clinical Health Psychology Intern
Supervisors: Margaret Bauer, PhD, Laura Blakley, PhD, Carrie Lukens, PhD, Noel Quinn, PhD, John Sellinger, PhD
Primary Responsibilities: Provide evidence-based treatment and assessment in both inpatient and outpatient settings. Rotations include serious illness concentration (inpatient consultation-liaison, palliative care, interdisciplinary congestive heart failure clinic, oncology group), health promotion and disease prevention (smoking cessation, weight management) and chronic pain (treatment groups, interdisciplinary pain clinic assessments, opioid reassessment clinic).
- 2021 – 2022 **Program for Obesity, Weight, and Eating Research**
 Department of Psychiatry, Yale School of Medicine
Postgraduate Associate
Supervisors: Janet Lydecker, PhD, Ashley Wiedemann, PhD
Primary Responsibilities: Conducted cognitive behavioral therapy for binge eating disorder and obesity and perform diagnostic and behavioral assessments within the context of randomized controlled trials for binge eating disorder and post-bariatric surgery patients. Collaborated with study physicians on patient medication and side effect management. Additional responsibilities included participation in individual and group supervision and clinical grand rounds.
- 2020 – 2021 **Bariatric Surgery Program**
 Consultation-Liaison Service, Henry Ford Hospital System
External Practicum Student
Supervisors: Kellie Martens, PhD, Aaron Hamann, PsyD
Primary Responsibilities: Performed presurgical psychosocial evaluations for suitability for patients pursuing bariatric surgery. Co-lead bariatric support groups attended by both pre-and post-surgical patients. Additional responsibilities included assessment scoring and interpretation, report writing, providing patient feedback, and participating in individual supervision.
- 2018 – 2021 **Community Behavioral Health Clinic**
 Department of Psychology, Eastern Michigan University
Internal Practicum Student

Supervisors: Karen Saules, PhD, Tamara Loverich, PhD, Marya McCarroll, PhD, Caitlyn Sorenson, PhD

Primary Responsibilities: Conducted individual psychotherapy and neuropsychological assessments with outpatient adults with varied presenting problems. Co-led an acceptance-based behavioral weight loss group for adults with obesity and conducted pre-group brief psychological assessments. Additional responsibilities included participation in individual, group, and peer supervision.

2019 – 2020

Eagle Nutrition Services

Department of Health Sciences, Eastern Michigan University

Internal Practicum Student

Supervisor: Karen Saules, PhD

Primary Responsibilities: Provided consultation-liaison services for individuals presenting with eating- and weight-related concerns. Conducted brief individual psychotherapy. Additional responsibilities included participation in interdisciplinary team meetings, group supervision, and community outreach.

2019 – 2020

Counseling and Psychological Services

Eastern Michigan University

External Practicum Student

Supervisor: Ali Siewert, PsyD

Primary Responsibilities: Conducted short-term individual psychotherapy with undergraduate and graduate students with varied presenting problems such as depression, anxiety, trauma, and grief. Additional responsibilities included participation in individual and group supervision, case conferences, and didactics.

2015 – 2017

Program in Eating Disorders and Obesity Research

Department of Psychology, Drexel University

Assessor

Supervisor: Hallie Espel-Huynh, MS

Primary Responsibilities: Performed diagnostic and cognitive assessments with women with eating disorders in the context of clinical research studies. Additional responsibilities included assessment scoring and interpretation and group supervision.

2014 – 2015

Mental Health Practicum with Children

Friendship Groups, Penn State University

Student Co-facilitator

Supervisor: Tyler Sasser, MS

Primary Responsibilities: Co-facilitated weekly groups with children ages 7-8 years with the goal of developing basic social skills necessary for making and keeping friends. Conducted post-treatment feedback sessions with group members' parents. Additional responsibilities included participation in group supervision and case conferences

MENTORING

* Mentored independent research project(s)

Year	Name and Institution	Subsequent Position
2023 – 2024	Amy Jordan, Geisinger*	Postdoc, University of Louisville
Winter 2022	Renee Tarantowski, EMU	Ed Psych Masters Student, EMU

TEACHING EXPERIENCE

2020 – 2022	PSY 101 Introductory Psychology , Eastern Michigan University Instructor of Record
2021 – 2024	PSY 357 Sensation and Perception , Eastern Michigan University Instructor of Record

LEADERSHIP AND PROFESSIONAL SERVICE

2019, 2022	Reviewer for Student Grant Competition , Association for Psychological Science Student Caucus
2019 – 2020	Student Representative for Doctoral Training Committee , Eastern Michigan University
2018, 2019	Reviewer for Student Research Award , Association for Psychological Science Student Caucus
2018	President of Wellness Committee , Eastern Michigan University

EDITORIAL EXPERIENCE

Ad-hoc Reviewer	<i>Translational Behavioral Medicine</i>
Ad-hoc Reviewer	<i>Eating Behaviors</i>

PROFESSIONAL AFFILIATIONS

2018 – Present	<i>Society for Behavioral Medicine</i>
2019 – Present	<i>The Academy of Eating Disorders</i>
2021 – Present	<i>The Obesity Society</i>
2024 – Present	<i>Pennsylvania Psychology Association</i>