

JEFFREY M. HUNGER, PH.D.

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Current Position

2017- Postdoctoral Scholar, Health Psychology
University of California, Los Angeles
Mentor: A. Janet Tomiyama, Ph.D.

Education

2017 PhD, Psychological and Brain Sciences
Emphasis: Social, Minor: Quantitative Methods in the Social Sciences
University of California, Santa Barbara
Mentor: Brenda Major, Ph.D.

2011 MA, Psychological Research (2011)
California State University, Fullerton
Mentor: Kristin Beals, Ph.D.

2009 BA, Psychology, *Summa Cum Laude* with High Distinction (2009)
University of Minnesota, Twin Cities
Mentors: Marti Gonzales, Ph.D. & Traci Mann, Ph.D.

Graduate Fellowships and Funding

2015-2016 NSF Extension Fellowship, University of California, Santa Barbara
2011-2014 National Science Foundation Graduate Research Fellowship
2010-2011 Graduate Equity Fellowship, California State University, Fullerton
2009-2011 Beinecke Scholarship, a program of the Sperry Fund

Minor/Seed Grants

2015 University of California Health Psychology Consortium Seed Grant (\$1500)
2010 Master's Grant for Research in Psychology, APAGS (\$1500)
2010 Basic Psychological Science Research Grant, APAGS (\$1000)

Extramural Research Funding

Contributed to the theoretical development, study design, and writing of the following grants:

- Testing a Biobehavioral Cyclic Model of Weight Stigma (PI: Tomiyama) National Science Foundation (Award #1454735) Sept. 1, 2015 – Aug. 31, 2020. Direct costs: \$395,309.
- Psychological, Physiological, and Behavioral Effects of Weight Stigma (PI: Major) National Institutes of Health (5R01HL112818-03) Jan. 1, 2013 – Dec. 31, 2016. Direct costs: \$1,187,381.

Scholarships, Honors, and Awards

2015	Graduate Student Travel Award, SPSP
2014	Graduate Student Diversity Travel Award, SPSSI
2014	Outstanding Abstract Award, Social Personality Health Network
2011	Outstanding M.A. Student in Psychology, CSU Fullerton
2010	Phi Beta Kappa, University of Minnesota
2008	Outstanding TA Award, Sociology, University of Minnesota
2008	Selmer Birkelo Scholarship, University of Minnesota
2008	Juanita Mortensen Scholarship, University of Minnesota

Publications (1/11/18: 541 citations, h-index = 9, i10 index = 9)

**Student mentee*

Hunger, J.M., & Tomiyama, A.J. (in press). Weight labeling and disordered eating among adolescent females: Evidence from the NHLBI Growth and Health Study. *Journal of Adolescent Health*. [IF = 3.61]

Dover, T.L., **Hunger, J.M.**, & Major, B. (in press). Health consequences of prejudice and discrimination. In K. Sweeny & M. Robins (Eds.), *The Wiley Encyclopedia of Health Psychology*.

Major, B., Tomiyama, A.J., & **Hunger, J.M.** (2017). Obesity stigma and health: Bi-directional pathways. In B. Major, J.F. Dovidio, & B.G. Link (Eds.), *Oxford Handbook of Stigma, Discrimination, and Health*.

Ryan, W.S., **Hunger, J.M.**, & Major, B. (2017). Applying intergroup relations research to understanding LGB health disparities. *Journal of Social Issues*, 73, 477-492. [IF = 1.90]

Hunger, J.M., Tomiyama, A.J., Nguyen-Cuu*, J., & Wells, C., (2016). Moving to a personalized medicine approach to promote health across the weight spectrum. *International Journal of Obesity*, 40, 1334. [IF = 5.49]

Tomiyama, A.J., **Hunger, J.M.**, Nguyen-Cuu*, J., & Wells, C. (2016). Weight and cardiometabolic health: New perspectives. *International Journal of Obesity*, 40, 1331. [IF = 5.49]

Tomiyama, A.J., **Hunger, J.M.**, Nguyen-Cuu, J*, & Wells, C. (2016). Misclassification of cardiometabolic health when using Body Mass Index categories in NHANES 2005-2012. *International Journal of Obesity*, 40, 883-886. [IF = 5.49]

Blodorn, A., Major, B., **Hunger, J.M.**, & Miller, C. (2016). Expecting to be rejected: A mechanism underlying the negative psychological effects of weight-based social identity threat. *Journal of Experimental Social Psychology*, 63, 69-76. [IF = 2.16]

Hunger, J.M., & Tomiyama, A.J. (2015). A call to shift the public health focus away from weight. *American Journal of Public Health*, 105, e3-e3. [IF = 3.86]

Robinson, E., **Hunger, J.M.**, Daly, M. (2015). Perceived weight status and risk of future weight gain in US and UK adults. *International Journal of Obesity*, 39, 1721-1726. [IF = 5.49]

Hunger, J.M., Major, B., Blodorn, A., & Miller, C. (2015). Weighed down by stigma: How weight-based social identity threat influences weight gain and health. *Social Psychology and Personality Compass*, *9*, 255-268.

Hunger, J.M., & Major, B. (2015). Weight stigma mediates the association between BMI and self-reported health. *Health Psychology*, *34*, 172-175. [IF = 3.46]

Hunger, J.M., & Tomiyama, A.J. (2014). Weight labeling and obesity: A longitudinal study of girls aged 10 to 19 years. *JAMA Pediatrics*, *168*, 579-580. [IF = 10.25]

Major, B., **Hunger, J.M.,** Bunyan, D., & Miller, C. (2014). The ironic effects of weight stigma. *Journal of Experimental Social Psychology*, *51*, 74-80. doi:10.1016/j.jesp.2013.11.009 [IF = 2.16]

Howland, M., **Hunger, J. M.,** & Mann, T. L. (2012). Friends don't let friends eat cookies: Effects of restrictive eating norms on consumption among friends. *Appetite*, *59*, 504-509. doi: 10.1016/j.appet.2012.06.020 [IF = 3.40]

Moskovich, A., **Hunger, J. M.,** & Mann, T. L. (2011). The psychology of obesity. In J. Cawley (Ed.), *The Oxford Handbook of the Social Science of Obesity*. Oxford University Press.

Sadler, M., **Hunger, J. M.** & Miller, C. (2010). Personality and impression-management: Mapping the Multidimensional Personality Questionnaire onto 12 self-presentation tactics. *Personality and Individual Differences*, *48*, 623-628. [IF = 2.01]

Tomiyama, A. J., Mann, T. L., Vinas, D., **Hunger, J. M.,** DeJager, J., & Taylor, S. E. (2010). Low caloric dieting increases cortisol. *Psychosomatic Medicine*, *72*, 357-364. [IF = 3.86]

Manuscripts Under Review or Revision

Hunger, J.M., Blodorn, A., Major, B., & Miller, C. (under review). The psychological and physiological effects of interacting with an anti-fat peer.

Hunger, J.M., Dodd, D., & Smith, A.R. (Invited resubmission). Weight-based discrimination, interpersonal needs, and suicidal ideation. *Stigma and Health*.

Hunger, J.M., & Tomiyama, A.J. (under revision). Perceived weight and disordered eating: A longitudinal study of girls aged 15 to 19.

Lick, D.J., **Hunger, J.M.,** Tomiyama, A.J., & Johnson, K.L. (under revision). Biased visual attention contributes to the formation and maintenance of interpersonal prejudice.

Manuscripts in Preparation

Hunger, J.M. (in preparation). Adopting a dimensional, intersectional, and cumulative approach to stigma and health. [Non-empirical paper]

Hunger, J.M., & Smith, A.R., & Major, B. (in preparation). Weight-based social identity threat and disordered eating cognitions. [2 studies collected and analyzed]

Hunger, J.M., Smith, A.R., Tomiyama, A.J., & Major, B. (in preparation). Weight-based discrimination, concerns about stigma, and disordered eating. [2 studies collected and analyzed]

*Standen, E., **Hunger, J.M.,** & Tomiyama, A.J. (in preparation). Perceived weight, controllability beliefs, and disordered eating.

Selected Previous Positions

07/2011-01/2017 Graduate Researcher, Self and Social Identity Laboratory
Director: Brenda Major; University of California, Santa Barbara

09/2013-06/2015 SONA Subject Pool Pre-Screening Coordinator
Department of Psychological & Brain Sciences, UCSB

09/2009-05/2011 Graduate Researcher, Q*Lab
Director: Kristin Beals, California State University, Fullerton

04/2008-06/2009 Manager, Health and Eating Laboratory
Director: Traci Mann, University of Minnesota

Formal Teaching and Mentoring Experience

Spring 2018 Instructor, PSY 151, Research Methods in Health Psychology
University of California, Los Angeles

Summer 2016 Section TA, PSY 120L, Laboratory in Advanced Research
University of California, Santa Barbara

Spring 2015 Section TA, PSY 120L, Laboratory in Advanced Research
University of California, Santa Barbara

2014-2015 Mentor, Dept. of Psychological & Brain Sciences Honor's Program
Mentee: Megan Farell
Awarded URCA Grant to fund project

Summer 2014 Teaching Assistant, PSY 101, Introduction to Health Psychology
University of California, Santa Barbara

Summer 2012 Mentor, UCSB Academic Research Consortium Summer Program
Mentee: Devan Scherer

2011- 2012 Mentor, UCSB Undergraduate Research & Creative Activities Grant
Mentee: Jeremie Djauhari
URCA Poster Award Honorable Mention

Spring 2011 Teaching Assistant, PSY 467, Multivariate Statistics for Psychology
California State University, Fullerton

Spring 2010 Teaching Assistant, PSY 351, Introduction to Social Psychology
California State University, Fullerton

Fall 2007

Teaching Assistant, SOC 3701, Social Theory
University of Minnesota
Awarded Outstanding TA Award

Invited Presentations

Hunger, J.M. (August, 2016). Panelist on the plenary and debate session, “*Old and New Myths in Medicine,*” at the European Forum in Alpbach, Austria.

Hunger, J.M. (May, 2016). *Barriers to health promotion in a weight-focused world.* Talk and panel discussion presented at the EveryBODY Acceptance Event, Children’s Hospital of Los Angeles.

Hunger, J.M. (May, 2016). *The notorious BMI.* Talk presented at the University of California, Santa Board of Trustees annual meeting, Santa Barbara, CA.

Hunger, J.M. (October, 2015). *Weight stigma is bad for health.* Talk presented in the symposium, “Dieting, Weight Obsession, Stigma, and Health” at the annual meeting of the Southwest Chapter of the American College of Sports Medicine, Costa Mesa, CA.

Hunger, J.M. (March, 2014). *Unpacking the cognitive consequences of weight-based social identity threat.* Talk presented at the International Health Scholars Plenary session of the Social/Health International Training Exchange, University of Cambridge, United Kingdom.

Chaired Symposia

Hunger, J.M. (January, 2016). *Social/personality psychology and public health: Promise and practical application.* Symposium held at the annual Society for Personality and Social Psychology meeting in San Diego, CA.

Oral Presentations

Hunger, J.M., Smith, A.R., & Major, B. (August, 2016). *Weight stigma and disordered eating: Insights from social psychology.* Talk presented in “Social Insights Into Issues in Health -- Health Care Experiences, Disordered Eating, and Lack of Exercise” symposium at the APA annual meeting in Denver, CO.

Hunger, J.M., Tomiyama, A.J., Robinson, E., & Daly, M. (January, 2016). *Weight stigma and weight gain: Evidence from large-scale longitudinal data.* Talk presented in “Social/Personality Psychology and Public Health: Promise and Practical Application” symposium at the Society for Personality and Social Psychology annual meeting in San Diego, CA.

Hunger, J.M., & Major, B. (February, 2015). *The ironic effects of weight stigma.* Talk presented as part of the symposium “Challenging Misconceptions about the Psychology of Food Choice” at the Society for Personality and Social Psychology annual meeting in Long Beach, CA.

Major, B.M., **Hunger, J.M.,** Blodorn, A., & Miller, C. (October, 2014). *Weight stigma as identity threat.* Talk presented at the Society for Experimental Social Psychology annual meeting, Columbus, OH.

Hunger, J.M. & Smith, A.R. (May, 2014). *Applying the interpersonal theory of suicide to weight-based discrimination.* Data blitz presented at the workshop on Obesity Stigma: Psychological, Social, and Medical Causes at the University of California, Los Angeles.

Lick, D.J., **Hunger, J.M.**, & Johnson, K.L. (May, 2014). *Recalibrating body perception: Harnessing visual aftereffects to reduce anti-fat bias*. Data blitz presented at the workshop on Obesity Stigma: Psychological, Social, and Medical Causes at the University of California, Los Angeles.

Hunger, J.M. (February, 2014). *Weight labeling and obesity in young girls: A 10-year longitudinal study of girls aged 10-19*. Data blitz presented at the Social Personality Health Network Preconference to Society for Personality and Social Psychology annual conference in Austin, TX.

Howland, M., **Hunger, J.M.**, Burns, R., Schershel, H. Mann, T. (September, 2011). *How toothpicks became freshly baked cookies: Lessons from a study on social influences on eating*. Talk presented at the 25th annual meeting of the European Health Psychology Society, Crete, Greece.

Research-Related Skills

- Survey and experimental software: Qualtrics, DirectRT, MediaLab
- Physiological data acquisition and scoring: AcqKnowledge, Mindware, MEAP
- Data analysis: SPSS (including PROCESS and Amos), HLM, Mplus

Memberships in Professional Associations

American Association for the Advancement of Science
Association for Psychological Science
Social, Personality, and Health Network
Society for the Psychological Study of Social Issues
Society for Personality and Social Psychology

Professional Service

Present Positions:

01/2017 – present Steering Committee, International Weight Stigma Conference
07/2014 – present Student/Postdoc Representative, Steering Committee, SPH Network
07/2014 – present Chair, Grad Student/Postdoc Committee, SPH Network
02/2013 – present Editorial Review Board, Frontiers in Eating Behavior

Past Positions:

07/2017 – 11/2017 Planning Committee, UC Intercampus Consortium on Health Psychology
02/2015 – 12/2016 UCSB Graduate Liaison, UC Intercampus Consortium on Health Psychology
08/2013 – 06/2014 Human Subjects Committee, Psychological & Brain Sciences, UCSB

Ad hoc reviewer for:

American Journal of Preventive Medicine, American Journal of Public Health, Appetite, Body Image, Frontiers in Psychology, Health Psychology, International Journal of Obesity, JAMA Pediatrics, Journal of Adolescent Health, Journal of Applied Biobehavioral Research, Journal of Experimental Psychology: Applied, Journal of Experimental Social Psychology, Journal of Health Communication, Journal of Health Psychology, Journal of Applied Social Psychology, Pediatrics,

Personality and Individual Differences, Pediatric Obesity, Personality and Social Psychology Bulletin, Preventative Medicine, Preventing Chronic Disease, Prevention Science, Psychological Science, Social Psychological and Personality Science, Social Science and Medicine, Stigma and Health, Stress & Health

Selected Media Coverage

Self Magazine – What it Means to Be ‘Overfat’ – and Why We Should Never Say That (8/25/17)
Refinery29 – 14 People Remember the First Time They Were Body-Shamed (5/24/17)
PsychCentral – Fear of Rejection Stresses Overweight Women (3/23/16)
FiveThirtyEight – BMI is a Terrible Measure of Health (2/25/16)
Huffington Post – BMI Doesn’t Really Tell You Anything About Your Health (2/10/16)
NPR – If BMI Is The Test of Health, Many Pro Athletes Would Flunk (2/4/16)
New York Times – Is Fat Stigma Making us Miserable? (11/11/2015)
Science Daily – Believing You Are Overweight May Lead to Further Weight Gain (8/08/15)
The Guardian – Obesity Awareness May be Causing Overeating, Finds International Study (8/4/15)
Huffington Post – This is What Happens When You Tell a Young Girl She’s Fat (4/29/14)
US News & World Reports – Calling Young Girls Fat may Increase Teen Obesity Risk (4/29/14)
Reuters Health – Calling Girls ‘Fat’ May Result in Weight Gain (4/28/14)
LA Times – Girls Called 'Too Fat' are More Likely to Become Obese, Study Finds (4/28/14)
Salon – Stigmatizing Obesity Leads to Obesity (12/5/13)
Think Progress – Fat Shaming in the Media Actually Ends Up Backfiring (1/17/14)
Self Magazine – Could What You’re Reading Be Making You Fat? (12/15/14)
Huffington Post – 5 Fascinating Emotional Eating Studies from 2012 (2/27/2013)
Daily Life – Why We Eat Less When We’re Around Our Friends (8/9/12)
USA Today – Stress Hormones Rise as Dieters Restrict Calories (4/6/2010)

References

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