

# JEFFREY M. HUNGER, M.A.

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JeffreyHunger.com

## Education

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- Ph.D. Social Psychology (in progress)  
Emphasis in Quantitative Methods in the Social Sciences  
University of California, Santa Barbara  
Advisor: Brenda Major, Ph.D.
- M.A. Psychological Research (2011)  
California State University, Fullerton  
Advisor: Kristin Beals, Ph.D.
- B.A. Psychology, *Summa Cum Laude* with High Distinction (2009)  
University of Minnesota, Twin Cities  
Advisors: Marti Gonzales, Ph.D. & Traci Mann, Ph.D.

## Fellowships and Funding

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- 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

## Research Grants

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- 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

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- 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  
2007 Waller Scholarship, University of Minnesota  
2007 Psi Chi Psychology Honor Society, University of Minnesota

## Publications

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Major, B., Tomiyama, A.J., & **Hunger, J.M.** (forthcoming). 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. (forthcoming). Understanding LGB mental and physical health disparities through the lens of stigma and intergroup relations. *Journal of Social Issues*.

**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.

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

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

Tomiyama, 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. doi: 10.1097/psy.0b013e3181d9523c

### Manuscripts Under Review or Revision

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Blodorn, A., Major, B., **Hunger, J.M.**, & Miller, C. (under revision). I'm afraid you won't like me: The negative psychological and cardiovascular effects of weight bias..

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

Lick, D.J., **Hunger, J.M.**, Tomiyama, A.J., & Johnson, K.L. (under review). Harnessing visual adaptation to understand and combat weight bias. *Journal of Personality and Social Psychology*.

### Manuscripts in Preparation [data collected]

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**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.

Westgate, E., Lai, C., & **Hunger, JM.** (in preparation). Modeling longitudinal changes in implicit and explicit anti-fat attitudes.

### Present Positions

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

07/2011-present Graduate Collaborator, Dieting, Stress, and Health Laboratory  
Director: Janet Tomiyama; University of California, Los Angeles

### Selected Previous Positions

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09/2013-06/2015 SONA 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

### Teaching and Mentoring Experience

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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 \*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 \*Outstanding TA Award from department\*

### Chaired Symposia

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**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.

### Invited Presentations

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**Hunger, J.M.** (August, 2016). Panelist on the plenary/debate, "Old and New Myths Regarding Medicine" at the European Forum Alpbach.

**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 meeting, Santa Barbara, CA.

**Hunger, J.M.** (October, 2015). *Weight stigma is bad for health*. Presented in the invited symposium, “Dieting, Weight Obsession, Stigma, and Health” at the annual meeting of the Southwest Chapter of the American of College 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.

## Oral Presentations

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**Hunger, J.M.,** Smith, A.R., & Major, B. (August, 2016). *Weight stigma and disordered eating: Insights from social psychology*. Talk to be 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.

## Poster Presentations

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**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 3<sup>rd</sup> 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.,** & Beals, K.P. (January, 2012). *Importance of standardized test performance and stereotype threat susceptibility in women.* Poster presented at the Society for Personality and Social Psychology annual conference in San Diego, CA.

**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.

**Hunger, J. M.,** Weisberg, Y. J., & Gonzales, M. H. (February, 2009) *Who can it be now? Self-presentation in MySpace profiles.* Poster presented at the Society for Personality and Social Psychology annual conference in Tampa, FL.

Sadler, M., **Hunger, J. M.,** & Hallinan, K. (February, 2008) *Trait emotionality predicts self-presentation tactics.* Poster presented at the Association for Research in Personality pre-conference to the Society for Personality and Social Psychology annual conference in Albuquerque, NM.

## Relevant Skills

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

## Professional Service

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2/2015 – present	UCSB Graduate Liaison, UC Intercampus Consortium on Health Psychology Member, Conference Programming Committee
7/2014 – present	Student/Postdoc Representative, Steering Committee, SPH Network
7/2014 – present	Chair, Grad Student/Postdoc Committee, SPH Network
01/2014 – 07/2014	Member, Grad Student/Postdoc Committee, SPH Network
2013 – 2014	Human Subjects Committee, Psychological & Brain Sciences, UCSB
2013 – present	Editorial Review Board, Frontiers in Eating Behavior

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 and Health

### **Selected Media Coverage**

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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)  
Yahoo! Health – Measuring Your BMI is Probably Pointless (2/9/16)  
NPR – If BMI Is The Test of Health, Many Pro Athletes Would Flunk (2/4/16)  
The Guardian – Obesity Awareness May be Causing Overeating, Finds International Study (8/4/15)  
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)  
Huffington Post – This is What Happens When You Tell a Young Girl She's Fat (4/29/14)  
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)  
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)

### **Additional Training**

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- Summer Institute in Social and Personality Psychology, UC Davis, July 2013
  - Automaticity and Control (Instructors: Drs. Bertram Gawronski and Jeff Sherman)
  - Longitudinal Data Analysis (Instructor: Dr. Emilio Ferrer)
- Summer Institute in Statistics, University of Kansas, June 2013.
  - Multilevel Modeling (Instructors: Drs. Kris Preacher and James Selig)

### **Memberships in Professional Associations**

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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

### **References**

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California State University, Fullerton  
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