

CURRICULUM VITAE
Lauren N. Forrest, Ph.D.
 lauren.forrest@psu.edu | 801-510-5287

EMPLOYMENT

- 2021– Assistant Professor
 Department of Psychiatry and Behavioral Health
 Department of Public Health Sciences
The Pennsylvania State University, College of Medicine
- 2020–2021 Postdoctoral Fellow
Yale University, School of Medicine

EDUCATION AND TRAINING

- 2020 Ph.D. **Miami University**, Clinical Psychology (APA accredited)
Advisor: April R. Smith, Ph.D.
- 2020 Internship **Yale University**, School of Medicine (APA accredited)
Supervisors: Emily Cooney, Ph.D. and Seth Axelrod, Ph.D.
- 2015 M.A. **Miami University**, Clinical Psychology (APA accredited)
Advisor: April R. Smith, Ph.D.
- 2012 B.S. **University of Utah**, Honors Bachelor of Science in Psychology
Advisors: Justine Reel, Ph.D. and Jeanine Stefanucci, Ph.D.

HONORS AND AWARDS

- 2023 Outstanding Contributions to Research, Department of Psychiatry & Behavioral Health, Penn State College of Medicine
- 2022 Nominated for the Penn State College of Medicine Research Mentor Award
- 2022 Early Career Top-Scoring Paper, International Conference on Eating Disorders
- 2019 Philanthropic Educational Organization Scholarship recipient
- 2018 RSH Scholarship, Academy for Eating Disorders
- 2018 Honorable Mention for Best Abstract Award, Early Career SIG, Academy for Eating Disorders
- 2017 Graduate Student Achievement Fund, Miami University
- 2017 Graduate Student Research Award, Obesity and Eating Disorders SIG, Association of Behavioral and Cognitive Therapies
- 2016 Invited Residency for Eating Disorders and Epidemiological Research, Erasmus Medical Center, Netherlands
- 2016 Patrick Capretta Award, Department of Psychology, Miami University
- 2015–2019 Letters of Commendation, Department of Psychology, Miami University (6 awards)
- 2015 Research Fellow, Eating Disorders Clinical and Research Program, Massachusetts General Hospital

RESEARCH SUPPORT

Active Grants

Penn State Clinical and Translational Science Institute KL2 Training Program (KL2TR002015)
 Forrest (PI) 5/2022–4/2024 \$277,222

“Personalized assessment and prediction of short-term suicide risk factors for people living in rural areas”

This project uses ecological momentary assessment to estimate personalized networks of short-term risk factors for suicidal thoughts and behaviors among adults living in rural areas. The project then evaluates whether person-specific paths among risk factors can more accurately predict suicidal thoughts and behaviors at follow-up as compared to risk factor means.

Pending Grants

National Institute of Minority Health and Health Disparities 4/2024–3/2028 PI

Mentored Clinical Scientist Research Career Development Award (K08)

“Predicting acute and dynamic suicide risk in rural sexual minorities”

This project uses an innovative mixed methods approach to clarify acute and dynamic mechanisms underlying suicidal thoughts and behavior disparities among rural sexual minority adults. This project will inform therapeutic targets for suicide prevention in this uniquely high-risk population.

Completed Grants

Military Suicide Research Consortium

Department of Defense (\$557,294) Consultant (PI: April Smith, PhD)

Characterizing the dynamics of acute suicidal affective disturbance: A between-subjects and intra-individual network approach

1/2019–3/2022

Military Suicide Research Consortium

Common Data Elements (\$149,773) Key Personnel (PI: April Smith, PhD)

Interoceptive deficits and suicidality

1/2018–6/2019

Academy for Eating Disorders

Student Research Grant (\$1,000) PI

Using network analysis to identify multifactorial and within-person processes underlying cognitive and behavioral eating disorder symptoms

3/2019–3/2022

Dissertation funding (\$25,931) PI

Interoceptive prediction errors as novel, prospective predictors of self-injurious behaviors

Department of Psychology, Miami University, Dissertation Scholar (\$21,931)

American Psychological Association, Dissertation Research Award (\$1,000)

Military Suicide Research Consortium, Dissertation Completion Award (\$2,000)

Association of Behavioral and Cognitive Therapies, Graduate Student Research Grant (\$1,000)

Office of Research for Undergraduates, Miami University

Doctoral Undergraduate Opportunity Scholarship (\$1,000)

1/2018–5/2019

This award provides funding for a PhD student to mentor an undergraduate student on an independent research project.

Students Promoting Eating Disorder Awareness and Knowledge (SPEAK), University of Utah

Tiffany Cupit Research Award (\$300)

The role of perception in eating disorders

5/2011–4/2012

Unfunded Grants

National Institute of Mental Health

National Research Service Award (unfunded)

Examining interoceptive prediction errors as novel prospective predictors of self-injurious behaviors

Percentile = 22, Impact score = 30

PUBLICATIONS

*indicates mentored student

Citation count = 1143, *h* index = 18 (as of 6/20/23)

49. **Forrest, L. N.**, Beccia, A., Gehman, S., Exten, C., & Ansell, E. B. (in press). Intersectional prevalence of suicide ideation, plan, and attempt based on gender, sexual orientation, race and ethnicity, and rurality. *JAMA Psychiatry*.
48. **Forrest, L. N.**, Waschbusch, D. A., Pearl, A. M., Bixler, E. O., Sinoway, L. I., Kraschnewski, J. L., Liao, D., & Saunders, E. F. H. (in press). Urban vs. rural differences in psychiatric diagnoses, symptom severity, and functioning in a psychiatric sample. *PLOS One*.
47. **Forrest, L. N.**, Ivezaj, V., & Grilo, C. M. (2023). Machine learning versus traditional regression models predicting treatment outcomes for binge-eating disorder from a randomized controlled trial. *Psychological Medicine*, 53, 2777–2788.
46. **Forrest, L. N.**, Franko, D., Thompson-Brenner, H., & Grilo, C. M. (2023). Examining changes in binge-eating disorder network centrality and structure in patients treated with cognitive behavioral therapy versus interpersonal psychotherapy. *International Journal of Eating Disorders*, 56, 944–955.
45. Essayli, J. H., **Forrest, L. N.**, Zickgraf, H. F., Stefano, E. C., Keller, K. K., & Lane-Loney, S. E. (2023). The impact of between-session habituation, within-session habituation, and weight gain on response to food exposure for adolescents with eating disorders. *International Journal of Eating Disorders*, 56, 637–645.
44. Billman, M. G.*, **Forrest, L. N.**, Johnson, M., Quail, M. A., King, S., Mausteller, K., Lane-Loney, S. E., & Essayli, J. H. (2022). Preliminary effectiveness of a cognitive-behavioral, family-centered partial hospitalization program for children and adolescents with avoidant/restrictive food intake disorder. *International Journal of Eating Disorders*, 55, 1621–1626.
43. Gioia, A. N.*, **Forrest, L. N.**, & Smith, A. R. (2022). Diminished body trust uniquely predicts suicidal ideation and nonsuicidal self-injury among people with recent self-injurious thoughts and behaviors. *Suicide and Life-Threatening Behaviors*, 52, 1205–1216.
42. Kinkel-Ram, S. S., Williams, B. M., Ortiz, S. N., **Forrest, L. N.**, Magee, J., Levinson, C. A., & Smith, A. R. (2022). Testing intrusive thoughts as illness pathways between eating disorders and obsessive-compulsive disorder symptoms: A network analysis. *Eating Disorders: The Journal of Treatment and Prevention*, 30, 647–669.
41. **Forrest, L. N.**, & Grilo, C. M. (2022). Change in eating-disorder psychopathology network structure in patients with binge-eating disorder: Findings from treatment trial with 12-month follow-up. *Journal of Consulting and Clinical Psychology*, 90, 491–502.
40. **Forrest, L. N.**, Jacobucci, R. C., & Grilo, C. M. (2022). Empirically determined severity levels for binge-eating disorder outperform existing severity classification schemes. *Psychological Medicine*, 52, 685–695.

39. Ortiz, S. N., **Forrest, L. N.**, Ram, S. R., Jacobucci, R. C., & Smith, A. R. (2021). Using shape and weight overvaluation to empirically differentiate severity of other specified feeding or eating disorder. *Journal of Affective Disorders*, 295, 446–452.
38. Smith, A. R., **Forrest, L. N.**, Perkins, N. M., Kinkel-Ram, S., Bernstein, M. J., & Witte, T. K. (2021). Reconnecting to internal sensations and experiences: Development of an online intervention to improve interoception and results from a pilot feasibility study. *Behavior Therapy*, 52, 1145–1157.
37. Martin-Wagar, C. A., Boswell, R. G., Bennett, B. L., Perelman, H., & **Forrest, L. N.** (2021). Psychological and eating disorder symptoms as predictors of starting eating disorder treatment. *International Journal of Eating Disorders*, 54, 1500–1508.
36. **Forrest, L. N.**, & Smith, A. R. (2021). A multi-measure investigation of interoception in people with recent nonsuicidal self-injury. *Suicide and Life-Threatening Behaviors*, 51, 492–503.
35. Ortiz, S. N., **Forrest, L. N.**, & Smith, A. R. (2021). Correlates of suicidal thoughts and attempts in males engaging in muscle dysmorphia or eating disorder symptoms. *Journal of Clinical Psychology*, 77, 1106–1115.
34. Scharff, A., Ortiz, S. N., **Forrest, L. N.**, & Smith, A. R. (2021). Posttraumatic stress disorder as a moderator of transdiagnostic, residential eating disorder treatment outcome trajectory. *Journal of Clinical Psychology*, 77, 986–1003.
33. Sahlan, R., Williams, B., **Forrest, L. N.**, Saunders, J., Fitzsimmons-Craft, E., & Levinson, C. (2021). Disordered eating, self-esteem, and depression symptoms in Iranian adolescents and young adults: A network analysis. *International Journal of Eating Disorders*, 54, 132–147.
32. **Forrest, L. N.**, Grilo, C. M., & Udo, T. (2021). Suicide attempts among people with eating disorders and adverse childhood experiences: Results from a nationally representative U.S. sample. *International Journal of Eating Disorders*, 54, 326–335.
31. Scharff, A., Ortiz, S. N., **Forrest, L. N.**, & Smith, A. R. (2021). Comparing the clinical presentation of eating disorder patients with and without trauma history and comorbid PTSD. *Eating Disorders: Journal of Treatment and Prevention*, 29, 88–102.
30. Fite, R., **Forrest, L. N.**, Berlin, J. S., Gonzalez, J. P., & Magee, J. M. (2021). Biting into the apple: Moral vitalism mediates the relation between religiosity and moral thought–action fusion. *Mental Health, Religion, and Culture*, 24, 1025–1036.
29. Perkins, N. M., **Forrest, L. N.**, Kuntsman, J., & Smith, A. R. (2020). Adapted to fear: Fearlessness about death is positively associated with heart rate variability. *Journal of Social and Clinical Psychology*, 39, 842–860.
28. Smith, A. R., **Forrest, L. N.**, Duffy, M. E., Jones, P. J., Joiner, T. E., & Pisetsky, E. M. (2020). Identifying bridge pathways between eating disorder symptoms and suicidal ideation across three samples. *Journal of Abnormal Psychology*, 129, 724–736.
27. Smith, A. R., Dodd, D. R., Ortiz, S. N., **Forrest, L. N.**, & Witte, T. K. (2020). Interoceptive deficits differentiate groups and associate with self-injurious thoughts and behaviors in a military sample. *Suicide and Life-Threatening Behaviors*, 50, 472–489.
26. Trujillo, A., **Forrest, L. N.**, Claypool, H. M., & Smith, A. R. (2019). Assessing longitudinal relationships among thwarted belongingness, perceived burdensomeness, and eating disorder symptoms. *Suicide and Life-Threatening Behaviors*, 49, 1609–1620.

25. **Forrest, L. N.**, Perkins, N., Lavender, J., & Smith, A. R. (2019). Using network analysis to identify men's central eating disorder symptoms. *International Journal of Eating Disorders*, 52, 871–884.
24. Ortiz, S. N., **Forrest, L. N.**, Fisher, J. T., Hughes, M., & Smith, A. R. (2019). Changes in Internet suicide search volumes following celebrity suicides. *Cyberpsychology, Behavior, and Social Networking*, 22, 373–380.
23. Velkoff, E. A., Gibbler, R., **Forrest, L. N.**, & Smith, A. R. (2019). Indirect effects of negative body talk on eating, exercise, and expectations about steroids in a sample of at-risk adult men. *Psychology of Men and Masculinity*, 20, 594–602.
22. **Forrest, L. N.**, Sarfan, L. D., Ortiz, S. N., Brown, T. A., Smith, A. R., & Kaye, W. H. (2019). Bridging eating disorder symptoms and trait anxiety in patients with eating disorders: A network approach. *International Journal of Eating Disorders*, 52, 701–711.
21. **Forrest, L. N.**, Velkoff, E. A., Johnson, C. J., Luebke, A., & Smith, A. R. (2019). Revising the Painful and Provocative Events Scale: Establishing the psychometric properties and construct validity of the Painful and Provocative Events Scale–Revised. *Journal of Affective Disorders*, 253, 438–448.
20. Dodd, D. R., Parsons, E. M., **Forrest, L. N.**, Velkoff, E. A., Kunstman, J. W., Clerkin, E. M., & Smith, A. R. (2019). Perfectly imperfect: The use of cognitive bias modification to reduce perfectionism. *Journal of Behavior Therapy and Experimental Psychiatry*, 64, 167–174.
19. Smith, A. R., Ortiz, S. N., **Forrest, L. N.**, Velkoff, E. A., & Dodd, D. R. (2018). Which comes first? An examination of associations and shared risk factors for eating disorders and suicidality. *Current Psychiatry Reports*, 20, 77.
18. **Forrest, L. N.**, Jones, P., Ortiz, S. N., & Smith, A. R. (2018). Core psychopathology in anorexia nervosa and bulimia nervosa: A network analysis. *International Journal of Eating Disorders*, 51, 668–679.
17. Dodd, D. R., Smith, A. R., **Forrest, L. N.**, Witte, T. K., Bodell, L., Goodwin, N., Siegfried, N., & Bartlett, M. (2018). Interoceptive deficits, non-suicidal self-injury, and acquired capability for suicide among women with eating disorders. *Suicide and Life-Threatening Behavior*, 48, 438–448.
16. Smith, A. R., **Forrest, L. N.**, Velkoff, E. A., Ribeiro, J. D., & Franklin, J. C. (2018). Implicit attitudes toward eating stimuli differentiate eating disorder and non-eating disorder groups and predict eating disorder behaviors. *International Journal of Eating Disorders*, 51, 343–351.
15. Smith, A. R., **Forrest, L. N.**, & Velkoff, E. A. (2018).** Out of touch: Interoceptive deficits are elevated in suicide attempters with eating disorders. *Eating Disorders: The Journal of Treatment and Prevention*, 26, 52–65.
**Selected as EDJTP's "Informing Treatment Article of the Year"
14. **Forrest, L. N.**, & Smith, A. R. (2017). Comparisons of the Interpersonal–Psychological Theory of Suicide constructs among individuals without suicidality, ideators, planners, and attempters. *Suicide and Life-Threatening Behavior*, 47, 629–640.
13. **Forrest, L. N.**, Smith, A. R., & Swanson, S. A. (2017). Characteristics of seeking eating disorder treatment among U.S. adolescents. *International Journal of Eating Disorders*, 50, 826–833.

12. Dodd, D. R., Velkoff, E. A., **Forrest, L. N.**, Fussner, L. M., & Smith, A. R. (2017). Beauty in the eye of the beholder? Using facial electromyography to examine the relationships between eating disorder symptoms and perceptions of emaciation among undergraduate women. *Body Image*, 21, 47–56.
11. **Forrest, L. N.**, Zuromski, K. L., Dodd, D. R., & Smith, A. R. (2017). Suicidality in adolescents and adults with binge-eating disorder: Results from the National Comorbidity Survey Replication and Adolescent Supplement. *International Journal of Eating Disorders*, 50, 40–49.
10. Smith, A. R., Dodd, D. R., **Forrest, L. N.**, Witte, T. K., Bodell, L., Ribeiro, J. D., Goodwin, N., Siegfried, N., & Bartlett, M. (2016). Empirical tests of the Interpersonal Theory of Suicide in an eating disorder sample. *International Journal of Eating Disorders*, 49, 1082–1086.
9. Velkoff, E., A., **Forrest, L. N.**, Dodd, D. R., & Smith, A. R. (2016). Identity security, relationship satisfaction, and disclosure: Predictors of suicide risk factors among sexual minority women. *Psychology of Women Quarterly*, 40, 261–274.
8. **Forrest, L. N.**, Bodell, L. P., Witte, T. K., Siegfried, N., Bartlett, M. L., Goodwin, N., Eddy, K. T., Thomas, J. J., Franko, D. L., & Smith, A. R. (2016). Associations between eating disorder symptoms and suicidal ideation through thwarted belongingness and perceived burdensomeness among eating disorder patients. *Journal of Affective Disorders*, 195, 127–135.
7. Kondo, D. K., **Forrest, L. N.**, Shi, X. F., Sung, Y. H., Hellem, T. L., Huber, R. S., & Renshaw, P. F. (2016). Dose-ranging placebo-controlled trial of creatine augmentation for adolescent females with treatment-resistant major depressive disorder: A magnetic resonance spectroscopy study. *Amino Acids*, 48, 1941–1954.
6. Velkoff, E. A., **Forrest, L. N.**, Dodd, D. R., Smith, A. R. (2016). I can stomach that!: Fearlessness about death predicts attenuated facial electromyography activity in response to death-related images. *Suicide and Life Threatening Behavior*, 46, 313–322.
5. **Forrest, L. N.**, Smith, A. R., Fussner, L. M., Dodd, D. R., & Clerkin, E. M. (2016). Using implicit attitudes of exercise importance to predict explicit exercise dependence symptoms and exercise behaviors. *Psychology of Sport & Exercise*, 22, 91–97.
4. **Forrest, L. N.**, Smith, A. R., White, R. D., & Joiner, T. E. (2015). (Dis)connected: An examination of interoception in individuals with suicidality. *Journal of Abnormal Psychology*, 124, 754–763.
3. Shi, X. F., Carlson, P. J., Sung, Y. H., Fiedler, K. K., **Forrest, L. N.**, Hellem, T. L., Huber, R. S., Kim, S. E., Zuo, C., Jeong, E. K., Renshaw, P. F. & Kondo, D. G. (2015). Decreased brain PME/PDE ratio in bipolar disorder: a preliminary (31) P magnetic resonance spectroscopy study. *Bipolar Disorders*, 17, 743–752.
2. Shi, X. F., **Forrest, L. N.**, Kuykendall, M. D., Prescott, A. P., Sung, Y. H., Huber, R. S., Hellem, T. L., Jeong, E. K., Renshaw, P. F., & Kondo, D. G. (2014). Anterior cingulate cortex choline levels in female adolescents with unipolar versus bipolar depression: A potential new tool for diagnosis. *Journal of Affective Disorders*, 167, 25–29.
1. Kondo, D. K., Hellem, T. H., Shi, X. F., Sung, Y. H., Prescott, A. P., Kim, T. S., Huber, R. S., **Forrest, L. N.**, & Renshaw, P. F. (2014). A review of magnetic resonance spectroscopy studies of pediatric bipolar disorder. *American Journal of Neuroradiology*, 35(6 Suppl): S64–S80.

*Indicates mentored student

2. Billman, M. G.*, Essayli, J., & **Forrest, L. N.** (invited revision). Few differences in psychiatric comorbidities and treatment response in people with anorexia nervosa and atypical anorexia nervosa.
1. Maghoub, Y., **Forrest, L. N.**, Bowen, J. L., Swigart, A., & Kunkel, E. J. S. (invited revision). COVID-19 is associated with reduced access to psychiatric care and increased psychiatric acuity.

SELECTED MANUSCRIPTS IN PREP

*Indicates mentored student

4. Smith, A. R., **Forrest, L. N.**, & Levinson, C. A. (in prep). Estimating idiographic networks of acute suicidal affective disturbance among military personnel at risk for suicide.
3. **Forrest, L. N.**, Gioia, A. N.*, Heilbrun, E.*, Kinkel-Ram, S.*, & Ansell, E. B. (in prep). Systematic review of short-term predictors of suicidal thoughts and behaviors.
1. **Forrest, L. N.**, Billman, M. G.*, Ortiz, S. N., Jacobucci, R. C., & Smith, A. R. (in prep). Machine learning identifies meaningful severity specifiers for anorexia nervosa and bulimia nervosa.

BOOK CHAPTERS

1. Smith, A. R. & **Forrest, L. N.** (2016). Implicit measures in eating disorders research. In Wade, T. (Ed.). *Encyclopedia of feeding and eating disorders*. New York, NY: Springer.

INVITED TALKS

2. **Forrest, L. N.** (2018, November). *Using network analysis in psychological research*. Invited talk to be presented at the Social Psychology Research Interest Group at Miami University, Oxford, OH.
1. **Forrest, L. N.**, & Velkoff, E. A. (2014, November). *Eating disorders and suicidality: An exploration of the Interpersonal-Psychological Theory of Suicide*. Invited talk presented at Miami University's Eighth Semi-Annual Nutrition Conference. Oxford, OH.

ORAL CONFERENCE PRESENTATIONS

*Indicates mentored student

20. Billman, M. G., **Forrest, L. N.**, Lane-Loney, S. E., & Essayli, J. H. (2023). Six-month and twelve-month outcomes of a cognitive-behavioral, family-centered partial hospitalization program for children and adolescents with anorexia nervosa, avoidant/restrictive food intake disorder, and other eating disorders. Oral presentation to be presented at the Association for Behavioral and Cognitive Therapies Student Special Interest Group Research Symposium, Virtual.
19. Hamilton, A.*, Smith, S.*, & **Forrest, L. N.** (2023, June). Machine learning-identified severity indicators for anorexia nervosa outperform dsm-5 severity and clinical overvaluation indicators. Paper to be presented at the Academy for Eating Disorders' annual International Conference for Eating Disorders, Washington, D.C.
18. **Forrest, L. N.**, Ortiz, S. N.*, Jacobucci, R., & Smith, A. R. (2022, September). Machine learning-identified severity specifiers for bulimia nervosa outperform DSM-5 severity

specifiers for bulimia nervosa. Paper presented at the annual meeting of the Eating Disorders Research Society, Philadelphia, PA.

17. **Forrest, L. N.**, & Grilo, C. M. (2022, June). Change in eating-disorder psychopathology network structure in patients with binge-eating disorder: Findings from treatment trial with 12-month follow-up. Paper presented virtually at the annual meeting of the International Conference on Eating Disorders.
16. Kinkel-Ram, S. S., **Forrest, L. N.**, & Smith, A. R. (2022, June). A Longitudinal and Contemporaneous Network Analysis of Agitation, Sleep and Eating Disorder Symptoms. Paper to be presented virtually at the annual meeting of the International Conference on Eating Disorders.
15. **Forrest, L. N.**, Perkins, N. M., Lavender, J. M., & Smith, A. R. (2019, November). Using network analysis to identify men's central eating disorder symptoms. In L. D. Sarfan (Chair), *Am I good enough? The role of self-evaluation in body image and disordered eating*. Symposium presented at the Association of Behavioral and Cognitive Therapies, Atlanta, GA.
14. Smith, A. R., Dodd, D. R., Ortiz, S. N., **Forrest, L. N.**, & Witte, T. K. (2019, May). Interoceptive deficits differentiate groups and associate with self-injurious thoughts and behaviors in a military sample. In A. R. Smith (Chair), *Updates on the link between interoceptive deficits and suicidality: Testing longitudinal and objective methods*. Symposium presented at the American Association of Suicidology Annual Conference, Denver, CO.
13. Forrest, L. N., & Smith, A. R. (2019, May). A multi-measure examination of interoceptive deficits in people with self-injurious behaviors. In A. R. Smith (Chair), *Updates on the link between interoceptive deficits and suicidality: Testing longitudinal and objective methods*. Symposium presented at the American Association of Suicidology Annual Conference, Denver, CO.
12. **Forrest, L. N.**, Sarfan, L. D., Ortiz, S. N., Brown, T. A., Smith, A. R., Anderson, L. K. & Kaye, W. H. (2019, March). *Using network analysis to bridge eating disorder symptoms and trait anxiety in patients with anorexia nervosa*. Oral presentation presented at the International Conference on Eating Disorders, New York, NY.
11. **Forrest, L. N.**, Sarfan, L. D., Ortiz, S. N., Brown, T. A., Smith, A. R., & Kaye, W. H. (2018, November). Using network analysis to bridge eating disorder symptoms and trait anxiety. In S.B. Wang & P.J. Jones (co-chairs), *Novel insights on eating disorder treatment and etiology from network and complexity science*. Symposium presented at the Association for Behavioral and Cognitive Therapies, Washington, D.C.
10. Dodd, D. R. **Forrest, L. N.**, Velkoff, E. A., & Smith, A. R. (2018, April). *Training imperfection: Can cognitive bias modification reduce maladaptive perfectionism and disordered eating?* Oral presentation at the 2018 International Conference on Eating Disorders, Chicago, IL.
9. **Forrest, L. N.**, Ortiz, S. N., Dodd, D. R., Velkoff, E. A., & Smith, A. R. (2018, April). *Comparing core psychopathology between anorexia nervosa and bulimia nervosa versus binge-eating disorder*. Oral presentation at the 2018 International Conference on Eating Disorders, Chicago, IL.
8. **Forrest, L. N.**, Ortiz, S. N., Dodd, D. R., Velkoff, E. A., & Smith, A. R. (2018, April). *Bridging eating disorder symptoms and suicidal ideation: A network analysis*. Oral presentation at the 2018 International Conference on Eating Disorders, Chicago, IL.

7. **Forrest, L. N.**, Smith, A. R., & Ortiz, S. N. (2017, November). *Comparing core psychopathology in anorexia nervosa and bulimia nervosa versus binge-eating disorder*. Oral presentation at the Obesity and Eating Disorders Special Interest Group Cocktail Hour at the 2017 Association for Behavioral and Cognitive Therapies Annual Meeting, San Diego, CA.
6. **Forrest, L. N.**, Smith, A. R., Messman-Moore, T. L., DiLillo, D., & Gratz, K. (2017, April). Interoceptive deficits predict nonsuicidal self-injury among community women. In A. Brausch (chair), *The role of interoceptive deficits in nonsuicidal self-injury and suicide*. Symposium conducted at the 2017 American Association for Suicidology Annual Meeting, Phoenix, AZ.
5. Smith, A. R., Franklin, J. F., Ribeiro, J. D., Velkoff, E. A., **Forrest, L. N.**, Dodd, D. R. (2016, October). *Can changing implicit evaluations of eating related stimuli reduce eating disorder symptoms? A pilot test of Therapeutic Evaluative Conditioning for Eating Disorders*. Oral presentation at the pre-conference of the 22nd annual meeting of the Eating Disorder Research Society, New York, NY.
4. Kondo, D. G., **Forrest, L. N.**, Shi, X. F., Sung, Y. H., Huber, R. S., Sherwood, S. N., & Renshaw, P. F. (2016, October). *Target engagement with brain energy metabolism: Studies of creatine for adolescent females with treatment-resistant depression*. Oral presentation at the 2016 American Academy of Child and Adolescent Psychiatry annual meeting, New York City, NY.
3. Renshaw, P. F., **Forrest, L. N.**, & Kondo, D. G. (2015, April). *Phosphorus magnetic resonance spectroscopy (31P-MRS) study of dose-ranging, placebo-controlled creatine augmentation for adolescent females with SSRI-resistant major depressive disorder*. Oral presentation at the 2015 Creatine in Health, Medicine, and Sport conference, Bavaria, Germany.
2. **Forrest, L.N.**, White, R. D.,* Allen, K.,* Flahive, S.,* & Smith, A. R. (2015, April). *The acquired capability for suicide and interoceptive deficits among adults with suicidality*. Oral presentation at the 2015 Midwestern Psychological Association Annual Meeting, Chicago, IL.
1. Smith, A. R., **Forrest, L. N.**, White, R. D.,* Flahive, S.,* & Allen, K.* (2015, April). *An examination of the Interpersonal Theory of Suicide among suicide ideators, planners, and attempters*. Oral presentation at the 2015 American Association for Suicidology Annual Meeting, Atlanta, GA.

CONFERENCE POSTER PRESENTATIONS

*Indicates mentored student

25. Clancy, O. M., **Forrest, L. N.**, & Smith, A. R. (2023, June). Examining longitudinal relationships between eating disorder symptoms and hostility variability in military members. Poster to be presented at the Academy for Eating Disorders' annual International Conference for Eating Disorders, Washington, D.C.
24. Billman, M.,* **Forrest, L. N.**, & Essayli, J. H. (2022, November). Impact of psychiatric comorbidity, childhood adversities, and suicidality on eating disorder symptomatology in adults with anorexia nervosa and atypical anorexia nervosa. Poster presented at the Association for Behavioral and Cognitive Therapies Convention, New York, NY.

23. Gioia, A. N.*, **Forrest, L. N.**, & Smith, A. R. (2022, November). Diminished body trust uniquely predicts suicidal ideation and nonsuicidal self-injury. Poster presented at the 2022 Association of Behavioral and Cognitive Therapies, New York, NY.
22. Billman, M.*, **Forrest, L. N.**, & Essayli, J. H. (2022, June). Outcomes from an eating disorder partial hospitalization program at discharge and six-month follow-up for adolescents with anorexia nervosa, avoidant restrictive food intake disorder, and other specified feeding or eating disorder. Poster presented virtually at the annual meeting of the International Conference on Eating Disorders.
21. **Forrest, L. N.**, Ivezaj, V., & Grilo, C. M. (2021, September). Machine learning versus regression models predicting treatment outcomes for binge-eating disorder from a randomized controlled trial. Poster presented at the 2021 Eating Disorder Research Society Meeting, Boston, MA.
20. Smith, A. R., **Forrest, L. N.**, Duffy, M., & Pisetsky, E. M. (2019, September). Using network analysis to identify bridge symptoms between eating disorders and suicidality. Poster presented at the 2019 Eating Disorder Research Society Meeting, Chicago, IL.
19. **Forrest, L. N.**, Perkins, N. M., Lavender, J. M., & Smith, A. R. (2019, September). Using network analysis to identify central eating disorder symptoms among men. Poster presented at the 2019 Eating Disorder Research Society Meeting, Chicago, IL.
18. Scharff, A., Ortiz, S. N., **Forrest, L. N.**, & Smith, A. R. (2019, November). Trauma history and PTSD as potential moderators of transdiagnostic eating disorder treatment. Poster presented at the 2019 Association of Behavioral and Cognitive Therapies Annual Convention, Atlanta, GA.
17. Fite, R., **Forrest, L. N.**, Gonzalez, J. P., Berlin, G. S., & Magee, J. C. (2019, November). Moral vitalism as a mediator of the relationship between religiosity and moral thought-action fusion. Poster presented at the 2019 Association of Behavioral and Cognitive Therapies Annual Convention, Atlanta, GA.
16. Ortiz, S. N., **Forrest, L. N.**, & Smith, A. R. (2018, November). *Changes in Internet suicide search volumes following celebrity suicides*. Research poster presented at the 2018 Association of Behavioral and Cognitive Therapies Annual Convention, Washington, D.C.
15. **Forrest, L. N.**, Ortiz, S. N., & Smith, A. R. (2018, November). *The impact of two eating disorder films on eating disorder-related Internet search volumes*. Research poster presented at the 2018 Association of Behavioral and Cognitive Therapies Annual Convention, Washington, D.C.
14. Harris, E.,* **Forrest, L. N.**, & Smith, A. R. (2018, April). *Interoceptive prediction errors in people with and without self-injurious thoughts and behaviors*. Research poster presented at the 2018 Midwestern Psychological Association Annual Meeting, Chicago, IL.
13. **Forrest, L. N.**, Smith, A. R., McConnell, A. M., Messman-Moore, T. L., DiLillo, D., & Gratz, K. (2017, November). *Interoceptive deficits predict nonsuicidal self-injury among community women*. Research poster presented at the 2017 Association for Behavioral and Cognitive Therapies Annual Meeting, San Diego, CA.
12. **Forrest, L. N.**, Zuromski, K. L., Dodd, D. R., & Smith, A. R. (2016, October). *Suicidality in adults and adolescents with binge eating disorder: Results from the National Comorbidity Survey Replication and Adolescent Supplement*. Research poster

presented at the 22nd Eating Disorders Research Society Annual Meeting, New York, NY.

11. Smith, A. R., Franklin, J. F., Ribeiro, J. D., **Forrest, L. N.**, Velkoff, E. A., Dodd, D. R. (2016, October). *Web-based therapeutic evaluative conditioning for the treatment of eating disorders*. Poster presented at the 22nd annual meeting of the Eating Disorder Research Society, New York, NY.
10. **Forrest, L. N.**, Zuromski, K. L., Dodd, D. R., & Smith, A. R. (2016, October). *Suicidality in adults and adolescents with binge eating disorder: Results from the National Comorbidity Survey Replication and Adolescent Supplement*. Research poster presented at the 2016 Association for Behavioral and Cognitive Therapies Annual Meeting, New York, NY.
9. Harris, K. M.,* Allen, K. J.,* Neri, S. A., Velkoff, E. A., **Forrest, L. N.**, & Smith, A.R. (2016, October). *'No pain, no gain': Factors associated with pain tolerance and fearlessness about death among collegiate athletes*. Research poster presented at the 2016 Association for Behavioral and Cognitive Therapies Annual Meeting, New York City, NY.
8. **Forrest, L. N.**, Bodell, L. P., Witte, T. K., Siegfried, N., Bartlett, M. L., Goodwin, N., Eddy, K. T., Thomas, J. J., Franko, D. L., & Smith, A. R. (2016, May). *The effects of eating disorder symptoms on suicidal ideation through thwarted belongingness and perceived burdensomeness among eating disorder patients*. Research poster presented at the 2016 International Conference on Eating Disorders, San Francisco, CA.
7. Fennell, M. J.,* **Forrest, L. N.**, & Smith, A. R. (2016, May). *Interoceptive deficits predict suicidal ideation among individuals with varying degrees of suicidality*. Research poster presented at the 2016 Midwestern Psychological Association annual conference, Chicago, IL.
6. Fennell, M. J.,* **Forrest, L. N.**, & Smith, A. R. (2016, April). *Interoceptive deficits predict suicidal ideation among individuals with varying degrees of suicidality*. Research poster presented at the 2016 American Association for Suicidology annual conference, Chicago, IL.
5. **Forrest, L. N.**, Smith, A. R., White, R. D., & Joiner, T. E. (2015, November). *(Dis)connected: An examination of interoception in individuals with suicidality*. Research poster presented at the 2015 Association for Behavioral and Cognitive Therapies Annual Meeting, Chicago, IL.
4. Murray, H. B., Plessow, F., Mancuso, C. J., Gray, E., Baskaran, C., Slattery, M., Tolley, C., **Forrest, L. N.**, Franko, D. L., Misra, M., Lawson, E. A., Eddy, K. T., & Thomas, J. J. (2015, September). *What lies beneath: Can we unmask implicit desire for thinness in non-fat phobic eating disorders?* Research poster presented at the 2015 Eating Disorders Research Society meeting, Taormina, Sicily, IT.
3. Dodd, D. R., Smith, A. R., & **Forrest, L. N.** (2015, April). *Restraint feeds stress: The relationship between eating disorder symptoms, stress generation, and the interpersonal theory of suicide*. Research poster presented at the 2015 International Conference on Eating Disorders, Boston, MA.
2. Kondo, D. G., **Forrest, L. N.**, Shi, X. F., Sung, Y. H., Huber, R. S., & Renshaw, P. F. (2014, October). *Phosphorus magnetic resonance spectroscopy (31P-MRS) study of dose-ranging, placebo-controlled creatine augmentation for adolescent females with SSRI-resistant major depressive disorder*. Poster presented at the 2014 American Academy of Child and Adolescent Psychiatry annual meeting, San Diego, CA.

1. **Forrest, L. N.**, Stefanucci, J., & Reel, J. J. (2012, March). *The role of perception in eating disorders*. Poster presented at the 2012 National Conference for Undergraduate Research, Ogden, UT.

THERAPY AND ASSESSMENT EXPERIENCE

- 2020–2021 **Study therapist and assessment clinician**, Program for Obesity, Weight, and Eating Research, Yale School of Medicine, New Haven, CT
- 2019–2020 **Lead clinician**, Yale New Haven Psychiatric Hospital, Adult Dialectical Behavior Therapy (DBT) Intensive Outpatient Program, New Haven, CT
- 2017–2019 **DBT skills group co-leader** (2017–2018) **and leader** (2018–2019), Psychology Clinic, Miami University, Oxford, OH
- 2017–2018 **Eating disorders intern**, Lindner Center of Hope, Eating Disorders Program, Mason, OH
- 2016–2017 **Therapist**, Student Counseling Service, Miami University, Oxford, OH
- 2015–2018 **Assessment clinician**, Psychology Clinic, Miami University, Oxford, OH
- 2015–2018 **Therapist**, Psychology Clinic, Miami University, Oxford, OH

ADDITIONAL CLINICAL TRAINING AND EXPERIENCE

LGBTQIA+ Inclusive Health Care ECHO Series, Penn State College of Medicine

- Attended 12-week, 1-hour weekly seminar on LGBTQIA+ health from July–October 2022
- Presented case study for 1-hour discussion

Seminar in Dialectical Behavior Therapy–Prolonged Exposure Protocol, Yale University

- Attended 8-week, 2-hour weekly seminar facilitated by Emily Cooney, PhD

Adapting Dialectical Behavior Therapy for Substance Use Disorders

- Attended 2-day Behavioral Tech training presented by Kathryn Korslund, PhD, ABPP in September 2019

Foundational Seminar in Dialectical Behavior Therapy, Yale University

- Attended 8-week, 3-hour weekly seminar facilitated by Emily Cooney, PhD and Seth Axelrod, PhD

Body Project Peer Leader, Miami University

- Completed 16-hour Body Project Peer Leader training
- Co-led 12-hour Body Project training for new Peer Leaders
- Led four Body Project groups

Radically-Open DBT for Eating Disorders, Eating Recovery Center, Cincinnati, OH

- Attended training with Ellen Astrachan-Fletcher, PhD in January 2018.

Minnesota Multiphasic Personality Inventory-2 Restructured Form, Miami University

- Attended training with Dustin Wygant, PhD in October 2017.

TEACHING

Invited guest lecture x3 (2022–2023): Techniques for Assessing and Handling Missing Data. Guest lecture provided in Emily Ansell's graduate course on Advanced Methods, Department of Biobehavioral Health, Pennsylvania State University.

Invited network analysis workshop 5/2020: Tutorial presented to the Miami University clinical psychology faculty and graduate students on using network analysis in clinical psychological research.

Invited guest lecture 10/22/2018: "Mechanisms Underlying Eating Disorders." Guest lecture provided in Laurel Sarfan's undergraduate course on Psychopathology, Fall 2018, Miami University

Invited guest lecture 11/14/2017: "Eating Disorders: Classification and Theoretical Perspectives." Guest lecture provided in Elise Clerkin's undergraduate course on Psychopathology, Fall 2017, Miami University

Invited guest lecture 2/28/2016: "Historical Influences on Psychopathology." Guest lecture provided in April Smith's undergraduate course on Psychopathology, Spring 2016, Miami University

MENTORING

Clinical Psychology PhD Students

Christina Felonis, M.S. (Drexel University)
Dissertation committee member
August 2022–present

Ayla Gioia, M.S. (Hofstra University)
Mentoring on study design, manuscript writing, and professional development,
September 2021–present

Shelby Ortiz, M.A. (Miami University)
Consulting on manuscript writing, structural equation modeling analyses, forecasting,
and machine learning analyses, September 2017–present

Julia Kaufman, M.A. (Miami University)
Consulting on structural equation modeling analyses, December 2017–March 2018

MD Students

Sarah Gehman, B.S. (Pennsylvania State University College of Medicine)
Mentoring on study design, manuscript writing, and professional development, March
2022–present

Clinical Research Coordinators

Sarah Hauryski, B.S. (Pennsylvania State University College of Medicine)
Mentoring on study design and execution, manuscript writing, and professional
development, August 2022–present

Marley Billman, B.S. (Pennsylvania State University College of Medicine)
Mentoring on study design, manuscript writing, and professional development,
September 2021–present

Undergraduate Students

Miami University

Emma Harris
Kala Allen
Meghan Fennell

Pennsylvania State University College of Medicine

Julia Cotto-Marquez
Rasuka Shrestha
Carlina Hernández
Christelle Tassi
Nia Smith
Quincy Blubaugh

METHODOLOGICAL AND STATISTICAL CONSULTATION

Elisabeth Kunkel, MD, Pennsylvania State University College of Medicine, 8/2021–present
Consulted on study design to evaluate the impact of displaying art in adolescent psychiatric inpatient units

Julie Graziane, MD, Pennsylvania State University College of Medicine, 8/2021–present
Consulted on survey development to assess attitudes toward initiating voter support activities in a community mental health center

Yassir Mahgoub, MD, Pennsylvania State University College of Medicine, 10/2021–2/2022
Performed interrupted time series models to evaluate the impact of COVID-19 on acuity in psychiatric inpatient units

Christine Rini, PhD, Northeastern University, 8/2021–10/2021
Performed latent class analysis and multiple correspondence analyses for R01 study

PROFESSIONAL AND OTHER ACTIVITIES

Editorial Board

International Journal of Eating Disorders, 12/2022–present

Behaviour Research and Therapy, 6/2023–present (Associate Editorial Board)

Ad Hoc Reviewer

Behavior Therapy

Behaviour Research and Therapy

Body Image

*Crisis: The Journal of Crisis Intervention
and Suicide Prevention*

*Journal of Psychopathology and Clinical
Science*

Journal of Clinical Psychology

Eating and Weight Disorders

Eating Behaviors

International Journal of Eating Disorders

Journal of Affective Disorders

Nutrients

Psychiatry Research

Psychological Medicine

Scientific Reports

Suicide and Life-Threatening Behaviors

Leadership in Professional Organizations

Social Media and Networking Committee Moderator, Association for Behavioral and Cognitive Therapies (ABCT), January 2015–May 2019. Moderated ABCT social media accounts, ensuring appropriate social networking conduct and behavior.

Membership Chair, International Association of Eating Disorder Professionals (IAEDP) Utah Chapter, June 2012–June 2014. Manage all membership activities between the Utah and National chapters. Assist in planning quarterly educational events for professionals and community members.

Research Director, SPEAK, University of Utah, August 2012–July 2013. Facilitated opportunities for over 100 student and professional SPEAK members to pursue investigating research interests related to eating disorders and body image. Reviewed proposals for the Tiffany Cupit Research Award 2013, providing applicants with proposal consultation.

Professional Affiliations

Member, Academy for Eating Disorders, 2013–present

Member, Association for Behavioral and Cognitive Therapies, 2014–present

University Service

Pennsylvania State University College of Medicine

Scientific Reviewer, Brad Hollinger Eating Disorder Research Award, 2022

Scientific Review Committee Member, Department of Psychiatry and Behavioral Health, 2021–present

Head of Research Support Committee, Pennsylvania Psychiatric Institute, 2021–present

Miami University

Department of Psychology Diversity Committee Member, Miami University, January 2017–June 2019

Senior Thesis Reader, Miami University, May 2015–May 2017

Served as a senior thesis reader for Robert White, Katie Harris, and Kala Allen, who were Miami University seniors and research assistants in the Research on Eating Disorders and Suicidality lab

NAMI Chapter Graduate Advisor, Miami University, December 2014–May 2018.

Provide oversight and guidance to NAMI undergraduate members in their efforts to raise awareness of mental health problems to the university and community

Graduate Student Representative, Department of Psychology, Miami University, August 2014–August 2015. Represent the Department of Psychology at university-wide Graduate Student Association meetings, and act as a liaison between the department and the Graduate Student Association

Volunteer Service

Rainbow Rose Center (LGBTQIA+ Nonprofit in York County, PA), 2022–present. Board Member, Programs Committees Chair, and Member of Grants Team

SELECTED SKILLS

Statistical programs: R, Mplus, and SPSS

Data visualization

Psychophysiological methodologies: Biopac, MindWare, electrocardiography, respiratory sinus arrhythmia

MEDIA INTERVIEWS

Smart Talk, WITF, NPR: WITF's "One More Moment" project tells powerful stories of life after suicide or suicide attempt (2/15/2022) <https://www.witf.org/2022/02/15/witfs-one-more-moment-project-tells-powerful-stories-of-life-after-a-suicide-or-suicide-attempt/>

New England Psychologist: Borderline personality disorder and eating disorders associated with suicide risk? (11/14/2021) <https://www.nepsy.com/articles/general/research-borderline-personality-disorder-and-eating-disorders-associated-with-suicide-risk/>

Contemporary Pediatrics: Why aren't teens seeking eating disorder treatment? (6/7/2017) <https://www.waldeneatingdisorders.com/blog/why-arent-teens-seeking-eating-disorder-treatment/>

Exchanges, Blog of the UNC Center of Excellence for Eating Disorders: Suicide and binge-eating disorder (9/29/2016) <https://uncexchanges.org/2016/09/29/suicide-and-binge-eating-disorder/>

Cosmopolitan: What you never knew about eating disorders and suicide (2/26/2016)
<https://www.cosmopolitan.com/health-fitness/news/a53982/eating-disorders-and-suicide/>

REFERENCES

Available upon request