

PUBLICATIONS
SUZANNE PHELAN, PH.D.

ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

Lowe, M.R., Miller-Kovach, K., Frye, N. & **Phelan, S.** (1999). An initial evaluation of a commercial weight loss program: Short-term effects on weight, eating behavior, and mood. Obesity Research 7:51-59.

Lowe, M.R., Miller-Kovach, K. & **Phelan, S.** (2001). Weight-loss maintenance in overweight individuals one to five years following successful completion of a commercial weight loss program. International Journal of Obesity and Related Metabolic Disorders 25(3):325-31

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Gorin, A., **Phelan, S.**, Hill, J., Wing, R.R. (2004). Promoting long-term weight control: does dieting consistency matter? International Journal of Obesity and Related Metabolic Disorders Feb;28(2):278-81

Foster, G.D., **Phelan, S.**, Wadden, T.A. (2004) Helping obese patients alter unrealistic weight loss expectations: A pilot study. Obesity Research 12 (8):1271-1277.

Gorin, A., **Phelan, S.**, Hill J., Wing, R.R. (2004) Medical triggers are associated with better short- and long-term weight loss outcomes. Preventive Medicine Sep;39(3):612-16.

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Raynor, H., Wing, R.R., **Phelan, S.** (2005) Amount of food group variety consumed in the diet and long-term weight loss maintenance. Obesity Research May; 13(5):883-890.

Wadden, T.A., Berkowitz, M.D., Womble, L.G., Sarwer, D.B., **Phelan, S.**, Cato, R., Hesson, L.A., Osei, S.Y., Kaplan, R., Stunkard, A.J (2005). A randomized trial of lifestyle modification, pharmacotherapy, and their combination in the treatment of obesity: Implications for primary care practice. New England Journal of Medicine 17;353(20):2111-20.

Phelan, S., Wyatt, H, Hill, J., Wing, R.R. (2006) Are the eating and activity habits of successful weight losers changing? Obesity. Apr;14(4):710-6.

Raynor, D., **Phelan, S.**, Hill, J.O., Wing, R.R. (in press) Television viewing among successful weight losers. Obesity

OTHER PEER-REVIEWED PUBLICATIONS

Phelan, S. & Wadden, T.A. (2002) Combining behavioral and pharmacologic treatments for obesity. Obesity Research 10:560-574.

Phelan, S., Wing, R.R. (2005). Letter to the editor: Long-term successful weight loss. Archives of Internal Medicine; 165: 2430

OTHER NON-PEER-REVIEWED PUBLICATIONS

Foster, G.D. & **Phelan, S.** (2001). Environmental challenges and assessment social models. In Carolyn Berndanier (Ed.), CRC Handbook of Food and Nutrition Assessment Section. Atlanta: CRC. 773-785.

Wadden, T.A. & **Phelan, S.** (2002). Behavioral evaluation of the obese patient. In Handbook of Obesity Treatment. Wadden & Stunkard (Eds). New York: Guilford: 186-228.

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Phelan, S & Wing,R.R. (2003). Maintaining weight loss. In Weight Management: A Practical Guide. Foster G.D. & Nonas C. (Eds). American Dietetic Association

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Phelan, S. Butryn, M., Wing, R.R. (in press). Prevention during adulthood. In S. Kumanyika (Ed). Prevention of Weight Gain and Obesity. Philadelphia, PA.

PUBLICATIONS UNDER REVIEW

Phelan, S., Wadden, T.A., Berkowitz, R.I., Sarwer, D.B., Womble, L.G., Cato, R.K., Rothman, R.B. Impact of weight loss on the metabolic syndrome. Unpublished manuscript (under review).

Phelan, S., Wing, R.R., Hill, J., Nassery, S. Use of a low carbohydrate diet among successful weight losers. Unpublished manuscript (under review).

Phelan, S., Roberts, M., Lang, W., Wing, R.R.. Empirical evaluation of current physical activity recommendations for prevention of weight gain in women. Unpublished manuscript (under review).

ABSTRACTS

1. **Phelan, S.**, Buchwald, J.D., Lowe, M.R., Foster, G.D., Swain, R.M., Wadden, T.A. (1998). Psychological correlates of energy intake underreporting in obese women seeking weight loss treatment. Association for Advancement of Behavior Therapy, Washington D.C.

2. **Phelan, S.**, Lowe, M.R., Miller-Kovach, K., Frye, N. (1997). An initial evaluation of a commercial weight loss program: Short-term effects on weight, eating behavior, and mood. Allegheny University of the Health Sciences, 2nd annual research conference and retreat, "Synergy Among Scientists," Valley Forge, PA.
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5. Foster, G.D., Wadden, T.A., **Phelan, S.**, Swain, R.M. (1999). Stress, coping and upper body fat distribution in obese females. North American Association for the Study of Obesity, Charleston, SC.
6. Foster, G.D., Wadden, T.A., **Phelan, S.**, Sarwer, D.B., Swain, R.M. (1999). Determinants of outcome evaluations in obese Patients seeking treatment. North American Association for the Study of Obesity, Charleston, SC.
7. Lowe, M.R., Annunziato, R., Crerand, C., Didie, E., Kerzhnerman, I., Lucks, D., **Phelan, S.**, Timko, A., Ghossoub, Z., McKinney, S. (2000). Empirical evaluation of a nutrition-focused treatment for weight loss maintenance. North American Association for the Study of Obesity, Long Beach, CA.
8. Foster, G.D., **Phelan, S.**, Crerand, C., Schawab, R. (2000). The effects of weight loss on sleep functioning and quality of life in obese men with sleep apnea. North American Association for the Study of Obesity, Long Beach, CA.
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10. Lowe, M.R. Annunziato, R., Crerand, C., Didie, E., Kerzhnerman, I., Lucks, D., **Phelan, S.**, Timko, A. (2001). A nutrition-focused treatment for weight loss maintenance: Behavioral and psychological outcomes at one-year follow-up. North American Association for the Study of Obesity, Quebec City, Canada.
11. **Phelan, S.**, Wadden, T.A., Wang, S.S., Sarwer, D.B., Womble, L.G., Berkowitz, R.I., Rothman, R. (2001) Combining behavioral modification and sibutramine for the treatment of obesity. Obesity Research 9: S1985.
12. **Phelan, S.**, Wadden, T.A., Wang, S.S. (2001) Combining behavioral and pharmacologic treatment for obesity. American Psychological Association, San Francisco, CA.
13. **Phelan, S.**, Hill, J.O., DiBello, J., Lang, W., Wing, R.R. (2003) Recovery from relapse among successful weight losers. Society of Behavioral Medicine, Salt Lake City, Utah.

14. Raynor, H., Wing, R.R., **Phelan, S.** (2003) Dietary variety and weight loss maintenance in the National Weight Control Registry. Society of Behavioral Medicine, Salt Lake City, Utah.
15. **Phelan, S.**, Gorin, A., Hill, J., Wing, R.R. (2003). Medical triggers are associated with better short and long-term weight loss outcomes. North American Association for the Study of Obesity, Ft. Lauderdale, Florida.
16. Gorin, A., **Phelan, S.**, Hill, J., Wing, R.R. (2003). Involving support partners in obesity treatment. North American Association for the Study of Obesity, Ft. Lauderdale, Florida.
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24. **Phelan, S.**, Wing, R.R. (2006) Weight gain during pregnancy. Society of Behavioral Medicine, San Francisco, CA
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