

WELCOME TO THE FIRST APPEAR NEWSLETTER!

We are excited to share our latest updates with you and celebrate the achievements of our fabulous team. In this first edition, we celebrate in particular our co-director Dr. Debra Franko's NEDA award which was so well-deserved! We have also included some upcoming conferences where we hope to see many of you. Please stop by our posters! As we launch into summer, we have a number of exciting ongoing projects, and we look forward to sharing some of their outcomes in our next edition this Fall!

The APPEAR team

Members

Faculty

Dr. Rachel F Rodgers
Dr. Debra L. Franko
Dr. Jessica Edwards George

Master

Harmony Evans
Chloe Richards

PhD students

Elizabeth Cook
Russell DuBois
Daniella Halperin
Alice Lowy
Meghan Lovering
Atsushi Matsumoto
Pamela Naab
Jennifer O'Flynn
Ami Popat-Jain

Undergraduates

Joanna Borg
Danielle Collinson
Mackenzie Dafferner
Kelly Eng
Evan Jacobson
Maya Leong
Chelsea Pe Benito
Stephanie Pui
Kayla Yates
Kristine Zhang

Volunteers

Claire Dutton

Selected Recent Publications

- Eddy, K.T., Tabri, N., Thomas, J.J., Murray, H.B., Keshaviah, A., Herzog, D.B., Keel, P.K., & Franko, D.L. (in press). Recovery from anorexia nervosa and bulimia nervosa at 22-year follow-up. *Journal of Clinical Psychiatry*.
- Forrest, L.N., Bodell, L.P., Witte, T.K., Goodwin, N., Bartlett, M.L., Siegfried, N., Eddy, K.T., Thomas, J.J., Franko, D.L., & Smith, A.R. (in press). Associations between eating disorder symptoms and suicidal ideation through thwarted belongingness and perceived burdensomeness among eating disorder patients. *Journal of Affective Disorders*.
- Kling, J., Rodgers, R. F., Frisén, A. (In press) Young men's endorsement and pursuit of appearance ideals: the prospective role of appearance investment. *Body Image*.
- Melioli, T, Bauer, S., Franko, D. L., Moessner, M., Ozer, F., Chabrol, H., & Rodgers, R. F., (In press) Reducing eating disorder symptoms and risk factors using the internet: a meta-analytic review. *International Journal of Eating Disorders*.
- Rodgers, R. F., Schaefer, L., Thompson., J. K., Girard, M., Bertrand, M., & ; Chabrol, H. (In press) Psychometric properties of the Socio-cultural Attitudes Towards Appearance Questionnaire-4 (SATAQ-4) in French women and men. *Body Image*.
- Rodgers, R. F., Wilking, C., Gottlieb, M., Daynard, R., Lovering, M., Matsumoto, A., Luk, S., Naab, P., (In press). Lannuccilli, A., Shoemaker, H., Convertino, A., & Franko, D. L. Qualitative study of the decision to engage in tanning behaviors among female college students. *European Review of Applied Psychology*.
- Rodgers, R.F., McLean, S.A., Marques, M., Dunstan, C., & Paxton, S. (In press) Trajectories of body dissatisfaction and dietary restriction in early adolescent girls: a latent class growth analysis. *Journal of Youth and Adolescence*.
- Rodgers, R.F., Pernal, W., Atsushi, M., Shiyko, M., Intille, S., & Franko, D. L. (In press) Capitalizing on mobile technology to support healthy eating in ethnic minority college students. *Journal of American College Health*.
- Saul, J., & Rodgers, R. F. (2016) Wellness, not weight: Changing the focus in children and adolescents. *Journal of the American Academy of Child and Adolescent Psychiatry*, 55 (1), 7-9.
- Franko, D. L., Fuller-Tyszkiewicz, M., Rodgers, R.F., Holmqvist Gattario, K., Frisén, A., Diedrichs, P., Ricciardelli, L., Yager, Z., Smolak, L., Thompson-Brenner, H., & Shingleton, R. (2015). Internalization as a mediator of the relationship between conformity to masculine norms and body image attitudes and behaviors among young men in Sweden, US, UK and Australia. *Body Image*, 15, 54-60.

Recent Presentations



International Conference on Eating Disorders, San Francisco, USA- May 2016

- Franko, D. F., Thomas, J. J., Murray, H. B., Tabri, N., Thompson-Brenner, H., Herzog, D., Coniglio, K., & Eddy, K. What is the symptom picture and quality of life in long-term Anorexia Nervosa?
- Franko, D.F., Matsumoto, A., Rodgers, R.F., Popat, A.J., Diedrichs, P., Holmqvist Gattario, K., Frisen, A., Ricciardelli, L., Yager, Z., Smolak, L., Fuller-Tyskiewicz, M., Thompson-Brenner, H., & Shingelton, R. Men's perception of factors influencing their appearance satisfaction and ideals: An exploration of qualitative responses from young men in four countries.
- Lovering, M. E., Rodgers, R. F., Edwards George, J., & Franko, D. L. Sociocultural influences on body dissatisfaction in postpartum women.
- Melioli, T., Rispal, M., Hart, L.M., Chabrol, H., & Rodgers, R.F. French mental health first aid guidelines for eating disorders: User characteristics and usefulness among college students
- Choquette E., Ordaz, L., Rodgers, R.F., Melioli, T., Delage, B., Chabrol, H., & Thompson, J.K. Comparison of Drunkorexia: cross-cultural differences in compensatory behaviors in response to alcohol and associations with eating disorder symptoms
- Rodgers, R.F., Damiano, S. R., Wertheim, E. H., Paxton, S., J. Longitudinal associations between media exposure, attitudes towards thinness, and BMI in 3-year-old girls.

RISE!

Research Innovation and Scholarship Expo (RISE), Northeastern University

- Lowy, A. S., Rodgers, R. F., Long, S., Yates, K., Collinson, D., Franko, D. L., & Kruger, L. Perceptions of unmodified images of models in advertisements by young women.
- Balogun-Mwangi, O., Robinson-Wood, T.L., Sanchez, W., Rodgers, R.F., & Edwards George, J. "African beauty": Examining body image among African women.



- O'Flynn, J., Rodgers, R. F., & Franko, D. L. (2016). An evaluation of survey based minimal intervention.
- Olesnycky, O., Asi, S., Cutrim, P., Hartley, L., McDonald, D., DuBois, R., Rodgers, R., & Lynn, S. Media exposure impairs perception of body image.
- Yates, K., Franko, D. L., Rodgers, R. F., Cousineau, T. M., Donovan, E., Cook, E. Toward improving body image through self-compassion: A feasibility study.

Dr. Lou Kruger, Dr. Rachel Rodgers, Stephanie Long, Alice Lowy, & Kayla Yates

Research News and Highlights

Our focus has turned to body image and eating concerns among men recently with some interesting findings that cast some light on how sociocultural influences play a role among males (see recent publications: Franko et al., 2015; Kling, Rodgers, & Frisen, in press). In addition, Dr. Rachel Rodgers joined her colleagues Drs. Jerel Calzo, Alison Field, Jason Lavendar, and Tom Hildebrandt on a panel co-sponsored by the Male, Body Image and Prevention, and Epidemiology SIGs at the recent ICED meeting in San Francisco to further discuss issues related to the identification, risk-factors, and prevention of eating disorders in males.

At that same meeting, the Body Image and Prevention SIG (co-chaired by Drs. Megan Jones & Rachel Rodgers) welcomed Emily Greener from I AM THAT GIRL (<http://www.iamthatgirl.com>) to discuss issues related to the evaluation of such large scale efforts.

Finally, APPEAR has been collaborating with STRIPED and Dr. S. Bryn Austin around issues related to policies that have to potential to decrease sociocultural pressures towards thinness including the regulation of digitally altered images and the fashion industry. We have been working on a transatlantic evaluation study looking at initiatives and possible policy approaches in France and the US. See also Alice Lowy's lobbying work in Washington!

Coming to a conference near you!

Appearance Matters Conference - London, UK - June 2016

- Rodgers, R. F., Matsumoto, A., Popat-Jain, A., Diedrichs, P., Fuller-Tyszkiewicz, M., Holmqvist Gattario, K., Frisén, A., Ricciardelli, L., Yager, Z., Smolak, L., Thompson-Brenner, H., Shingleton, R., & Debra L. Franko. What do men think impacts appearance satisfaction? Views from 4 countries. (Presentation)
- Rodgers, R., DuBois, R., Asi, S., Cutrim, P., Hartley, L., McDonald, D., Olesnycky, O., & Lynn, S. Body-image concerns mediate ability to learn to correct misperceptions of body image. (Poster)
- Rodgers, R. F., Convertino, A., Jodoin, A., Lowy, A., Long, S., Franko, D. L., & Kruger, L. The effects of digital retouching: An evaluation of an industry-initiated advertising campaign without digital modification. (Poster)

International Congress of Psychology Yokohama, Japan - July 2016

Rodgers, R. F. The Use of Behavior-Change Theory in the Prevention of Body Image and Eating Disorders. (Symposium Presentation)

Association for Behavioral and Cognitive Therapies - New York, U.S. - October 2016

DuBois, R., Rodgers, R. F., Franko D. L., & Robinaugh, D. J. Is preoccupation with body shape and weight a 'core' symptom of disordered eating? A network perspective on eating disorder symptoms? (Symposium Presentation)

Honors, prizes

Professor Debra Franko

- Recipient of the NEDA Lori Irving Award for Excellence in Eating Disorders Prevention and Awareness.

Russell Dubois

- Recipient of summer Fellowship at the Eating Disorders Clinical and Research Program, Massachusetts General Hospital.



Professor Debra Franko



Alice Lowy, Dr. S. Bryn Austin, & Kajal Mehta

Alice Lowy

- Recipient of a STRIPED travel scholarship for EDC Congressional Lobby Day in April, 2016 and lobbied in Washington with Dr. S. Bryn Austin! They traveled to Capitol Hill in support of the Anna Westin Act.

Kayla Yates

- Graduating with honors from the Honors Department
- Inducted into the Bouve College of Health Sciences Honors Society
- Recipient of the Sears B. Condit Award
- Huntington 100

Kristine Zhang

- University Scholars Program: 2013-present
- Honors Program: 2013-present
- Dean's List student: 2013-present
- Co-Performance Coordinator of Northeastern's Vietnamese Student Association: 2015-2016
- Vice President of Northeastern's Vietnamese Student Association: 2016-present (until Spring 2017)

Moving on up!

Meghan Lovering:

Meghan graduated this May and will be starting a postdoc at the Edith Nourse Rogers Memorial Veterans Hospital in Bedford, MA in the Community Reintegration track.

Kayla Yates:

Kayla is also graduating and has accepted a position at MGH working specifically in the endocrinology department conducting genetics and diabetes research.



Activities

APPEAR participated in the walk hosted by MEDA on April 10th at Newton North High School. Our fabulous team included Dr Franko, Alice Lowy, Russell Dubois, Kayla Yates, and Mackenzie Dafferner.

Where are they now?



Alexandra Convertino who was with APPEAR from 2014 to Summer 2015 is presently working with Dr. Butryn at Drexel University

Alexandra Convertino

A sneak-peek at....

Summer 2016

This summer we will be continuing our collaborations with our colleagues down-under, and doing some exciting coding of qualitative data. We will also have some new summer members!

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