

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

- Ph.D. Psychological and Brain Sciences (2017)
Area: Social Psychology, Minor: Quantitative Methods
University of California, Santa Barbara
Mentor: Brenda Major, Ph.D.
- M.A. Psychological Research (2011)
California State University, Fullerton
Mentor: Kristin Beals, Ph.D.
- B.A. 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 Graduate Research Fellowship, National Science Foundation
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)
2008 Undergraduate Research Opportunity Grant, University of Minnesota (\$1400)

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 (As of 3/29/2017: 370 citations, h-index = 9, i10 index = 9) _____

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*.

Ryan, W.S., **Hunger, J.M.**, & Major, B. (in press). Understanding LGB mental and physical health disparities through the lens of stigma and intergroup relations. *Journal of Social Issues*.

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

Hunger, J.M., Tomiyama, A.J., Wells, C., & Nguyen-Cuu, J. (2016). Moving to a personalized medicine approach to promote health across the weight spectrum. *International Journal of Obesity*, *40*, 1334. doi: doi:10.1038/ijo.2016.100

Tomiyama, A.J., **Hunger, J.M.**, Nguyen-Cuu, J., & Wells, C. (2016). Weight and cardiometabolic health: New perspectives. *International Journal of Obesity*, *40*, 1331. doi:10.1038/ijo.2016.83

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.

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.

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. doi: 10.2105/AJPH.2015.30284

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. doi: 10.1038/ijo.2015.143

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. doi: 10.1111/spc3.12172

Hunger, J.M., & Major, B. (2015). Weight stigma mediates the association between BMI and self-reported health. *Health Psychology*, *34*, 172-175. doi: 10.1037/hea0000106

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. doi:10.1001/jamapediatrics.2014.122

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

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

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. doi:10.1016/j.paid.2009.12.020

Tomiyaama, A. J., Mann, T. L., Vinas, D., **Hunger, J. M.**, Dejager, J., & Taylor, S. E. (2010). Low calorie dieting increases cortisol. *Psychosomatic Medicine*, *72*, 357-364.

Manuscripts Under Review or Revision

Blodorn, A., Major, B., **Hunger, J.M.**, & Miller, C. (under revision). The psychological and physiological effects of exposure to explicit fat stigma.

Lick, D.J., **Hunger, J.M.**, Tomiyama, A.J., & Johnson, K.L. (under revision). Harnessing visual adaptation to understand and combat weight bias.

Manuscripts in Preparation [data collected and analyzed]

Hunger, J.M., & Major, B. (in preparation). A brief measure for assessing concerns about weight stigma.

Hunger, J.M., & Smith, A.R. (in preparation). Applying the interpersonal theory of suicide to weight-based discrimination.

Hunger, J.M., & Smith, A.R., & Major, B. (in preparation). Perceived weight discrimination, stigma concerns, and disordered eating symptomology.

Selected Previous Positions

07/2011-01/2017	Graduate Researcher, Self and Social Identity Laboratory Director: Brenda Major; University of California, Santa Barbara
07/2011-01/2017	Graduate Collaborator, Dieting, Stress, and Health Laboratory Director: Janet Tomiyama; University of California, Los Angeles
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

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 Farrell <i>*Awarded URCA Grant to fund project*</i>
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 <i>*URCA Poster Award Honorable Mention*</i>
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

Invited Addresses

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*. 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.

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.

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.

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 American Psychological Association 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.

Blodorn, A., Major, B., & **Hunger, J.M.** (February, 2015). *Weight stigma concerns and exercise avoidance: A stigma-avoidance pathway by which weight stigma undermines health*. Data blitz presented at the Social Personality Health Preconference, SPSP annual meeting in Long Beach, 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.

Selected Poster Presentations

Hunger, J.M., Smith, A.R., & Major, B. (September, 2015). *Weight-based discrimination and disordered eating: The role of stigma concerns*. Poster presented at the 3rd annual Weight Stigma Conference in Reykjavik, Iceland.

Hunger, J.M., & Major, B. (January, 2013). *Stigma mediates the relationship between BMI and wellbeing*. Poster presented at the Society for Personality and Social Psychology annual conference in New Orleans, LA.

Hunger, J.M., & Major, B. (June, 2012). *Weight-based identity threat and health*. Poster presented at the Society for the Psychological Study of Social Issues biennial conference in Charlotte, NC.

Hunger, J. M., Tomiyama, A. J., & Laraia, B. (January, 2011). *Predicting obesity longitudinally from causal beliefs about weight: Evidence from the NHLBI Growth and Health Study*. Poster presented at the Society for Personality and Social Psychology annual conference in San Antonio, TX.

Hunger, J. M., Howland, M., & Mann, T. L. (November, 2009). *You are what we eat: Normative influences on individual eating behavior*. Poster presented at the Society for Judgment and Decision Making annual conference in Boston, MA.

Research-Related Proficiencies

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

02/2015 – present	UCSB Graduate Liaison, UC Intercampus Consortium on Health Psychology
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
08/2013 – 06/2014	Human Subjects Committee, Psychological & Brain Sciences, UCSB

Ad hoc reviewer for:

American Journal of Public Health, Appetite, Body Image, Health Psychology, International Journal of Obesity, JAMA Pediatrics, Journal of Adolescent Health, Journal of Health Psychology, Journal of Applied Social Psychology, Journal of Experimental Social Psychology, Pediatrics, Personality and Individual Differences, Pediatric Obesity, Personality and Social Psychology Bulletin, Preventative Medicine, Preventing Chronic Disease, Psychological Science, Social Psychological and Personality Science, Social Science & Medicine, Stigma & Health

Selected Media Coverage

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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