

BIOGRAPHICAL SKETCH

NAME: Carlos M. Grilo

eRA COMMONS USER NAME (credential, e.g., agency login): CGRILO

POSITION TITLE: PROFESSOR

EDUCATION/TRAINING *(Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.)*

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
Brown University	Sc.B.	05/1983	Psychology
University of Pittsburgh	PhD	06/1991	Clinical Psychology
Harvard Medical School	Intern	06/1990	Clinical Psychology
Harvard Medical School	Fellow	06/1991	Clinical Psychology
Yale University	Postdoc	06/1992	Clinical Psychology

A. Personal Statement

Dr. Grilo, a clinical psychologist, is Professor of Psychiatry at the Yale University School of Medicine and Professor of Psychology at Yale University. Dr. Grilo is the Founding Director of the Program for Obesity, Weight and Eating Research at the Yale School of Medicine, which has been continuously NIH-funded since 1994. Dr. Grilo, as PI, has been awarded 20 NIH grants including two competitive NIH K24 Mid-Career Investigator Awards in Patient Oriented Research in Eating and Weight Disorders; these K24 awards reflect Dr. Grilo's commitment to and productivity both in mentoring and in collaborative research activities. Dr. Grilo has mentored/co-mentored numerous successful K23/K08 MCAs, numerous LRP awards, and several diversity training research supplements, and has collaborated effectively with many junior and senior investigators world-wide.

Dr. Grilo has specific expertise in randomized controlled trial (RCT) methodologies and outcome, predictor, moderator, and mediator analyses. As PI, Dr. Grilo has completed numerous RCTs funded by the NIH testing behavioral, cognitive-behavioral, self-help, and several pharmacologic interventions for obesity and binge eating in diverse patient groups and settings. Dr. Grilo is currently Principal Investigator directing several RCTs evaluating several pharmacological, behavioral, and cognitive-behavioral treatments for eating/weight disorders. Dr. Grilo's current treatment research includes adaptive "SMART" and "stepped-care" approaches for binge-eating and obesity. Dr. Grilo's current collaborative work is interdisciplinary and translational, integrating laboratory and neurobiological methods and extending across diverse settings, patient groups, and developmental eras, and includes epidemiologic and longitudinal outcome studies.

Dr. Grilo has extensive experience training, supervising, testing, and refining behavioral, cognitive-behavioral, and pharmacologic treatments for binge-eating disorder and obesity in NIDDK-funded studies and is PI on two NIDDK-funded studies integrating neurobiological and laboratory (eating) methods to probe therapeutic mechanisms of action for pharmacologic treatments. Dr. Grilo well qualified to serve in this research protocol and to contribute substantively as a member of the investigative team.

Ongoing current projects on which I serve as Principal Investigator that I would like to highlight include:

R01 DK126637

Grilo (PI)

09/22/20–08/31/25

Using a SMART Design to Examine Pharmacological and Behavioral Treatments to Treat Loss-of-Control Eating and Improve Weight Outcomes After Metabolic and Bariatric Surgery.

R01 DK121551

Grilo/Potenza (mPI)

09/01/19–08/30/23

Neurocognitive fMRI Mechanisms of CBT and lisdexamfetamine Outcomes.

R01 DK114075

Grilo (PI)

08/01/18–07/31/23

Cognitive-Behavioral and Pharmacologic Treatment of Binge-Eating Disorder and Obesity

R01 DK112771

Grilo/McKee (mPI)

09/25/17–07/31/23 (NCE)

Efficacy and Mechanisms of Naltrexone+Bupropion for Binge-Eating Disorder.

R01 DK49587-21

Grilo (PI)

09/20/16–08/31/23 (NCE)

Behavioral and Pharmacologic Treatment of Binge Eating and Obesity.

R01 DK117072

Juarascio (PI Study); Grilo (PI Yale Site)

08/15/18–07/31/23

Improving Weight Loss Outcomes for Binge-Eating Disorder (RCT testing ABBT and SBT).

A. Positions, Scientific Appointments, and Honors

Positions

1991-93	Associate Clinical Director, Yale Center for Eating and Weight Disorders, Yale University
1993-99	Assistant Professor of Psychiatry, Yale University School of Medicine
1993-2000	Director of Psychology, Yale Psychiatric Institute (YPI), Yale University School of Medicine
1999-2004	Associate Professor of Psychiatry, Yale University School of Medicine
1994 -	Director , Program for Obesity, Weight & Eating Research, Yale University School of Medicine
2004 -	Professor of Psychiatry , Yale University School of Medicine
2007 -	Professor of Psychology , Yale University
2005-14	Faculty, Rudd Center for Food Policy and Obesity, Yale University
2014-15	Professor (Adjunct) of Psychiatry, University of Pennsylvania Perelman School of Medicine
2015-17	Senior Scientist, National Center Addictions & Substance Abuse, New York
2018-19	Director of Clinical Training in Psychology, Yale University School of Medicine

Scientific Appointments

2021	Guest co-Editor, <i>Clinical Therapeutics</i> (Special Issue on Eating Disorders)
2020	Guest co-Editor, <i>American Psychologist</i> (Special Issue on Obesity)
2012-16	Associate Editor, <i>Journal of Consulting and Clinical Psychology</i>
2014-19	Associate Editor, <i>BMC Psychiatry</i> (Eating Disorders Section)
2014-16	Section Editor, <i>Current Psychiatry Reports</i> (Eating Disorders)
2004-	Editorial Board, <i>Journal of Consulting and Clinical Psychology</i>
2003-	Editorial Board, <i>Behaviour Research and Therapy</i>
2003-	Editorial Board, <i>International Journal of Eating Disorders</i>
2003-	Editorial Board, <i>Journal of Psychiatric Practice</i>
2006-16	Editorial Board, <i>Obesity Surgery</i>
2007-21	Editorial Board, <i>International Journal of Clinical and Health Psychology</i>
2007-13	Editorial Board, <i>Obesity</i>
2015-	Editorial Board, <i>BMC Medicine</i>
2015-	Editorial Board, <i>Eating and Weight Disorders</i>
2015-17	Editorial Board, <i>Journal of Latina/o Psychology</i>
2016-21	Editorial Board, <i>American Psychologist</i>
2018-	Editorial Board, <i>Clinical Psychology: Science and Practice</i>
2003-07	Editorial Board, <i>Body Image: An International Journal</i>
2003-	Reviewer, NIDDK P30 Obesity Nutrition Research Centers; NIH Special Emphasis Panels
1992-2000	Associate/Managing Editor, <i>Weight Control Digest</i>

Honors

1991	John D. and Catherine T. MacArthur Foundation Research Postdoc
1996	NIH FIRST Independent Research Award (NIDDK)
2000	Donaghue Medical Research Foundation Investigator Award in Health-Related Research
2000	American Heart Association Investigator Award (declined)
2005 & 2011	NIH K24 Midcareer Investigator Award in Patient Oriented Research (NIDDK)
2014	Fellow, The Obesity Society

C. Contribution to Science

1. Developing and Evaluating Treatment Approaches for Binge Eating and Obesity

Dr. Grilo has served as Principal Investigator on RCTs funded by ten NIH grants and three Foundation grants evaluating treatments, including behavioral, cognitive-behavioral, self-help, medication, and combination interventions for obesity and binge eating in diverse patient groups and settings. Dr. Grilo has served as co-Investigator on four NIH-funded R01s and as mentor/co-mentor on several NIH-funded K23s comprising RCTs testing interventions for obesity/disordered eating. Dr. Grilo has performed the major RCTs for BED that have considered combination approaches integrating medications and behavioral methods to enhance outcomes and the only controlled medication RCTS with follow-ups. Dr. Grilo's RCTs demonstrated "treatment specificity" in addition to efficacy of CBT for BED. Dr. Grilo's RCTs also demonstrated that behavioral weight loss is not contra-indicated for BED (providing clear evidence to resolve a long-standing debate) and, in fact, represents a viable and effective alternative treatment that has since been effectively delivered in diverse settings. Dr. Grilo's current treatment research has evolved into adaptive ("SMART") and stepped-care approaches.

Grilo, C.M., Masheb, R.M., Wilson, G.T., Gueorguieva, R., & White, M.A. (2011). Cognitive-behavioral therapy, behavioral weight loss, and sequential treatment for obese patients with binge-eating disorder: a randomized controlled trial. *Journal of Consulting and Clinical Psychology*, *79*, 675-685.
PMCID: PMC3258572

Grilo, C.M., Crosby, R.D., Wilson, G.T., & Masheb, R.M. (2012). 12-month follow-up of fluoxetine and cognitive behavioral therapy for binge eating disorder. Journal of Consulting and Clinical Psychology, 80, 1108-1113. PMID: PMC3514647

Grilo, C.M., White, M.A., Masheb, R.M., Ivezaj, V., Morgan, P., & Gueorguieva, R. (2020). Randomized controlled trial testing the effectiveness of adaptive “SMART” stepped-care treatment for adults with binge-eating disorder comorbid with obesity. American Psychologist, 75, 204-218. PMID: PMC7027680

Grilo, C.M., Lydecker, J.A., Fineberg, S.K., Moreno, J.O., Ivezaj, V., & Gueorguieva, R. (2022). Naltrexone plus bupropion combination medication and behavior therapy, alone and combined, for binge-eating disorder: randomized double-blind placebo-controlled trial. American Journal of Psychiatry, 179, 927-937. PMID: PMC9722598

2. Treatment effectiveness research and dissemination of evidence-based treatment to diverse settings.

Dr. Grilo has moved treatment research from “efficacy” towards “effectiveness” studies by performing RCTs in diverse generalist and community-based settings. Dr. Grilo has demonstrated that specific focal treatments can be effectively delivered in diverse settings. These studies have been particularly noteworthy for including high rates of minority participants. This work has expanded the generalizability of evidence-based treatments for BED and obesity by addressing the major gap in the remaining BED RCT literature which is characterized by extremely low minority participation. Dr. Grilo has also developed and tested “scalable” versions of treatment methods that are critical to addressing the major gap in dissemination research with eating disorders.

Grilo, C.M., & White, M.A. (2013). Orlistat with behavioral weight loss for obesity with versus without binge eating disorder: randomized placebo-controlled trial at a community mental health center serving educationally and economically disadvantaged latino/as. Behaviour Research and Therapy, 51, 167-175. PMID: PMC3666334

Grilo, C.M., White, M., Gueorguieva, R., & Masheb, R. (2015). Predicting meaningful outcomes to medication and self-help treatments for binge eating disorder in primary care: the significance of early rapid response. Journal of Consulting and Clinical Psychology, 83, 387-394. PMID: PMC4380674

Grilo, C.M., Kerrigan, S.G., Lydecker, J.A., & White, M.A. (2021). Physical activity changes during behavioral weight loss treatment by Latinx patients with obesity with and without binge eating disorder. Obesity, 29, 2026-2034. PMID: PMC8612949

Grilo, C.M., Ivezaj, V., Duffy, A.J., & Gueorguieva, R. (2021). Randomized controlled trial of treatments for loss-of-control eating following bariatric surgery. Obesity, 29, 689-697. PMID: PMC7995173.

3. Predictors, moderators, and processes of change in treatments for Binge Eating and Obesity

Dr. Grilo has performed numerous studies on predictor/moderators, mediators, and processes of change across treatment methods for binge eating and obesity. These studies inform rationale treatment prescription and guide approaches to refine existing treatments and to develop improved treatment algorithms.

Grilo, C.M., Masheb, R.M., & Crosby, R.D. (2012). Predictors and moderators of response to cognitive behavioral therapy and medication for the treatment of binge eating disorder. Journal of Consulting and Clinical Psychology, 80, 897-906. PMID: PMC3342441

Lydecker, J.A., Gueorguieva, R., Masheb, R., White, M., & **Grilo, C.M.** (2019). Examining race as a predictor and moderator of treatment outcomes for binge-eating disorder: Analysis of aggregated randomized controlled trials. Journal of Consulting and Clinical Psychology, 87, 530-540. PMID: PMC6589831

Lydecker, J.A., & **Grilo, C.M.** (2021). Psychiatric comorbidity as predictor and moderator of binge-eating disorder treatment outcomes: an analysis of aggregated randomized controlled trials. Psychological Medicine, April 14;1-9. PMID: PMC8514588

Forrest, L.N., Ivezaj, V., & **Grilo, C.M.** (2021). Machine learning versus traditional regression models predicting treatment outcomes for binge-eating disorder from a randomized controlled trial. Psychological Medicine. Nov 25;1-12. PMID: PMC9130342

4. Dr. Grilo has expertise in epidemiological and multi-wave prospective longitudinal studies and has contributed to our understanding of the prevalence, distribution, development, course/outcome of eating disorders, obesity, and other major psychiatric disorders.

Dr. Grilo has served as co-Principal Investigator on three NIH-funded longitudinal studies of psychiatric and personality disorders, including the CLPS multi-site 10-year study (Brown, Columbia, Harvard, and Yale). Dr. Grilo has expertise in psychometric and multi-modal assessment methods across bio-behavioral domains.

Udo, T. & **Grilo, C.M.** (2018). Prevalence and correlates of DSM-5 eating disorders in nationally representative sample of US adults. Biological Psychiatry, 84, 345-354. PMID: PMC6097933

Udo, T., Bitley, S., & **Grilo, C.M.** (2019). Suicide attempts in US adults with lifetime DSM-5 eating disorders. BMC Medicine, 25, 120. PMID: PMC6591971

Tanofsky-Kraff, M., Schvey, N.A., & **Grilo, C.M.** (2020). A developmental framework of binge-eating disorder based on pediatric loss of control eating. American Psychologist, 75, 189-203. PMID: PMC7027731

Grilo, C.M., & Udo, T. (2021). Association of borderline personality disorder criteria with suicide attempts among US adults. JAMA Network Open, 2021 May 3; 4(5): e219389. PMID: PMC8114135

Dr. Grilo has published >510 papers in peer-reviewed journals

SCOPUS (May 2023): 29,500 citations with “H” index = 90

Research.com (OpenAlex/CrossRef; May 2023): 45,800 citations with “Discipline-H” index = 119

URL for My Bibliography:

<http://www.ncbi.nlm.nih.gov/sites/myncbi/carlos.grilo.1/bibliography/40341760/public/?sort=date&direction=ascending>.