

**JENNA R. CUMMINGS**  
**CURRICULUM VITAE**

**CURRENT APPOINTMENT**

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2020-      **Title:** Postdoctoral Fellow  
**Institution:** *Eunice Kennedy Shriver* National Institute of Child Health and Human Development  
**Division:** Population Health Research  
**Branch:** Social and Behavioral Sciences  
**Funding:** National Institutes of Health Intramural Research Training Award

**PRIOR EMPLOYMENT**

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2018-2020      **Title:** Postdoctoral Fellow  
**Institution:** University of Michigan, Ann Arbor  
**Department:** Psychology  
**Affiliation:** Center for Human Growth and Development  
**Funding:** *Eunice Kennedy Shriver* National Institute of Child Health and Human Development T32 Fellowship for Training in Developmental Science to Improve Child Health and Well-Being

**EDUCATION**

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2018      **Degree:** Ph.D.  
**Institution:** University of California, Los Angeles  
**Major:** Health Psychology  
**Minors:** Social Psychology, Quantitative Psychology  
**Funding:** National Science Foundation Graduate Research Fellowship

2014      **Degree:** M.A.  
**Institution:** University of California, Los Angeles  
**Major:** Health Psychology  
**Funding:** University of California, Los Angeles Eugene V. Cota-Robles Fellowship, University of California, Los Angeles Distinguished University Fellowship

2012      **Degree:** B.A., *Summa cum laude*  
**Institution:** University of South Florida, *Honors College*  
**Major:** Psychology, *Department of Psychology Honors Program*  
**Minor:** Dance  
**Funding:** Florida Academic Scholar, University of South Florida Director's Award, University of South Florida Valedictorian Award, University of South Florida Honors College Award

## PUBLICATIONS

\*Denotes an undergraduate or post-baccalaureate mentee; \*\*Denotes a graduate mentee

## Peer-Reviewed Journal Articles

1. **Cummings, J. R.**, Faith, M. S., Lipsky, L. M., Liu, A., Mooney, J. T.\*\*, & Nansel, T. R. (in press). Prospective relations of maternal reward-related eating, pregnancy ultra-processed food intake and weight indicators, and feeding mode with infant appetitive traits. *International Journal of Behavioral Nutrition and Physical Activity*. [IF = 6.71]
2. **Cummings, J. R.**, Lipsky, L. M., Schwedhelm, C., Liu, A., & Nansel, T. R. (in press). Associations of ultra-processed food intake with maternal weight change and cardiometabolic health and infant growth. *International Journal of Behavioral Nutrition and Physical Activity*. [IF = 6.71]
3. Hoover, L. V.\*\*, Yu, H. P.\*\*, **Cummings, J. R.**, Ferguson, S. G., & Gearhardt, A. N. (in press). Co-occurrence of food addiction, obesity, problematic substance use, and parental history of problematic alcohol use. *Psychology of Addictive Behaviors*. [IF = 3.29]
4. **Cummings, J. R.**, Schiestl, E. T.\*\*, Tomiyama, A. J., Mamtora, T.\*, & Gearhardt, A. N. (2022). Highly processed food intake and immediate and future emotions in everyday life. *Appetite*, *169*, 105868. doi: 10.1016/j.appet.2021.105868 [IF = 3.61]
5. **Cummings, J. R.**, Wolfson, J. A., & Gearhardt, A. N. (2022). Health-promoting behaviors in the United States during the early stages of the COVID-19 pandemic. *Appetite*, *168*, 105659. doi: 10.1016/j.appet.2021.105659 [IF = 3.61]
6. **Cummings, J. R.**, Ackerman, J. M., Wolfson, J. A., & Gearhardt, A. N. (2021). COVID-19 stress and eating and drinking behaviors in the United States during the early stages of the pandemic. *Appetite* [Special issue: Impact of the COVID-19 pandemic on food intake, appetite, and weight status], *162*, 105163. doi: 10.1016/j.appet.2021.105163 [IF = 3.61]
7. Finch, L. E., **Cummings, J. R.**, Lee, S. C.\*, Tomiyama, A. J. (2021). Pavlovian intervention to condition comforting effects of fruits. *Psychosomatic Medicine*, *83*(9), 1050-1057. doi: 10.1097/PSY.0000000000001008 [IF = 3.70]
8. Parnarouskis, L.\*\*, Jouppi, R.\*, **Cummings, J. R.**, & Gearhardt, A. N. (2021). A randomized study of effects of obesity framing on weight stigma. *Obesity*, *29*(10), 1625-1634. doi: 10.1002/oby.23247 [IF = 5.01]
9. **Cummings, J. R.**, Hoover, L. V.\*\*, Turner, M. I.\*, Glozier, K.\*, Zhao, J.\*, & Gearhardt, A. N. (2021). Extending expectancy theory to food intake: Effect of a simulated fast-food restaurant on highly and minimally processed food expectancies. *Clinical Psychological Science*, *9*(6), 1115-1127. doi: 10.1177/21677026211004582 [IF = 4.58]
10. Schiestl, E. T.\*\*, Rios, J. M.\*\*, Parnarouskis, L.\*\*, **Cummings, J. R.**, & Gearhardt, A. N. (2020). A narrative review of highly processed food addiction across the lifespan. *Progress in Neuropsychopharmacology and Biological Psychiatry*, *106*, 110152. doi: 10.1016/j.pnpbp.2020.110152 [IF = 5.07]
11. **Cummings, J. R.** & Gearhardt, A. N. (2020). Prospective associations between parental substance use and youth highly processed food intake in the Fragile Families and Child Wellbeing Study. *Drug and Alcohol Dependence*, *211*, 107965. doi: 10.1016/j.drugalcdep.2020.107965 [IF = 3.47]

12. **Cummings, J. R.**, Joyner, M. A., & Gearhardt, A. N. (2020). Development and preliminary validation of the Anticipated Effects of Food Scale. *Psychology of Addictive Behaviors, 34*(2), 403-413. doi: 10.1037/adb0000544 [IF = 3.29]
13. **Cummings, J. R.**, Ray, L. A., Nooteboom, P.\*, & Tomiyama, A. J. (2020). Acute effect of eating sweets on alcohol cravings in a sample with at-risk drinking. *Annals of Behavioral Medicine, 54*(2), 132-138. doi: 10.1093/abm/kaz031 [IF = 4.91]
14. **Cummings, J. R.**, Gearhardt, A. N., Ray, L. A., Choi, A. K.\*, & Tomiyama, A. J. (2020). Experimental and observational studies on alcohol use and dietary intake: A systematic review. *Obesity Reviews, 21*(2), e12950. doi: 10.1111/obr.12950 [IF = 8.48]
15. **Cummings, J. R.**, Lumeng, J. C., Miller, A. L., Hyde, L. W., Siada, R.\*, & Gearhardt, A. N. (2020). Parental substance use and child reward-driven eating behaviors. *Appetite, 144*(1), 104486. doi: 10.1016/j.appet.2019.104486 [IF = 3.61]
16. **Cummings, J. R.**, Gearhardt, A. N., Miller, A. L., Hyde, L. W., & Lumeng, J. C. (2019). Maternal nicotine dependence is associated with longitudinal increases in child obesogenic eating behaviors. *Pediatric Obesity, 14*(11), e12541. doi: 10.1111/ijpo.12541 [IF = 4.00]
17. Finch, L. E., **Cummings, J. R.**, & Tomiyama, A. J. (2019). Cookie or clementine? Psychophysiological stress reactivity and recovery after eating healthy and unhealthy comfort foods. *Psychoneuroendocrinology, 107*(9), 26-36. doi: 10.1016/j.psyneuen.2019.04.022 [IF = 4.73]
18. **Cummings, J. R.**, Mamtora, T.\*, & Tomiyama, A. J. (2019). Non-food rewards and highly processed food intake in everyday life. *Appetite, 142*(11), 104355. doi: 10.1016/j.appet.2019.104355 [IF = 3.61]
19. **Cummings, J. R.** & Tomiyama, A. J. (2019). Food loves company: Risky eating with friends increases interpersonal closeness. *Journal of Experimental Social Psychology* [Special issue: Health in Context: New Perspectives on Healthy Thinking and Healthy Living], *87*(3), 61-69. doi: 10.1016/j.jesp.2018.07.006 [IF = 3.29]
20. **Cummings, J. R.**, Tomiyama, A. J., & Ray, L. A. (2018). Does the neuroimmune modulator ibudilast alter food craving? Results in a sample with alcohol use disorder. *Journal of Addiction Medicine, 12*(5), 410-417. doi: 10.1097/ADM.0000000000000416 [IF = 3.01]
21. **Cummings, J. R.**, Mason, A. E., Puterman, E., & Tomiyama, A. J. (2018). Comfort eating and all-cause mortality in the U.S. Health and Retirement Study. *International Journal of Behavioral Medicine, 25*(4), 473-478. doi: 10.1007/s12529-017-9706-8 [IF = 2.12]
22. **Cummings, J. R.** & Tomiyama, A. J. (2018). Bidirectional associations between eating and alcohol use during restricted intake. *Current Addiction Reports, 5*(2), 243-250. doi: 10.1007/s40429-018-0180-4 [IF = 2.85] (Invited contribution)
23. **Cummings, J. R.**, Ray, L. A., & Tomiyama, A. J. (2017). Food-alcohol competition: As young girls eat more food, do they drink less alcohol? *Journal of Health Psychology, 22*(5), 674-683. doi: 10.1177/1359105315611955 [IF = 2.66]
24. Reich, R. R., **Cummings, J. R.**, Greenbaum, P. E., Moltisanti, A. J., & Goldman, M. S. (2015). The temporal "pulse" of drinking: Tracking five years of binge drinking in emerging adults. *Journal of Abnormal Psychology, 124*(3), 637-647. doi: 10.1037/abn0000061 [IF = 6.48]

25. Bornovalova, M. A., **Cummings, J. R.**, Hunt, E., Blazei, R., Malone, S., & Iacono, W. G. (2014). Understanding the relative contributions of direct environmental effects and passive genotype-environment correlations in the association between familial risk factors and child disruptive behavior disorders. *Psychological Medicine, 44*(4), 831–844. doi: 10.1017/S0033291713001086 [IF = 5.81]
26. Rojas, E. C., **Cummings, J. R.**, Bornovalova, M. A., Hopwood, C. J., Racine, S. E., Keel, P. K., Sisk, C. L., Neale, M., Boker, S., Burt, S. A., Klump, K. L. (2014). A further validation of the Minnesota Borderline Personality Disorder Scale. *Personality Disorders: Theory, Research, and Treatment, 5*(2), 146–153. doi: 10.1037/per0000036 [IF = 4.69]
27. **Cummings, J. R.**, Bornovalova, M. A., Ojanen, T., Hunt, E., MacPherson, L., & Lejuez, C. (2013). Time doesn't change everything: The longitudinal course of distress tolerance and its relationship with externalizing and internalizing symptoms during early adolescence. *Journal of Abnormal Child Psychology, 41*(5), 735–748. doi: 10.1007/s10802-012-9704-x [IF = 3.41]

### Book Chapters

1. **Cummings, J. R.** (forthcoming). Interactions between alcohol use, eating behaviors, and weight. In K. Brownell, M. S. Gold, Ashley N. Gearhardt, & Marc N. Potenza (Eds.), *Handbook of Food and Addiction* (2nd Edition).
2. Tomiyama, A. J., Finch, L. E., & **Cummings, J. R.** (2015). Did that brownie do its job? Stress, eating, and the biobehavioral effects of comfort food. In R. A. Scott & S. M. Kosslyn (Eds.), *Emerging Trends in the Social and Behavioral Sciences: An Interdisciplinary, Searchable, and Linkable Resource*, Hoboken, NJ, USA: John Wiley & Sons, Inc. doi: 10.1002/9781118900772.etrds0324, ISBN: 9781118900772

### GRANTS, AWARDS, AND HONORS

2021	<i>Eunice Kennedy Shriver</i> National Institute for Child Health and Human Development Fellows Intramural Grants Supplement Award (\$250)
2021	<i>Eunice Kennedy Shriver</i> National Institute for Child Health and Human Development Early Career Award (\$3,445)
2020	University of Michigan, Ann Arbor Museum of Natural History Science Communication Fellow
2019	Society for Personality and Social Psychology Self-Affirmation Mechanisms and Theory Conference Travel Award
2019	University of Michigan, Ann Arbor Center for Human Growth and Development Small Research Grant Award (\$500)
2018	University of California, Los Angeles Health Psychology Graduate Award for Most Outstanding Research Paper <i>For the first-authored publication "Food loves company: Risky eating with friends increases interpersonal closeness"</i>
2017	American Psychological Association Dissertation Research Award (\$1,000)
2017	Society for Personality and Social Psychology Graduate Student Poster Competition Runner Up

2016	Sugar, Stress, Environment, and Weight Initiative Fellow
2015	Research Society on Alcoholism Student Merit Award
2015	University of California, Los Angeles Institute for Society and Genetics Research Grant Award (\$5,000)
2014	Association for Psychological Science Student Grant Competition Winner (\$500)
2014	University of California, Los Angeles Summer Research Mentorship Award
2013	University of South Florida Richard LaBarba Memorial Scholarship Award for Outstanding Developmental Psychology Research Paper <i>For the first-authored publication "Time doesn't change everything: The longitudinal course of distress tolerance and its relationship with externalizing and internalizing symptoms during early adolescence"</i>
2011	University of South Florida Undergraduate Research Grant Award (\$500)

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## CONFERENCE PARTICIPATION

*\*Denotes an undergraduate or post-baccalaureate mentee; \*\*Denotes a graduate mentee*

### Chaired Symposia

1. **J. R. Cummings (Chair)** (2019, May). *From substance use to eating behavior: Transdiagnostic approaches for adults and children*. Symposium conducted at the 31<sup>st</sup> annual meeting of the Association for Psychological Science in Washington, DC.
2. **J. R. Cummings (Co-Chair)** & H. S. Kurtzman (Co-Chair) (2016, August). *"We're in the money": Funding opportunities from private institutions and foundations*. Symposium conducted at the 124<sup>th</sup> annual meeting of the American Psychological Association in Denver, CO.

### Paper Presentations

1. Nansel, T. R., Lipsky, L. M., **Cummings, J. R.**, & Faith, M. S. (2022, May). Associations of infant food exposures with early childhood appetitive traits. Paper presented at the 19<sup>th</sup> annual meeting of the International Society of Behavioral Nutrition and Physical Activity in Phoenix, AZ.
2. **Cummings, J. R.**, Lipsky, L. M., Schwedhelm, C., & Nansel, T.R. (2022, April). Relations of ultra-processed food intake with maternal weight change and cardiometabolic health. Paper presented at the 43<sup>rd</sup> annual meeting of the Society of Behavioral Medicine in Baltimore, MD.
3. Finch, L. E., **Cummings, J. R.**, Lee, S. C.\*, & Tomiyama, A. J. A Pavlovian intervention to condition comforting effects of fruits. (2022, February). Flash talk presented at the 14<sup>th</sup> annual Social Personality and Health Network Preconference for the Society for Personality and Social Psychology.
4. **Cummings, J. R.**, Hoover, L. V.\*\*, Turner, M. I.\*, Glozier, K.\*, Zhao, J.,\* & Gearhardt, A. N. (2021, February). Effect of a simulated fast-food restaurant on food expectancies. Flash talk presented at the 13<sup>th</sup> annual Social Personality and Health Network Preconference for the Society for Personality and Social Psychology.

5. **Cummings, J. R.**, Mamtora, T.\*, & Tomiyama, A. J. (2019, July). Self-affirmation, feelings of reward, and health behavior in everyday life. In J. M. Dutcher (Chair), *Real World Applications*. Symposium conducted at the inaugural Self-Affirmation Mechanisms & Theory Conference in Pittsburgh, PA.
6. **Cummings, J. R.**, Gearhardt, A. N., Miller, A. L., & Lumeng, J. C. (2019, May). Parental substance use and child reward-driven eating. In J. R. Cummings (Chair), *From substance use to eating behavior: Transdiagnostic approaches for adults and children*. Symposium conducted at the 31<sup>st</sup> annual meeting of the Association for Psychological Science in Washington, DC.
7. Tomiyama, A. J. & **Cummings, J. R.** (2018, October). Social closeness shifts after unhealthy eating with strangers and friends. In J. M. Hunger (Chair), *Eat, drink, (exercise, sleep well) and be merry? How health behaviors affect our social world*. Symposium conducted at the 54<sup>th</sup> annual Society for Experimental Social Psychology Meeting in Seattle, WA.
8. **Cummings, J. R.** & Tomiyama, A. J. (2017, April). Trait and demographic predictors of bonding over alcohol and unhealthy food consumption. In J. Howell (Chair) & K. Sweeny, *Personality predicts health cognitions, experiences, and behaviors: Findings from diverse perspectives*. Symposium conducted at the 38<sup>th</sup> annual meeting of the Society of Behavioral Medicine in San Diego, CA.
9. **Cummings, J. R.** & Tomiyama, A. J. (2017, March). Food-alcohol competition? Evidence from longitudinal and experimental studies. In A. N. Gearhardt (Chair), *Obesity and substance use: A complex relationship*. Symposium conducted at the 5<sup>th</sup> annual meeting of the Collaborative Perspectives on Addiction in Albuquerque, NM.
10. **Cummings, J. R.** & Bornovalova, M. A. (2014, February). *Distress tolerance and risky health behaviors*. Data blitz presented at the 6<sup>th</sup> annual Social Personality and Health Network Preconference for the Society for Personality and Social Psychology in Austin, TX.
11. **Cummings, J. R.** & Bornovalova, M. A. (2012, February). *Too much of a good thing? Examining "distress overtolerance" and its relationship with personality, psychopathology, and negative outcomes*. Paper presented at the 15<sup>th</sup> annual meeting of the American Association of Behavioral and Social Sciences Conference in Las Vegas, NV.

### Poster Presentations

1. Lipsky, L. M., Haynie, D. L., **Cummings, J. R.**, & Nansel, T. R. (2022, June). *Food addiction, weight perception, dieting, and maladaptive eating behaviors in U.S. young adults: An observational, prospective, nationally representative cohort study*. Poster presented at the annual meeting of the American Society for Nutrition.
2. Nansel, T. R., Lipsky, L. M., **Cummings, J. R.**, Burger, K., & Siega-Riz, A. M. (2022, June). *Greater ultra-processed food intake is associated with multiple dimensions of poorer diet quality during pregnancy and postpartum*. Poster presented at the annual meeting of the American Society for Nutrition.

3. Liu, E. N.\*, Lipsky, L. M., **Cummings, J. R.**, & Nansel, T. R. (2022, April). *Greater self-control and dietary restraint are related to a healthier home food environment during pregnancy and postpartum*. Poster presented at the 43<sup>rd</sup> annual meeting of the Society of Behavioral Medicine in Baltimore, MD.
4. Finch, L. E., **Cummings, J. R.**, & Tomiyama, A. J. (2022, February). *Relations of poor emotional well-being with comfort eating frequency, food type, and food quantity in the Eating in America Study*. Poster presented at the 23<sup>rd</sup> annual meeting of the Society for Personality and Social Psychology in San Francisco, CA.
5. **Cummings, J. R.**, Gearhardt, A. N., Monk, C. S., Murray, L., & Hyde, L. W. (2020, March). *Family history of substance use and child ultra-processed food intake*. Poster presentation to be given at the 78<sup>th</sup> annual meeting of the American Psychosomatic Society in Long Beach, CA. [Conference canceled. Abstract published in *Psychosomatic Medicine* (2020, July, Vol. 82, No. 6, pp. A116-A117).]
6. **Cummings, J. R.**, Mamtora, T.\*, & Tomiyama, A. J. (2019, February). *Leveraging social and eudaimonic rewards to reduce health-compromising behavior*. Poster presented at the 20<sup>th</sup> annual meeting of the Society for Personality and Social Psychology in Portland, OR.
7. **Cummings, J. R.**, Nootboom, P.\*, Nguyen, D.\*, & Tomiyama, A. J. (2018, March). *Food-alcohol competition: Does eating sweets reduce alcohol craving?* Poster presented at the 76<sup>th</sup> annual meeting of the American Psychosomatic Society in Louisville, KY.
8. Finch, L. E., **Cummings, J. R.**, & Tomiyama, A. J. (2017, April). *What to eat and when? An experimental test of the psychophysiological effects of comfort eating*. Poster presented at the 38<sup>th</sup> annual meeting of the Society of Behavioral Medicine in San Diego, CA.
9. **Cummings, J. R.** & Tomiyama, A. J. (2017, January). *Indulgence loves company: The effect of indulgent behavior on interpersonal closeness in non-romantic dyads*. Poster presented at the 18<sup>th</sup> annual meeting of the Society for Personality and Social Psychology in San Antonio, TX.
10. Nootboom, P.\*, **Cummings, J. R.**, & Tomiyama, A. J. (2016, May). *Psychosocial vs. behavioral coping: Identifying the best strategy to counteract effects of adverse life events*. Poster presented at the 28<sup>th</sup> annual meeting of the Association for Psychological Science in Chicago, IL.
11. **Cummings, J. R.**, Ray, L. A., & Tomiyama, A. J. (2015, June). *Bonding over desserts and drinks: Does "risky" consumption of alcohol and food increase social closeness?* Poster presented at the 38<sup>th</sup> annual meeting of the Research Society on Alcoholism in San Antonio, TX.
12. **Cummings, J. R.**, Ray, L. A., & Tomiyama, A. J. (2015, March). *Food-alcohol competition: Do young girls who eat more drink less?* Poster presented at the 73<sup>rd</sup> annual meeting of the American Psychosomatic Society in Savannah, GA.
13. **Cummings, J. R.** & Tomiyama, A. J. (2014, June). *Alcohol consumption and body mass index: Food-alcohol competition or third-variable problem?* Poster presented at the 37<sup>th</sup> annual meeting of the Research Society on Alcoholism in Seattle, WA.
14. Kiselica, A. M., **Cummings, J. R.**, Bornovalova, M. A., McGue, M., & Iacono, W. (2013, September). *Genetic factors account for the association between age of sexual initiation and adult sexual risk behavior*. Poster presented at the 27<sup>th</sup> annual meeting of the Society for Research in Psychopathology in Oakland, CA.

15. **Cummings, J. R.**, Reich, R. R., Moltisanti, A. J., Greenbaum, P. E., Brandon, K. O., Darkes, J., & Goldman, M. S. (2013, June). *Population-level contingencies governing the pulse of drinking in emerging adults*. Poster presented at the 36<sup>th</sup> annual meeting of the Research Society on Alcoholism in Orlando, FL.
16. **Cummings, J. R.**, Arango, A., Bornovalova, M. A., Ojanen, T., Hunt, E., MacPherson, L., & Lejuez, C. (2012, September). *Time doesn't change everything: The longitudinal course of distress tolerance and its relationship with externalizing and internalizing symptoms*. Poster presented at the 26<sup>th</sup> annual meeting of the Society for Research in Psychopathology in Ann Arbor, MI.

### INVITED TALKS

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**Cummings, J. R.** (2021, May). Actual and anticipated emotional effects of food intake. Invited talk for the Center for Weight and Eating Disorders at the University of Pennsylvania.

### TEACHING EXPERIENCE

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#### University of Michigan, Ann Arbor, Department of Psychology

2019            Guest Lecturer, *Drugs of Abuse, Brain, and Behavior*

#### University of California, Los Angeles, Department of Psychology

2020            Guest Lecturer, *Health Behavior Theory and Change*  
2018            Instructor of Record, *Introduction to Psychology*  
2017            Instructor of Record, *Introduction to Psychology*  
2017            Teaching Assistant, *Introduction to Psychology*

### RELATED EMPLOYMENT

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#### University of California, Los Angeles, Graduate Student Resource Center

2016-2018    Graduate Writing Consultant

#### University of California, Los Angeles, Healthy Campus Initiative

2014-2015    Graduate Student Researcher

### CERTIFICATION

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2022            National Institutes of Health Scientists Teaching Scientists Program  
2015            National Institutes of Health Entering Mentoring Program



## PROFESSIONAL SERVICE

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- Leadership *Eunice Kennedy Shriver* National Institute of Child Health and Human Development, Division of Population Health Research, Professional Development Committee 2021- (Chair 2022- )
- American Psychological Association Science Directorate Student Council, Health Psychology Area Representative  
2014-2016 (Chair 2015-2016)
- Ad Hoc Reviewer  
(Selected list)
- Addiction*  
*Addictive Behaviors*  
*Alcoholism: Clinical and Experimental Research*  
*Appetite*  
*Clinical Psychological Science*  
*Developmental Psychology*  
*Health Psychology*  
*Journal of Adolescent Health*  
*Psychoneuroendocrinology*
- Affiliations
- American Psychological Association  
American Psychosomatic Society  
Association for Psychological Science  
Society for Behavioral Medicine  
Society for Health Psychology (American Psychological Association Division 38)  
Society for Personality and Social Psychology