

# Brooke T. Nezami, PhD, MA

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Department of Nutrition  
University of North Carolina at Chapel Hill  
UNC Weight Research Program  
1700 Martin Luther King Jr. Blvd, Suite 136, Campus Box #7294  
Chapel Hill, NC 27599-7294  
(919) 966-5852  
bnezami@unc.edu

*Updated 08/06/2024*

## EDUCATION

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- 2019 Postdoctoral Training, Nutrition, Physical Activity, and Weight Research  
Lineberger Comprehensive Cancer Center  
University of North Carolina at Chapel Hill, Chapel Hill, NC
- 2016 PhD, Health Behavior  
Gillings School of Global Public Health  
University of North Carolina at Chapel Hill, Chapel Hill, NC
- 2008 MA, Clinical Health Psychology  
Appalachian State University, Boone, NC
- 2006 BA, Psychology, Biology  
University of North Carolina at Chapel Hill, Chapel Hill, NC

## PROFESSIONAL EXPERIENCE

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- 2019-present Research Assistant Professor, Department of Nutrition, UNC Gillings  
School of Global Public Health, University of North Carolina at Chapel Hill
- 2016-2019 Postdoctoral Research Associate, UNC Weight Research Program,  
Lineberger Comprehensive Cancer Center, University of North Carolina  
at Chapel Hill
- 2010-2016 Graduate Research Assistant, Department of Health Behavior, University  
of North Carolina at Chapel Hill
- 2012-2013 Predoctoral Fellow, Ruth L. Kirchstein National Research Service Award,  
Maternal and Child Obesity Training Grant, Department of Nutrition,  
University of North Carolina at Chapel Hill (PI: Dr. Barry Popkin, T32  
HD057824)
- 2009-2010 Clinical Research Associate, Pediatric Neurocognitive Outcomes  
Research Program, Duke University Medical Center, Durham, NC
- 2008-2009 Research Assistant, Anxiety Intervention Meta-Analysis, Duke Child and  
Family Study Center, Duke University Medical Center, Durham, NC
- 2008 Clinical Psychology Extern, Pediatric Psychology Service, Duke  
University Medical Center, Durham, NC

2006-2008	Project Coordinator, Psychology of Size Study, Appalachian State University, Boone, NC
2005-2006	Undergraduate Research Assistant, UNC Department of Psychiatry, University of North Carolina at Chapel Hill

## HONORS AND AWARDS

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2016	Early Career Poster Award for Excellence in Science with a Focus on eHealth and mHealth, eHealth/mHealth Section at the 2016 Annual Meeting of the Obesity Society
2016	Delta Omega Inductee, Public Health Honorary Society
2016	Citation Abstract Award, 37 <sup>th</sup> Annual Meeting of the Society of Behavioral Medicine
2016	Meritorious Student Abstract Award, 37 <sup>th</sup> Annual Meeting of the Society of Behavioral Medicine
2016	Technology SIG Student Award, 37 <sup>th</sup> Annual Meeting of the Society of Behavioral Medicine
2016	Graduate Education Advancement Board Impact Award, The Graduate School, University of North Carolina at Chapel Hill
2015	1 <sup>st</sup> Place Student Abstract Competition, American Institute for Cancer Research/Obesity and Cancer Section at the 2015 Annual Meeting of the Obesity Society
2015	2 <sup>nd</sup> Place Early Career Award, 2015 Annual Meeting of the Obesity Society
2015-2016	Dissertation Completion Fellowship, The Graduate School, University of North Carolina at Chapel Hill
2014-2015	Gillings Dissertation Award, Gillings School of Global Public Health, University of North Carolina at Chapel Hill
2013	Meritorious Student Abstract Award, 34 <sup>th</sup> Annual Meeting of the Society of Behavioral Medicine
2007-2008	Dr. Frank R. Terrant Memorial Scholarship, Appalachian State University
2007	Cratis D. Williams Alumni Fellowship, Appalachian State University

## BIBLIOGRAPHY

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### Book Chapters

Tate, D.F., **Nezami, B.T.**, & Valle, C.G. (2018). Remotely delivered interventions for obesity. In Wadden T.A. & Bray, G.A. (eds). *Handbook of Obesity Treatment, 2nd Edition*. New York, NY: Guilford Press.

### Refereed Journal Articles (\*indicates student or mentee)

1. Hurley, A., \* **Nezami, B.T.**, Sciamanna, C., & Tate, D.F. (In press). Personal goal setting eHealth component associated with improved weight loss at 6 months: A mixed methods secondary analysis. *Digital Health*.

2. Valle, C.G., Heiling, H.M., Deal, A.M., Diamond, M.A., Hales, D.P., **Nezami, B.T.**, et al. (2024). Examining sociodemographic and health-related characteristics as moderators of an mHealth intervention on physical activity outcomes in young adult cancer survivors. *Journal of Cancer Survivorship*. [Epub ahead of print] doi:10.1007/s11764-024-01577-4
3. Bernate Angulo, S.V., \* **Nezami, B.T.**, Martin, S.L., Kay, M.C., Richardson, T., & Wasser, H.M. (2024). Concordance in dietary intake among caregivers and infants during the period of complementary feeding: A scoping review. *Appetite*, 194, 107178. doi:10.1016/j.appet.2023.107178
4. Willis, E.A., Burney, R., Hales, D., Ilugbusi, L.O., Tate, D.F., **Nezami, B.T.**, et al. (2023). “My wellbeing-their wellbeing” – an eHealth intervention for managing obesity in early care and education: Protocol for the Go NAPSACC Cares cluster randomized control trial. *PLOS ONE*, 18, e0286912. doi:10.1371/journal.pone.0286912
5. Valle, C.G., Diamond, M., Heiling, H., Deal, A., Hales, D., **Nezami, B.T.**, et al. (2023). Physical activity maintenance among young adult cancer survivors in an mHealth intervention: Twelve-month outcomes from the IMPACT randomized controlled trial. *Cancer Medicine*, 12,16502-16516. doi:10.1002/cam4.6238
6. Valle, C.G., Diamond, M., Heiling, H., Deal, A.M., Hales, D.P., **Nezami, B.T.**, et al. (2023). Effect of an mHealth Intervention on Physical Activity Outcomes among Young Adult Cancer Survivors: The IMPACT Randomized Controlled Trial. *Cancer*, 129(3), 461-472. doi:10.1002/cncr.34556
7. **Nezami, B.T.**, Wasser, H.M., & Tate, D.F. (2022). Parent and child dietary changes in a 6-month mobile-delivered weight loss intervention with tailored messaging for parents. *Front. Public Health*, 10, 972109. doi:10.3389/fpubh.2022.972109
8. Valle, C.G., Horrell, L.N., Diamond, M., **Nezami, B.T.**, LaRose, J.G., Pinto, B.M., & Tate, D.F. (2022). Recruitment of young adult cancer survivors into a randomized controlled trial of an mHealth physical activity intervention. *Trials*, 23(1), 254. doi: 10.1186/s13063-022-06148-5
9. **Nezami, B.T.**, Hurley, L., Power, J., Valle, C.G., & Tate, D.F. (2022). A pilot randomized trial of simplified versus standard calorie dietary self-monitoring in a mobile weight loss intervention. *Obesity*, 30(3), 628-638. doi: 10.1002/oby.23377
10. **Nezami, B.T.**, Valle, C.G., Nulty, A., Espeland, M., Wing, R.R., & Tate, D.F. (2021). Predictors and outcomes of lapses in daily weighing and physical activity tracking among young adults during weight gain prevention. *Obesity*, 29(4), 698-705. doi: 10.1002/oby.23123
11. Valle, C.G., Pinto, B.M., LaRose, J.G., Diamond, M., Horrell, L.N., **Nezami, B.T.**, Hatley, K.E., Coffman, E.M., Polzien, K., Hales, D.P., Deal, A.M., Rini, C.M., Rosenstein, D.L., & Tate, D.F. (2021). Promoting physical activity in young adult cancer survivors using mHealth and adaptive tailored feedback strategies: design of the improving physical activity after cancer treatment (IMPACT) randomized controlled trial. *Contemporary Clinical Trials*, 103, 106293. doi: 10.1016/j.cct.2021.106293

12. Valle, C.G., **Nezami, B.T.**, & Tate, D.F. (2020). Designing in-app messages to nudge behavior change: Lessons learned from a weight management app for young adults. *Organizational Behavior and Human Decision Processes*, 161(Suppl), 95-101. doi: 10.1016/j.obhdp.2020.10.004
13. Blackman Carr, L.T., **Nezami, B.T.**, & Leone, L.A. (2020). Perceived benefits and barriers in the mediation of exercise differences of older black women with and without obesity. *Journal of Racial and Ethnic Health Disparities*, 7(4), 807-815. doi: 10.1007/s40615-020-00788-6
14. **Nezami, B.T.**, Lytle, L.A., Ward, D.S., Ennett, S.T., & Tate, D.F. (2020). Effect of the Smart Moms intervention on targeted mediators of change in child sugar-sweetened beverage intake. *Public Health*, 182, 193-198. doi: 10.1016/j.puhe.2020.03.015.
15. Tate, D.F., Quesnel, D.A., Lutes, L., Hatley, K.E., **Nezami, B.T.**, Wojtanowski, A.C., et al. (2020). Examination of a partial dietary self-monitoring approach for behavioral weight management. *Obesity Science and Practice*, 6, 353-364. doi: 10.1002/osp4.416
16. **Nezami, B.T.**, Jakicic, J., Lang, W., Davis, K.K., & Tate, D.F. (2020). Effect of children in the home on physical activity barriers, physical activity, and weight loss in a behavioral weight loss intervention. *Obesity Science and Practice*, 6, 264-271. doi: 10.1002/osp4.401
17. **Nezami, B.T.**, Ward, D.S., Lytle, L., Ennett, S., & Tate, D.F. (2018). A mHealth randomized controlled trial to reduce sugar-sweetened beverage intake in preschool-aged children. *Pediatric Obesity*, 13, 668-676. doi:10.1111/ijpo.12258
18. Tate, D.F., Valle, C.G., Crane, M.M, **Nezami, B.T.**, Samuel-Hodge, C, Hatley, K.E, et al. (2017). Randomized trial comparing group size of periodic in-person sessions in a remotely delivered weight loss intervention. *International Journal of Behavioral Nutrition and Physical Activity*, 14, 144. doi:10.1186/s12966-017-0599-3
19. Neshteruk, C.D., **Nezami, B.T.**, Nino-Tapias, G., Davison, K.K., & Ward, D.S. (2017). The influence of fathers on children's physical activity: A review of the literature from 2009-2015. *Preventive Medicine*, 102, 12-19. doi:10.1016/j.ypmed.2017.06.027
20. **Nezami, B.T.**, Lytle, L., & Tate, D.F. (2016). A randomized trial to reduce sugar-sweetened beverage and juice intake in preschool-aged children: description of the Smart Moms intervention trial. *BMC Public Health*, 16, 837-845. doi:10.1186/s12889-016-3533-8
21. **Nezami, B.T.**, Lang, W., Jakicic, J.M., Davis, K.K., Polzien, K., Rickman, A.D., Hatley, K.E., & Tate, D.F. (2016). The effect of behavior-specific self-efficacy on behavior and weight change in a behavioral weight loss intervention. *Health Psychology*, 35, 714-722. doi:10.1037/hea0000378
22. Benjamin, J.R., Gustafson, K.E., Smith, P.B., Ellingsen, K.M., **Tompkins, K.B.**, Goldberg, R.N., et al. (2013). Perinatal factors associated with poor neurocognitive outcome in early school age congenital diaphragmatic hernia survivors. *Journal of Pediatric Surgery*, 48, 730-737. doi:10.1016/j.jpedsurg.2012.09.026.
23. Payne, L.O., Martz, D.M., **Tompkins, K.B.**, Petroff, A.B., & Farrow, C.V. (2011). Gender comparisons of fat talk in the United Kingdom and the United States. *Sex Roles*, 65, 557-565.

24. **Tompkins, K.B.**, Martz, D.M., Rocheleau, C.A., & Bazzini, D.G. (2009). Social Likeability, conformity, and body talk: Does fat talk have a normative rival in female body image conversations? *Body Image*, 6, 292-298.

### Under Review

Hurley, A.,\* **Nezami, B.T.**, Valle, C.G., & Tate, D.F. Motivated information avoidance in an mHealth weight loss intervention: Associations between unmet behavioral goals and likelihood of viewing program messages. Submitted to *Digital Health*.

Edelman, M.\* & **Nezami, B.T.** Experiences of weight stigma before and during the Covid-19 pandemic. Submitted to *Psychology, Health, and Medicine*.

Martinez, C.E.,\* **Nezami, B.T.**, Gorin, A.A., Mayer-Davis, E., Willis, E.A., Sciamanna, C.N., & Tate, D.F. Motivation, accountability, and outcomes in a randomized controlled trial of internet weight-loss programs in primary care. Submitted to *Journal of Health Psychology*.

Martinez, C.E.,\* **Nezami, B.T.**, Mayer-Davis, E., Willis, E.A., Gorin, A.A., & Tate, D.F. Results of a pilot sequential multiple assignment randomized trial using counseling to augment a digital weight loss program. Submitted to *Obesity Science & Practice*.

Hurley, A.,\* O'Shea, N.G., **Nezami, B.T.**, Valle, C.G., & Tate, D.F. Fluctuations in mHealth program engagement following receipt of goal-discrepant feedback messages in a weight loss intervention. Submitted to *Health Psychology*.

### In Preparation

**Nezami, B.T.**, Wasser, H.W., Valle, C.G., Hatley, K.E., Willis, E.A., & Tate, D.F. (In preparation). Optimizing a just-in-time adaptive intervention for weight loss: rationale and design of the AGILE study.

**Nezami, B.T.**, O'Shea, N.G., Hatley, K.E., Tate, D.F., & Valle, C.G. (In Preparation). A micro-randomized trial of just-in-time adaptive intervention messages nudging weight-related daily behaviors in young adults.

Gurumurthy, N.P.,\* Hurley, L., **Nezami, B.T.**, & O'Shea, N.G. (In preparation). Behavior change techniques in mobile health interventions aiding abstinence from substances: A review of reviews.

**Nezami, B.T.**, Hurley, L., Pei, Y., Choi, S., & O'Shea, N.G. (In preparation). The use of behavior change techniques (BCTs) in just-in-time adaptive interventions for dietary intake: a systematic review and meta-analysis.

O'Shea, N.G., Hurley, L., Pei, Y., Choi, S., & **Nezami, B.T.** (In preparation). The use of behavior change techniques (BCTs) in just-in-time adaptive interventions for smoking: a systematic review and meta-analysis.

Hurley, L., **Nezami, B.T.**, Pei, Y., Choi, S., & O'Shea, N.G. (In preparation). An integrative review of the use of behavior change techniques (BCTs) in just-in-time adaptive interventions for inhibitory control behaviors: a systematic review and meta-analysis.

**Nezami, B.T.** & Tate, D.F. (In Preparation). Examining categories of dietary adherence and weight loss in a mobile behavioral weight loss intervention.

**Nezami, B.T.**, Meyer, K., Truesdale, K., Lee, A., Cardel, M.I., Lutes, L., Bryant, M., Tate, D.F., & Foster, G. (In Preparation). Dietary self-monitoring and goal achievement and their associations with weight loss among participants using a partial dietary self-monitoring method.

Hurley, L.,\*, O'Shea, N., **Nezami, B.T.**, Valle, C.G., & Tate, D.F. (In preparation). Fluctuations in mHealth program engagement following receipt of goal-discrepant feedback messages in a weight loss intervention.

Edelman, M.\* & **Nezami, B.T.** (In Preparation). Can anti-fat attitudes change? A narrative review of weight stigma reduction interventions.

#### **REFEREED PRESENTATIONS** (\*indicates student or mentee)

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1. Lanoye, A., Smith, J., **Nezami, B.T.**, LaRose, J.G., Valle, C.G. (2024). Subjective Cognitive Functioning Among Young Adult Cancer Survivors Enrolled in an mHealth Physical Activity Intervention. *Psycho-Oncol*, 33 (S1): (In press, Abstract accepted, p. 1). Poster presentation, 2024 21<sup>st</sup> Annual American Psychosocial Oncology Society Conference, Albuquerque, New Mexico.
2. Hurley, L.,\* Valle, C.G., **Nezami, B.T.**, Tate, D.F. (2024). Depression symptoms negatively influence mHealth engagement following receipt of goal-discrepant feedback messages. Society of Behavioral Medicine 45<sup>th</sup> Annual Meeting & Scientific Sessions Conference.
3. Hurley, L.,\* Valle, C.G., **Nezami, B.T.**, Tate, D.F. (2024). Motivated information avoidance: Number of unmet goals inversely related to likelihood of reading any message sent. Society of Behavioral Medicine 45<sup>th</sup> Annual Meeting & Scientific Sessions Conference.
4. Power, J.M.,\* Gottfredson, N.C., **Nezami, B.T.**, Phelan, S. Muessig, K., & Tate, D.F. (2023). Patterns of self-monitoring over time in a randomized controlled weight loss trial: Secondary analysis of multivariate engagement trajectories. Poster presentation at The Obesity Society Annual Meeting, Dallas, TX.
5. Valle, C.G., **Nezami, B.T.**, Wasser, H.M., Hatley, K.E., Diamond, M.A., Polzien, K., et al. (2023). Using micro-randomized trials to optimize just-in-time-adaptive intervention messaging to promote daily adherence to weight-related behaviors in young adults. Symposium: The Why and How of Intervention Optimization: Examples of Projects using the Multiphase Optimization Strategy (MOST). 17<sup>th</sup> International Congress on Behavioral Medicine, Vancouver, Canada.
6. Wasser, H.M., **Nezami, B.T.**, Valle, C., & Tate, D.F. (2023). Optimizing a just-in-time adaptive intervention for weight loss: rationale and design of the AGILE study. Symposium: The Why and How of Intervention Optimization: Examples of Projects using the Multiphase

Optimization Strategy (MOST). 17<sup>th</sup> International Congress of Behavioral Medicine, Vancouver, Canada.

7. Valle, C.V., Diamond, M.A, Heiling, H., Deal, A.M., Hales, D.P, **Nezami, B.T.**, et al. (2023). Physical activity maintenance among young adult cancer survivors in an mHealth intervention: Twelve-month outcomes from the IMPACT randomized controlled trial. Oral presentation at the International Society for Behavioral Nutrition and Physical Activity 2023 Annual Conference, Uppsala, Sweden.
8. Valle, C.V., **Nezami, B.T.**, Wasser, H.M., Hatley, K., Diamond, M., Polzien, K., et al. (2023). Design of a micro-randomized trial to optimize just-in-time adaptive intervention messaging to improve adherence to weight-related behaviors in young adults. Symposium presentation at the International Society for Behavioral Nutrition and Physical Activity 2023 Annual Conference, Uppsala, Sweden.
9. **Nezami, B.T.**, & Tate, D.F. (2023). Does adherence to diet self-monitoring always predict weight loss? Findings from an app-based weight loss intervention. Presentation at the 44<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Phoenix, AZ.
10. Power, J.,\* **Nezami, B.T.**, & Tate, D.F. (2023) Limiting high vs. maximizing low energy-dense foods: a pilot randomized trial of simplified mobile dietary self-monitoring. Presentation at the 44<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Phoenix, AZ.
11. Choi, S.M.,\* **Nezami, B.T.**, Diamond, M., Tate, D.F., & Valle, C.G. (2022). Associations of Weight with Psychosocial Factors and Health-Related Quality of Life among Young Adult Cancer Survivors. Presentation at the 43<sup>rd</sup> Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD.
12. Valle, C.G., Diamond, M., Pinto, B.M., LaRose, J.G., **Nezami, B.T.**, Hales, D.P., et al. (2022). IMPACT: A Randomized Controlled Trial of an mHealth Physical Activity Intervention for Young Adult Cancer Survivors. Oral presentation, American Society of Preventive Oncology, 46th Annual Meeting & Scientific Sessions, Tucson, AZ.
13. Martinez, C.,\* **Nezami, B.T.**, Sciamanna, C.N., & Tate, D.F. (2021). Examining psychosocial predictors of weight loss: Do patient motivation and accountability to their provider play a role? Research spotlight presentation at the 42<sup>nd</sup> Annual Meeting of the Society of Behavioral Medicine. (Virtual conference)
14. **Nezami, B.T.**, Power, J.M., Hurley, L. & Tate, D.F. (2020). A randomized controlled trial of two diet monitoring approaches in a mobile weight loss intervention. Digital poster presentation at Obesity Week 2020. (Virtual conference)
15. **Nezami, B.T.**, Valle, C.G., Power, J.M., Hatley, K.E., & Tate, D.F. (2020). Adherence to simplified dietary "red food" monitoring among young adults using a mobile-based behavioral weight loss app. Poster presentation at the 41<sup>st</sup> Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference canceled)
16. Valle, C.G., **Nezami, B.T.**, Hatley, K.E., Power, J.M., & Tate, D.F. (2020). A micro-randomized trial of just-in-time adaptive intervention messages nudging weight-related daily behaviors. Poster presentation at the 41<sup>st</sup> Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference canceled)

17. Valle, C.G., Horrell, L.H., Coffman, E.M., Diamond M.A., Pinto, B.M., **Nezami, B.T.**, et al. (2020). Social media recruitment of young adult cancer survivors into a randomized trial of an mHealth physical activity intervention. Paper presentation at the 41<sup>st</sup> Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference canceled)
18. Hurley, L.,\* Sciamanna, C.N., **Nezami, B.T.**, Hatley, K.E., & Tate, D.F. (2020). Personal Goal Setting in Digital Intervention is Associated with Increased Weight Change. Poster presentation at the 41<sup>st</sup> Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference canceled)
19. Blackman Carr, L.T., **Nezami, B.T.**, & Leone, L.A. (2019). Understanding the mechanisms of movement. Physical activity and barrier differences in obese and non-obese black women. Poster presentation at the 40<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Washington, DC.
20. Valle, C.G., Tate, D.F., Pinto, B.M., Hatley, K.E., **Nezami, B.T.**, Diamond, M., et al. (2018). Development of an mHealth intervention to promote physical activity in young adult cancer survivors. Symposium presentation at the International Society of Behavioral Nutrition and Physical Activity 2018 Annual Meeting, Hong Kong.
21. **Nezami, B.T.**, Valle, C.G., Power, J.S., Gottfredson, N.C., & Tate, D.F. (2018). An ecological momentary study of predictors of daily weighing and physical activity tracking among young adults. Poster presentation at the 39<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, New Orleans, LA.
22. **Nezami, B.T.**, Valle, C.G., & Tate, D.F. (2017). Predictors and outcomes of lapses in daily weighing and physical activity tracking among young adults during weight gain prevention. Oral presentation at the 38<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, San Diego, CA.
23. **Nezami, B.T.**, & Tate, D.F. (2016). Maternal dietary changes and adherence in a mHealth intervention with mother-child dyads. Poster presentation at Obesity Week 2016, New Orleans, LA. **\*Early Career Award Winner in the eHealth/mHealth Section**
24. **Nezami, B.T.**, Ward, D.S., Lytle, L., Faith, M., & Tate, D.F. (2016). Reducing sugar-sweetened beverage intake in preschool-aged children: Results from the Smart Moms mHealth intervention. Poster presentation at the 37<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Washington, DC. **\*Citation Award Winner, Meritorious Student Abstract Award Winner, Technology SIG Student Award Winner**
25. Lerner, H.,\* Valle, C.G., **Nezami, B.T.**, & Tate, D.F. (2016). Dietary variety, self-monitoring and weight loss. Poster presentation at the 37<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, Washington, DC. \*Author recognized as Meritorious Student Abstract Award Winner
26. **Nezami, B.T.**, Lytle, L., Ward, D.S., Faith, M., Bowling, J.M., & Tate, D.F. (2015). Reducing sugar-sweetened beverage consumption in preschool children: A randomized trial of the Smart Moms mHealth program. Poster presentation at Obesity Week 2015, Los Angeles, CA. **\*1st place in American Institute for Cancer Research Student Competition; 2<sup>nd</sup> place in Early Career Poster Pitch Competition**



27. **Nezami, B.T.**, Davis, K.K., Polzien, K., Erickson, K.E., Rickman, A., Lang, W., Jakicic, J.M., & Tate, D.F. (2014). Weight loss and maintenance in participants with and without children in a behavioral weight loss intervention. Poster presentation at the 35<sup>th</sup> annual meeting of The Society of Behavioral Medicine, Philadelphia, PA.
28. Shen, M.,\* **Nezami, B.T.**, Crane, M.M., & Tate, D.F. (2013). Exploring the relationship between perceived stress and weight loss. Oral presentation at the annual meeting of Experimental Biology, Boston, MA.
29. **Nezami, B. T.**, Tate, D.F., Lang, W., Polzien, K., Erickson, K.E., Davis, K., Rickman, A.D., & Jakicic, J.M. (2013). Effect of children in the home on exercise barriers, physical activity and weight loss in a behavioral weight loss intervention. Oral presentation at the 34<sup>th</sup> annual meeting of The Society of Behavioral Medicine, San Francisco, CA. **\*Meritorious Student Abstract Award Winner**
30. **Tompkins, K.B.**, Tate, D.F., Polzien., K., Erickson, K.E., Davis, K., Rickman, A.D., & Jakicic, J.M. (2012). Exploring the relationship between behavior-specific self-efficacy, weight control behaviors, and weight loss. Oral presentation at the 33<sup>rd</sup> annual meeting of The Society of Behavioral Medicine, New Orleans, LA.
31. **Tompkins, K.B.**, Tate, D.F., Polzien. K., Erickson, K.E., Lang, W., Davis, K., Rickman, A.D., & Jakicic, J.M. (2011). Effect of children in the home environment on weight loss and adherence in a behavioral weight loss intervention. Poster presented at the 30<sup>th</sup> annual meeting of The Obesity Society, Orlando, FL.
32. Gustafson, K.E., Benjamin, J.R., **Tompkins, K.B.**, & Goldstein, R.F. (2011). Attention and executive functioning in congenital diaphragmatic hernia survivors at school age. Poster presented at the 2011 annual meeting of the Pediatric Academic Societies, Denver, CO.
33. Gustafson, K.E., **Tompkins, K.B.**, & Goldstein, R.F. (2010). Cognitive and language skills decline in premature infants with persistent motor impairment during the first two years of life. Poster presented at the 2010 annual meeting of the Pediatric Academic Societies, Vancouver, BC.
34. **Tompkins, K.B.**, Martz, D.M., Rocheleau, C.A., & Bazzini. D.G. (2008). 'Fat talk' assumed to be conformity among females. Poster presented at the 20th annual meeting of the Association for Psychological Science, Chicago, IL.

## INVITED PRESENTATIONS

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| July 2024  | Leveraging generative AI in mobile health promotion programs as a use case for enhancing tailored messaging and engagement; Practice Advisory Committee Meeting, Gillings School of Global Public Health, UNC Chapel Hill |
| April 2023 | Using digital health tools to advance tailored messaging for weight loss; Cancer Prevention and Control Program Retreat, UNC Chapel Hill  |

May 2019 Building just-in-time adaptive interventions; The American Institute for Cancer Research 2019 Research Conference on Diet, Obesity, Physical Activity and Cancer: Beyond the Blueprint, Chapel Hill, NC

## TEACHING ACTIVITIES

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### Teaching Experience

Fall 2020 Instructor, NUTR 611 Nutrition Across the Life Cycle, Department of Nutrition, Gillings School of Global Public Health

Fall 2013 Graduate Teaching Assistant, HBEH/NUTR 811 Development and Evaluation of Health Promotion and Disease Prevention Interventions, Department of Health Behavior, Gillings School of Global Public Health

2012-2013 Graduate Teaching Assistant, HBEH 760 and 761: Doctoral Advanced Research Methods, Department of Health Behavior, Gillings School of Global Public Health

### Guest Lectures

Fall 2024 Tailoring algorithms with applied practice: How do chatbots fit in? NUTR/HBEH 749: mHealth for Behavior Change, Gillings School of Global Public Health, UNC

Just-in-time adaptive interventions, NUTR/HBEH 749: mHealth for Behavior Change, Gillings School of Global Public Health, UNC

Guest speaker: Innovative nutrition research, NUTR 772: Honors Thesis Seminar

Spring 2024 Efficacy studies in nutrition, NUTR 770: Foundations of Nutrition Interventions, Gillings School of Global Public Health, UNC

Fall 2023 New methods in mHealth intervention design, NUTR/HBEB 749: mHealth for Behavior Change, Gillings School of Global Public Health, UNC

Fall 2022 Just-in-time adaptive interventions, NUTR/HBEH 749: mHealth for Behavior Change, Gillings School of Global Public Health, UNC

Fall 2021 Just-in-time adaptive interventions, NUTR/HBEH 749: mHealth for Behavior Change, Gillings School of Global Public Health, UNC

Spring 2021 Designing parent-targeted weight control interventions, NUTR 770: Clinical Interventions in Nutrition, Gillings School of Global Public Health, UNC

Fall 2020 Just-in-time adaptive interventions, HBEH 749: mHealth for Behavior Change, Gillings School of Global Public Health, UNC

Spring 2020 Designing parent-targeted weight control interventions, NUTR 696: Clinical Trials in Nutrition, Gillings School of Global Public Health, UNC

Spring 2019 Using mHealth in parent-targeted weight control interventions, NUTR 770: Nutrition and Health Behavior, Gillings School of Global Public Health, UNC

Spring 2018	Using mHealth to reduce child sugar-sweetened beverage intake, HBEH 892: Special Topics Seminar: mHealth for Behavior Change, Gillings School of Global Public Health, UNC
Fall 2016, 2017, 2018	Intervention objectives and strategies, HBEH/NUTR 811: Development and Evaluation of Health Promotion and Disease Prevention Interventions, Gillings School of Global Public Health, UNC
Spring 2016	Using mWeb and SMS in behavioral interventions, HBEH 892/NUTR 803: Special Topics Seminar: mHealth for Behavior Change, Gillings School of Global Public Health, UNC
Spring 2016	Mediation analyses, NUTR 802: Introduction to Advanced Nutrition Research Methods, Department of Nutrition, Gillings School of Global Public Health, UNC

### **ADVISING AND MENTORING**

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Role/Years	Student/Mentee	Department/Degree
<b><i>Postdoctoral Fellow/Trainee Secondary Mentor</i></b>		
2023 – present	Phoebe Tchoua, PhD	T32 Cancer Health and Disparities Program
2023 – present	Lex Hurley, PhD	T32 Cancer Health and Disparities Program UNC Weight Research Program
<b><i>Doctoral Dissertation Committee Member</i></b>		
2022 – 2024	Caitlin Martinez, MA	Nutrition, PhD
2020 – 2023	Lex Hurley, MPH	Health Behavior, PhD
2019 – 2022	Julianne Power, MA	Health Behavior, PhD
<b><i>Master's Paper Advisor</i></b>		
2021	Meredith Edelman	Nutrition, MPH/RD
<b><i>Master's Thesis Reader</i></b>		
2021	Madison Van Epps	Maternal and Child Health, MPH
<b><i>Undergraduate Honors Thesis Advisor</i></b>		
2023-2024	Akum Dillon	Psychology and Neuroscience, BS
<b><i>Undergraduate Thesis Reader</i></b>		
2024-2025	Nathan Adams	Nutrition, BSPH Honors
2020-2021	Sara Bernate	Nutrition, BSPH Honors
2018-2019	Sahil Vasa	Nutrition, BSPH Honors

***Trainees and Research Assistants Supervised***

2019-present	Susanna Choi	Nutrition, PhD student
2019-2024	Caitlin Martinez	Nutrition, PhD student
2018-2023	Lex Hurley	Health Behavior, PhD student
2017-2022	Julianne Power	Health Behavior, PhD student
2021	Dalton Wheelless	Nutrition, BSPH student
2015-2016	Hannah Lerner	Health Behavior, PhD student
2012-2013	Mary Shen	Nutrition, BSPH student, Honors

**UNIVERSITY SERVICE**

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2022-2024	Member, Diversity and Inclusion Committee and Syllabi Audit Workgroup, Department of Nutrition
2021-2022	Chair, Diversity and Inclusion Communications Pipeline Workgroup and Member, Diversity and Inclusion Committee, Department of Nutrition
2020-2021	Member, Diversity and Inclusion Committee and Training Subcommittee, Department of Nutrition

**NATIONAL SERVICE**

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**Editorial, Ad Hoc Journal Reviewer**

*Advances in Nutrition*  
*American Journal of Clinical Nutrition*  
*Annals of Behavioral Medicine*  
*BMC Public Health*  
*Contemporary Clinical Trials*  
*Digital Health*  
*Frontiers of Public Health*  
*Global Advances in Integrative Medicine and Health*  
*Health Psychology*  
*International Journal of Obesity*  
*Journal of Medical Internet Research (JMIR)*  
*JMIR mHealth and uHealth*  
*Obesity*  
*Pediatrics*  
*Preventing Chronic Disease*  
*Translational Behavioral Medicine*

**Conference Service**

2016-present	Reviewer, Obesity Topic Area, Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine
2020-2022	Chair, Child and Family Topic Area, Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine

## **MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS**

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Society of Behavioral Medicine (SBM)  
The Obesity Society (TOS)

## **RESEARCH SUPPORT**

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### **Active**

No number    Nezami, Valle, Tate (PIs)    12/01/2023 – 11/30/2025  
UNC Gillings Innovation Laboratory Initiative  
*Leveraging generative AI in mobile health promotion programs: a use case for enhancing tailored messaging and engagement in a mobile healthy weight program*  
This project will collaborate with Amazon Web Services (AWS) to develop the infrastructure and conduct initial testing for using a pre-trained large language model to enhance the tailoring of personalized messages delivered via our standard mobile behavioral weight loss programs.  
Role: Co-Principal Investigator

R01HL161373    Valle (PI)    01/15/2022 – 12/31/2025  
NIH/NHLBI  
*A micro-randomized trial of JITAI messaging to improve adherence to multiple weight loss behaviors in young adults*  
The primary aim of this study is to test the efficacy of just-in-time messages on achievement of daily behavioral goals among young adults participating in a smartphone-delivered behavioral weight loss intervention.  
Role: Co-Investigator

R01DK128174    Willis (PI)    01/25/2022 – 12/31/2026  
NIH/NIDDK  
*My weight-their weight: eHealth intervention for managing obesity in child care settings*  
This project will test the efficacy of a web-based weight management intervention within the GO NAPSACC+ program compared to a group receiving the standard Go NAPSACC+ program on early child care provider weight change and centers' implementation of healthy weight practices.  
Role: Co-Investigator

No number    Valle (PI)    07/01/2021 – 06/30/2023  
UNC Lineberger Developmental Funding Program  
*A pilot randomized trial of a mobile weight loss intervention for adolescent and young adult cancer survivors*  
This project will adapt and pilot test a mobile weight loss intervention for AYAs using an iterative process engaging a Community Advisory Board of AYAs and advocates, and conduct a pilot randomized trial with 50 AYAs to determine feasibility and acceptability of the intervention.  
Role: Co-Investigator

R01DK125779    Tate (PI)    07/10/2020 – 06/30/2025  
NIH/NIDDK  
*Optimization of a mHealth Behavioral Weight Loss Intervention for Young Adults*

This project proposes the development of a just-in-time adaptive intervention (JITAI) that uses the Multiphase Optimization Strategy (MOST) to identify the most effective intervention components for weight loss in a mobile intervention for young adults with overweight or obesity.  
Role: Co-Investigator

R21CA260092                                      Nezami (PI)                                      05/01/2021 – 04/30/2025 (NCE)

NIH/National Cancer Institute

*Building a reinforcement learning tool for individual tailoring in just-in-time adaptive interventions: Extending the reach of mHealth technology for better weight control outcome*  
The study will develop and pilot test a machine learning algorithm called the *Adapt* tool, which uses micro-randomizations to test and deliver the most effective interventions based on individual behavior patterns over time. The long-term goal is to inform more highly tailored just-in-time-adaptive interventions for weight management and other health behaviors.

Role: Principal Investigator

R01DK132386                                      Gorin, Tate (MPI)                                      04/01/2022 - 03/31/2027

NIH/NIDDK

*Optimizing a couples-based mHealth intervention for weight management*

This project will use the multiphase optimization strategy (MOST) framework to develop an efficacious couples-based mHealth approach to weight loss, which will include a factorial design to identify which combination of the four dyadic candidate components – when added to the core components of a standard behavioral weight management program (e.g., weekly lessons, self-monitoring of weight, tailored feedback) result in the greatest weight loss at 6 months.

Role: Co-Investigator

## Completed

R01CA204965                                      Valle (PI)                                      02/07/2017-01/31/2022

NIH, National Cancer Institute

*Promoting Physical Activity in Young Adult Cancer Survivors Using mHealth and Adaptive Tailored Feedback Strategies*

The primary goal of this study is to determine the effects of a theory-based, mobile physical activity intervention with adaptive goal-setting and tailored feedback that is aimed at increasing physical activity among young adult cancer survivors.

Role: Data Manager

No number                                      Tate (PI)                                      07/06/2018 – 09/30/2020

*RCT of an International Commercial Program on Weight Loss and Health Outcomes*

The primary aim of this study is to compare the changes in body weight between the commercially available WW weight loss program and a ‘do it yourself’ weight loss approach in adults over 3 and 12 months.

Role: Investigator

No number                                      Nezami (PI)                                      12/04/2017 – 05/31/2020

Weight Watchers Karen-Miller Kovach Research Grant (partnered with The Obesity Society)

*Mobile Methods for Reducing Obesity Risk in Parents and Preschool Children*

This project will test the efficacy of a simplified form of dietary self-monitoring to traditional calorie monitoring among parents of preschool-aged children.

Role: Principal Investigator

No number Tate, Valle (PIs) 04/15/2016 – 04/04/2018  
 UNC Gillings Innovation Laboratory Initiative  
*Precision Public Health: Enhancing Connections to Develop Just-in-Time Adaptive Intervention Strategies*

This project will develop the science and infrastructure at UNC to enable the construction and evaluation of innovative and scalable just-in-time adaptive interventions.

Role: Project Manager

No number Nezami (PI) 07/01/2015 – 05/31/2016  
 UNC Graduate School, Dissertation Completion Fellowship  
*Healthy Weight Behaviors and Weight Change in Parents and Preschool-Aged Children*  
 This fellowship provided salary support for one academic year to complete data analyses, writing, and defense of my dissertation.

R01HL127341 Wing, Tate, Espeland (PIs) 09/01/2015 – 05/31/2019  
 NIH/NHLBI  
*Study of Novel Approaches to Weight Gain Prevention-Extension (SNAP-E)*  
 The purpose of this grant is to extend follow-up of participants enrolled in the Weight Gain Prevention in Young Adults trial (NIH U01HL090864).  
 Role: Graduate Research Assistant

U01HL090864 Wing, Tate, Espeland (PIs) 08/18/2009 – 05/31/2015  
 NIH/NHLBI  
*Prevention of Weight Gain in Young Adults*  
 The purpose of the project was to test two interventions to prevent weight gain in young adults compared to control. One intervention was focused on making small consistent changes in eating and exercise behavior to prevent weight gain and the other emphasized periodic larger changes in eating and exercise behavior that result in weight loss.  
 Role: Graduate Research Assistant

No number Nezami (PI) 12/01/2013 – 12/01/2014  
 Gillings School of Global Public Health, Dissertation Award  
*Smart Moms: A Randomized Trial to Reduce Sugar-Sweetened Beverage Intake in Preschool-Aged Children*  
 This award provided support to conduct dissertation research testing the efficacy of a mobile-based intervention to reduce sugar-sweetened beverage intake and maternal weight in mothers and their children ages 3-5.  
 Role: Principal Investigator

T32 HD057824 Popkin (PI) 05/01/2008 - 04/30/2013  
 NIH/NICHD  
*Maternal and Child Obesity Training Grant*  
 The goal of this training program is to train a new generation of researchers, providing them with an interdisciplinary perspective on the multifactorial disease of obesity.  
 Role: Predoctoral Fellow/Trainee