

# Asher E. Hong

(She/her/hers)

Curriculum Vitae | January 2026

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## EDUCATION

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8/2025–Present **University of Illinois Chicago**

Ph.D., Clinical Psychology

Expected graduation: May 2031

9/2019–5/2023 **Rutgers, The State University of New Jersey**

B.S., Public Health, *summa cum laude* | Minor in Psychology | GPA: 3.95

## PUBLICATIONS

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### Peer-Reviewed Manuscripts

Hagerman, C.J., **Hong, A.E.**, Crane, N.T., Butryn, M.L., Forman, E.M. (In press). Do routinized eating behaviors support weight loss? An examination of food logs from behavioral weight loss participants. *Health Psychology*. <https://doi.org/10.1037/hea0001591>

**Hong, A. E.**, Ehmann, M. M., Chwyl, C. M., & Hagerman, C. J. (2025). Adverse childhood experiences, adult emotional eating, and the role of self-compassion. *Eating Behaviors*.

<https://doi.org/10.1016/j.eatbeh.2025.101978>

Hagerman, C. J., **Hong, A. E.**, Jennings, E., Butryn, M. L. (2024). A Pilot Study of a Novel Dietary Intervention Targeting Ultra-Processed Food Intake. *Obesity Science & Practice*, 10, e70029.

<http://dx.doi.org/10.1002/osp4.70029>

### Manuscripts in Preparation

Choo-Kang, D., Dang, I., **Hong, A. E.**, Silverstein, H. I., Upman, A., Shannon, R., Butryn, M. L., Hagerman, C. J. (In preparation). Ripple effects: A systematic review examining household member outcomes during adult weight management interventions.

Hagerman, C. J., Ehmann, M. M., **Hong, A. E.** (In preparation). Routine: An Underused Strategy for Metabolic Health?

## PRESENTATIONS

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**Hong, A.E.**, Wongwai, C.E., Yoon, E., Hsueh, L. (2026, April). *Association of Social Isolation with Receipt of American Diabetes Association Guideline-Recommended Care Among Older U.S. Adults with Diabetes: NHANES 2011–2018*. Poster to be presented at the 47th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Chicago, IL, United States.

**Hong, A.E.**, Ehmann, M.M., Chwyl, C., Hagerman, C.J. (2024, November). *The Mediating Role of Self-compassion in the Relationship Between Adverse Childhood Experiences and Adult Emotional Eating*.

Poster presented at the 58th Annual Convention of the Association for Behavioral and Cognitive Therapies Student Special Interest Group Exposition, Philadelphia, PA, United States.

Sun, J.H., **Hong, A.E.**, & Forman, E.M. (2024, November). *Associations between gamification component usage and 1-month weight loss in a 12-month gamified weight loss program*. Poster presented at the 58th Annual Convention of the Association for Behavioral and Cognitive Therapies Technology & Behavior Change Special Interest Group Exposition, Philadelphia, PA, United States.

**Hong, A.E.**, Hagerman, C.J., Crane, N.T., Butryn, M.L., Forman, E.M. (2024, March). *Dietary Repetition and Calorie Stability in Behavioral Weight Loss Programs*. Poster presented at the 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA United States.

Onu, M.C., Wojtowicz, O.H., Lampe, E.W., **Hong, A.E.**, Baar, G., Marcos, J., Hagerman, C.J., Pagoto, S. L., & Forman, E.M. (2024, March). *The role of community and values clarity in weight loss interventions for African Americans: A qualitative study*. Poster presented at the 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA, United States.

Onu, M.C., Lampe, E.W., Huang, Z., **Hong, A.E.**, Hagerman, C.J., Pagoto, S.L., & Forman, E.M. (2024, March). *Higher awareness, an acceptance-based therapy skill, predicts decreased physical activity engagement in people with obesity*. Poster presented at the 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA, United States.

Hagerman, C.J., Butryn, M.L., Huang, Z., **Hong, A.E.**, & Forman, E.M. (2024, March). *Goal disengagement in response to weight gain during behavioral weight loss programs*. Live Research Spotlight Presentation presented at the 45th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA, United States.

**Hong, A.E.** (2023, May). *Evaluating the Effectiveness of a Novel Inpatient Program for Diabetes Control in Youth*. Poster presented at the Edward J. Bloustein School of Planning and Public Policy Spring 2023 Undergraduate Poster Session, New Brunswick, NJ, United States.

## RESEARCH EXPERIENCE

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### Graduate Research Assistant

5/2025–Present

*Health Services to Advance Equity and Diabetes Lab*

University of Illinois Chicago

PI: Loretta Hsueh, Ph.D.

- Design an independent master's thesis project using NHANES data to characterize antidepressant use among older U.S. adults.
- Participate in weekly lab meetings and journal clubs focused on health services research.
- Engage in professional development workshops led by PI on topics such as networking and data analysis.

### Clinical Research Coordinator

6/2023–7/2025

*Center for Weight, Eating, and Lifestyle Science (WELL Center)*

Drexel University

PIs: Evan Forman, Ph.D. & Charlotte Hagerman, Ph.D.

Project Momentum K01

6/2024–7/2025

PI: Charlotte Hagerman, Ph.D.

- Assisted in planning and designing a NHLBI-funded clinical trial (N=120) and refinement period (N=20) testing just-in-time adaptive interventions (JITAI) for weight management.
- Managed IRB documentation, including initial protocol submissions and modifications.
- Collaborated with Avicenna software team to design, test, and oversee an app delivering JITAI and ecological momentary assessments.
- Produced animated JITAI videos using Vyond software.

Project NeuroFit R01

6/2023–7/2025

PI: Evan Forman, Ph.D. / Charlotte Hagerman, Ph.D.

- Co-coordinated a NIDDK-funded clinical trial (N=228) evaluating an app-based behavioral weight loss program for men, incorporating gamification and inhibitory control training.
- Provided technological support to troubleshoot participant issues with Fitbit equipment and study apps.
- Analyzed study performance data by using REDCap, SPSS, and Excel.
- Trained and supervised research assistants to ensure adherence to study protocol.
- Authored standard operating procedures to promote consistency across study activities.
- Created video advertisements for recruitment using Adobe Express, Canva, and Photoshop.

Habitual Health Pilot

6/2023–6/2024

PI: Charlotte Hagerman, Ph.D.

- Coordinated two waves of a pilot study evaluating a habit-based behavioral weight loss program for adults with overweight/obesity.
- Analyzed recruitment data to optimize strategies and reach target sample sizes.
- Created instructional meal planning guides and visual habit tracking tools using Canva and Adobe Express.
- Facilitated focus groups and individual interviews to gather participant experiences for thematic analysis.

Other Studies | Drexel WELL Center

6/2023–7/2025

- Assisted in a NIDDK-funded R01 clinical trial evaluating the efficacy and cost-effectiveness of an AI system for optimizing weight loss coaching (N=336); conducted eligibility screenings and clinical assessments.
- Co-coordinated a pilot study testing a ChatGPT-4-powered AI chatbot for weight loss coaching; led recruitment and retention, designed feedback surveys, and coded chat transcripts for thematic analysis.
- Coordinated a pilot study on a lifestyle modification intervention to reduce ultra-processed food intake; oversaw recruitment, developed phone screening and assessment protocols, analyzed data, and co-authored a manuscript on feasibility and acceptability.

Special Projects Coordinator | Drexel WELL Center

6/2023–6/2024

- Trained Research Coordinators and graduate students in best practices for project management using REDCap.
- Led a center-wide hiring campaign for six Research Coordinators, screening 200+ applications and conducting interviews.

- Served as interim Operations Manager, overseeing daily center operations, including new hire onboarding, grant and award management, and center-wide meeting coordination.
- Served as interim Administrative Coordinator for the WELL Clinic for weight and eating disorders; managed patient billing and insurance reimbursements.

**Clinical Research Intern**

1/2023–5/2023

*Children's Specialized Hospital*

- Independently conducted a secondary data analysis of electronic health record data to evaluate the effectiveness of the hospital's Chronic Illness Management Program.
- Managed a REDCap database of patient health records, performing frequent data checks and generating reports to ensure accuracy.
- Authored a database management manual to streamline data collection and entry procedures.
- Participated in weekly research team meetings and paper discussions, collaborating with clinicians and researchers to advance project goals and refine research strategies.

**Undergraduate Research Assistant**

1/2022–12/2022

*Affective & Biological Underpinnings of Substance Use and Anxiety (ABUSA) Lab*

Rutgers University

PI: Teresa Leyro, Ph.D.

- Assisted in a randomized control trial testing a heart rate variability biofeedback breathing therapy as a smoking cessation adjunct for smokers with anxiety or depression.
- Conducted participant phone screenings to assess eligibility and interest.
- Administered baseline assessments, including the Timeline Follow-back for substance use, and collected health measures (vital signs, blood pressure, and carbon monoxide levels).
- Collected cardiac function data using BIOPAC equipment with electrodes, ECG leads, and respiration bands.
- Cleaned physiological data using MindWare software.

**Undergraduate Research Assistant**

1/2022–12/2022

*Rutgers Emotion, Health, and Behavior (REHAB) Lab*

Rutgers University

PI: Samantha Farris, Ph.D.

- Assisted a NIA-funded R01 study evaluating a cognitive-behavioral intervention to reduce exercise anxiety in outpatient cardiac rehabilitation patients to promote physical activity.
- Refined baseline assessment surveys in Qualtrics to improve clarity and data quality.
- Cleaned impedance cardiography data for analysis using Mindware software.

**Undergraduate Research Assistant/Data Analyst**

1/2021–12/2021

*Graduate School of Applied & Professional Psychology*

Rutgers University

PI: Anh Hua, Ph.D.

- Assisted the New Jersey Tiered Systems of Supports Early Reading Project, a large-scale grant funded by the NJ Department of Education.
- Cleaned student achievement data from 17 school districts and conducted descriptive analyses in SPSS and Excel.
- Performed rigorous data quality checks to ensure accuracy.
- Conducted literature reviews on early reading performance and coaching characteristics to inform project direction.

- Served as liaison between the undergraduate research team and the Principal Investigator, facilitating communication, scheduling meetings, and providing progress updates.

## **CLINICAL EXPERIENCE**

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### **Student Clinician**

8/2025–Present

*Office of Applied Psychological Services*

University of Illinois Chicago

- Training to develop foundational skills in clinical service delivery within a university psychological services clinic.
- Attend a course on clinical interviewing and assessment techniques and professional ethics as preparation for independent client work.
- Shadow senior student clinicians during intake sessions to observe best practices in assessment and client interaction.

### **Study Screener/Clinical Interviewer**

6/2023–7/2025

*Drexel WELL Center*

- Interviewed prospective participants to obtain informed consent and assess eligibility for various weight loss studies.
- Conducted loss-of-control eating assessments to screen for binge eating disorder.
- Co-managed the center's universal phone screening system in REDCap, designing survey layouts and programming survey logic to triage participants to appropriate studies.

### **Volunteer Crisis Counselor**

3/2021–8/2024

*Crisis Text Line*

- Supported 200+ individuals in navigating mental health crises through safety planning, identifying coping strategies, and providing resources.
- Conducted risk assessments for suicidal ideation, self-harm, and abuse.
- Participated in debriefings and ongoing training to stay current on best practices for crisis intervention and mental health support.

### **Meal Planning Coach**

1/2024-2/2024

*Habitual Health Pilot | Drexel WELL Center*

- Provided individual coaching to help participants create personalized plans for healthy cooking, eating, and shopping.
- Educated participants on urge-surfing techniques and ways to incorporate healthy alternatives to prevent problematic eating and snacking.
- Guided participants in using the MyFitnessPal app for meal planning and calorie tracking.

## **TEACHING EXPERIENCE**

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### **Teaching Assistant**

8/2025–Present

*University of Illinois Chicago, Department of Psychology*

Course: Introduction to Psychology

- Lead four weekly discussion sections for approximately 80 students in an introductory psychology course.
- Attend weekly pedagogy class to learn best teaching methods and address student concerns.
- Prepare lesson materials and manage the Blackboard site for discussion sections.
- Grade assignments and maintain grade records on Blackboard.

**Program Director**

5/2022–5/2023

*Rutgers Undergraduate Research Journal*

Aresty Research Center for Undergraduates

- Co-led the *Rutgers Undergraduate Research Journal*, managing the publication of the 4th issue and collaborating with Wiley Publishing Company for a feature article (*The ins and outs of an undergrad-run journal*. Advanced Science News. [Link](#)).
- Independently directed the Peer Reviewer Program, designing a year-long curriculum, overseeing student recruitment efforts, and managing the Canvas course website.
- Recruited and trained 6 undergraduate instructors, leading weekly meetings to delegate tasks, share teaching strategies, and resolve conflicts.

**Senior Peer Reviewer**

5/2021–5/2022

*Rutgers Undergraduate Research Journal*

Aresty Research Center for Undergraduates

- Taught a semester-long course on peer review to 13 undergraduates, enhancing their understanding of research evaluation and publication.
- Developed class materials, facilitated discussions, and provided constructive feedback on assignments.
- Supervised three cycles of peer reviews, ensuring thorough evaluations and maintaining journal quality.

**Peer Tutor**

9/2020–5/2021

*Rutgers School of Arts and Sciences Honors Program*

- Completed 6 hours of pedagogy training through Rutgers Learning Centers to become certified for one-on-one tutoring of undergraduate students.
- Virtually tutored students in various subjects, including General Biology, Physics, and Psychology, developing personalized study strategies and exam preparation plans.
- Created visual aids, such as organizers and presentations, to enhance comprehension of course material.

**HONORS & AWARDS**


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2019–2023	School of Environmental and Biological Sciences Honors Program, Rutgers University
2019–2023	Dean's List for Excellent Academic Achievement, Rutgers University
2022–2023	Douglass College Amelia L. Ruggles Scholarship
2020–2022	Cook College Class of 1925 Scholarship

**PROFESSIONAL AFFILIATIONS**


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2025–Present	APA Division 38: The Society for Health Psychology (SfHP)
2024–Present	Association for Behavioral and Cognitive Therapies
2023–Present	Society of Behavioral Medicine
2023–Present	Society for Digital Mental Health

**SERVICE**


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**Ad Hoc Peer Reviewer**, *Journal of General Internal Medicine*, 2025