

June, 2022

Angela Fidler Pfammatter, MS, PhD

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<https://www.scholars.northwestern.edu/en/persons/angela-fidler-pfammatter>
<https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=34056>

EDUCATION

- 2002 Barat College, Lake Forest, Illinois, USA
BA
Majors: Psychology, Dance/Movement Therapy
Minors: Dance Performance & Choreography, Theater
- 2006 Rosalind Franklin University of Medicine and Science, North Chicago, Illinois, USA
MS Clinical Psychology
Thesis: Neuroticism, Stress, and Performance
- 2012 PhD Clinical Psychology
Specialization: Health Psychology
Dissertation: A Placebo-Controlled Trial of Thermal Biofeedback Assisted Relaxation for the Treatment of Diabetic Neuropathy: An Evaluation of Outcomes and Mechanisms

TRAINING

A. Research

- 2013 – 2015 Northwestern University Feinberg School of Medicine
Postdoctoral Research Fellow
Department of Preventive Medicine
Chicago, Illinois, USA
Mentor: Bonnie Spring, PhD, ABPP

B. Clinical

- 2005 – 2006 Anxiety and Obsessive Compulsive Disorders Program
Therapist
North Chicago, Illinois, USA
Supervisors: John Calamari, PhD & John Burns, PhD
- 2006 – 2007 Pain and Rehabilitation Clinic of Chicago

Health Psychology Extern
Chicago, Illinois, USA
Supervisor: Kenneth Lofland, PhD

2007 – 2009 University of Illinois Chicago Medical Center
Health Psychology Extern
Chicago, Illinois, USA
Supervisor: Sue Labott, PhD

2009 – 2010 Queen Elizabeth II Health Sciences Centre
Health Psychology Intern
Halifax, Nova Scotia, Canada
Rotations: Internal Medicine (Obesity and Diabetes), Cardiology,
Chronic Pain, Insomnia, Burn Unit, and Consultation/Liaison
Service

2010 – 2013 Capital District Health Authority
Candidate Register Psychologist (Clinical Postdoctoral Training)
Halifax, Nova Scotia, Canada
Partners for Healthier Weight, Department of Cardiology

LICENSURE / CERTIFICATION

Nov 2010 – Dec 2013 Nova Scotia: PhD Registered Psychologist
2013 - Current Illinois: Licensed Clinical Psychologist #8704

ACADEMIC APPOINTMENTS

2015 – 2017 Northwestern University Feinberg School of Medicine
Research Assistant Professor
Department of Preventive Medicine
Chicago, Illinois, USA

2017 - 2022 Northwestern University Feinberg School of Medicine
Associate Professor (effective 9/1/22)
Assistant Professor, Team Science Track
Department of Preventive Medicine
Chicago, Illinois, USA

2019 - 2022 Member, Cancer Prevention, Robert Lurie Comprehensive Cancer Center

2021 - 2022 Graduate Faculty, The Graduate School

2022 - Northwestern University Feinberg School of Medicine

Adjunct Associate Professor
Department of Preventive Medicine
Chicago, Illinois, USA

2022 - University of Tennessee, Knoxville
Senior Methodologist, College of Education, Health, and Human Sciences
Associate Professor of Public Health, Tenure Track
Knoxville, Tennessee, USA

HOSPITAL AND CLINICAL APPOINTMENTS

2004 – 2005 Kids First Health Fair
Behavioral Medicine Screener
Waukegan, Illinois, USA

2004 – 2005 Healthy Families Clinic
Therapist
Waukegan, Illinois, USA

2010 – 2013 Partners for Healthier Weight
Program Developer / Psychologist / Program Coordinator
Halifax, Nova Scotia, Canada

OTHER EMPLOYMENT

2010 – 2015 Independent Contractor
Research consultation, clinical practice educational materials, and health care provider training. Consulted on projects for Canadian drug companies, health authorities, and private research entities

PUBLICATIONS

Students, mentees, and trainees are italicized. Awards are underlined.

A. Peer-Reviewed Original Investigations

*Note that in computer science and engineering, conferences are the premier scientific publication venue with less than 20% acceptance rates rather than scientific journals. Oral presentation is expected for top publications.

1. Cox, J., Vallis M., **Pfammatter, A.**, Szpilfogel, C., Carr, B., O'Neill, B. (2013). A novel approach to cardiovascular health by optimizing risk management (ANCHOR): Behavioural modification in primary care effectively reduces global risk. *Canadian Journal of Cardiology*; 29:11, 1400-1407.

2. Labott, S., **Pfammatter, A.**, (2014). The role of the donor-recipient relationship in related donor reactions to stem cell donation. *Bone Marrow Transplantation*; 49, 831-835; doi:10.1038/bmt.2014.38
3. Pellegrini, C., **Pfammatter, A.F.**, Conroy, D., Spring, B. (2015). Smartphone applications to support weight loss: Current perspectives. *Advanced Health Care Technologies*; 1, 13-22.
4. Rabbi, M., **Pfammatter, A.F.**, Spring, B., Zhang, M., Choudhury, T. (2015). Automated personalized feedback using smartphones: Development and feasibility study. *Journal of Medical Internet Research*; 3(2), e42.
5. **Pfammatter, A.F.**, Spring, B., Saligram, N., Dave, R., Gowda, A., Blais, L., Arora, M., Ranjani, H., Ganda, O., Reddy, S., Hedeker, D., Ramalingam, S. (2016). Arogya World's mDiabetes intervention to improve health behaviors in India: A non-randomized, prospective, parallel cohort study. *Journal of Medical Internet Research*, 18(8) e207
6. Cohen, E., Stogin, W., Kalantarian, H., **Pfammatter, A.F.**, Spring, B., Alshurafa, N. (2016). SmartNecklace: Designing a wearable multi-sensor system for smart eating detection. *Proceedings of the 11th EAI International Conference on Body Area Networks, ICTS*; 33-37. (Acceptance Rate 30%)
7. Alharbi R, Matta R, Hedeker D, **Pfammatter A**, Spring B, Alshurafa N. (2016). Using a mixed-effects location scale model to examine factors that influence overeating behaviors among college students. *In Proceedings of the Conference on Wireless Health, WH 2016*. (Oral Acceptance Rate 25%)
8. Alharbi R, Nilofar V, Liu K, Moran K, Ledford G, Pfammatter A, Spring B, Alshurafa N, (2016). Investigating barriers and facilitators to wearable adherence in fine-grained eating detection. *In IEEE International Conference on Pervasive Computing Communications, PerCom 2016*.
9. **Pfammatter, A.F.**, Mitsos, A., Wang, S., Hood, S.H., Spring, B. (2017). Evaluating and improving recruitment and retention in an mHealth clinical trial: An example of iterating methods during a trial. *mHealth*: 3(49); doi: 10.21037/mhealth.2017.09.02. PMID: PMC5682361

10. Spring, B., Pellegrini, C.A., **Pfammatter, A.F.**, Duncan, J.M., Pictor, A., McFadden, H.G., Siddique, J., Hedeker, D. (2017). Effects of an abbreviated obesity intervention supported by mobile technology: The ENGAGED randomized clinical trial. *Obesity*; 25(7), 191-1198. PMC5487285
11. Conroy, D.E., Hedeker, D., McFadden, H.G., Pellegrini, C.A., **Pfammatter, A.F.**, Phillips, S.M., Siddique, J., Spring, B. (2017). Lifestyle intervention effects on the frequency and duration of daily moderate-vigorous physical activity and leisure screen time. *Health Psychology*; 36(4), 299-308. PMID: PMC5357594.
12. *Alharbi R, Pfammatter A, Spring B, Alshurafa N.* (2017). WillSense: Adherence barriers for passive sensing systems that track eating behavior. *ACM CHI Conference on Human Factors in Computing Systems 2017.* (Acceptance Rate 20%)
13. Pellegrini, C.A., Conroy, D.E., Phillips, S.M., **Pfammatter, A.F.**, McFadden H.G., Spring, B. (2018). Daily and seasonal influences on dietary self-monitoring using a smartphone application. *Journal of Nutrition Education and Behavior*: 50(1):56-61.e1. doi: 10.1016/j.jneb.2016.12.004.
14. Spring, B., Pellegrini, C.A., McFadden, H.G., **Pfammatter, A.F.**, Ph.D., Stump, T.K., Juned Siddique, J., King, A.C., Hedeker, D. (2018) Multicomponent mHealth intervention for large, sustained change in multiple diet and activity risk behaviors: Make Better Choices 2 RCT. *Journal of Medical Internet Research*, 20(6), e10528. DOI: 10.2196/10528. PMID: 6030572.
15. Alshurafa, N., Jain, J., Alharbi, R., Iakovlev, G., Spring, B., **Pfammatter A.** (2018). Is more always better?: Discovering incentivized mHealth intervention engagement related to health behavior trends. *Proceedings of the ACM on Interactive, Mobile, Wearable, and Ubiquitous Technologies*, 2(4), 153. DOI:10.1145/3287031 (Acceptance Rate 6-8%)
16. *Alharbi R, Stump T, Vafaie N, Pfammatter AF, Spring B, Alshurafa N.* (2018) I Can't Be Myself: Effects of Wearable Cameras on the Capture of Naturally Occurring Behavior in the Wild. *In Proceedings of the ACM on Interactive, Mobile, Wearable and Ubiquitous Technologies (IMWUT)*. doi: 10.1145/3264900. (Acceptance Rate in first round 6-8%)

17. **Warnick, J., Pfammatter, A.,** Galluzzi, T., Champion, K., Spring, B. (2019). Perceptions of health behaviors and mobile health applications in an academically elite college population to inform a targeted health promotion program. *International Journal of Behavioral Medicine*. 26(2): 165-174. DOI: 10.1007/s12529-018-09767-y. PMID: 30632092.
18. Spring, B., Stump, T., Penedo, F., **Pfammatter, A.F.,** Robinson, J. (2019). Toward a Health-Promoting System for Cancer Survivors: Patient and Provider Multiple Behavior Change. *Health Psychology*. 38(9): 840-850. DOI: 10.1037/hea0000760. PMID: 31436465.
19. **Pfammatter, A.F.,** Nahum-Shani, B., *DeZelar, M., Scanlan, L.,* McFadden, H.G., Siddique, J., Hedeker, D. Spring, B. (2019). SMART: Study protocol for a Sequential Multiple Assignment Randomized Trial to optimize weight loss management. *Contemporary Clinical Trials*. 82, 36-45. DOI:10.1016/j.cct.2019.05.007. PMCID: PMC6624080.
20. Spring, B., Klyachko, E.A., Rak, P.W., McFadden, H.G., Hedeker, D., Siddique, J., Bardsley, L.R., **Pfammatter, A.F.** (2019). Online, cross-disciplinary team science training for health and medical professionals: Evaluation of COALESCE (teamscience.net). *Clinical and Translational Science*. 3(2-3), 82-89. DOI:10.1017/cts.2019.383. PMCID: PMC6802413.
21. **Pfammatter, A.F., Hoffman, S.,** Pellegrini, C., *Daly, E.* Davidson, M, Spring, B. (2020). Using the preparation phase of the Multiphase Optimization Strategy: Developing a messaging intervention component for weight loss. *JMIR Formative Research*, 4 (5), e16297.
22. Spring, B.J., **Pfammatter, A.F.,** *Marchese, S.H.,* Stump, T., Pellegrini, C., McFadden, H.G., Hedeker, D., Siddique, J., Jordan, N., Collins, L.M. (2020). A factorial experiment to optimize remotely delivered behavioral treatment for obesity: Results of the Opt-IN study. *Obesity*, 28 (9), 1652-1662.
23. **Pfammatter, A.F.,** Champion, K.E., Finch, L.E., Siddique, J., Hedeker, D., Spring, B. (2020). A mHealth intervention to preserve and promote ideal cardiovascular health in college students: Design and protocol of a cluster randomized controlled trial. *Contemporary Clinical Trials*, 98, 106162. DOI: <https://doi.org/10.1016/j.cct.2020.106162>. PMID: 33038506.

24. Spring, B., Stump, T.K., Battalio, S.L., McFadden, H.G., **Pfammatter, A.F.**, Alshurafa, N., Hedeker, D. (2021) Digitally characterizing the dynamics of multiple health behavior change. *Health Psychology* , 40(12):897-908.
25. Schoenberg, N., Dunfee, M., Yeager, H., Rutledge, M., **Pfammatter, A.**, Spring, B. (2021) Rural residents' perspectives on a mHealth/personalized health coaching intervention: Insights from Focus groups and Key Informant Interviews. *JMIR Formative Research*. 5(2):e18853
doi: [10.2196/18853](https://doi.org/10.2196/18853).
26. Alshurafa N., Zhang S., Romano C., Zhang H., **Pfammatter A.F.**, Lin A.W. (2021) Association of number of bites and eating speed with energy intake: Wearable technology results under free-living conditions. *Appetite*. 167:105653. doi: 10.1016/j.appet.2021.105653. PMID: 34418505.
27. Ho, E., Jeon, M., Lee, M., Luo, J., **Pfammatter, A.F.**, Shetty, V., Spring, B. (2021). Fostering interdisciplinary collaboration: A longitudinal social network analysis of the NIH mHealth Training Institutes. *Journal of Clinical and Translational Science*. 20;5(1):e191. doi: 10.1017/cts.2021.859. PMID: 34839265
28. Strayhorn, J.C., Collins, L.M., Brick, T.R., Hoffman Marchese, S., **Pfammatter, A.F.**, Pellegrini, C., Spring B.J (2022). Factorial Mediation: A tutorial on understanding intervention effects by conducting mediation analysis of data from a factorial optimization trial. *Translational Behavioral Medicine*. 18;12(1):ibab137. doi: 10.1093/tbm/ibab137. PMID:34698351.
29. **Pfammatter, A.F.**, Battalio, S., Olvera, C., DeZelar, M., Moore, D., Scanlan, L., Siddique, J., Spring, B., Chang, S. (2022). The EVO study protocol for a randomized controlled evaluation trial of an optimized weight management intervention. *Contemporary Clinical Trials*, 116. Doi: 10.1016/j.cct.2022.106750
30. Battalio, S.L., **Pfammatter, A.F.**, Kershaw, K., Hernandez, A., Conroy, D., & Spring, B. (2022). Mobile Health Tobacco Cessation Interventions to Promote Health Equity: Current Perspectives. *Frontiers in Digital Health*, 4, 821049. Doi: 10.3389/fdgth.2022.821049

31. Jinwen, L., Jeon, M., Lee, M., Ho, E., **Pfammatter, A.F.**, Shetty, V., Spring, B. (2022). Relationships between changing communication networks and changing perceptions of psychological safety in a team science setting: Analysis with actor-oriented social network models. *PLoS one*, 17(8), e0273899. Doi: 10.1371/journal.pone.0273899
32. *Jovanovic, C.E.S., Kalam, F., Granata, F., Pfammatter, A.F., Spring, B.* (2022). Validation and results of a novel survey assessing decisional balance for a whole food plant-based diet among adults. *Frontiers in Nutrition*, 9. Doi: 10.3389/fnut.2022.958611

B. Invited Reviews and Commentaries

1. **Pfammatter, A.F.** (2015). Finding the release valves in the pressure cooker of campus life. White Paper for the NSF sponsored workshop on college student health held at Northwestern University.
<http://studenthealth.cs.dartmouth.edu/whitepaper.html>
2. Spring, B., **Pfammatter, A.F.**, Alshurafa, N. (2017). First steps into the brave new transdiscipline of mobile health. Commentary on McConnell, M.V., Shcherbina, A., Pavlovic, A., Homburger, J.R., Goldfeder, R.L., Waggott, D., Cho, M.K., Rosenberger, M.E., Haskell, W.L., Myers, J., Champagne, M.A., Mignot, E., Landray, M., Tarassenko, L., Harrington, R.A., Yeung, A.C., Ashley. MyHeart Counts: A cardiovascular mobile health study. *JAMA Cardiology*; 2(1): 76-78.
Doi:10.1001/jamacardio.2016.4440

C. Book Chapters

1. Spring, B. **Pfammatter, A.F.**, Conroy, D. (2019). Continuing professional development for team science. In: Hall K., Vogel A., Croyle R. (eds) *Strategies for Team Science Success*. Springer, Cham. Doi:10.1007/978-3-030-20992-6_34.
2. Spring, B. **Pfammatter, A.F.**, *Hoffman, S., Warnick, J.L.* (2020). Research to Practice Translation. In MD Gellman & JR Turner (Eds.), *Encyclopedia of Behavioral Medicine*. New York, NY: Springer New York. Doi: 10.1007/978-1-4614-6439-6_189-2.
3. Spring, B. **Pfammatter, A.F.**, *Hoffman, S., Warnick, J.L.* (2020). Translational Behavioral Medicine. In MD Gellman & JR Turner (Eds.), *Encyclopedia of*

Behavioral Medicine. New York, NY: Springer New York. Doi: 10.1007/978-1-4614-6439-6 189-2.

4. Spring, B. **Pfammatter, A.F.**, *Hoffman, S., Warnick, J.L.* (2020). Evidence Based Behavioral Medicine (EBBM). In MD Gellman & JR Turner (Eds.), Encyclopedia of Behavioral Medicine. New York, NY: Springer New York. Doi: 10.1007/978-1-4614-6439-6 189-2.

HONORS AND AWARDS

A. International

- 2018 IBTN Inaugural Summer Institute Attendee
International Behavioural Trial Network
- 2022 Irish Implementation Science Training Institute (ISTI 2022) Trainee
Health Research Board

B. National

- 2015, 2016 Quantified Self Public Health Symposium Travel Awardee
Quantified Self Labs
- 2016 Early Career Award, Diabetes SIG
Society of Behavioral Medicine
- 2017 mHealth Summer Training Institute Scholar
UCLA, MD2K Center of Excellence
- 2017 Summer Institute on Randomized Behavioral Clinical Trials Invited
Attendee
OBSSR / ODP / NHLBI
- 2018 Optimization of Behavioral and Biobehavioral Interventions
Trainee
OBSSR, NIDA, The William T. Grant Foundation, The
Pennsylvania State University
- 2018 NIH Loan Repayment Program Awardee
NHLBI
- 2019 Elected Member
Sigma Xi
- 2019 , 2022 Invited Faculty
NIH/NSF mHealth Training Institutes, UCLA
- 2019, 2022 Invited Associate Instructor: Optimization of Behavioral and
Biobehavioral Interventions
OBSSR, NIDA, The William T. Grant Foundation, The
Pennsylvania State University/New York University
- 2020, 2022 NIH Loan Repayment Program Renewal Awardee
NHLBI

2022 Invited Panel Expert
Advances and Future Directions in Health Behavior Theory
Research Workshop

C. Regional

2006 Midwest Pain Society Meeting Poster Competition (3rd & 4th)
Midwest Pain Society

D. Institutional

2006 Student Council Appreciation Award
Rosalind Franklin University of Medicine and Science

2006 & 2007 Women's Leadership Award
Rosalind Franklin University of Medicine and Science

2015 Cancer Prevention and Control Travel Fellowship
Robert H. Lurie Comprehensive Cancer Center of Northwestern
University

2015 Postdoctoral Professional Development Travel Award
Northwestern University, The Graduate School

2019 Searle Fellow
Searle Center for Advancing Learning and Teaching, Northwestern
University

GRANT AWARDS

A. Current

NIH/NIDDK
1R01DK125749-01
Evaluating the EVO treatment optimized for resource constraints: Elements Vital
to treat Obesity
Principal Investigator: **Pfammatter**
Percent Effort: 35%
Direct costs per year: \$441,287
The goals of this project is to determine if EVO is non-inferior to DPP.
07/01/20-06/30/25

NIH/NIDDK
R0112983
EAT: A Reliable Eating Assessment Technology for Free-living Individuals.
Principal Investigator: Alshurafa
Role on Project: Co-Investigator
Percent effort: 5%

Direct costs per year: 500,000
Total costs for project period: \$3,868,150
Project period: 7/1/2021-6/30/2026

NIH/NIA

1R01AG068421-01

Negotiating training to optimize caregiver communication in Alzheimer's disease

Principal Investigator: Lindquist

Percent Effort: 10%

Direct costs per year: \$496,730

The goal of this project is to adapt a training using the Multiphase Optimization Strategy for caregivers of those with Alzheimer's disease. The training will be tailored and optimized for family caregivers to decrease stress, burden, and anxiety.

09/15/20-05/05/25

NIH/NHLBI

1R01HL152714-01

Implementing an evidence-based mHealth healthy diet and physical activity intervention: Make Better Choices 2 for rural Appalachia

Principal Investigator: Schoenberg

Role on Project: Co-Investigator

Percent Effort: 10.5%

Direct costs per year (Sub-contract): \$226,323

The goals of this project is to deliver treatment components to participants are consistent with evidence-based behavior change principles and that they provide lifestyle coaches with the systems support and information they need to coach effectively.

04/01/20-03/31/25

NIH/NIDDK

1R01DK125749-01

Methodological and data-driven approach to infer durable behavior change from mHealth

Principal Investigator: Spring

Role on Project: Co-I

Percent Effort: 10%

Direct costs per year: \$474,903

The goal is to apply existing location scale methods to test the hypothesis that effective interventions will improve the location and reduce the scale of targeted behaviors across all trials. Because existing methods only measure scale at the group level and cannot measure the change in an individual's behavioral consistency that we need to personalize treatment adaptation,
07/01/20-06/30/25

NIH/NIDDK
R01 DK111727-01
Treatment of Sleep Apnea in Prediabetes: A Randomized Clinical Trial
Principal Investigator: Tasali
Role on project: Co-Investigator
Projected Percent Effort: 10%
Direct cost per year: \$178,571
8/1/2019-3/31/2024

NIH/NHLBI
1UG3HL141729-01
PROMote weight loss in obese PAD patients to prevent mobility loss: The PROVE Trial
Principal Investigator: McDermott
Role on project: Co-Investigator
Percent Effort: 10%
Direct cost per year: \$396,472
07/01/2019 – 3/31/25

NIH/NIDDK
R01 DK108678
Smart Weight Loss Management
Principal Investigator: Spring
Role on project: Key Personnel, Clinical Supervisor
Percent effort: 1%
Direct costs per year: \$680,000
Total costs for project period: \$3,321,320
3/1/2016 – 12/31/2022

NIH/NCI
R01 CA262357
Optimization of a mHealth Physical Activity Promotion Intervention with Mindful Awareness for Adolescent and Young Adult Cancer Survivors

Principal Investigator: Phillips
Role on Project: Key Personnel,
Percent Effort: 1%
Total costs for project period: \$1,813,895
09/01/21-07/31/26

NIH/NIMHD
K23 MD015092
Using the Multiphase Optimization Strategy to Optimize a Culturally Tailored
Online Behavioral Weight Loss Intervention for Sexual Minority Women
Principal Investigator: Panza
Role on project: Consultant
Percent effort: In Kind

NIH/NHLBI
K01
Designing with dissemination in mind: Development and evaluation of a theory-
based physical activity intervention using the Multiphase Optimization Strategy
Principal Investigator: Ostendorf
Role on Project: Consulting Mentor
Percent effort: In Kind

NIH/NHLBI
F31
A Mixed-Methods Evaluation of mHealth Weight Management for Racial/Ethnic
Minorities
Principal Investigator: Battalio
Role on Project: Sponsor
Percent Effort: In Kind

B. Pending

NIH/NIDDK (fundable score)
R01
SMARTer Weight Loss Management
Role on Project: **Co-PI**

NIH/NCI (Pending NOA)
P50
Scalable TELeheaLth Cancer CARE: The STELLAR Program to Treat Cancer Risk
Behaviors

Principal Investigator: Spring
Role on Project: Co-Investigator

NIH/NHLBI
R34

Smell Eat! Feasibility and acceptability trial of a sensory boosted, remote weight loss intervention

Principal Investigator: Bhutani
Role on Project: Site PI

NIH/NHLBI
R01

PASSPORT: PASsive Sensing to Prevent stress-related Overeating in Real-Time

Principal Investigator: Alshurafa
Role on Project: Co-Investigator

C. Past

NCATS

UL1 TR001422

The Northwestern University Clinical and Translational Sciences Institute (NUCATS)

Principal Investigator: Lloyd-Jones

Role on project: Co-I, Team Science Lead

Percent effort: 20%

Direct costs per year: \$1,121,606

Total costs for project period: \$27,200,000

8/12/2015 – 6/30/24

NIH/Center of Excellence for Mobile Sensor Data to Knowledge (MD2K)

U54 EB020404

Principal Investigator: Kumar

Role on project: Clinical Supervisor

Percent effort: 1%

Direct costs per year (NU Subcontract): \$66,045

Total costs for project period: \$10,800,000

07/1/14-06/30/19

NCATS

UL1TR001422-04S1

Principal Investigator: Lloyd-Jones

Role on project: Team Science Faculty
Percent effort: 6%
Total costs for project period: \$597,202
8/28/2018 – 8/27/2019

Northwestern University
Primary Care Catalyzer
Optimizing Provider Management of Obesity in a Large Network of Primary
Care Practices
Principal Investigator: Spring
Role on project: Co-Investigator
Percent effort: No effort allowable
Direct costs per year: \$25,000
Total costs for project period: \$25,000
9/1/2017-9/1/2019

American Heart Association
Strategically Focused Prevention Research Network
Health Intervention to Preserve and Promote Ideal Cardiovascular Health
Center Principal Investigator: Greenland
Clinical Principal Investigator: Spring
Role on project: Co-Author, Project Coordinator
Percent effort: 50- 5%
Direct costs per year (Clinical Science Project Only): \$280,000
Total costs for project period: \$3,709,200
07/1/14-06/30/19

Northwestern University
Cancer Projects Using the EDW
Informing optimization of obesity management by investigating provider use of
obesity best practice alerts in the EHR
Principal Investigator: **Pfammatter**
Percent effort: No effort allowable
Direct Costs per year: \$900
Total costs for project period: \$900
1/14/2019 – 4/14/2019

NIH/NIDDK
R01 DK097364
Opt-IN: Optimizing INTensive Lifestyle Intervention for Weight Loss

Principal Investigators: Spring and Collins
Role on project: Clinical Supervisor
Percent effort: 1%
Direct costs per year: \$392,861
Total costs for project period: \$2,430,386
09/17/12-08/31/18

Northwestern University
NUCATS Voucher
Tailoring Interventions to Initiate and Maintain Cardiovascular Disease Risk in a
Primary Care Setting
Principal Investigator: **Pfammatter**
Percent effort: No Salary
Direct costs per year: \$1,600
Total costs for project period: \$1,600
11/1/2016 – 10/31/2017

Data Science Initiative
Research Support Program
Conceptualizing and Leveraging Engagement to Optimize mHealth Intervention
Systems
Principal Investigator: **Pfammatter**
Percent effort: No Salary
Direct costs per year: \$35,000
Total costs for project period: \$35,000
1/19/2017 – 9/15/2017

Data Science Initiative
Research Support Program
Redefining Gold Standard Measures for Obesity-Related Research
Principal Investigator: Alshurafa
Role on project: Co-Principal Investigator
Percent effort: No Salary
Direct costs per year: \$35,000
Total costs for project period: \$35,000
1/19/2017 – 9/15/2017

Lynn Sage Cancer Research Foundation Research Grants Initiative FY 2015
Intervention to Enhance Dietary Adherence for Breast Cancer Prevention
Principal Investigator: Spring

Role on project: Co-Author, Project Coordinator

Percent effort: 10%

Direct costs per year: \$50,000

Total costs for project period: \$50,000

09/1/2014 – 08/30/2017

Avon Foundation Breast Cancer Research and Care Program at the Robert H. Lurie Comprehensive Cancer Center of Northwestern University

A Pilot study of Time Restricted Feeding in Obese/Overweight Pre & Postmenopausal Women

Principal Investigator: Spring

Role on project: Clinical Supervisor, Project Coordinator

Percent effort: 27%

Direct costs per year: \$38,160

Total costs for project period: \$38,160

09/1/2014 – 08/30/2017

NIH/NHLBI

R01 HL075451

Make Better Choices (MBC2) Multiple Behavior Change in Diet and Activity

Principal Investigator: Spring

Role on project: Clinical Supervisor

Percent effort: 10%

Direct costs per year: 493,548

Total costs for project period: \$3,618,153

12/01/03 - 04/30/15

Robert H. Lurie Comprehensive Cancer Center of Northwestern University

Online Image Perception Study: Development of an Implicit Food Attitude Measure

Principal Investigator: Spring

Role on project: Project Coordinator

Percent effort: 24%

Direct costs per year: \$25,000

Total costs for project period: \$25,000

2013 – 2014

QEII Foundation, Halifax, Nova Scotia

The Intensive Intervention: A Novel Approach to Cardiovascular Health by Optimizing Risk Management (ANCHOR)

Principal Investigators: Vallis and **Pfammatter**
Role on project: Co-Principal Investigator, Clinical Supervisor, Project Coordinator, Statistical and Database Management
Percent effort: 50%
Direct costs per year: \$125,000
Total costs for project period: \$250000
2011- 2013

Pfizer Canada, Department of Cardiology, Capital District Health Authority, Halifax, Nova Scotia
A Novel Approach to Cardiovascular Health by Optimizing Risk Management (ANCHOR)
Principal Investigators: Cox, Vallis, and **Pfammatter**
Role on project: Co-Principal Investigator, Clinical Supervisor, Project Coordinator, Statistical and Database Management
Percent effort: 50%
Direct costs per year: \$250000
Total costs for project period: \$2500000
2006 – 2013

Midwest Pain Society Trainee Research Grant
Thermal Biofeedback for the Treatment of Diabetic Neuropathy
Principal Investigator: **Pfammatter**
Percent effort: No Salary
Direct costs per year: N/A
Total costs for project period: \$6000
6/2007

Insulin Dependent Diabetes Trust
Thermal Biofeedback for the Treatment of Diabetic Neuropathy
Principal Investigator: **Pfammatter**
Percent effort: No Salary
Direct costs per year: N/A
Total costs for project period: £10,000
4/2007 – 5/2012

Rosalind Franklin University Internal Funding
Individual Differences After a Laboratory Stressor
Principal Investigator: Zakowski
Role of project: Co-Investigator

Percent effort: No Salary
Direct costs per year: N/A
Total costs for project period: \$5000
5/2004 – 5/2006

INVITED LECTURES

A. International/National

- 2013 Symposium: Vascular 2013, Montreal, QC
Post-surgical Psychosocial Effects: Beyond the Weight Loss
- 2017 SBM Preconference Course, Behavioral Intervention
Technologies SIG
Getting the Tech You Need: Defining and Sourcing the Right Technology for Behavioral Science
- 2017 SBM Discussant
One Size Doesn't Fit All: Tailoring Interventions to Address Individual Variability in Treatment Response
- 2018 mPower NIH/NSF Working Group Webinar
Finding Novel Proximal Indicators of Distal Health Behaviors in mHealth Interventions
- 2019 American Heart Association/Telligen National Webinar
Motivational Interviewing: Strategies for Tobacco Cessation and Management of Cardiovascular Health
- 2019 American Heart Association Scientific Sessions, Philadelphia, PA
Just in Time Adaptive Interventions – May the Force Be With You for Weight Loss
- 2019 American Heart Association Scientific Sessions, Philadelphia, PA
Use of Digital Health Technologies to Foster Adherence and Health Literacy
- 2020 International Behavioural Trials Network Global 2020 Conference
Development of a Weight Loss Intervention Considering Resource Constraints
- 2021 Society of Behavioral Medicine, Behavior Change Grand Rounds
Webinar
Choosing the right research design in the Multiphase Optimization Strategy (MOST)
- 2021 Society of Behavioral Medicine, Pre-conference Workshop
Practicalities of the Multiphase Optimization Strategy (MOST): How to effectively and efficiently conduct an optimization trial
- 2021 American Heart Association/American Diabetes Association, Know Diabetes by Heart Webinar

- 2021 *Foundations of Brief Behavioral Counseling for Healthcare Providers*
New York University School of Global Public Health
Developing a Weight Management Program Considering Resource Constraints
- 2022 Society of Behavioral Medicine Annual Meeting
Words of Wisdom: Breakfast Roundtable Mentoring Session
- 2022 mHTI Intensive Training
Frameworks for Developing Behavioral Interventions

B. Regional

- 2009 Centre for Health Care of the Eldery: NEGUS Education Days
I Get By With a Little Help From My Friends: Helping Teams Work
- 2010 Adherence Workshop: Millbrook First Nations
How Do We Get Them to Do What We Know is Good For Them?
- 2019 American Heart Association, Metro Chicago Smoking Cessation Initiative
Motivational Interviewing Training

C. Local

- 2010 Invited Talk: QEII Health Sciences Centre Burn Unit
The Psychosocial Impact of Burns
- 2011 – 2012 Family Practice Nursing Program: Foundation Week
Moving Mountains: The Role of Behaviour Change in Clinical Intervention
- 2011 – 2013 Family Medicine Orientation: Dalhousie University
Maximizing Interventions by Improving Adherence to Behavioural Agreements
- 2013 Expert Panel Discussion: Dalhousie University
Obesity and Stigma
- 2016 Invited CME Seminar, Healthy Hearts in the Heartland
Using Motivational Interviewing to Address Patient Barriers
- 2020 Invited Professional Development Seminar, University of Chicago
Obesity Management in the Adult Population

CONFERENCE ACTIVITY

A. Oral Abstract Presentations (* denotes presenting author, italicized denotes student or mentee)

1. Zakowski, S.G.*, Herzer, M., **Fidler, A.**, and Dittoe, S. (2004). Differential effects of emotional disclosure in male and female cancer patients. Paper

presented the meeting of the International Psycho-Oncology Society, Copenhagen, Denmark.

2. Zakowski, S. G.*, **Fidler, A.**, Dittoe Barrett, S., Herzer, M., Schmaus, B., and Boquiren, V. (2006). Intrusive thoughts are less distressing after an emotional disclosure intervention in female patients. Paper presented at the IV World Congress on Traumatic Stress, Buenos Aires, Argentina.
3. Dittoe Barrett, S.*, **Fidler, A.**, Pontarelli, N., Zakowski, S.G. (2007) Similarities and Differences in Coping and distress in African-American, Asian, Hispanic, and non-Hispanic White Medical and Graduate Students. Presented at the annual convention of the American Psychosomatic Society, Budapest, Hungary.
4. Spring, B.*, Pellegrini, C., **Pfammatter, A.F.**, McFadden, H.G., Driver, S., Hedeker, D., Siddique, J. (2014) Advanced Mobile Technology to Evaluate and Intervene on Eating Behaviors to Produce Weight Loss. Invited presentation to Obesity Society's Annual Scientific Meeting symposium on "Real-Time Measurement of Health Behaviors: Improved Behavior Change or a Distraction?" Boston, Massachusetts.
5. Lu, A.S.*, **Pfammatter, A.**, Spring B. (2014). Implicit health communication for dietary behavior prediction and intervention. Paper presented at the Kentucky Conference on Health Communication, Louisville, KY.
6. Spring, B.*, Pellegrini, C., McFadden, H.G., **Pfammatter, A.**, Siddique, J., Hedeker, D., (2015). Clinical trial of a mobile health intervention for simultaneous versus sequential diet and activity change. American Heart Association Scientific Sessions, Orlando, FL.
7. Collins, L.M.*, Pellegrini, C., **Pfammatter, A.F.**, *Hoffman, S.A.*, Spring, B. (2015). Using the multiphase optimization strategy (MOST) to develop an effective and scalable weight loss intervention. Poster presented at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Edinburg, Scotland.
8. Pellegrini, C.*, Conroy, D., **Pfammatter, A.F.**, Phillips, S.M., McFadden, H.G., Spring, B. (2015). Modeling daily dietary self-monitoring using intensive longitudinal data. *Annals of Behavioral Medicine*, 49, S85.

9. Spring, B.*, Pellegrini, C. A., McFadden, H. G., **Pfammatter, A.**, Siddique, J., & Hedeker, D. (2015). Clinical Trial of a Mobile Health Intervention for Simultaneous versus Sequential Diet and Activity Change. *Circulation*, 132: 23, 2270.
10. Alharbi, R., Matta, R., Hedeker, D., Iakovlev, G. **Pfammatter, A.F.**, Spring, B., Alshurafa, N.* (2016). Using a mixed-effects location scale model to examine factors that influence overeating behaviors among college students. Proceedings of the Wireless Health 2016 on National Institutes of Health.
11. **Pfammatter, A.F.***, Spring, B., Saligram, N., Dave, R., Gowda, A., Blais, L., Kaufman, F., Ranjani, H., Ganda, O., Hedeker, H., Reddy, S., Arora, M. (2016). Preventive Medicine for those who need it most: Changing health behaviors in India, one text at a time. *Annals of Behavioral Medicine*, 50, S74. Early Career Award, Diabetes SIG
12. **Pfammatter, A.F.***, Thomaz, E., Moran, K., Spring, B., (2016). A case study in new technology-based approaches to eating detection, prediction, and intervention. *Annals of Behavioral Medicine*, 50, S206.
13. Alshurafa, N.*, **Pfammatter, A.F.***, Sazonov, E.* (2018). Passive sensing of eating behaviors in the wild: Current state of the art and implications for obesity research. *Annals of Behavioral Medicine*, 52(Sup 1): S152.
14. **Pfammatter, A.F.*** (2018). From sensing to theory: Implications of capturing naturally occurring behaviors in the wild. *Annals of Behavioral Medicine*, 52(Sup 1): S153.
15. **Pfammatter, A.F.***, *Ledford, G., Hood S., Arca, S., Wang, S.*, Spring, B., (2017) Embracing iteration guided by mixed method evaluation during mHealth clinical trials. *Annals of Behavioral Medicine*, 51, S1651-S1652.
16. Alshurafa, N.*, **Pfammatter, A.F.**, Spring, B. (2017). Passive sensing of eating behaviors: Current state of the art and implications for behavioral medicine research. *Annals of Behavioral Medicine*, 51, S2375.
17. **Pfammatter, A.F.***, Moran, K., Spring, B. (2017). Leveraging passive sensing for just in time adaptive interventions on eating. *Annals of Behavioral Medicine*, 51, S2376-S2377.

18. **Pfammatter, A.F.***, Alshurafa, N., Spring, B., (2017). Using machine learning to refine behavior change theory: The case of participant engagement in mHealth intervention. *Annals of Behavioral Medicine*, 51, S2405.
19. Alshurafa, N.*, **Pfammatter, A.F.***, Sazonov, E.* (2018). Passive sensing of eating behaviors in the wild: Current state of the art and implications for obesity research. *Annals of Behavioral Medicine*, 52(Sup 1): S152.
20. **Pfammatter, A.F.***, *Alharbi, R.*, Alshurafa, N. (2018). From sensing to theory: Implications of capturing naturally occurring behaviors in the wild. *Annals of Behavioral Medicine*, 52(Sup 1): S153.
21. Hoffman, S.A.*, **Pfammatter, A.F.**, Pellegrini, C.A., McFadden, H.G., Collins, L.M., Spring, B. (2018) A MOST factorial experiment to optimize a weight loss intervention: 3-month outcomes of the Opt-IN trial. *Annals of Behavioral Medicine*, to be presented at the Annual Meeting of the Society of Behavioral Medicine, New Orleans, L
22. Rak, P., Klyachko, K., **Pfammatter, A.F.**, McFadden, Hansen, M., Shetty, V., Spring, B.* (2018). An exploration of how emergent collaboration patterns relate to project performance of embedded interdisciplinary mHealth teams. Presented at NU Research Day, Chicago, IL and SciTS, Galveston, TX
23. Mielenz, T.*, Brincks, A.*, **Pfammatter, A.***, StGeorge, S., Cavallo, D. (2019). Overcoming barriers to NIH funding for optimization of behavioral and biobehavioral interventions. *Annals of Behavioral Medicine*, 52(Sup 1): S169.
24. **Pfammatter, A.F.***, *Bell, R.*, Alshurafa, N., Spring, B. (2019). Revealing meaningful engagement in mHealth interventions using machine learning. *Annals of Behavioral Medicine*, 52(Sup 1): S422
25. Bardsley, L.R.*, **Pfammatter, A.F.**, Mcfadden, H.G., Hedeker, D., Siddique, J.H., Klyachko, E.A., Rak, P., Spring, B. (2019). COALESKE (teamscience.net) online interdisciplinary research training: A promising beginning, new advances, and future directions. Association for Clinical and Translational Science, Washington, D.C.

26. **Pfammatter, A.F.*** (2019) Patterns of newly formed interdisciplinary collaborations over time during an immersive training experience. *Science of Team Science*, Lansing, Michigan.
27. Stump, T.*, Spring, B., Li, Y., Phillips, A., Rothman, A., McFadden, H.G., Alshurafa, N. **Pfammatter, A.F.**, Siddique, J., Hedeker, H., Hay, J.L., Schofield, E.A., (2019). Novel methods of conceptualizing and assessing health habits using intensive longitudinal data. *Annals of Behavioral Medicine*, 53(Sup 1): S415.
28. Spring, B.*, **Pfammatter, A.F.**, *Hoffman, S.*, Pellegrini, C., McFadden, H.G., Siddique, J., Hedeker, D., Collins, L. (2019) Determining the optimal 6-month weight loss treatment package: Results of the Opt-IN study. *Annals of Behavioral Medicine*, 53(Sup 1): S443.
29. Alshurafa, N.*, *Zhang, S.*, **Pfammatter, A.F.** (2019). Predicting calorie consumption in individuals with and without obesity: Results from a video field study. *Annals of Behavioral Medicine*, 53(Sup 1): S540.
30. **Pfammatter, A.F.***, Collins, L., Nahum-Shani, I., Spring, B., Bennett, G., Gwadz, M., Czyz, E. (2019). Decision making in the optimization of multicomponent interventions: An open discussion. *Annals of Behavioral Medicine*, 53(Sup 1): S182.
31. **Pfammatter, A.F.**, *Hoffman, S.**, Pellegrini, C., McFadden, H.G., Collins, L., Spring B. (2019) Overview of multiphase optimization strategy (MOST) phases and designs to address evidence-based behavioral practices. European Health Psychology Society, Dubrovnik, Croatia.
32. *Hoffman, S.*, **Pfammatter, A.**, Pellegrini, C., McFadden, H.G., Collins, L., Spring, B.* (2019) The MOST optimization phase: Case example of the Opt-IN weight loss study. European Health Psychology Society, Dubrovnik, Croatia.
33. **Pfammatter, A.*** Nahum-Shani, I., McFadden, H.G., Siddique, J., Hedeker, D., Spring B. (2019). Testing stepped care interventions optimized for weight loss and conservation of resources. European Health Psychology Society, Dubrovnik, Croatia.

34. Spring, B., **Pfammatter, A.F.**, Marchese, S., Martindale, L., Battalio, S., Stump, T., Hedeker, D., Nahum-Shani, I. (2020). Do digital interventions overcome socio-demographic differences in weight loss initiation. *Obesity*, 28, 15.
35. Spring, B., **Pfammatter, A.F.**, Scanlan, L., McFadden, H., Marchese, S., Siddique, J., Hedeker, D., Nahum-Shani, I. (2020). How low can we go? Optimal first line and augmentation treatment tactics for obesity stepped care. *Obesity*, 28, 106.
36. Alshurafa, N., Zhang, S., Romano, C., Zhang, H., **Pfammatter, A.F.**, Lin, A. (2020). Association of number of bites and eating speed with energy intake using wearables in the real world. *Obesity*, 28, 53.
37. Spring, B., Patel, M., **Pfammatter, A.F.** (2020). New module supporting community engaged research added to COALESCE (teamscience.net) online training for interdisciplinary teams. *Journal of Clinical and Translational Science*, 4, s1, 64.
38. Stump, T., West, A.B., Peter, P., Conroy, D., Spring, B., **Pfammatter, A.F.**, Battalio, S., Alshurafa, N., Hedeker, D., Streeper, N., Thomaz, E. (2020). Using digital health interventions to promote healthy habit formation. *Annals of Behavioral Medicine*, 54, S193.
39. Marchese, S., **Pfammatter, A.F.**, Michie, S., Guastaferro, K., Spring, B. (2020) The behavior change technique taxonomy and the multiphase optimization strategy: How do they work together? *Annals of Behavioral Medicine*, 54, S449.
40. Marchese, S.H., DeZelar, M., Siddique, J., **Pfammatter, A.F.**, Spring, B. (April, 2022). The experience of receiving social support within a weight loss intervention: A qualitative interview study. *Annals of Behavioral Medicine*, 56 (Suppl 1): S231.
41. Battalio, S.L., Goldstein, M., Rumsey, H., DeZelar, M., Auster-Gussman, L., Daly, E., **Pfammatter, A.**, Spring, B., (April, 2022). A thematic analysis of participant perspectives on weight loss treatment components in the Opt-IN study. *Annals of Behavioral Medicine*, 56 (Suppl 1): S343.

B. Posters

1. **Fidler, A.***, Dittoe, S., Quartana, P., & Zakowski, S. (2004). Moderating effect of time on the benefit of written emotional expression. Presented at the annual meeting of the American Psychological Society, Chicago, IL.
2. Dittoe Barrett, S.*, **Fidler, A.**, Pontarelli, N., Burns, J., and Zakowski, S. G. (2006). The relationship between coping flexibility and the use of effective coping strategies. Poster presented at the annual meeting of the Association for Psychological Science, New York.
3. Dittoe Barrett, S.*, **Fidler, A.**, Pontarelli, N., Burns, J., and Zakowski, S. G. (2006). The relationship between coping flexibility and the use of effective coping strategies. Poster presented at the 2nd annual Rosalind Franklin University student research consortium.
4. **Fidler, A.***, Dittoe Barrett, S., Kramer, M., Lofland, K. (2006) Can Thermal Biofeedback Help Diabetic Neuropathy? Poster presented at the annual meeting of the Midwest Pain Society, Chicago.
5. Dittoe Barrett, S.*, Kramer, M., **Fidler, A.**, Lofland, K. (2006) Thermal biofeedback and Complex Regional Pain Syndrome: A review of the literature and suggestions for further research. Poster presented at the annual meeting of the Midwest Pain Society, Chicago.
6. Dittoe Barrett, S.*, **Fidler, A.**, Pontarelli, N., Burns, J., and Zakowski, S. G. (2006) Coping flexibility and effective coping strategies: Implications for chronic pain populations. Poster presented at the annual meeting of the Midwest Pain Society, Chicago.
7. Kramer, M.K.*, Barret, S.D., **Fidler, A.**, Blodgett-Dycuss, C.J., Goforth, H., & Konopka, L.M. (2006) Effects of Methylphenidate on mood state, cognition, and neurophysiology in patients with depression secondary to vascular illness: Implications for the chronic pain population. Poster presented at the annual meeting of the Midwest Pain Society, Chicago.
8. Dittoe Barrett, S.*, Lofland, K., **Pfammatter, A.**, Sherrington, C., Gagnon C., (2012). Thermal Biofeedback for the Treatment of Complex Regional Pain Syndrome: Case Reports. Poster presented at the annual meeting of the Midwest Pain Society, Chicago.

9. **Pfammatter, A.***, Gagnon, C., Dittoe Barrett, S., Lofland, K. (2012). An RCT of TBAR for DPN: Can thermal biofeedback be successful in diabetic neuropathy? (Abstract) *Pain Research and Management*; 18,2.
10. **Pfammatter, A.***, Vallis, M., Carr, B., Cox, J., O'Neill, B., & Szpilfogel, C., (2012). Behaviour change intervention by non-psychologist providers: Can we reduce cardiovascular and metabolic syndrome risk in a primary care setting? (Abstract). Society of Behavioural Medicine 33rd Annual Meeting & Scientific Sessions: Rapid Communications, 71.
11. Vallis, M.*, **Pfammatter, A.**, Cox, J., Szpilfogel, C., O'Neill, B., Carr, B., (2012). Improving the odds of cardiovascular risk reduction: Who are the responders to lifestyle interventions? *Family Medicine*, 44.
12. Spring, B., McFadden, H., DeMott, A., Siddique, J., Pellegrini, C., Davidson, M., Driver, S., *Hoffman, S.*, Thornton, L., **Pfammatter, A.** (2013). Applications of Mobile Health Technologies to Reduce CV Risk: Evolution of the App. Presented at the Heart Institutes at Northwestern Medicine Launch Event, Chicago, IL.
13. **Pfammatter, A.F.***, Vallis, T.M., Szpilfogel, C., O'Neill, B., Carr, B., Cox, J. (2014). Goal setting: Is it worth it? *Annals of Behavioral Medicine*, 47, S195.
14. **Pfammatter, A.F.***, *Hoffman, S.*, Pellegrini, C., Davidson, M., *Maby, C.*, *Daly, E.*, Spring, B. (2015). Feasibility of a theory driven, tailored, and automated messaging system for weight loss. *Annals of Behavioral Medicine*, 49, S111.
15. **Pfammatter, A.F.***, Shirong, L.A., Conroy, D., Spring, B., (2015). Brief, computer based implicit and explicit attitude measures to predict online and actual food choice. *Annals of Behavioral Medicine*, 49, S19.
16. Ranwala, D., Ballargeron, G., Brasier, A., Cordero, J., Demby, K., DiazGranados, D., Kane, C., Iakovlev, G., Peden D., **Pfammatter, A.**, Spring, B., Tigges, B., Trochim, W., Wiseman, L., Wooten, K., Yehiely, F. (2016). Multi-CTSA team science intervention pilot study. Science of Team Science 2017 Conference, Clearwater Beach, FL.

17. Alshurafa, N*, Iakovlev, G., **Pfammatter, A.F.**, Spring, B., (2016). Improved conceptual models of engagement in an mHealth intervention application. Obesity Week Proceedings, New Orleans, LA.
18. Zhang, S.*, Alharbi, R., Stogin, W., Moran, K., **Pfammatter, A.F.**, Spring, B., Alshurafa, N., (2016). Machine learning algorithms applied to detect feeding gestures. Obesity Week Proceedings, New Orleans, LA.
19. Cohen, E.*, Alharbi, R., Moran, K., **Pfammatter, A.F.**, Spring, B., Alshurafa, N., (2016). Random forest detects eating in a neck-worn sensor: Results from a simulated real-life setting. Obesity Week Proceedings, New Orleans, LA. The Obesity Society's eHealth/mHealth Section Poster Competition Winner.
20. Spring, B.*, Pellegrini, C., McFadden, H.G., **Pfammatter, A.**, Siddique, J., Hedeker, D., (2016). Make better choices 2: RCT of a mobile health intervention for simultaneous versus sequential diet and activity change. Annals of Behavioral Medicine, 50, S100. Citation Award Winner.
21. Warnick, J.*, **Pfammatter, A.F.**, Galluzi, T., Spring, B. (2016). How to make "on fleek" mHealth interventions – and other pointers from target college population. Annals of Behavioral Medicine, 50, S123.
22. Alshurafa, N. Alharbi, R., **Pfammatter, A.F.**, Spring, B., (2017). Willsense: Will participants wear passive sensing devices long enough to study eating behavior. Obesity Week Proceedings, Washington, D.C.. The Obesity Society's eHealth/mHealth Section Poster Competition Winner.
23. Klyachko, K.*, Rak, P., McFadden, H., **Pfammatter, A.F.**, Hedeker, D., Siddique, J., Spring, B. (2018). An overview of teamscience.net: Online, cross-disciplinary research training for health and medical professionals. NU Research Day, Chicago, IL and SciTS, Galveston, TX.
24. Stump, T.K.*, Spring, B., Hedeker, D., Siddique, J., & **Pfammatter, A.F.** (2018). Changes in healthy goal commitment and automaticity during a technology-assisted multiple health behavior intervention. Annals of Behavioral Medicine, 52(Sup 1): S314.
25. Hoffman, S.A.*, **Pfammatter, A.F.**, Pellegrini, C.A., Phillips, S.M., Spring, B. (2018) Selecting for social support: The presence of homophily among

- weight loss participants and their supporters. *Annals of Behavioral Medicine*, 52(Sup 1): S587.
26. **Pfammatter, A.F.***, *Daly, E.*, McFadden, G., Spring, B. (2018). Using dual process theory to determine effective messaging to support adherence to a time restricted diet. *Annals of Behavioral Medicine*, to be presented at the Annual Meeting of the Society of Behavioral Medicine, New Orleans, LA.
 27. *Wang, S.**, **Pfammatter, A.F.**, *Daly, E.*, Spring, B. (2018). tRD Lightly: Adherence to low burden self-monitoring and weight loss outcomes in a time restricted diet trial. *Annals of Behavioral Medicine*, 52(Sup 1): S46.
 28. **Pfammatter, A.F.***, Vallis, M., O'Neill, B., Szpilfogel, C., Kwasny, M., Cox, J. (2019). Examining a sustainable cardiovascular disease prevention strategy in primary care. 2018 International Behavioural Trials Network (IBTN) Conference Abstracts, *Annals of Behavioral Medicine*, 53(3), Pages 299–308.
 29. **Pfammatter, A.F.***, *Daly, E.*, McFadden, H.G., Spring, B. (2019). Using dual process theory to determine effective messaging to support adherence to a time restricted diet. *Annals of Behavioral Medicine*, 52(Sup 1): S303.
 30. Alshurafa, N.*, *Alharbi, R.*, **Pfammatter, A.F.**, Spring, B. (2018). Detecting real time episodic overeating for just in time interventions. *Annals of Behavioral Medicine*, 52(Sup 1): S726.
 31. *DeZelar, M.**, *Hoffmann, S.*, **Pfammatter, A.F.**, Spring, B. (2018). Meal Replacement Usage and Favorability in a Weight Loss Trial. *Annals of Behavioral Medicine*, 52(Sup 1): S584.
 32. Alshurafa, N.*, *Jain, J.*, Spring, B., **Pfammatter, A.F.** (2018). Predictors of cardiovascular health trends in college students. *Circulation*, 138 (Sup 1): A16900
 33. **Pfammatter, A.F.***, *Wang, S.*, Hood, S., Mitsos, A., Spring, B. (2018). Cardiovascular health study of emerging adults entering college: Implications for prevention research. *Circulation*, 138 (Sup 1): A16832.

34. DeZelar, M., Hoffman, S., **Pfammatter, A.F.***, McFadden, H.G., Spring, B. (2019). Therapeutic alliance and self-efficacy on weight loss outcomes. *Annals of Behavioral Medicine*, 53(Sup 1.): S352.
35. Hoffman, S.,* **Pfammatter, A.**, McFadden, H.G., Collins, L., Spring, B., Pellegrini, C. (2019). Lessons from implementing a factorial experiment within the MOST framework: The Opt-IN weight loss study. European Health Psychology Society, Dubrovnik, Croatia.
36. Stump, T. K., Spring, B., Hedeker, D. **Pfammatter, A.**, Alshurafa, N., & Battalio, S. (2020). Behavioral Consistency as a Marker of Habit Formation within Digital Health Interventions. Symposium cancelled due to Covid-19 for the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.
37. **Pfammatter, A.F.**, Patel, M., Spring, B. (2020). Development of an experiential workshop series to support interdisciplinary teams: Lessons learned. Lightning talk delivered virtually due to Covid-19 at the annual meeting of the International Network for the Science of Team Science.
38. Spring, B., Moscovitz, D.A., Butt, Z., & **Pfammatter, A.** (2021). Use of an IDEAS lab to integrate disciplinary siloes in order to advance research on cancer and aging. Science of Team Science Annual Conference. May 2021.
39. **Pfammatter, AF**, Jovanovic, C, McFadden, HG, Olvera, C, Siddique, J, Hedeker, D, Spring, B (March 2022). A Cluster Randomized Trial Of An Mhealth Intervention To Promote Cardiovascular Health In Emerging Adults: Results Of The Nuyou Study. Poster presented at American Heart Association Epidemiology, Prevention, Lifestyle, and Cardiometabolic Health, Chicago. *Circulation*, 145 (Supp 1) AP074.
40. Jovanovic, C, **Pfammatter, A**, Daly, E, Spring, B A Confirmatory Factor Analysis Of The Whole Food Plant-based Diet Attitudes And Beliefs Survey. (March, 2022) Poster presented at American Heart Association Epidemiology, Prevention, Lifestyle, and Cardiometabolic Health, Chicago. *Circulation*, 145 (Supp 1) AP053
41. Kalam, F., **Pfammatter, A.**, Khan, S., & Spring, B. (2021). Effects of a 10-Hour Restricted Diet on Body Weight in Pre- and Post-Menopausal Women: A

- Pilot Study. Delivered virtually to the University of North Carolina Conference on Nutrition, Obesity, and Cancer.
42. Yu, J.K. *Battalio, S., Pfammatter, A., Hedeker, D., Spring, B.* (March, 2022) Disparities in telehealth for oncology encounters during COVID as a function of race, ethnicity, and insurance type. American Society for Preventive Oncology. Tucson, AZ
 43. *Jovanovic, C.E.S., Granata, F., Kalam, F., Pfammatter, A.F., Spring, B.* (March, 2022). Survey: Pros and cons of a WFPBD among US adults. American Society for Preventive Oncology. Tucson, AZ
 44. *Kalam F., Akasheh, R.T., Jovanovic, C., Pfammatter, A.F., Reddy, S., Khan, S., Spring, B.* (March, 2022). Effect of 10-hours time restricted diet on breast cancer risk in pre and postmenopausal women with overweight or obesity: TRED pilot study. American Society for Preventive Oncology. Tucson, AZ
 45. **Pfammatter, A.F.,** Hughes, B.O., Spring, B., Tasali, E. (April, 2022). A novel mHealth tool to support behavior change and treatment adherence in patients with obstructive sleep apnea. *Annals of Behavioral Medicine*, 56 (Suppl 1): S28.
 46. *Dunfee, M., Vos, S.C., Bonds, D., Pfammatter, A.F., Sherman, D., Westneat, S., Spring, B., Schoenberg, N.E.,* (April, 2022). Adapting recruitment messaging strategies for an mHealth intervention from an urban to a rural population. *Annals of Behavioral Medicine*, 56 (Suppl 1): S41.
 47. *Marchese, S.H., Siddique, J., Pfammatter, A.F., Spring, B.* (April, 2022). Homophily as a social support moderator between intervention assignment and weight loss. *Annals of Behavioral Medicine*, 56 (Suppl 1): S303.
 48. *Jovanovic, C., Arnaoudova, I., Spring, B., Pfammatter, A.F.,* (April, 2022). Moderating effects of depression and achievement motives on cardiovascular disease risk factors in young adults. *Annals of Behavioral Medicine*, 56 (Suppl 1): S503.
 49. *Fernandes, G., Choi, A., Pfammatter, A.F., Spring, B., Darwhiche, A., Alshurafa, N.,* (April, 2022). Weight-loss prediction: A mobile health case study of explainable AI. *Annals of Behavioral Medicine*, 56 (Suppl 1): S678.

50. Kalam F., Akasheh, R.T., Jovanovic, C., **Pfammatter, A.**, Reddy, S., Khan, S., Spring, B. (2022). Effect of 10-hours time restricted diet on breast cancer risk in pre and postmenopausal women with overweight or obesity: TRED pilot study. *Current Developments in Nutrition*, 6(Supp 1): 1065.
Doi:10.1093/cdn/nzac070.024
51. Kalam F., Ali, S., **Pfammatter, A.**, Spring, B., Takrouri, A., Lin, A. (2022). Effect of 10-hours time restricted diet on breast cancer risk in pre and postmenopausal women with overweight or obesity: TRED pilot study. *Current Developments in Nutrition*, 6(Supp 1): 1066.
Doi:10.1093/cdn/nzac070.025
- 52.

TEACHING

- | | |
|-------------|---|
| 2021 | New York University
Guest Lecture: Building mHealth Interventions to Prevent Chronic Disease
Virtual |
| 2019 - 2021 | Northwestern University
Guest Lecture: Medical Communication/Psychosocial aspects of Genetic
Chicago, IL |
| 2019, 2022 | OBSSR, NIDA, The William T. Grant Foundation, The Pennsylvania State University/New York University
Associate Instructor: Training on Optimization of Behavioral and Biobehavioral Interventions
Bethesda, MD |
| 2019 | Northwestern University
Co-Instructor: Public Health 317, Topics in Public Health: Team Science
Chicago, IL |
| 2018 - 2022 | Northwestern University
Course Director: Public Health 301, Behavior, Society, and Health
Chicago, IL |

- 2017 Northwestern University
Co-Instructor: Public Health 301, Behavior, Society, and Health
Chicago, IL
- 2016 Northwestern University
Guest Lecturer: Public Health 301, Behavior, Society, and Health
Chicago, IL
- 2015 Northwestern University
Guest Lecturer: mHealth and Behavior Theory: Wireless and
mHealth
Evanston, IL
- 2012 Mount Saint Vincent University
Part-Time Faculty: Introduction to Psychology II
Halifax, Nova Scotia, Canada
- 2007 Rosalind Franklin University of Medicine and Science
Cognitive Assessment Teaching Assistant
North Chicago, Illinois, USA
Supervisor: John Woodard, PhD

INSTITUTIONAL SERVICE (Committees, Councils, Task Forces)

- 2005 Chair, Committee for Student Interest, Rosalind Franklin
University (RFUMS)
- 2005 – 2006 President, Graduate Association of Students of Psychology,
RFUMS
- 2006 Psychology Representative, Student Council Constitution Review
Committee, RFUMS
- 2006 Student Representative, Student Health Advisory Committee,
RFUMS
- 2006 – 2007 Vice President, Graduate Association of Students of Psychology,
RFUMS
- 2006 – 2007 Graduate School Representative, Student Dean’s Council, RFUMS
- 2006 – 2007 President, Graduate Student Association, RFUMS
- 2019 Member, Website Committee, Department of Preventive Medicine
- 2019 - Judge, Research Day Poster Session, Feinberg School of Medicine
- 2020 - 2020 Faculty Search Committee, Team Science Track, Division of
Behavioral Medicine
- 2020 Judge, Paula Stern Award, Feinberg School of Medicine

- 2021 Reviewer, Cancer and Aging Translational Bridge Award, Robert H Lurie Cancer Center
- 2021-2022 Faculty Search Committee, Team Science Track, Division of Behavioral Medicine
- 2021-2022 Department of Preventive Medicine 50th Anniversary Committee Northwestern University Feinberg School of Medicine

SERVICE TO PROFESSION

A. Professional Society Memberships

- 2004 – 2005 American Psychological Society
- 2006 – 2012 Midwest Pain Society
- 2011 - Society of Behavioral Medicine
- 2011 – 2013 Association of Psychologists of Nova Scotia
- 2012 – 2013 Canadian Psychological Association
- 2012 – 2013 Canadian Pain Society
- 2014 - 2016 The Obesity Society
- 2017 - American Psychological Association
- 2018- American Heart Association
- 2018 - International Behavioral Trials Network
- 2019 - 2020 International Science of Team Science, founding member
- 2019 European Health Psychology Society

B. Leadership and Service

- 2016 - 2021 Board Member
Optimization of Behavioral and Biobehavioral Interventions Special Interest Group
Society of Behavioral Medicine
- 2017 Invited Expert
Good Clinical Practices Workshop
National Institutes of Health, Science of Behavior Change program
- 2019 Expert Reviewer
Theoretical Fidelity of Health Messages
The Motivation Lab, The Pennsylvania State University
- 2019 Poster Judge
Inaugural Annual Meeting
National Collaborative for Education to Address Social Determinants of Health
- 2019 - 2020 Abstract Reviewer
Annual Meeting
Society of Behavioral Medicine

2020 Member
 Scientific Steering Committee
 International Behavioral Trials Network

2020 Expert Reviewer
 Resource Development for ClinicalTrials.Gov
 Office of Behavioral and Social Science Research (OBSSR/NIH)

2020- Board Member
 Membership Council
 Society of Behavioral Medicine

2020 Application Reviewer
 LMIC Travel Awards
 International Behavioural Trials Network

2021 - Topic Area Chair: Cardiovascular Health and Disease
 Society of Behavioral Medicine

2022 - Appointed Obesity Committee Member
 American Heart Association

2022 - Co-Leader
 Health Behavior Theory Workgroup
 National Institutes of Health / OBSSR

2023 - Appointed Human Research Committee Member
 American Psychological Association

C. Editorial and Manuscript Review

2013 - Canadian Journal of Diabetes, Reviewer

2013 - Journal of Consulting and Clinical Psychology, Reviewer

2014 - American Journal of Preventive Medicine, Reviewer

2014 - Translational Behavioral Medicine, Reviewer

2014 - Journal of Medical and Internet Research, Reviewer

2015 - Obesity, Reviewer

2016- Current Diabetes Review, Reviewer

2016 - Sensors, Reviewer

2017- Psychology of Sport & Exercise, Reviewer

2018- Journal of Behavioral Medicine, Reviewer

2019- Value in Health, Reviewer

2019 - Contemporary Clinical Trials, Reviewer

2020- Annals of Behavioral Medicine, Reviewer

2020 PCORI, Reviewer

2020 - Contemporary Clinical Trials, Editorial Board Member

D. Grant Review

- 2018 NIH – Psychosocial Risk and Disease Prevention Standing Study Section (PRDP)
Early Career Reviewer
- 2019 University of Maryland, Baltimore – Institute for Clinical and Translational Research
External Reviewer for Accelerated Translational Incubator Pilot Grant Program
- 2020 University of Nebraska
External Reviewer for Collaboration Initiative Grant
- 2021 Social Sciences and Humanities Research Council of Canada
Insight Grant Reviewer
- 2022 NIH – Special Emphasis Panel
Ad Hoc Reviewer

COMMUNITY / PUBLIC SERVICE

- 2010 – 2012 Market Volunteer, The Grainery Food Cooperative
- 2013 – 2022 Leader, Girl Scouts of America Troop #23057
- 2018- 2022 Ogden Jenner PTO Founding Member and Treasurer

MEDIA COVERAGE AND APPEARANCES

Eastwood, B. (2021) “How Northwestern’s Catalyst Lab scales healthy behavior program with Couchbase.” VentureBeat. Retrieved from:

<https://venturebeat.com/2021/12/31/northwesterns-catalyst-lab-scales-healthy-behavior-program-with-couchbase/>

Ruppenthal, A. (2019) “Northwestern develops tool to help scientists play nice while collaborating.” WTTW. Retrieved from:

<https://news.wttw.com/2019/07/18/northwestern-develops-tool-help-scientists-play-nice-while-collaborating>

Cavallo, D. & Pfammatter, A. (2019) “Weight loss: Meet your goals with a support network.” Society of Behavioral Medicine. Retrieved from

<https://www.sbm.org/healthy-living/weight-loss-meet-your-goals-with-a-support-network>

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<https://www.sciencedaily.com/releases/2018/01/180108090243.htm>.

Grzanich, S. (2016) "The Opening Bell 08-10-16: A Text A Day Keeps The Doctor Away." WGN Radio.

Frellick, M. (2016) "Twice-Weekly Texts Improve Diabetes Prevention in India." Medscape. Retrieved from <https://www.medscape.com/viewarticle/867192>

Malewar, A. (2016) "Mobile technology help in prevention of diabetes: Study." Tech Explorist. Retrieved from <https://www.techexplorist.com/mobile-technology-help-prevention-diabetes/3444/>

Wicklund, E. (2016) "The Message is Clear: mHealth Can Be Motivational." mHealth Intelligence. Retrieved from <https://mhealthintelligence.com/news/the-message-is-clear-mhealth-can-be-motivational>

(2016) "Texting million people in India improves diabetes prevention." The Free Press Journal. Retrieved from <http://www.freepressjournal.in/webspecial/texting-million-people-in-india-improves-diabetes-prevention-2/906960>

Paul, M. (2016) "Can texting health advice curb diabetes in India?" Futurity. Retrieved from <https://www.futurity.org/texts-diabetes-india-1222602-2/>

(2016) "Text messages increase healthy behaviors in India." Endocrine Today. Retrieved from <https://www.healio.com/endocrinology/practice-management/news/online/%7B56518ec6-c4b3-4aa3-98e2-bc086660f522%7D/text-messages-increase-healthy-behaviors-in-india>.

(2016) "Smartphone Apps May Enhance Study of Cardiovascular Health." Endocrinology Advisor. Retrieved from <https://www.endocrinologyadvisor.com/cardiovascular-and-metabolic-disorders/cv-health-smartphone-apps/article/579433/>.

(2016) "Texting million people in India improves diabetes prevention." The Indian Express. Retrieved from <http://indianexpress.com/article/lifestyle/health/texting-million-people-in-india-improves-diabetes-prevention-2964401/>.

(2016) "Study: Mobile technology can help in prevention of diabetes." Retrieved from <http://www.best-formula.com/study-mobile-technology-can-help-prevention-diabetes/>.

Chin, E. (2015) "ASG updates constitution, urges for 'yes means yes' legislation on college campuses." The Daily Northwestern. Retrieved from <https://dailynorthwestern.com/2015/02/05/campus/asg-updates-constitution-urges-for-yes-means-yes-legislation-on-college-campuses/>

Czajka, K. (2015) "Feinberg study aims to improve student health." The Daily Northwestern. Retrieved from <https://dailynorthwestern.com/2015/10/11/campus/feinberg-study-aims-to-improve-student-health/>