

BIOGRAPHICAL SKETCH

Provide the following information for the key personnel and other significant contributors in the order listed on Form Page 2.
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NAME Perri, Michael Gerard	POSITION TITLE Professor and Associate Dean for Research		
eRA COMMONS USER NAME mperrri			
EDUCATION/TRAINING (Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)			
INSTITUTION AND LOCATION	DEGREE (if applicable)	YEAR(s)	FIELD OF STUDY
Fordham University, Bronx, NY	BS	1973	Psychology
University of Missouri, Columbia, MO	MA	1975	Clinical Psychology
University of Missouri, Columbia, MO	PhD	1978	Clinical Psychology

A. Positions and Honors.**Positions and Employment**

1978-1980 Assistant Professor, Department of Psychology, University of Rochester, Rochester, NY
 1980-1985 Assistant Professor, Associate Professor (1985), Psychiatry Dept., Indiana U Medical School
 1981-1985 Chief, Psychology Service, Indianapolis VAMC
 1985-1990 Associate Professor, Department of Psychology, Fairleigh Dickinson University, Teaneck, NJ
 1986-1990 Research Coordinator, FDR VAH, Montrose, NY
 1989-1990 Professor, Department of Psychology, Fairleigh Dickinson University, Teaneck, NJ
 1992-2004 Director, Psychology Internship Program, University of Florida, Gainesville, FL
 1990-present Professor, Department of Clinical and Health Psychology, University of Florida, Gainesville, FL
 2004-present Associate Dean for Research, College of Public Health and Health Professions, U. of Florida

Other Experience: Editorial Appointments and Review Committees

1986-1989 Consulting Editor, *Journal of Consulting and Clinical Psychology*
 1987-1994 Associate Editor, *Psychology of Addictive Behavior*
 1990 Consulting Reviewer, *1990 Surgeon General's Report*
 1991-1993 Consulting Editor, *Annals of Behavioral Medicine*
 1992-1993 Consulting Editor, *Health Psychology*
 1992-2006 Ad-hoc Member, Special Emphasis Review Panels of NHLBI and NIDDK
 1994 Consulting Reviewer, Institute of Medicine (Committee to Develop Criteria for Evaluating the Outcomes of Approaches to Prevent and Treat Obesity).
 2000-present Consulting Editor, *Eating Behaviors*
 2004-present Consulting Editor, *ACSM'S Fitness and Health Journal*
 2002-present Member, Data and Safety Monitoring Board for Look AHEAD Study, NIDDK
 2003-present Member, Data and Safety Monitoring Board for the Weight Loss Maintenance Trial, NHLBI
 2004-present Member, Data and Safety Monitoring Board for the POUNDS Lost Study, NHLBI

Honors

1991 Fellow, Division of Health Psychology, American Psychological Association
 1993 Faculty Research Award, University of Florida College of Health Professions
 1994 Audrey Schumacher Award for Outstanding Achievement in Clinical and Health Psychology
 1997 Fellow, North American Association for the Study of Obesity.
 1999 Fellow, Society of Behavioral Medicine
 2001 Diplomate, American Board of Professional Psychology
 2001 University of Florida Research Foundation Professor for 2001-2004
 2003 Distinguished Service Award, Florida Psychological Association
 2005 Fellow, Society of Clinical Psychology, American Psychological Association

B. Selected Publications

1. Leermakers, E.R., Perri, M.G., Shigaki, C.L., & Fuller, P.R. (1999). Effects of exercise-focused versus weight-focused maintenance programs on the management of obesity. *Addictive Behaviors*, 24, 219-227.
2. Grundy, S.M., Blackburn, G., Higgins, M., Lauer, R., Perri, M.G., & Ryan, D. (1999). Physical Activity in the treatment of obesity and its co-morbidities. *Medicine & Science in Sports & Exercise*, 31, S502-S508.
3. Kumanyika, S.K., VanHorn, L., Bowen, D., Perri, M.G., Rolls, B., Czikowski, S. & Schron, E. (2000). Maintenance of dietary behavior change. *Health Psychology*, 19 (Suppl. 1), 42-56.
4. Herman, A.M., Bowen, D. J., Vitolins, M., Perri, M.G., Rosal, M.C., Sevick, M.A., & Ockene, J.K. (2000). Dietary adherence: Characteristics and interventions. *Controlled Clinical Trials*, 21, 206-212.
5. Duncan, G.E., Sydeman, S.J., Perri, M.G., Limacher, M.C., & Martin, A.D. (2001). Can sedentary adults accurately recall the intensity of their physical activity? *Preventive Medicine*, 33, 18-26.
6. Anton, S.D., Perri, M.G., & Riley, J.R., III, (2000). Relation of body image discrepancy to eating and exercise patterns in college-age women. *Eating Behaviors*, 2, 153-160.
7. Renjilian, D.A., Perri, M.G., Nezu, A.M., McKelvey, W.F., Shermer, R.L., & Anton, S.D. (2001). Individual versus group therapy for obesity: Effects of matching participants to their treatment preferences. *Journal of Consulting and Clinical Psychology*, 69, 717-721.
8. Perri, M. G., Nezu, A.M., McKelvey, W.F., Schein, R.L., Renjilian, D.A., & Viegner, B.J. (2001). Relapse prevention training and problem-solving therapy in the long-term management of obesity. *Journal of Consulting and Clinical Psychology*, 69, 722-726.
9. Perri, M.G. (2001). Improving maintenance in behavioral treatment. In C.G. Fairburn & K.D. Brownell (Eds.), *Eating Disorders and Obesity* (2nd ed., pp 593-598). New York: Guilford Press.
10. Manson, J.E., Lewis, C., Allen, C., Johnson, K., Stefanik, M., Foreyt, J.P., Klesges, R., Tinker, L., Noonan, E., Perri, M.G., & Hall, D. (2001). Ethnic, Socioeconomic, and lifestyle correlates of obesity in U.S. women. *Clinical Journal of Women's Health*, 1, 225-234.
11. Kanasky, W.F., Anton, S.D., Rodrigue, J.R., Perri, M.G., Szwed, T., & Baz, M.A. (2002), Impact of body weight on long-term survival after lung transplantation. *Chest*, 121, 401-406.
12. Perri, M.G., & Corsica, J.A. (2002). Improving the maintenance of weight lost in behavioral treatment of obesity. In T.A. Wadden & A.J. Stunkard (Eds.), *Obesity: Theory and therapy* (2nd ed., pp. 357-382). New York: Guilford.
13. Perri, M.G., Anton, S.D., Durning, P.E., Ketterson, T.U., Sydeman, S.J., Berlant, N.E., Kanasky, W.F., Newton, R.L., Jr., Limacher, M.C., & Martin, A.D. (2002). Adherence to exercise prescriptions: Effects of prescribing moderate versus higher levels of exercise intensity and frequency. *Health Psychology*, 21, 452-458.
14. Tinker, L.F., Perri, M.G., Patterson, R.E., Bowen, D.J., McIntosh, M., Parker, L.M., Sevick, M.A., Wodarski, L.A. (2002). The effects of physical and emotional status on adherence to a low-fat dietary pattern in the Women's Health Initiative. *Journal of the American Dietetic Association*. 102, 789-800.
15. Manson, J.E., Greenland, P., La Croix, A.Z., Stefanick, M.L., Mouton, C.P., Oberman, A. Perri, M.G., Sheps, D.S., Pettinger, M.B., & Siscovick, D.S. (2002). Walking compared with vigorous exercise for the prevention of cardiovascular events in women. *New England Journal of Medicine*, 347, 716-725.
16. Duncan, G.E., Perri, M.G., Theriaque, D.W., Hutson, A.D., Eckel, R.H., & Stacpoole, P.W. (2003). Exercise training, without weight loss, increases insulin sensitivity and postheparin plasma lipase activity in previously sedentary adults. *Diabetes Care*, 26, 557-62.
17. Duncan, G.E., Anton, S.D., Newton, R.L., & Perri, M.G. (2003). Comparison of perceived health to physiological measures of health in black and white women. *Preventive Medicine*, 36, 624-628.
18. Perri, M.G. (2003). Success and failure in the maintenance of lost weight. In G. Medeiros-Neto, A. Halpern, & C. Bouchard (Eds.), *Progress in Obesity Research: Vol 9*. (pp. 439-442) London: John Libbey.
19. Park, T.L., Perri, M.G., & Rodrigue, J.R. (2003). Minimal intervention programs for weight loss in heart transplant candidates: A preliminary examination. *Progress in Transplantation*, 13, 284-288.
20. Duncan, G.E., Perri, M.G., Anton, S.D., Limacher, M.C., Martin, A.D., Lowenthal, D.T., Arning, E., Bottiglieri, T. & Stacpoole, P.W. (2004). Effects of exercise on emerging and traditional cardiovascular risk factors. *Preventive Medicine*, 39, 894-902.
21. Kleiner, K.D., Gold, M.S., Frost-Pineda, K., Lenz-Brunsmann, B., Perri, M.G., Jacobs, W.S. (2004). Body mass index and alcohol use. *Addictive Disorders*, 23, 105-118.

22. Newton, R.L., Jr., & Perri M.G. (2004). Improving fitness in sedentary African-American adults: A randomized trial of a culturally-sensitive treatment. *Ethnicity and Disease*. 14, 548-557.
23. Anton, S.D., Perri, M.G., Riley, J., III, Kanasky, W.F., Rodrigue, J.R., Sears, S., & Martin, A.D. (2005). Differential predictors of adherence in exercise programs with moderate versus higher levels of intensity and frequency. *Journal of Sport & Exercise Psychology*, 27, 171-187.
24. Ames, G.E., Perri, M.G., Fox, L.D., Fallon, E.A., DeBraganza, N., Murawski, M.E., Pafumi, L., & Hausenblas, H.A. (2005). Changing weight-loss expectations: A randomized pilot study. *Eating Behaviors*, 6, 259-269.
25. Duncan, G. E., Anton, S. A., Sydeman, S.J., Newton, R.L., Jr., Corsica, J.A., Durning, P.A., Ketterson, T.U., Martin, A.D., Limacher, M.C., & Perri, M.G. (2005). Prescribing Exercise at varied levels of intensity and frequency: a randomized trial. *Archives of Internal Medicine*, 165, 2362-2369.
26. Beresford, S.A. et al. (2006). Low-fat dietary pattern and risk of colorectal cancer: the Women's Health Initiative Randomized Controlled Dietary Modification Trial. *JAMA*, 295, 643-654.
27. Howard, B.V. et al. (2006). Low-fat dietary pattern and risk of cardiovascular disease: the Women's Health Initiative Randomized Controlled Dietary Modification Trial. *JAMA*, 295, 655-666.

C. Research Support

Ongoing Research Support

1 R01 HL073326-03 Perri (PI) 06/01/03-05/31/07
NIH/NHLBI

“Treatment of obesity in underserved rural settings-TOURS”

The major goal of this project is to evaluate the effects of long-term weight management programs in obese women, 50-75 years of age, from rural counties.

Role: PI

1 R01 HL076441-01 Rejeski (PI) 08/01/05-7/31/10
NIH/NHLBI

“Cooperative Lifestyle Intervention Program (CLIP)”

The goals of this project are twofold: (1) to test the effects of a physical activity intervention on mobility disability in the treatment of older, overweight adults who have evidence of cardiovascular disease or metabolic syndrome and (2) to evaluate the added benefit of treating overweight/obesity as well as sedentary behavior.

Role: Co-I

1R34 DK071555-01 Janicke (PI) 10/01/05-09/30/07

“Sensible Treatment of Obesity in Rural Youth – STORY

This feasibility study will examine the effects of two group interventions designed to promote weight management in overweight children and their parents in medically underserved, rural settings.

Role: Co-PI

U-01 AG022376 Pahor (PI) 09/30/03 - 09/29/07

Physical Exercise to Prevent Disability - LIFE Pilot Study

The goal of this study is to examine the effects of an exercise intervention on the prevention of disability in frail older adults.

Role: CO-I

Recently Completed Research Support

N01-WH-4-2129 Limacher (PI) 10/1/94-09/15/05
NIH/NHLBI

“Women’s Health Initiative”

This study is a randomized trial of interventions (hormone replacement therapy, low-fat eating pattern, and/or calcium plus Vitamin D) to reduce the major cardiac, cancer, and fracture outcomes in postmenopausal women.

Role: Co-PI

NIH/NIMH 5 F31 MH68137 Perri (PI) 05/01/03-04/30/04

“Cognitive Behavioral Therapy for Obesity and its Mental Health Co-Morbidities”

The goal of this study was to test the effects of a new cognitive-behavioral treatment on body weight and related cognitive and emotional factors in obese women.

Role: PI (mentor)

NIH 5 R01 HL58873-03 Perri (PI) 05/01/98 - 04/30/03

“Dose Response to Exercise and Cardiovascular Health”

The major goals of this project were to determine the effects of two levels of exercise intensity and two levels of exercise frequency on changes in risk factors for cardiovascular disease in sedentary, healthy adults.

Role: PI

Pending

NIH/NIDDK Neff (PI) 12/01/06 – 11/30/08

Improving Diabetes Self-Management in Obese Women from Underserved Rural Counties

The major goal of this program is to test the effects of a nurse-led, diabetes management plus weight loss intervention, compared with an education control group, on long-term glycemic control in obese diabetic adults from underserved rural counties.

Role: Co-PI