

## JEFFREY M. HUNGER, PH.D.

Miami University • Department of Psychology • hunge010@gmail.com • JeffreyHunger.com

### Current Position

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Fall 2019 - Assistant Professor (tenure-track), Social Psychology  
Miami University of Ohio

### Education and Training

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2017-2019 Postdoctoral Scholar, Health Psychology  
University of California, Los Angeles  
Mentor: A. Janet Tomiyama, Ph.D.

2011-2017 PhD, Social Psychology  
Graduate Emphasis: Quantitative Methods in the Social Sciences  
University of California, Santa Barbara  
Mentor: Brenda Major, Ph.D.

2009-2011 MA, Psychological Research  
California State University, Fullerton  
Mentor: Kristin Beals, Ph.D.

2006- 2009 BA, Psychology, *Summa Cum Laude* with High Distinction  
University of Minnesota, Twin Cities  
Mentors: Marti Gonzales, Ph.D. & Traci Mann, Ph.D.

### Graduate Fellowships and Funding

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

### Minor/Seed Grants

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

### Extramural Research Funding

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Pending Support:

- Leveraging a Mobile Research and Outreach Vehicle to Promote Health Equity (PI: Hunger). Robert Wood Johnson Foundation. Total costs: \$341,246
- Collaborative Research: Examining the Stress-Related Cyclical Nature of Socioeconomic Status Stigma (PI: Hunger). National Science Foundation. Total costs: \$193,678.

- The Weight of a Comment: How Weight Stigma on Instagram Shapes Well-Being (PI: Hunger). Instagram. Total costs: \$49,822.

#### Funded Support:

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

- Testing a Biobehavioral Cyclic Model of Weight Stigma (PI: Tomiyama) National Science Foundation (Award #1454735) Sept. 1, 2015 – Aug. 31, 2020. Total costs: \$613,692.
- Psychological, Physiological, and Behavioral Effects of Weight Stigma (PI: Major) National Institutes of Health (5R01HL112818-03) Jan. 1, 2013 – Dec. 31, 2016. Total costs: \$1,681,680.

#### Selected Scholarships, Honors, and Awards

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2018	Seymour Fisher Outstanding Body Image Dissertation Award
2015	Graduate Student Travel Award, SPSP
2014	Graduate Student Diversity Travel Award, SPSSI
2014	Outstanding Abstract Award, Social Personality Health Network
2011	Outstanding M.A. Student in Psychology, CSU Fullerton
2010	Phi Beta Kappa, University of Minnesota
2008	Outstanding TA Award, Sociology, University of Minnesota
2008	Selmer Birkelo Scholarship, University of Minnesota
2008	Juanita Mortensen Scholarship, University of Minnesota

#### Publications (10/25/19: 1058 citations, h-index = 11, i10 index = 12, average IF = 4.12)

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*\*Student mentee, IF = Impact Factor*

**Hunger, J.M.,** & Tomiyama, A.J. (revising for resubmission). An evidence-based rationale for adopting weight-inclusive health policy. *Social Issues and Policy Review*. [IF = 8.73]

Major, B., Rathbone, J., Blodorn, A., & **Hunger, J.M.,** (resubmission under review). Weight stigma increases weight loss motivation while undermining perceived capacity for weight control. *Personality and Social Psychology Bulletin*. [IF = 2.60]

**Hunger, J.M.,** Dodd, D. & Smith, A.R. (resubmission under review). Experienced weight stigma, anticipated weight stigma, and disordered eating. *Eating Behaviors*. [IF = 2.18]

**Hunger, J.M.,** Dodd, D., & Smith, A.R. (2019). Weight-based discrimination, interpersonal needs, and suicidal ideation. *Stigma and Health*.

Alt, N., Lick, D.J., **Hunger, J.M.,** & Johnson, K. (2019). Interdependent associations between social categories and body weight evaluations. *Body Image*. [IF = 3.12]

**Hunger, J.M.,** Blodorn, A., Miller, C., & Major, B. (2018). The psychological and physiological effects of interacting with an anti-fat peer. *Body Image*, 27, 148-155. [IF=3.12]

**Hunger, J.M.,** & Tomiyama, A.J. (2018). Weight labeling and disordered eating among adolescent females: Evidence from the NHLBI Growth and Health Study. *Journal of Adolescent Health*. [IF=3.96]

- Ryan, W.S., **Hunger, J.M.**, & Major, B. (2017). Applying intergroup relations research to understanding LGB health disparities. *Journal of Social Issues*, 73, 477-492. [IF = 2.42]
- Tomiyama, A.J., **Hunger, J.M.**, Nguyen-Cuu, J\*, & Wells, C. (2016). Misclassification of cardiometabolic health when using Body Mass Index categories in NHANES 2005-2012. *International Journal of Obesity*, 40, 883-886. [IF = 4.51]
- Blodorn, A., Major, B., **Hunger, J.M.**, & Miller, C. (2016). Unpacking the psychological weight of weight stigma: A rejection-expectation pathway. *Journal of Experimental Social Psychology*, 63, 69-76. doi: 10.1016/j.jesp.2015.12.003 [IF = 3.29]
- Robinson, E., **Hunger, J.M.**, Daly, M. (2015). Perceived weight status and risk of future weight gain in US and UK adults. *International Journal of Obesity*, 39, 1721-1726. [IF = 4.51]
- Hunger, J.M.**, Major, B., Blodorn, A., & Miller, C. (2015). Weighed down by stigma: How weight-based social identity threat influences weight gain and health. *Social Psychology and Personality Compass*, 9, 255-268.
- Hunger, J.M.**, & Major, B. (2015). Weight stigma mediates the association between BMI and self-reported health. *Health Psychology*, 34, 172-175. [IF = 3.18]
- Hunger, J.M.**, & Tomiyama, A.J. (2014). Weight labeling and obesity: A longitudinal study of girls aged 10 to 19 years. *JAMA Pediatrics*, 168, 579-580. [IF = 12.00]
- Major, B., **Hunger, J.M.**, Bunyan, D., & Miller, C. (2014). The ironic effects of weight stigma. *Journal of Experimental Social Psychology*, 51, 74-80. doi:10.1016/j.jesp.2013.11.009 [IF = 3.29]
- Howland, M., **Hunger, J. M.**, & Mann, T. L. (2012). Friends don't let friends eat cookies: Effects of restrictive eating norms on consumption among friends. *Appetite*, 59, 504-509. doi: 10.1016/j.appet.2012.06.020 [IF = 3.50]
- Sadler, M., **Hunger, J. M.** & Miller, C. (2010). Personality and impression-management: Mapping the Multidimensional Personality Questionnaire onto 12 self-presentation tactics. *Personality and Individual Differences*, 48, 623-628. [IF = 2.00]
- Tomiyama, A. J., Mann, T. L., Vinas, D., **Hunger, J. M.**, DeJager, J., & Taylor, S. E. (2010). Low calorie dieting increases cortisol. *Psychosomatic Medicine*, 72, 357-364. [IF = 3.81]

### Book Chapters, Encyclopedia Entries, and Commentaries

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- Dover, T.L., **Hunger, J.M.**, & Major, B. (2019). Health consequences of prejudice and discrimination. In K. Sweeny & M. Robins (Eds.), *The Wiley Encyclopedia of Health Psychology*.
- Major, B., Tomiyama, A.J., & **Hunger, J.M.** (2018). The negative and bidirectional effects of weight stigma on health. In B. Major, J.F Dovidio, & B.G. Link (Eds.), *The Oxford Handbook of Stigma, Discrimination, and Health*.
- Hunger, J.M.**, Tomiyama, A.J., Nguyen-Cuu\*, J., & Wells, C., (2016). Moving to a personalized medicine approach to promote health across the weight spectrum. *International Journal of Obesity*, 40, 1334.

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

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

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

### Manuscripts Under Review or Revision

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**Hunger, J.M.** (proposal accepted). A research agenda for adopting a dimensional, intersectional, and cumulative approach to stigma and health.

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

### Selected Previous Positions

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

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

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

### Formal Teaching and Mentoring Experience

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

2017-2018 Mentor, Dept. of Psychological & Brain Sciences Honor's Program  
Mentee: Matthew Daly  
*\*Awarded URCA Grant to fund project\**  
*\*Awarded Morgan Award for Academic Excellence\**

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

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

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

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

Summer 2012	Mentor, UCSB Academic Research Consortium Summer Program Mentee: Devan Scherer
2011- 2012	Mentor, UCSB Undergraduate Research & Creative Activities Grant Mentee: Jeremie Djauhari <i>*Awarded URCA Grant to fund project*</i> <i>*URCA Poster Award Honorable Mention*</i>
Spring 2011	Teaching Assistant, PSY 467, Multivariate Statistics for Psychology California State University, Fullerton
Spring 2010	Teaching Assistant, PSY 351, Introduction to Social Psychology California State University, Fullerton
Fall 2007	Teaching Assistant, SOC 3701, Social Theory University of Minnesota

### Invited Presentations

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

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

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

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

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

### Chaired Symposia

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**Hunger, J.M., & Remedios, J.** (October, 2019). Best practices for adopting an intersectional approach to social psychology. Symposium to be held at the annual SESP meeting in Toronto, ON.

**Hunger, J.M., & Himmelstein, M.** (February, 2019). *Stigma and health across analysis levels: Advances and methodological considerations.* Symposium held at the annual SPSP meeting in Portland, OR.

**Hunger, J.M.** (October, 2018). *Eat, drink, (exercise, sleep well) and Be merry? How health behaviors affect our social world.* Symposium held at the annual SESP meeting in Seattle, WA.

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

## Oral Presentations

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**Hunger, J.M.,** Smith, A.R., Tomiyama, A.J., & Major, B. (March, 2019). *Weight stigma and disordered eating: Evidence across multiple methods*. Talk to be presented in “Promoting Healthy Eating: Debunking Common Assumptions and Highlighting Successful Behavioral Strategies” symposium at the International Convention of Psychological Science meeting in Paris, France.

**Hunger, J.M.,** Tomiyama, A.J., Bradbury, T.N., & Karney, B. R. (February 2019). *Diversifying methodological approaches to studying interpersonal stigma and health*. Talk presented in “Stigma and Health Across Analysis Levels: Advances and Methodological Considerations” at the annual SPSP meeting in Portland, OR.

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

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

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

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

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

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

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

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

## Professional Service

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### Present Positions:

01/2017 – present      Steering Committee, International Weight Stigma Conference

## Past Positions:

07/2014 – 09/2019 Student/Postdoc Representative, Steering Committee, SPH Network  
07/2014 – 09/2019 Chair, Grad Student/Postdoc Committee, SPH Network  
07/2017 – 11/2017 Planning Committee, UC Intercampus Consortium on Health Psychology  
02/2015 – 12/2016 UCSB Graduate Liaison, UC Intercampus Consortium on Health Psychology  
08/2013 – 06/2014 Human Subjects Committee, Psychological & Brain Sciences, UCSB

## Ad hoc reviewer for:

American Journal of Preventive Medicine, American Journal of Public Health, Appetite, Body Image, Childhood Obesity, Frontiers in Psychology, Health Psychology, International Journal of Behavioral Medicine, International Journal of Obesity, JAMA Pediatrics, Journal of Adolescent Health, Journal of Applied Biobehavioral Research, Journal of Applied Social Psychology, Journal of Experimental Psychology: Applied, Journal of Experimental Social Psychology, Journal of Health Communication, Journal of Health Psychology, Journal of Psychosomatic Research, Obesity, Pediatric Obesity, Pediatrics, Personality and Individual Differences, Personality and Social Psychology Bulletin, Perspectives on Psychological Science, Preventative Medicine, Preventing Chronic Disease, Prevention Science, Psychological Bulletin, Psychological Science, Psychological Review, Social Science and Medicine, Stigma and Health, Stress & Health

## Selected Media Coverage

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Self Magazine – The Science on Weight and Health (6/26/2018)  
Reuters – Being Called ‘Fat’ in Early Teens Tied to Later Disordered Eating for Girls (5/8/2018)  
Self Magazine – What it Means to Be ‘Overfat’ – and Why We Should Never Say That (8/25/17)  
Refinery29 – 14 People Remember the First Time They Were Body-Shamed (5/24/17)  
PsychCentral – Fear of Rejection Stresses Overweight Women (3/23/16)  
FiveThirtyEight – BMI is a Terrible Measure of Health (2/25/16)  
Huffington Post – BMI Doesn’t Really Tell You Anything About Your Health (2/10/16)  
NPR – If BMI Is The Test of Health, Many Pro Athletes Would Flunk (2/4/16)  
New York Times – Is Fat Stigma Making us Miserable? (11/11/2015)  
Science Daily – Believing You Are Overweight May Lead to Further Weight Gain (8/08/15)  
The Guardian – Obesity Awareness May be Causing Overeating, Finds International Study (8/4/15)  
Huffington Post – This is What Happens When You Tell a Young Girl She’s Fat (4/29/14)  
US News & World Reports – Calling Young Girls Fat may Increase Teen Obesity Risk (4/29/14)  
Reuters Health – Calling Girls ‘Fat’ May Result in Weight Gain (4/28/14)  
LA Times – Girls Called ‘Too Fat’ are More Likely to Become Obese, Study Finds (4/28/14)  
Salon – Stigmatizing Obesity Leads to Obesity (12/5/13)  
Think Progress – Fat Shaming in the Media Actually Ends Up Backfiring (1/17/14)  
Self Magazine – Could What You’re Reading Be Making You Fat? (12/15/14)  
Huffington Post – 5 Fascinating Emotional Eating Studies from 2012 (2/27/2013)  
Daily Life – Why We Eat Less When We’re Around Our Friends (8/9/12)

## References

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Brenda Major, Ph.D.  
Professor, Psychological and Brain Sciences  
University of California, Santa Barbara  
major@psych.ucsb.edu

A. Janet Tomiyama, Ph.D.  
Associate Professor, Psychology  
University of California, Los Angeles  
tomiyama@psych.ucla.edu

Traci Mann, Ph.D.  
Professor, Psychology  
University of Minnesota  
mann@umn.edu

Kerri Johnson, Ph.D.  
Professor, Psychology and Communications  
University of California, Los Angeles  
kerri.johnson@ucla.edu