

LIANA B. ABASCAL, PH.D., M.P.H., DIPACLM

LICENSED PSYCHOLOGIST (PSY22748)

PHONE: 858.344.0731

EMAIL: liana.abascal@gmail.com

EDUCATION

San Diego State University /University of California, San Diego **Ph.D., 2008**
Joint Doctoral Program in Clinical Psychology

Track: Behavioral Medicine

Advisors: Karen Calfas, Ph.D.; Robert Kaplan, Ph.D.; Jim Sallis, Ph.D.

San Diego State University **M.P.H., 2007**

Graduate School of Public Health

Concentration: Health Promotion

San Diego State University /University of California, San Diego **M.S., 2006**
Joint Doctoral Program in Clinical Psychology

Clinical Psychology

San Francisco State University **M.A., 2001**

Psychological Research

University of California, Berkeley **B.A., 1993**

Computer Science

RELEVANT CERTIFICATIONS

Certified Lifestyle Medicine Professional 2020

Diplomate of the American College of Lifestyle Medicine (DipACLM)

Board certified in lifestyle medicine

Plant-based Nutrition Certificate 2018

T. Colin Campbell Center for Nutrition Studies through eCornell

Completed 30-hour training for plant-based nutrition certificate

Positive Psychology Health and Wellness Coaching Certificate 2017

College of Executive Coaching, Arroyo Grande, CA

Completed 60-hour training for wellness coaching certificate

CURRENT

Alliant International University, San Diego, CA

August 2015 – present

California School of Professional Psychology (CSPP)

Assistant Professor, Clinical Psychology PsyD Program

- Doctoral courses taught: Introduction to Health Psychology; Health Psychology Interventions; Advanced Statistics; Quantitative Research Methods; Proposal Development/Dissertation Group; Clinical Consultation Group; Theories of Personality, Pathology and Psychotherapy: Behavioral/Social Learning, Eating Disorders and Weight Concerns
- Developed and coordinate Clinical Health Psychology emphasis area for PsyD program
- Develop and coordinate yearly Methods Comprehensive Exam
- Mentor doctorate students and chair dissertation committees (4-5 new students/year)

- Serve on Student Evaluation Review Committee (SERC; 2015-present)
- Serve on University-wide Institutional Review Board (IRB; 2015-2022)
- Chair of Faculty Selection Committee (FA18-current)
- Member of Faculty Selection Committee (FA17-SP18)
- Serve as faculty advisor to student organization "Yoga and Self-Care" (FA21-current)
- Co-chair of inaugural White People Working Towards Anti-Racism Group for faculty and students of PsyD program (FA21-current)
- Developed Nutrition Decision-making Research Lab
 - Research lab aimed at examining the how, when, and why people make nutritional decisions for themselves and their families.
 - Initial project: Plant-based Registry

Private practice, San Diego, CA
Clinical Psychologist

Sept 2009 – present

- Practice specializing in diabetes (Type 1 & 2), eating disorders, chronic disease management, healthy weight management, and lifestyle medicine.
- Individual and family therapy

PROFESSIONAL SERVICE

American College of Lifestyle Medicine
Mental and Behavioral Health Member Interest Group (MIG)
Founder and Co-Chair

Aug 2019 – Apr 2022

- Coordinated development of member interest group of behavioral health providers interested in collaborating and incorporating lifestyle medicine into their practices.

Chair of Behavior Change subcommittee

Nov 2021 - present

- Subcommittee is focused on:
 - Elevating the discussion of behavior change strategies to affect change in the context of lifestyle medicine.
 - Collaborating with LM practitioners and highlighting the combined expertise to better serve patients.
 - Developing and disseminating patient facing and provider facing guides in behavior change strategies.

Behavioral Diabetes Institute, San Diego, CA
Consultant

Dec 2017 – present

- Serve as expert member of community consultation group on diabetes psychology.
 - Group aims to educate, support, and encourage more mental health providers to work with patients with diabetes.

PAST CLINICAL EXPERIENCE

Diabetes Clinic, Rady Children’s Hospital/UCSD
Clinical Psychologist

Sept 2014 – Sept 2015

- Assess needs of diabetes clinic patients; develop and deliver mental health programs to address needs.
- Provide consult liaison service to endocrinologists during clinic appointments.
- Individual and family therapy with Type 1 and Type 2 diabetes patients.
- Build and facilitate parental support groups in SD County at Rady satellite offices.

**UCSD Eating Disorders Treatment and Research Program
University of California at San Diego, La Jolla, CA**

July 2010 – Sept 2014

Co-Director, Adult Partial-Hospitalization and Intensive Outpatient Program

- Manage aspects of 6-day a week PHP program (10 and 6 hour) and IOP (4 hour) which carry a combined census of 18-24 patients
 - Lead weekly multidisciplinary (dietary, psychiatry, nursing, therapy) treatment planning and review meeting in which all patients are discussed.
 - Schedule 56 hours of group programming each week for 12 staff members.
 - Manage staff time off calendar and schedule changes due to staff absence.
 - Review patient concerns and make necessary changes as appropriate.
 - Collaborate with other members of program management weekly to discuss issues and treatment development.
 - Group and individual therapist for program participants.
 - Case management of more medically complex patients.
 - Perform concurrent insurance reviews for treatment authorization.
- Manage the development and customization of the electronic medical record system (EMR) to meet the clinic needs.
 - Act as liaison between developer and clinic staff.
 - Work closely with developers on template design, customization, and implementation of EMR solution.
 - Manage rollout of system and on-going maintenance issues.
- Provide APA CE lectures on CBT for Eating Disorders (CBT-E) and Diabulimia every year in clinic training seminar
- Clinical supervision of unlicensed staff, practicum students, clinical interns, and postdoctoral fellows
- Trained in CBT, CBT-E, DBT and Motivational Interviewing

Behavioral Diabetes Institute (BDI), San Diego, CA

Sept 2009 – Dec 2013

Director of Adolescent & Family Services/Eating Disorders Program

- Develop and deliver groups and workshops for adolescents with diabetes and their families
 - "Just For Parents" – 2-hour workshop offered 4x year.
 - "Getting on Track for Teen and Parent" – all-day workshop offered 3x year.
- Develop and deliver eating disorder programs
 - "Making Peace with Food" – 6-week series, 2-hour class, offered 2x year.
 - "Insulin Omission (Diabulimia)" – all-day workshop offered 2x year.
- Provide lectures to the community and health professionals on a variety of diabetes related topics.

**UCLA Adult Eating Disorders Outpatient Program
University of California at Los Angeles, Los Angeles, CA**

July 2007 – Aug 2009

Group Therapist

Supervisors: Cindy Pikus, Ph.D., David Rudnick, M.D.

- Group therapist for Adult Eating Disorders Outpatient Program.

**Simms/Mann-UCLA Center for Integrative Oncology
University of California at Los Angeles, Los Angeles, CA**

Sept 2008 – Aug 2009

Therapist

Supervisors: Kauser Ahmed, Ph.D., Anne Coscarelli, Ph.D.

- Individual therapy with oncology patients.
- Participate in weekly didactic seminar on psycho-oncology.

Semel Institute for Neuroscience and Human Behavior, UCLA July 2007 – June 2008
University of California at Los Angeles, Los Angeles, CA

APA-Accredited Pre-doctoral Clinical Internship: Adult health and behavior emphasis

Supervisors: David Wellisch, Ph.D., Linda Ercoli, Ph.D., Cindy Pikus, Ph.D., David Rudnick, M.D., Brenda Bursch, Ph.D., Marilyn Jacobs, Ph.D.

- Clinical Rotations: Adult Psychiatry Consult Liaison Team (UCLA Med Center & Revlon Breast Center), Pediatric Psychiatry Consult Liaison Team (UCLA Med Center), Stroke Support Group, Medical Psychology Assessment Center (psychodiagnostic and pain evaluations), Adolescent Medicine Clinic, Adult Eating Disorders Outpatient Program, Family Trauma Clinic
- Provided individual therapy focusing on acute and chronic disease, depression, anxiety/panic, medical trauma, sexual trauma, PTSD, end of life/grief issues and eating disorders.

SDSU Community Psychology Clinic
San Diego State University, San Diego, CA
Peer Supervisor

July 2006 – June 2007

Supervisor: Alan Litrownik, Ph.D.

- Co-supervision of 2nd year doctoral students in community clinic. Supervised cases included depression, anxiety, and bereavement.

FIRM Primary Care Clinic
San Diego Veterans Affairs Medical Center
Psychology Trainee

July 2005 – June 2006

Supervisors: Julie Wetherell, Ph.D., John McQuaid, Ph.D., Tom Rutledge, Ph.D.

- Provided behavioral medicine assessment and individual therapy for patients referred by their primary care provider for issues such as depression, anxiety, medical adherence, pain management, sleep disturbance.
- Participated in weekly behavioral medicine didactic seminar.
- Led 16-week Managing Stress and Anxiety Group.
- Weight Control Clinic
 - Provided assessment and intervention for patients in weight clinic.
 - Bariatric pre-surgical psychological and cognitive evaluations.
 - Led the behavioral medicine sessions of the diet and exercise group (MOVE!)
 - Led the bariatric surgery support group (LEAP), 1/month.
- Dialectical Behavior Therapy Program: provided individual therapy and participated in group supervision.

Family Medicine Collaborative Care Program
UCSD Healthcare
Psychology Trainee

July 2004 – June 2005

Supervisors: Nancy Thomas, Ph.D., William Sieber, Ph.D.

- Provided assessment, consultation, and individual therapy for patients referred by their family medicine provider for issues such as depression, anxiety, eating disorders, pain management, and panic disorder.
- Co-led 5-week Chronic Low Back Pain Group which included modules on physical activity, shared decision making, social support, treatment options, stress, depression and coping.
- Co-led ongoing Eating Disorders Treatment Group.

SDSU Community Psychology Clinic
San Diego State University, San Diego, CA
Psychology Trainee

July 2003 – June 2004

Supervisors: Brenda Johnson, Ph.D., Linda Gallo, Ph.D.

- Provided individual therapy for clients with depression, anxiety, eating disorders, complicated bereavement, chronic disease, and social anxiety.
- Co-led 16-week Cognitive Behavioral Therapy Group for Depression

**Department of Psychiatry and Behavioral Sciences
Stanford University, Stanford, CA
Clinical Interviewer, *Student Bodies***

Feb 2000 – Aug 2002

Supervisor: C. Barr Taylor, M.D.

- Completed training in and performed structured clinical interviews:
 - Eating Disorder Examination (EDE)
 - Structured Clinical Interview for DSM-IV (SCID)

PAST RESEARCH EXPERIENCE

Department of Family and Community Medicine Oct 2015 – Dec 2016
**University of California at San Francisco (UCSF), San Francisco, CA &
Behavioral Diabetes Institute (BDI), San Diego, CA
Independent Consultant, T1-REDEEM Diabetes Study**

Principal Investigators: Larry Fisher, Ph.D.; Danielle Hessler, Ph.D.; Bill Polonsky, Ph.D.; Susan Guzman, Ph.D.

- Involved in intervention delivery of active treatment condition to participants with Type 1 diabetes. Study investigating novel management of diabetes distress.

Department of Cancer Prevention and Control Research July 2008 – Aug 2009
**School of Public Health
University of California at Los Angeles (UCLA), Los Angeles, CA
Project Director, After Breast Cancer Study**

Principal Investigators: Patricia Ganz, M.D.; Annette Stanton, Ph.D.; Julie Bower, Ph.D.

- Involved in the development of a program of research focused on understanding of the interaction between stress and health behaviors in pre-menopausal breast cancer survivors, with special attention to its effects on diet, physical activity and energy balance.

Cousins Center for Psychoneuroimmunology Jan 2009 – Aug 2009
**University of California at Los Angeles (UCLA), Los Angeles, CA
Facilitator and lecturer**

Principal Investigators: Julie Bower, Ph.D.; Michael Irwin, M.D.; Patricia Ganz, M.D.; Gail Greendale, M.D.

- Facilitate a 12-week Wellness Seminar which served as the active control condition to a multiple cohort study entitled "Iyengar Yoga for Breast Cancer Survivors with Persistent Fatigue."
- Delivered 6 of 12 lectures on topics such as fatigue and sleep, weight and chronic disease management, stress and cancer, body image and sexuality.

Department of Family and Preventive Medicine Dec 2003 – June 2007
**University of California at San Diego (UCSD), La Jolla, CA
Graduate Research Assistant, PACE Projects**

Principal Investigator: Kevin Patrick, M.D., M.S.

- Involved in development and delivery of PACE-DP (Patient-centered Assessment and Counseling of Exercise and nutrition for Diabetes Prevention), an NIDDK funded program aimed at adolescents at risk for developing Type 2 diabetes.
- Additional intervention development: PACEPRO, a physical activity and mood management program; PACE for Moms, a weight loss intervention for new moms; and PACE-PC, a stepped care intervention for overweight adolescents.

Department of Family and Preventive Medicine Aug 2002 – July 2004
**University of California at San Diego (UCSD), La Jolla, CA
Project Coordinator**

Principal Investigator: Robert Kaplan, Ph.D.

- Involved in coordination and development of a CDC-funded study investigating an on-line intervention for shared decision-making regarding prostate cancer screening.

**Department of Psychiatry and Behavioral Sciences
Stanford University, Stanford, CA
Project Director, *Student Bodies***

May 2000 – Aug 2002

Principal Investigator: C. Barr Taylor, M.D.

- Involved in all aspects of an NIMH-funded multi-site 3-year longitudinal study evaluating the effectiveness of a Web-based intervention aimed at improving body image and preventing eating disorders.
- Directed a line of research that examined combining universal and targeted prevention for high school-based eating disorder prevention programs.
- Performed statistical analyses and managed database for a study examining a nurse care management system to improve outcomes in patients with complicated diabetes.

PAST CORPORATE EMPLOYMENT

Silicon Graphics Inc. (SGI)

1993 – 2000

Mountain View, CA

Positions held: Technical Support Engineer, Systems Engineer, Product Manager

INVITED TALKS/SYMPOSIA/TRAININGS

“Health Behavior Change Science and Practice: Beyond the Basics” November 12, 2022
Lead presenter, 3-hour workshop. Lifestyle Medicine Conference 2022.
Orlando, Florida.

“Boundaries in Supervision” January 21, 2022
CSPP at Alliant International University, San Diego, CA
1.5-hour CE workshop for community clinical supervisors.

“Incorporating Mental Health Into Lifestyle Medicine” November 7, 2021
Co-presenter, 3-hour workshop. Lifestyle Medicine Conference 2021.
Virtual meeting.

“Mental Health During COVID-19 - A Lifestyle Medicine Perspective” April 30, 2021
Panelist in webinar held by the Mental and Behavioral Member Interest
Group for American College of Lifestyle Medicine (ACLM) members.

“Diabulimia and other Eating Disorders” February 27, 2021
TCOYD Virtual Diabetes Conference & Health Fair:
How to be a Diabetes Rockstar – Featuring Taboo Topics

“Eating Disorders” November 18, 2020
Wellness Wednesday Series
Partnership with San Diego NAMI & Alliant International University
Virtual meeting.

“Eating Disorders and Diabetes” [Talk cancelled due to COVID] October 3, 2020
TCOYD ONE Conference
<https://tcoyd.org/one-2020/>

“Parenting and Working from home in Times of Uncertainty” July 15, 2020
Community Conversations, Mental and Behavioral Member Interest Group
American College of Lifestyle Medicine (ACLM), Virtual meeting.

“Navigating T1D Parenting Challenges During Covid” June 11, 2020
JDRF, San Diego Chapter, Virtual meeting.

"Diabulimia 101"	February 7, 2020
"Lessons Learned in Treatment" 2nd International Conference on Diabetes and Eating Disorders San Diego, CA	February 9, 2020
"Diabetes and the Family: Tips for the Tough Stuff." JDRF TypeOneNation Summit, Meet the Scientists, San Diego, CA	June 1, 2019 April 22, 2018 March 18, 2017
Rady Children's Diabetes Family Conference, San Diego, CA	September 12, 2015
PDRC/Rady Children's Diabetes Family Conference, San Diego, CA	April 15, 2012
Diabetic Youth Foundation, Spring Family Retreat Camp Arroyo, Livermore, CA	Feb 3 - 5, 2012
"Health Psychology" CSPP at Alliant International University, San Diego, CA 2-hour CE workshop for faculty and students surveying the field of health psychology.	October 6, 2017
"What is Support? Guidance and Best Practices for Supporting a Loved One Struggling with an Eating Disorder." Panel presenter. National Eating Disorders Association (NEDA) Annual Conference, San Diego, CA	October 3, 2015
"Cognitive Behavioral Therapy for Eating Disorders." UCSD PGY3 Psychiatry Residents "Advanced CBT" curriculum UCSD Eating Disorder Treatment Center, CE Seminar Part 1-3 Part 1-2	April 21, 2014 Dec 6, 13, 20, 2011 March 5, 13, 2013, Feb 25, March 3, 2014, Sept 2014
"Men and Eating Disorders." UCSD undergraduate class on Eating Disorders	July 22, 2013
"Diabetes and Eating Disorders." San Diego Association of Diabetes Educators	March 13, 2013
UCSD Eating Disorder Treatment Center, CE Seminar	Jan 22, 2013
"Promoting Behavior change in Latino Patients with Diabetes." TCOYD CME Conference: Making the Connection: Improving Clinical Care and Adherence for Latino Patients with Diabetes, Oceanside, CA	Nov 3, 2012
"Diabulimia" CE Seminar, UCSD Eating Disorder Treatment Center	Jan 12, 2012
"Recognizing Eating Disorders in Young Athletes." Rady Children's Hospital and UCSD Pediatric and Adolescent Sports Medicine Conference	March 1, 2012
Rady Children's Hospital CE conference: When Youth Sports Get Dangerous: Physician Insight	

for the Athletic Trainer

Aug 13, 2011

“Diabetes and Eating Issues.”

BDI Celebration of Strength, Interactive Workshop

Oct 8, 2011

“True Confessions of a Diabetic.”

Taking Care of Your Diabetes (TCOYD), Mini-Series

Sept 22, 2010

“Eating disorders and Obesity.”

Abnormal Psychology, San Diego State University, San Diego, CA.

Fall 2005; Spring
2006; Fall 2006

PUBLICATIONS

JOURNAL ARTICLES

Sugden, S., **Abascal, L.**, Vela, A., & Merlo, G. (2022). Lifestyle Approaches to Substance Use Recovery. [Manuscript submitted for publication].

Vela, A., **Abascal, L.**, Sugden, S., Young, A., Babington, K., & Merlo, G. (2022). Lifestyle Medicine in Practice: Clinical Applications within Mental and Behavioral Health. [Manuscript submitted for publication].

Abascal, L., Vela, A., Sugden, S., Kohlenberg, S., Hirshberg, A., Young, A., Lane, K., & Merlo, G. (2022). Incorporating Mental Health into Lifestyle Medicine. *American Journal of Lifestyle Medicine*.

Igarashi, Y., Staples, J., Vigil, S., Pero, G., Gardner, R., Thomat, A., & **Abascal, L.** (2022). The impact of psychological flexibility in the relationship between discrimination and internalized transnegativity among transgender and gender expansive adults. *Journal of Contextual Behavioral Science*, 24, 42-50.

Ventura, E.E., Ganz, P.A., Bower, J.E., **Abascal, L.**, Petersen, L., Stanton, A.L., & Crespi, C.M. (2013). Barriers to physical activity and healthy eating in young breast cancer survivors: modifiable risk factors and associations with body mass index. *Breast Cancer Research and Treatment*, 142(2), 423-433.

Kerr, J., Calfas, K.J., Caparosa, S., Stein, M.B., Sieber, W., **Abascal, L.B.**, Norman, G.J. & Patrick, K. (2008). A pilot study to assess the feasibility and acceptability of a community based physical activity intervention (involving internet, telephone, and pedometer support), integrated with medication and mood management for depressed patients. *Mental Health and Physical Activity*, 1(1), 40-45.

Taylor, C.B., Bryson, S., Luce, K.H., Cuning, D., Doyle, A.C., **Abascal, L.B.**, Rockwell, R., Dev, P., Winzelberg, A.J. & Wilfley, D.E. (2006). Prevention of eating disorders in at-risk college-age women. *Archives of General Psychiatry*, 63(8), 881-888.

Taylor, C. B., Bryson, S., Celio, A., Luce, K., Cuning, D., **Abascal, L.B.**, Rockwell, R., Field, A., Striegel-Moore, R., Winzelberg, A., & Wilfley, D. (2006). The adverse effect of negative comments about weight and shape from family and siblings on women at high risk for eating disorders. *Pediatrics*, 118(2), 731-738.

Low, K.G., Charanasomboon, S., Lesser, J., Reinhalter, K., Martin, R., Winzelberg, A., **Abascal, L.B.** & Taylor, C.B. (2006). Effectiveness of a computer-based interactive eating disorders prevention program at long term follow-up, *Eating Disorders*, 14(1), 17-30.

Luce, K.H., Osborne, M.I., Winzelberg, A.J., Das, S., **Abascal, L.B.**, Celio, A.A., Wilfley, D.E., Stevenson, D., Dev, P. & Taylor, C.B. (2005). Application of an algorithm-driven protocol to simultaneously provide universal and targeted prevention programs. *International Journal of Eating Disorders*, 37(3), 220-226.

Bruning-Brown, J., Winzelberg, A., **Abascal, L.B.** & Taylor, C.B. (2004). An evaluation of an internet-delivered eating disorder prevention program for adolescents and their parents. *Journal of Adolescent Health*, 35(4), 290-296.

Jacobi, C., **Abascal, L.B.**, & Taylor, C.B. (2004). Screening for eating disorders and high-risk behavior: Caution. *International Journal of Eating Disorders*, 36(3), 280-95.

Abascal, L.B., Bruning, J., Winzelberg, A.J., Dev, P. & Taylor, C.B. (2004). Combining universal and targeted prevention for school based eating disorder programs. *International Journal of Eating Disorders*, 35(1), 1-9.

The McKnight Investigators* (2003). Risk factors for the onset of eating disorders in adolescent girls: Results of the McKnight longitudinal risk factor study. *American Journal of Psychiatry*, 160(2), 248-254.

* Stanford University: Taylor, C.B. (Principal investigator), Bryson, S.W., Altman, T. M., Celio, A., **Abascal, L.B.**, Cuning, D., Killen, J. University of Arizona: Shisslak, C.M. (Principal investigator), Crago, M., Olmsted, M.E., Ranger-Moore, J., Cook, P, Ruble, A., Gray, N. Consultants: Kraemer, H.C., Smolak, L.

Taylor, C.B., Miller, N.H., Reilly, K.R., Greenwald, G., Cuning, D., Deeter, A. & **Abascal, L.B.** (2003). The evaluation of a nurse care management system to improve outcomes in patients with complicated diabetes. *Diabetes Care*, 26(4), 1058-1063.

Abascal, L.B., Bruning, J., Winzelberg, A.J., Dev, P. & Taylor, C.B. (2002). An internet delivered intervention to enhance body image in high school students. *Annals of Behavioral Medicine*, 24 (Suppl.), S117.

Taylor, C.B., Jobson, K.O., Winzelberg, A.J. & **Abascal, L.B.** (2002). The Use of the Internet to Provide Evidence-Based Integrated Treatment Programs for Mental Health. *Psychiatric Annals*, 32(11), 671-680.

BOOK CHAPTERS

Abascal, L., Boutelle, K., & Eichen, D. (2022). Eating Disorders in the Context of Lifestyle Medicine. In Merlo, G., & Fagundes, C. (Eds.) *Lifestyle Psychiatry: Through the Lens of Behavioral Medicine*. [Chapter in preparation].

Merlo, G., Sugden, S., & **Abascal, L.** (2022). Overview of Lifestyle Psychiatry. In Rippe, J. M. (Ed.) *Lifestyle Medicine, Fourth Edition*. [Chapter submitted to editor].

Abascal, L.B. & Goebel-Fabbri, A. (2017). Diabetes and Eating Disorders. In Anderson, L, Murray, S., & Kaye, W. (Eds.) *The Handbook of Complex and Atypical Eating Disorders*.

Winzelberg, A., Luce, K., & **Abascal, L.B.** (2004). Internet-based treatment strategies. In Thompson, J.K. (Ed.) *Handbook of Eating Disorders and Obesity*.

Winzelberg, A., **Abascal, L.B.** & Taylor, C.B. (2002). Psychoeducational approaches to body image prevention and change. In Cash, T. & Pruzinsky, T. (Eds.) *Body Image: A Handbook of Theory, Research, and Clinical Practice*.

PRESENTATIONS AND ABSTRACTS

Bauman, L., **Abascal, L.B.**, Watkins, P.L., & David, M. (2021). *Feeding into Weightism: Weight Bias among Clinical Psychology Doctoral Students*. Poster present at Obesity Week, Nov 1-5, 2021.

Franz, B., Shuman, T., **Abascal, L.**, & Green, J. (2020). *Examining the Relationship Between the Big-Five Personality Dimensions and Adult Adoptees*. Poster presented at IVAT Summit, Virtual conference, Aug 29 – Sept 2, 2020, San Diego, CA.

Giovannelli, F., Khademi, M., **Abascal, L.**, Shuman, T. & Alpert, N. (2019). *The Influence of Ethnic Identity on Eating Disorder Risk Among Women of Mexican Descent*. Poster presented at American Psychoanalytic Association (APsaA) National Meeting, Feb 05 - 10, 2019, New York, NY.

Foster-Engen, L. , Gustaveson, C., Gevirtz, R., Perez, V., & **Abascal, L.** (2018). *Psychophysiological Markers of Emotional Eating*. Poster presented at Association for Applied Psychophysiology and Biofeedback, April 11-14, Orlando, FL and the California Psychological Association Conference April 26-29, La Jolla, CA.

Abascal, L.B., Calfas, Norman, G.J., K.J., Sallis, J.F., & Patrick, K. (2007). *The Effect of Depression and Adherence in a Dietary and Physical Activity Intervention for Overweight and Obese Adults*. Poster presented at The Obesity Society's 2007 Annual Scientific Meeting, October 20 - 24, 2007, New Orleans, LA.

Taylor, C.B., Bryson, S.B., Celio, A, Luce, K.H., Jones, M., Cuning, D., **Abascal, L.B.**, Rockwell, R., Dev, P., Winzelberg, A., Fittig, E., Jacobi, C., Wilfley, D.E. (2007). *Can an internet-based psychosocial intervention prevent eating disorders?* APA Symposium, San Francisco, CA.

Abascal, L.B., Norman, G.J., Calfas, K.J., Adams, M.A., Sallis, J.F., & Patrick, K. (2007). *24-month Stability of Sedentary Behavior Clusters in Adolescents*. Action Poster presented at Society of Behavioral Medicine Annual Meeting 2007, Washington D.C.

Abascal, L.B., Norman, G.J., Calfas, K.J., Zabinski, M.F., Sallis, J.F., & Patrick, K. (2006). *Is progression in stage of change related to behavior change?* Poster presented at Society of Behavioral Medicine Annual Meeting 2006, San Francisco, California.

Taylor, C. B., Bryson, S. W., Celio, A., Luce, K. H., Cuning, D., **Abascal, L. B.**, Rockwell, R., Dev, P., Winzelberg, A. J., & Wilfley, D. (May, 2005). *An Internet-based psychosocial intervention can reduce weight shape concerns*. Paper presented at the 2005 International Conference on Eating Disorders, Montreal, Quebec, Canada.

Abascal, L.B., Patrick, K., Calfas, K., Norman, G., Zabinski, M. & Sallis, J. (2005). *Objective measurement of adolescent sedentary activity time: Are the data supported?* Poster presented at Society of Behavioral Medicine Annual Meeting 2005, Boston, Massachusetts.

Abascal, L.B., Jacobi, C., & Taylor, C.B. (2004). *Screening for eating disorders and high risk behavior: Caution*. Paper presented at International Conference on Eating Disorders 2004, Orlando, Florida.

Abascal, L.B., Bruning, J., Winzelberg, A.J., Dev, P. & Taylor, C.B. (2001). *Combining universal and targeted prevention for school based eating disorder programs*. Paper presented at International Conference on Eating Disorders 2002, Boston, Massachusetts.

Abascal, L.B., Bruning, J., Winzelberg, A.J., Dev, P. & Taylor, C.B. (2001). *An internet delivered intervention to enhance body image in high school students*. Poster presented at Society of Behavioral Medicine Annual Meeting 2002, Washington D.C.

Abascal, L.B., Bruning, J., Winzelberg, A.J., Melzig, C., Tempesta, D. & Taylor, C.B. (2001). *An interactive web-based intervention to reduce risk factors for eating disorders: Implications for obesity prevention in the classroom.* Poster accepted for 2001 California Childhood Obesity Conference, San Diego, California.

Abascal, L.B., Taylor, C.B., Killen, J., Cunning, D., Shisslak, C. & Bryson, S. (2001). *Trends in obesity in a northern California multiethnic school district: Evidence for an epidemic.* Poster accepted for 2001 California Childhood Obesity Conference, San Diego, California.

HONORS AND APPOINTMENTS

Minority Supplement NIDDK/NIH	2004-2006
Student Research Travel Award Academy of Eating Disorders (AED)	2004
NIH Scholar/Minority Fellowship University of California, San Diego	2002-2003
Chancellor's Scholarship University of California, Berkeley	1989-1993

PROFESSIONAL MEMBERSHIPS

American College of Lifestyle Medicine
American Diabetes Association

MEMBER OF EDITORIAL BOARD

Eating Disorders: The Journal of Treatment & Prevention

AD-HOC REVIEWER

American Journal of Preventive Medicine
American Journal of Lifestyle Medicine

GRANT REVIEWER

Juvenile Diabetes Research Foundation (JDRF) RFA: Novel Approaches to Address Disordered Eating and Eating Disorders in Type 1 Diabetes	2021-2022
---	-----------

ADDITIONAL LANGUAGES

Spanish (spoken and written)
Ukrainian (spoken)