**CURRICULUM VITAE**

**Kevin Robert Fontaine, PhD**

September 16, 2020

***Office Address*** University of Alabama at Birmingham   
 School of Public Health

Department of Health Behavior   
 Ryals Public Health Building   
 1665 University Boulevard   
 Birmingham, AL 35294-0022

***ORCID*** 0000-0002-2807-6440

***Telephone*** 205-975-8397

***Fax*** 205-934-9325

***Email*** [kfontai1@uab.edu](mailto:kfontai1@uab.edu)

***Mailing Address*** RPHB 241C

1720 2nd Avenue South

Birmingham, AL 35294-0022

***Education***

1986 B.A. Psychology, University of Massachusetts at Dartmouth, North Dartmouth, MA

1988 M.A. Counseling Psychology, Assumption College, Worcester, MA,

1992 Ph.D. Experimental Psychology, Victoria University of Manchester, UK

2010 M.A. Science/Medical Writing, Johns Hopkins University, Baltimore, MD

***Postdoctoral Training***

1995-1996 Research Fellow, Clinical Obesity Treatment, Johns Hopkins University School of Medicine, Baltimore, MD

***Current Faculty Appointments***

2015-current *Antoine Lavoisier Endowed Professor of Energetics and Healthy Lifestyles*, University of Alabama at Birmingham School of Public Health, Birmingham, AL

2014-current Chair, Department of Health Behavior, University of Alabama at Birmingham School of Public Health, Birmingham, AL

2012-current Professor (tenure conferred, June, 2014), Department of Health Behavior, University of Alabama at Birmingham School of Public Health, Birmingham, AL

2012-current Adjunct Faculty, Division of Clinical and Molecular Rheumatology, Johns Hopkins University School of Medicine, Baltimore, MD

2012-current Adjunct Faculty, Department of Health, Behavior, and Society, Johns Hopkins University Bloomberg School of Public Health, Baltimore, MD

***Other Professional Positions and Faculty Appointments***

1986-1988 Residential Counselor, St. Vincent’s Home, Fall River, MA

1988-1989 Family Therapist, Youth Opportunities Unlimited, Fall River, MA

1989-1990 Crisis Counselor, Massachusetts Department of Mental Health, Fall River, MA

1990-1991 Data Analyst, Prince’s Youth Business Trust, London, UK

1992-1995 Lecturer in Psychology, University of Central Lancashire, Preston, UK

1996-1999 Associate Director, Research Psychology, Johns Hopkins Weight Management Center

Baltimore, MD

1996-1997 Instructor, Gastroenterology, Johns Hopkins University School of Medicine, Baltimore, MD

1997-1999 Assistant Professor, Gastroenterology, Johns Hopkins University School of Medicine, Baltimore, MD

1999-2001 Assistant Professor, Geriatric Medicine, University of Maryland, Baltimore, MD

2001-2008 Assistant Professor, Division of Rheumatology, Johns Hopkins University School of Medicine, Baltimore, MD

2007-2012 Faculty, Center for Mind Body Research, Johns Hopkins University School of Medicine, Baltimore, MD

2008-2012 Associate Professor, Division of Rheumatology, Johns Hopkins University School of Medicine, Baltimore, MD

2008-2012 Associate Professor, Department of Health, Behavior and Society, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD

2012-current Senior Scientist, Nutrition and Obesity Research Center, University of Alabama at Birmingham School of Public Health, Birmingham, AL

2012-current Senior Scientist, Comprehensive Cancer Center, University of Alabama at Birmingham, AL

2012-current Senior Scientist, Comprehensive Arthritis, Musculoskeletal and Autoimmunity Center, University of Alabama at Birmingham, AL

2012-current Senior Scientist, Center for Outcomes and Effectiveness Research and Education, University of Alabama at Birmingham School of Public Health, Birmingham, AL

2012-current Senior Scientist, Center for Exercise Medicine, University of Alabama at Birmingham, AL

2013-current Associate Director, Exercise and Physical Activity Core, Nutrition, Obesity Research Center (NORC), University of Alabama at Birmingham, Birmingham, AL

2013-current Senior Scientist, Comprehensive Diabetes Center, University of Alabama at Birmingham, Birmingham, AL

2013-2014 Vice Chair, Department of Health Behavior, University of Alabama at Birmingham School of Public Health, Birmingham, AL

2015-current Senior Scientist, UAB Center for the Study of Community Health, University of Alabama at Birmingham School of Public Health, Birmingham, AL

***Scientific Advisory Panels***

2017-2019 Virta Health, San Francisco, CA

2018-current Atkins Nutritionals, Inc., Denver, CO

***Professional Societies***

Society for Interdisciplinary Placebo Studies (SIPS)

***Editorial Activities***

2000-2017 Eating Behaviors: An International Journal

2002-current Journal of Applied Fitness

2004-current BMC Public Health

2007-current Obesity

Ad-Hoc Review

*British Journal of Psychology, Cognition and Emotion, European Journal of Personality,*

*Journal of Clinical Psychology, Obesity Research, American Journal of Managed Care,*

*Journal of General Internal Medicine, International Journal of Obesity, Addictive Behaviors,*

*Annals of Epidemiology, Personality and Individual Differences, Health Psychology,*

*Journal of Clinical Psychiatry, American Journal of Preventive Medicine, JAMA, BMJ, Annals of Epidemiology, Journal of Rheumatology, Archives of General Psychiatry,*

*Journal of Rehabilitation Research and Development, Cancer Detection & Prevention,*

*Journal of Clinical Rheumatology, Pediatrics, Journal of Psychosomatic Research,*

*Journal of Aging and Health, Hypertension, Arthritis Care & Research, Journal of Pediatrics,*

*Journal of Women’s Health, International Journal of Obesity, Journal of Physical Activity and Health, American Journal of Public Health, Obesity, Cancer Epidemiology, Biomarkers & Prevention, Health and Quality of Life Outcomes, Quality of Life Research, Regulatory Toxicology and Pharmacology, Applied Ergonomics, Journal of Clinical Outcomes Management, Medicine & Science in Sports & Exercise, Pain Management, Chronic Illness,*

*NEJM, International Journal of Medical Sciences, Journal of Obesity, Journal of Behavioral Medicine, Health and Quality of Life Outcomes, Preventing Chronic Disease, Contemporary Clinical Trials, Expertise Reviews in Neurotherapeutics, Journal of Public Health and Epidemiology, Substance Abuse & Rehabilitation, Neuropsychiatric Disease and Treatment, Future Medicine, Race and Social Problems, Society for Obesity Surgery and Related Diseases, Applied Physiology, Nutrition & Metabolism, American Journal of Clinical Nutrition, PLOS ONE, Public Health Reports, American Journal of Clinical Nutrition, Public Health, Psychological Medicine, Society for Obesity and Related Diseases, American Journal of Clinical Nutrition, The Clinical Journal of Pain, Journal of Immigrant and Minority Health, International Journal of Endocrinology*

***Selected Awards and Honors***

1986Rudolph Le Vault Award for Excellence in Psychology, University of Massachusetts at Dartmouth, N. Dartmouth, MA

1987 Undergraduate Research Assistantship, Assumption College, Worcester, MA

1990 Outstanding Employee, Youth Opportunities Unlimited, Lakeville, MA

1990 Overseas Research Studentship Award, University of Manchester, UK

1991 Teaching Assistant, Victoria University of Manchester, Manchester, UK

1994 Teaching Award, University of Central Lancashire, Preston, UK

2001 Women’s Health Investigator Award, University of Maryland, Baltimore, MD

2004 Fibromyalgia Young Investigator Award, National Institutes of Health

2010 Outstanding Graduate, Master of Arts in Writing Program, The Johns Hopkins University Advanced Academic Programs, Baltimore, MD

2012 Creativity is a Decision Award, The Nutrition Obesity Research Center (NORC) at the University of Alabama at Birmingham, Birmingham, AL

2013 Back of the Envelope Award (BOTE), School of Public Health, University of Alabama at Birmingham, Birmingham, AL

***Major Research Interests***

My primary goal is to improve public health related to obesity, its related diseases and psychological co-morbidities. To date, pursuing this goal has involved lines of investigation related to: (1) the quality of life consequences of obesity, (2) the impact of musculoskeletal pain on quality of life among obese individuals, (3) the effects of weight loss on quality of life, (4) the association of overweight/obesity to indices of mortality, (5) associations of obesity to use of preventive care health services, and (6) natural history and predictors of developing obesity and sarcopenia among adults with rheumatic and autoimmune disease.

I also have research interests in: (1) resistance exercise to promote loss of body fat, (2) effects of low-carbohydrate and ketogenic diets on body composition and disease activity, and (3) evaluating aspects of the clinical encounter (e.g., expectancies, non-deceptive placebo treatments) to estimate the extent to which they influence subjective and objective indices of disease activity, health, function, behavioral practices, and quality of life.

***Grant Support***

*Current*

06/15/19-05/31/24 Daily Self-Weighing to Promote Obesity management in Primary Care

NIH/NIDDK R01

$3,000,000

Role: Co-Principal Investigator (20%)

06/01/19-05/31/20 Open-Label Placebos to Treat Fatigue in Multiple Sclerosis

National MS Society (PP-1901-33100)

$50,000

Role: Co-Investigator (2%)

09/01/18-08/31/23 Adapting MultiPLe behavior Interventions that eFfectively Improve (AMPLIFI) Cancer Survivor Health

NIH/NCI 1P01CA22997-01

$8,436,693

PI: Wendy Demark-Wahnefried

Role: Co-Investigator (5%)

09/01/18-08/31/23 Obesity risk in African American women is determined by a diet-by-phenotype interaction

NIH/NIDDK 1-R01-DK115483-01

$2,500,000

PI: Barbara Gower, PhD

Role: Co-Investigator (10%)

9/1/15 – 8/31/20 Fixed Versus Variable Energy Reduction during Behavioral Obesity Treatment

1RO1DK103863-01

National Institutes of Health (NIDDK)

$463,937

PI: Gareth Dutton, PhD

Role: Co-investigator (10%)

*Pending*

07/01/19-06/30/24 Synergistic Effects of a Ketogenic Diet and Conventional Therapy in Ovarian Cancer

NIH/NCI R01

$3,612,453

Role: Co-Investigator (10%)

*Completed*

07/01/14-06/30/19 Strengthening Causal Inference in Behavioral Obesity Research.

NIH R25 (Allison/Fontaine)

National Institutes of Health (NHLBI)

$1,001,908

Co-PI: Kevin Fontaine, PhD (14%)

06/01/15-05/31/19 UAB Nutrition and Obesity Research Center

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

PI: James Hill, PhD

$3,750,000

Associate Core Director: Kevin Fontaine, PhD (5%)

06/01/16-05/31/17 Science Dialogue Mapping of Knowledge and Knowledge Gaps Related to the Effects of Dairy Intake on Human Health

National Dairy Council, Inc.

Role: Co-Investigator (2%)

01/01/15-12/31/17 Targeted Disruption to Cancer Metabolism and Growth through Dietary Macronutrient Modification

American Institute for Cancer Research

$175,000

PI: Barbara Gower, PhD

Role: Co-Investigator (5%)

10/01/14-09/30/16 Does an Egg-Rich Diet Improve Meatbolism and Health in Obese Older Adults?

Egg Nutrition Counsel

$165,000

PI: Kevin Fontaine, PhD (10%)

03/15/14-03/14/15 Targeted Disruption to Cancer Metabolism and Growth through Dietary Macronutrient Modification

UAB Comprehensive Center Faculty Development Award

$40,000

PI: Kevin Fontaine, PhD (10%)

02/01/12-06/1/14 Neuromuscular Strain in CFS

The CFIDS Association of America

$100,000

PI: Peter Rowe, MD

Role: Co-investigator (20%)

07/1/08–06/30/12 Obesity and Mortality among Hispanics

R21 DK077959

National Institutes of Health (NIDDK)

$275,000

PI: Kevin Fontaine, PhD (10%)

07/01/11-06/30/12 Effects of Neuromuscular Strain on Orthostatic Responses and Symptoms in Chronic Fatigue Syndrome (CFS)

Ira Fine Discovery Fund

$20,000

PI: Kevin Fontaine, PhD (8%)

07/01/11-06/30/12 Evaluating the Effects of Resistance Exercise in Rheumatic Disease:

The Exercise Infusion Center

Stabler Research Fund

$50,000

PI: Rebecca Manno, MD, MHS

Role: Co-investigator (4%)

7/10/06 – 5/31/12 Lifestyle physical activity for Fibromyalgia

RO1 AR053168-01-A1

National Institutes of Health (NIAMS)

$725,000

PI: Kevin Fontaine, PhD (55%)

01/01/11-12/31/11 Effects of Neuromuscular Strain on Symptoms, Pain, and Central Sensitivity

in Patients with Fibromyalgia and Chronic Fatigue Syndrome

Blaustein Pain Research Grant

$18,970

PI: Kevin Fontaine, PhD (5%)

04/01/04 – 03/31/07 Lifestyle physical activity and function in Rheumatoid Arthritis

AR049720-01 A1

K23: Mentored Patient-Oriented Research Career Development Award

National Institutes of Health (NIAMS)

PI: Kevin Fontaine, PhD (90%)

7/1/03 – 6/30/05Promoting Physical Activity in Fibromyalgia

Rheumatology Health Professional Investigator Award

American College of Rheumatology

$100,000

PI: Kevin Fontaine, PhD (35%)

4/1/01 – 3/31/03 Tailoring Exercise in Knee Osteoarthritis

Arthritis Foundation, Maryland Chapter Grant

Arthritis Foundation

$97,000

PI: Kevin Fontaine, PhD (40%)

***Teaching***

*Undergraduate Courses Led (class sizes varied from ~10 to 300)*

1993 Human Development and Social Behavior, University of Central Lancashire, Preston, UK

1993 Introduction to Psychology, University of Central Lancashire, Preston, UK

1994 Research Methods in Psychology, University of Central Lancashire, Preston, UK

1994 Social and Developmental Psychology, University of Central Lancashire, Preston, UK

1994 Techniques in Applied Psychology, University of Central Lancashire, Preston, UK

1995 Family Therapy, University of Central Lancashire, Preston, UK

2015 Healing: Ritual, Relationships, Faith, and Perception, UAB University Honors Program

2016 Healing: Ritual, Relationships, Faith, and Perception, UAB Honors College Seminar

2017-2019 Health Meets Life: Sex, Drugs, Weight & Other Health Behavior Factors (PUH204), UAB School of Public Health

2017 Herbal Medicine for Health and Well-Being, UAB Honors College Seminar, co-taught with Antonia Viteri

2018 Comedy, Health and Well-Being, UAB Honors College Seminar

2019 Obesity Research (PUH 498), UAB School of Public Health

*Graduate Courses Led*

1994 Psychology for Nurses,University of Central Lancashire, Preston, UK

1994 Communication and Counseling Skills,University of Central Lancashire, Preston, UK

1994 Suicide: Identification and Treatment , University of Central Lancashire, Preston, UK

2006-2012 Clinical Foundations of Medicine, Johns Hopkins University School of Medicine, Baltimore, MD

2014 Clinical Research Methods in the Behavioral Sciences (HB 695), UAB School of Public Health

2015-current Research Methods in the Behavioral Sciences (HB 641), UAB School of Public Health

2016-current Science Writing in the Behavioral Sciences (HB 703), UAB School of Public Health

***Mentoring***

1996-1997 Robert Schlegel, PhD, former Director of Behavioral Medicine, Annapolis Naval Academy; current post unknown, United States Navy

2004 Elaine Lin, medical student, Johns Hopkins University, Baltimore, MD

2005-2010 Steffany Haaz, MFA, PhD, Johns Hopkins University Bloomberg School of Public Health

2009-2016 Sangeeta Sule MD, PhD, Johns Hopkins University, Baltimore, MD

2010-2016 Rebecca Manno, MD, MHS, Johns Hopkins University, Baltimore, MD

2011-2013 Kristi Mizelle, MD, MPH, Johns Hopkins University, Baltimore, MD

2014-2015 Carrie Howell, PhD, UAB School of Public Health

2014-2018 Michelle Williams, PhD, UAB School of Public Health

2014-2017 Teri Hoenemeyer, MPH, PhD, UAB School of Public Health

2016-2018 Mary-Katherine Osborn, PhD, NORC T32 Pre-doctoral Fellowship, UAB Psychology

2016-2018 Caroline Cohen, RD, Department of Nutrition Sciences, UAB, SHP

2017-2018 Rachel A.H. Davis, MS, Department of Nutrition Sciences, UAB, SHP

2017-2018 Alexis Helton, UAB Department of Psychology

*Dissertation Committee Chair*

2015 Carrie Howell, PhD, Department of Health Behavior, UAB School of Public Health

2014-2016 Teri Hoenemeyer, MPH, PhD, Department of Health Behavior, UAB School of Public Health

2014-present Lisa Allen, **MPA, MPH, CCRP** Department of Health Behavior, UAB School of Public Health

2014-2017 Meifang Chen, PhD, Department of Health Behavior, UAB School of Public Health

2015-2017 Shima Dowla, PhD, Department of Health Behavior, UAB School of Public Health

2016-2018 Meka Astin, Department of Health Behavior, UAB School of Public Health

2016-present Julianne Bailey, Department of Health Behavior, UAB School of Public Health

2016-present Jasmine Vickers, Department of Health Behavior, UAB School of Public Health

2017-present Sami Alqahtani, Department of Health Behavior, UAB School of Public Health

*Dissertation Committee Member*

2012-2013 Tapan Mehta, PhD, Department of Biostatistics, UAB School of Public Health

2013-2017 Danielle Vincent, MA, PhD, UAB Department of Psychology

2015-2017 Mallory Cases, MPH, PhD, Department of Health Behavior, UAB School of Public Health

2016-2018 Allyson Varley, Department of Health Behavior, UAB School of Public Health

2016-2018 Mary Katherine Osborne, UAB Department of Psychology

2016-2018 Caroline Cohen, RD, Department of Nutrition Sciences, UAB, SHP

2017-2019 Huacong Wen, Program of Rehabilitation Science, UAB School of Health Professions

2017-2018 Rachel A.H. Davis, Department of Nutrition Sciences, UAB School of Health Professions

2017-2019 Matthew Ainsworth, Department of Health Behavior, UAB School of Public Health

2017-2019 Victoria Williams, Department of Health Behavior, UAB School of Public Health

2019- Julianne Clina, Department of Nutrition Sciences, UAB School of Health Professions

*Other*

2000 Margaret White, M.A. Psychology, University of Liverpool, UK

2004 Evan Atlantis, PhD, Health Sciences, University of Sydney, AU

2017 Daniel James Van Den Hoek, PhD, Deakin University, AU

2019 Kathleen Hodgin, Department of Medical Psychology, UAB

2020 Julianne Clina, Department of Nutrition Sciences, UAB

**Professional Service**

2006- Board Member, Mercy Hospital Supportive Housing Program, Baltimore, MD

2008- Protocol Reviewer, Johns Hopkins Clinical Research Unit

2009- Grant Reviewer, National Institutes of Health

2009-2010 Grant Reviewer, Department of Defense

2014 Item Writer, National Board of Public Health Examiners, Certification in Public Health Examination

2015- Health Behavior: Technical Expert Panel, Centers for Medicare & Medicaid Services (CMS)

2017- University of Michigan, Office of Research

*University of Alabama at Birmingham*

2012-2014 Chair, Departmental Faculty Affairs Committee, Department of Health Behavior, UAB

2013-2014 Teaching Award Committee, School of Public Health, UAB

2013-current Poster Judge, UAB-SOPH Public Health Week

2013-2014 Member, Faculty Affairs Committee, UAB School of Public Health

2013-2014 Member, Faculty Search Committee, Department of Health Behavior

2013-2014 Chair, Departmental IRB Protocol Reviewer, Department of Health Behavior

2013-present Grant Reviewer, UAB Comprehensive Cancer Center

2013 Grant Reviewer, Italian Ministry of Health

2013-present Grant Reviewer, Center for Clinical & Translational Science (CCTS) Project Panel

2013-present Grant Reviewer, Community Health Scholars Grant

2013-present Research Advisory Committee, UAB-Lakeshore Research Collaborative

2013-present Associate Director, Exercise and Physical Activity Core, UAB Nutrition and Obesity Research Center (NORC)

2014 Chair, Faculty Search Committee, Department of Health Behavior

2014-present Grant Reviewer, National Institutes of Health, R15 AREA

2015-present Antoine Lavoisier Endowed Professor of Energetics and Healthy Lifestyles

2015-present Internal Advisory Committee, Lister Hill Center

2018 Chair, Search Committee, Adolphe Quetelet Endowed Professorship

2018-2019 Chair, Search Committee, Chair of the Department of Environmental Health Sciences

2019-present Member, Emergency Management Team, UAB, School of Public Health

2019-present Jefferson County Health Department, Incident Command Structure Team

***Bibliography***

*Peer-Reviewed Articles*

1. **Fontaine KR**, Manstead ASR, Wagner HL. Optimism, perceived control over stress, and coping. European Journal of Personality. 1993; 7: 267-281.
2. **Fontaine KR**. Effect of dispositional optimism on comparative risk perceptions for developing AIDS.Psychological Reports. 1994; 74: 843-846.
3. **Fontaine KR**. Personality correlates of sexual risk-taking among men. Personality and IndividualDifferences. 1994; 17: 693-694.
4. **Fontaine KR**, Diamond BJ: Emotion. In D. Tantam & M. Birchwood (Eds.), Seminars in Psychology andSocial Sciences (pp 136-148). London: Gaskell Press, 1994.
5. **Fontaine KR**, Smith S. Optimistic bias in cancer risk perception: A cross-national study. Psychological Reports. 1995; 77: 143-146.
6. **Fontaine KR**, Shaw D. Effects of self-efficacy and dispositional optimism on adherence to step aerobic exercise classes. Perceptual and Motor Skills. 1995; 81: 251-255.
7. **Fontaine KR**, Cheskin LJ, Barofsky I. Health-related quality of life in obese persons seeking treatment. Journal of Family Practice. 1996; 43: 265-270.
8. Cheskin LJ, **Fontaine KR**, Lasner LA, Stridiron C, Katz, PO. Improved detection of malnutrition by medical housestaff following focused-teaching intervention. Journal of General Internal Medicine. 1996; 11: 548-440.
9. **Fontaine KR**. Solution-focused brief therapy of a binge eater. Eating Disorders: The Journalof Treatment and Prevention. 1996; 4: 266-270***.***
10. **Fontaine KR**, Jones L. Self-esteem, optimism, and postpartum depression. Journal of Clinical Psychology. 1997; 53: 59-63.
11. **Fontaine KR**, Cheskin LJ, Allison, DB. Predicting treatment adherence and weight loss: Assessing the psychometric properties and predictive validity of the Dieting Readiness Test. Journal of Personality Assessment. 1997; 68: 173-183.
12. **Fontaine KR**, Barofsky I, Cheskin LJ. Predictors of quality of life among obese persons. Journal of Nervous and Mental Disease. 1997; 185: 120-122.
13. **Fontaine KR**, McKenna L, Cheskin LJ. Support group membership and perceptions of control over health in HIV+ men. Journal of Clinical Psychology. 1997; 53: 249-252.
14. **Fontaine KR**, Seal A. Optimism, social support, and premenstrual syndrome. Journal of Clinical Psychology. 1997; 53: 243-247.
15. **Fontaine KR**, Cheskin LJ. Self-efficacy, attendance and weight loss in obesity treatment. Addictive Behaviors. 1997; 22: 567-570.
16. Barofsky I, **Fontaine KR**, Cheskin, LJ. Pain in the obese: Impact on health-related quality of life. Annals of Behavioral Medicine. 1998; 19: 408-410.
17. Barofsky I, **Fontaine KR**. Do psychogenic dysphagia patients have an eating disorder? Dysphagia. 1998; 13: 24-27.
18. Andersen RE, Franckowiak SC, Snyder J, Bartlett SJ, **Fontaine KR**. Can inexpensive signs encourage the use of stairs? Results from a community intervention. Annals of Internal Medicine*.* 1998;129: 363-369.
19. **Fontaine KR**, Heo M, Cheskin LJ, Allison DB. Body-mass index, smoking, and mortality among older women: Journal of Women’s Health. 1998; 7: 1257-1261.
20. **Fontaine KR**, Faith MS, Allison DB, Cheskin LJ. Body weight and health care among women in the general population. Archives of Family Medicine. 1998; 7: 381-384.
21. **Fontaine KR**, Cheskin LJ. Optimism and obesity treatment outcomes. Journal of Clinical Psychology. 1999; 55: 141-143.
22. **Fontaine KR**, Bartlett SJ. Estimating the health-related quality of life in obese individuals. Disease Management and Health Outcomes. 1998; 3: 61-70.
23. **Fontaine KR**. Predicting treatment seeking for overweight.Journal of Nervous and Mental Disease. 1999; 187: 248-250.
24. Allison DB, **Fontaine KR**, Heo M, Mentore JL, Cappelleri JC, Chandler LP, Weiden P, & Cheskin LJ. The distribution of body mass index among individuals with and without schizophrenia. Journal of Clinical Psychiatry. 1999; 60: 215-220.
25. **Fontaine KR**, Wiersema L. Dieting Readiness Test fails to predict enrollment in a weight loss program. Journal of the American Dietetic Association. 1999; 99: 664.
26. Zayat EN, **Fontaine KR**, Cheskin LJ. Preventive health care in obese patients. Obesity Research. 1999; 7: 223-226.
27. Bartlett SJ, Faith MS, **Fontaine KR**, Cheskin LJ, Allison DB. Is the prevalence of successful weight loss and maintenance higher in the general community than the research clinic? Obesity Research. 1999; 7: 407-413.
28. **Fontaine KR**, Barofsky I, Andersen RE, Bartlett SJ, Wiersema L, Cheskin LJ, Franckowiak SC. Impact of weight loss on pain and health-related quality of life. Quality of Life Research. 1999; 8: 275-277.
29. Allison DB, **Fontaine KR**, Manson JE, Stevens J, VanItallie TB. How many deaths are attributable to obesity? Journal of the American Medical Association. 1999; 282: 1530-1538.
30. **Fontaine KR**, Bartlett SJ. Access and use of medical care among obese persons. Obesity Research. 2000; 8: 403-406.
31. Faith MS, **Fontaine KR**, Cheskin LJ, Allison, DB. Behavioral approaches to the problems of obesity. Behavior Modification. 2000; 24: 459-493.
32. **Fontaine KR**: Physical activity improves mental health. The Physician and Sportsmedicine. 2000; 28: 83-84.
33. **Fontaine KR**, Bartlett SJ, Barofsky I. Health-related quality of life in obese persons seeking and not currently seeking treatment. International Journal of Eating Disorders. 2000; 27: 101-105.
34. Allison DB, **Fontaine KR**, Cheskin LJ. Metabolic harmony and human longevity. Medical Hypothesis. 2001; 56: 604-609.
35. **Fontaine KR**. Weight loss and health-related quality of life. The American Journal of Managed Care. 2001; 7: 926-927.
36. **Fontaine KR**, Barofsky I. Obesity and health-related quality of life. Obesity Reviews. 2001; 2: 173-182.
37. **Fontaine KR**, Cheskin LJ, Carriero NJ, Jefferson L, Finley CJ, Gorelick DA. Weight status influences liver function tests in drug-dependent adults on a residential research unit. Journal of the American Dietetic Association. 2001; 101: 1467-1469.
38. Allison DB, **Fontaine KR**, Heshka S, Mentore JL, Heymsfield SB. Alternative treatments for weight loss: A critical review. Critical Reviews in Food Science and Nutrition. 2001; 41: 1-28.
39. **Fontaine KR**, Heo M, Allison DB. Body weight and cancer screening among women. Journal of Women’s Health and Gender-Based Medicine. 2001; 10: 463-470.
40. Martin K, **Fontaine KR**, Nicklas BJ, Dennis KE, Goldberg AP, Hochberg MH. Weight loss and exercise walking reduce pain and improve physical functioning in overweight post-menopausal women with knee osteoarthritis. Journal of Clinical Rheumatology. 2001; 7: 219-223.
41. Allison DB, Heo M, **Fontaine KR**, Hoffman D: Body weight, body composition, and longevity. In P. Bjorntrop (Ed.), International Textbook of Obesity (pp. 31-48). Sussex, UK: John Wiley & Sons, 2001.
42. **Fontaine KR**, Heo M, Harrigan EP, Chear CL, Lakshminarayanan M, Allison DB. Estimating the consequences of anti-psychotic induced weight gain on health and mortality rate. Psychiatry Research. 2001; 101: 277-288.
43. **Fontaine KR**, Allison DB. Does intentional weight loss affect mortality rate? Eating Behaviors: An International Journal. 2001; 2: 87-95.
44. Heo M,LeibelRL, **FontaineKR**, Boyer BB, Chung WK, Koulu M, Karvonen MK, Pesonen U, Rissanen A, Laakso M, Uusitupa MIJ, Chagnon Y, Bouchard C, Donohoue PA, Burns TL, Shuldiner AR, Silver K, Andersen RE, Pedersen O, Echwald C, Sørensen TIA, Behn P, Permutt MS, Jacobs KB, Elston RC, Hoffman DJ, GroppE, AllisonDB. A meta-analytic investigation of linkage and association of common leptin receptor (LEPR) polymorphisms with body mass index and waist circumference. International Journal of Obesity and Related Metabolic Disorders. 2002; 26: 640-646.
45. **Fontaine KR**, Gadbury G, Heymsfield SB, Kral J, Allison DB. Quantitative prediction of body diameter in very obese individuals. Ergonomics. 2002; 45: 49-60.
46. Andersen RE, Franckowiak SC, Bartlett SJ, **Fontaine KR**. Physiologic changes after diet combined with programmed vigorous exercise or lifestyle activity. Metabolism – Clinical & Experimental. 2002; 12: 1528-1533.
47. Izquierdo-Porrera AM, Powell CC, Reiner J, **Fontaine KR**. Correlates of exercise adherence in an African-American church community. Cultural Diversity and Ethnic Minority Psychology. 2002; 8: 389-394.
48. **Fontaine KR**. Health-related quality of life among obese subgroups. Obesity Research. 2002; 10: 854-855.
49. **Fontaine KR**, Allison DB: Obesity and the Internet. In: C. Fairburn & K.D. Brownell (Eds.), Eating Disorders and Obesity: A Comprehensive Handbook (pp. 619-623). New York: Guilford Press, 2002.
50. Heo M, Allison DB, Faith MS, Zhu S, **Fontaine KR**. Obesity and health-related quality of life: the mediating effects of joint pain and comorbidities. Obesity Research. 2003; 11: 209-216.
51. Franckowiak SC, **Fontaine KR**, Andersen RE. Comparison of proximal placements of electrodes to assess body composition by bioelectrical impedance in obese adults. The Journal of Strength and Conditioning Research. 2003; 17: 522-526.
52. **Fontaine KR**, Redden D, Wang C, Westfall A, Allison DB. Years of life lost due to obesity. Journal of the American Medical Association. 2003; 289: 187-193.
53. Allison DB, Gadbury G, Schwartz LG, Murugesan R, Kraker JL, Heshka S, **Fontaine KR**, Heymsfield SB. A novel soy-based meal replacement formula for weight loss among obese individuals: a randomized controlled clinical trial. European Journal of Clinical Nutrition. 2003; 57: 514-522.
54. Andersen RE, Crespo C, Bartlett SJ, Bathon JM, **Fontaine KR**. Relationship between body weight gain and significant knee, hip, and back pain in older Americans. Obesity Research. 2003; 11: 1159-1162.
55. Fontaine KR, Yang D, Gadbury GL, Heshka S, Schwartz LG, Murugesan R, Kraker JL, Heo M, Heymsfield SB, Allison DB. One year results of soy-based meal replacement formula on weight, anthropometry, serum lipids and blood pressure. Nutrition Journal. 2003; 2: 1-14.
56. Yang D, Fontaine KR, Wang C, Allison DB. Con: Weight loss causes increased mortality. Obesity Reviews. 2003; 4: 9-16.
57. Allison DB, Pietrobelli A, Faith MS, **Fontaine KR**, Gropp E, Fernandez J: Genetic influences on obesity. In: R.H. Eckel (Ed.), Obesity: Mechanisms and Clinical Management (pp. 31-74). New York, NY: Lippincott, Williams & Williams, 2003.
58. Fontaine KR, Barofsky I, Bartlett SJ, Franckowiak S, Andersen RE. Weight loss and health- related quality of life: Results at one-year follow-up. Eating Behaviors, 5, 85-88, 2004.
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*Book Chapters*

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*Media Appearances*

I have made over 25 media appearances (print, digital, radio, television) related to topics such as: the UK lottery, obesity, adolescent suicide, obesity and mortality, quality of life, arthritis and exercise, fibromyalgia, lifestyle physical activity, dieting, weight loss maintenance, resistance exercise, alternative weight loss approaches, obesity myths, ketogenic diets, placebo effects

*Non-Academic Books and Articles*

*Books*

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