

PAULA M. BROCHU, PH.D.
Curriculum Vitae

Department of Clinical and School Psychology
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ACADEMIC APPOINTMENTS

- 2018-present Associate Professor, Department of Clinical and School Psychology, Nova Southeastern University
- 2013-2018 Assistant Professor, Department of Clinical and School Psychology, Nova Southeastern University
- 2011-2013 Postdoctoral Fellow, Department of Psychology, Yale University

EDUCATION

- 2011 Ph.D., University of Western Ontario, Department of Psychology. Area: Social
- 2007 M.Sc., University of Western Ontario, Department of Psychology. Area: Social
- 2005 B.A. Honors, University of Saskatchewan, Department of Psychology. Area: Social

PUBLICATIONS

*indicates student author

Peer-Reviewed Journal Articles

Brochu, P. M., *Veillette, L. A. S., *Serrano, J., & *Seidl, M. (in press). It's interpersonal: Internalized weight bias and suicidality are associated indirectly via perceived burdensomeness and thwarted belongingness. *Stigma and Health*.

Brochu, P. M. (2020). Testing the effectiveness of a weight bias educational intervention among clinical psychology trainees. *Journal of Applied Social Psychology*. Advance online publication. <https://doi.org/10.1111/jasp.12653>

Brochu, P. M., Banfield, J. C., & Dovidio, J. F. (2020). Does a common ingroup identity reduce weight bias? Only when weight discrimination is salient. *Frontiers in Psychology, 10*, Article 3020. <https://doi.org/10.3389/fpsyg.2019.03020>

- *Shepherd, B. F., & Brochu, P. M. (2020). How do stereotypes harm older adults? A theoretical explanation for the perpetration of elder abuse and its rise. *Aggression and Violent Behavior*. Advance online publication. <https://doi.org/10.1016/j.avb.2020.101435>
- *Slimowicz, J., Siev, J., & Brochu, P. M. (2020). Impact of status-based rejection sensitivity on depression and anxiety symptoms in gay men. *International Journal of Environmental Research and Public Health*, 17(5), Article 1546. <https://doi.org/10.3390/ijerph17051546>
- *Alfaro, A. J., Arguelles-Borge, S., Stripling, A. M., & Brochu, P. M. (2019). The positive power of perception in late life: A study on subjective aging and health among ethnic minorities. *OBM Geriatrics*, 3(1). <https://doi.org/10.21926/obm.geriatr.1901043>
- Brochu, P. M. (2019). Teaching clinical psychology trainees about weight bias. *Women & Therapy*, 42(1-2), 191–199. <https://doi.org/10.1080/02703149.2018.1524066>
- *Mackson, S. B., Brochu, P. M., & Schneider, B. A. (2019). Instagram: Friend or foe? The application's association with psychological well-being. *New Media & Society*, 21(10), 2160–2182. <https://doi.org/10.1177/1461444819840021>
- *Dunaev, J., Markey, C., & Brochu, P. M. (2018). An attitude of gratitude: The effects of body-focused gratitude on weight bias internalization and body image. *Body Image*, 25, 9–13. <https://doi.org/10.1016/j.bodyim.2018.01.006>
- *Dunaev, J. L., Brochu, P. M., & Markey, C. H. (2018). Imagine that! The effect of counterstereotypic imagined intergroup contact on weight bias. *Health Psychology*, 37(1), 81–88. <https://doi.org/10.1037/hea0000545>
- *Veillette, L. A. S., *Serrano, J. M., & Brochu, P. M. (2018). What's weight got to do with it? Mental health trainees' perceptions of a client with anorexia nervosa symptoms. *Frontiers in Psychology*, 9, Article 2574. <https://doi.org/10.3389/fpsyg.2018.02574>
- Logel, C., Stinson, D. A., & Brochu, P. M. (2015). Weight loss is not the answer: A well-being solution to the “obesity problem.” *Social and Personality Psychology Compass*, 9(12), 678–695. <https://doi.org/10.1111/spc3.12223>
- Brochu, P. M., & Dovidio, J. F. (2014). Would you like fries (380 calories) with that? Menu labeling mitigates the impact of weight-based stereotype threat on food choice. *Social Psychological and Personality Science*, 5(4), 414–421. <https://doi.org/10.1177/1948550613499941>
- Brochu, P. M., Pearl, R. L., Puhl, R. M., & Brownell, K. D. (2014). Do media portrayals of obesity influence support for weight-related medical policy? *Health Psychology*, 33(2), 197–200. <https://doi.org/10.1037/a0032592>

- Brochu, P. M., & Esses, V. M. (2011). What's in a name? The effects of the labels "fat" versus "overweight" on weight bias. *Journal of Applied Social Psychology, 41*(8), 1981–2008. <https://doi.org/10.1111/j.1559-1816.2011.00786.x>
- Brochu, P. M., Gawronski, B., & Esses, V. M. (2011). The integrative prejudice framework and different forms of weight prejudice: An analysis and expansion. *Group Processes & Intergroup Relations, 14*(3), 429–444. <https://doi.org/10.1177/1368430210396520>
- Brochu, P. M., & Esses, V. M. (2009). Weight prejudice and medical policy: Support for an ambiguously discriminatory policy is influenced by prejudice-colored glasses. *Analyses of Social Issues and Public Policy, 9*(1), 117–133. <https://doi.org/10.1111/j.1530-2415.2009.01175.x>
- Gawronski, B., Peters, K. R., Brochu, P. M., & Strack, F. (2008). Understanding the relations between different forms of racial prejudice: A cognitive consistency perspective. *Personality and Social Psychology Bulletin, 34*(5), 648–665. <https://doi.org/10.1177/0146167207313729>
- Brochu, P. M., & Morrison, M. A. (2007). Implicit and explicit prejudice toward overweight and average-weight men and women: Testing their correspondence and relation to behavioral intentions. *The Journal of Social Psychology, 147*(6), 681–706. <https://doi.org/10.3200/SOCP.147.6.681-706>

Book Chapters

- Brochu, P. M., Pearl, R. L., & *Simontacchi, L. A. (2018). Weight stigma and related social factors in psychological care. In S. Cassin, R. Hawa, & S. Sockalingam (Eds.), *Psychological care in severe obesity: A practical and integrated approach* (pp. 42–60). Cambridge University Press. <https://doi.org/10.1017/9781108241687.004>
- Gawronski, B., Brochu, P. M., Sritharan, R., & Strack, F. (2012). Cognitive consistency in prejudice-related belief systems: Integrating old-fashioned, modern, aversive, and implicit forms of prejudice. In B. Gawronski & F. Strack (Eds.), *Cognitive consistency: A fundamental principle in social cognition* (pp. 369–389). Guilford Press.
- Brochu, P. M., Gawronski, B., & Esses, V. M. (2008). Cognitive consistency and the relation between implicit and explicit prejudice: Reconceptualizing old-fashioned, modern, and aversive forms of prejudice. In M. A. Morrison & T. G. Morrison (Eds.), *The psychology of modern prejudice* (pp. 27–50). Nova Science Publishers.

Other Publications

- Brochu, P. M. (2020). Weight stigma as a risk factor for suicidality [Editorial]. *International Journal of Obesity*. Advance online publication. <https://doi.org/10.1038/s41366-020-0632-5>

- *Shepherd, B. F., Brochu, P. M., & Stripling, A. M. (2020, Summer). Identity concealment: An invisible barrier to health among sexual and gender minority older adults. *Perspectives on Gender and Sexual Orientation*, 7(1), 12–15.
https://drive.google.com/file/d/1fVf0wfs5SCjevHU3jEfG_KVj2Y0arg6e/view
- *Shepherd, B., & Brochu, P. M. (2019, Summer). The invisible dangers of internalized homophobia. *Perspectives on Gender and Sexual Orientation*, 6(1), 17–18.
<https://drive.google.com/file/d/1EinDXoEcl8gi7pC-Q8p6yGLKOqNyILNk/view>
- *Veillette, L. A. S., *Serrano, J. M., & Brochu, P. M. (2019, July). 6 recommendations to reduce weight stigma and discrimination in eating disorder treatment. *Society for the Advancement of Psychotherapy Newsletter*. <http://www.societyforpsychotherapy.org/6-recommendations-to-reduce-weight-stigma-and-discrimination-in-eating-disorder-treatment>
- Brochu, P. M. (2018). Weight stigma is a modifiable risk factor [Editorial]. *Journal of Adolescent Health*, 63(3), 267–268. <https://doi.org/10.1016/j.jadohealth.2018.06.016>
- Brochu, P. M. (2018). Review of the book *The fat lady sings: A psychological exploration of the cultural fat complex and its effects*, by C. Fuller. *Fat Studies*, 7(1), 105–113.
<https://doi.org/10.1080/21604851.2017.1368771>
- Brochu, P. M., & *Cadwalader, K. H. (2018). Prejudice. In T. K. Shackelford & V. A. Weekes-Shackelford (Eds.), *Encyclopedia of evolutionary psychological science*.
https://doi.org/10.1007/978-3-319-16999-6_3299-1
- Brochu, P. M., Davidtz, J., & *DiNardo, L. (2014, February 21). Eating disorders affect millions of Americans. *NSU Newsroom*. <https://nsunews.nova.edu/eating-disorders-affect-millions-of-americans/>
Also published by the *Hartford Courant* (3/6/14), *Chicago Tribune* (3/3/14), *South Florida Sun-Sentinel* (3/3/14), and *Naples Daily News* (3/2/14)
- Brochu, P. M. (2013). Conceptualizing contradictory claims in the contested field of fat [Review of the book *Framing fat: Competing constructions in contemporary culture*, by Samantha Kwan and Jennifer Graves]. *Sex Roles*, 69(11-12), 661–663.
<https://doi.org/10.1007/s11199-013-0323-y>
- Esses, V. M., Brochu, P. M., & Dickson, K. R. (2012). Economic costs, economic benefits, and attitudes toward immigrants and immigration [Commentary]. *Analyses of Social Issues and Public Policy*, 12(1), 133–137. <https://doi.org/10.1111/j.1530-2415.2011.01269.x>
- Brochu, P. M. (2011). Prince Edward Island settlement strategy: A summary. In J. Biles, M. Burstein, J. Frideres, E. Tolley & R. Vineberg (Eds.), *Integration and inclusion of newcomers and minorities across Canada* (pp. 373–379). Queen’s Policy Study Series, McGill-Queen’s University Press.

Abu-Ayyash, C., & Brochu, P. (2006). The uniqueness of the immigrant experience across Canada: A closer look at the region of Waterloo. *Our Diverse Cities*, 2, 20–26.

Brochu, P., & Abu-Ayyash, C. (2006). Barriers and strategies for the recruitment and retention of immigrants in London, Ontario. *Our Diverse Cities*, 2, 27–30.

Manuscripts Invited for Revision

*Tatum, K. L., *Amirniroumand, R., Valenzuela, J. M., & Brochu, P. M. (2020). *Systematic review: Parent's perceptions of and responses to school-based BMI screening programs.*

Manuscripts Under Review

*Gil, J., & Brochu, P. M. (2020). *Effect of parental incarceration and child race on teachers' expectations of students.*

GRANTS AND AWARDS

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| 2020-2021 | Professional Development Award for Scholarship, College of Psychology, Nova Southeastern University. <i>Belief in Meritocracy and Weight Bias</i> . \$1000 |
| 2019-2020 | Professional Development Award for Scholarship, College of Psychology, Nova Southeastern University. <i>Stigma of Diabetes: Examining the Interaction of Disease Type and Target Weight</i> . \$880 |
| 2019, 2017, 2015 | Scholarship Merit Award, Department of Clinical and School Psychology, Nova Southeastern University, \$500 |
| 2019 | Service Merit Award, Department of Clinical and School Psychology, Nova Southeastern University, \$500 |
| 2018-2019 | President's Faculty Research and Development Grant – 335469, Nova Southeastern University. <i>High Weight, High Risk? Examining the Role of Weight Stigma in Suicidality</i> . \$910 |
| 2011-2013 | Postdoctoral Fellowship Award, Social Sciences and Humanities Research Council (SSHRC), \$81,000 |
| 2008-2011 | Joseph-Armand Bombardier Canada Graduate Scholarship, SSHRC, \$105,000 |
| 2011 | Dean's Honor Roll of Teaching Excellence, King's University College at the University of Western Ontario |
| 2011 | Society of Personality and Social Psychology (SPSP) Student Travel Award |
| 2006-2008 | Ontario Graduate Scholarship, \$30,000 |

- 2008 Leola E. Neal Award, University of Western Ontario
- 2008 Canadian Psychological Association (CPA) Brendan Gail Rule Award Finalist
- 2008 CPA Student Travel Award
- 2008 Society for the Psychological Study of Social Issues (SPSSI) Graduate Student Travel Award
- 2007 Graduate Thesis Research Fund, University of Western Ontario
- 2007 American Psychological Association (APA) Student Travel Award
- 2005-2006 Joseph-Armand Bombardier Canada Graduate Scholarship, SSHRC, \$17,500
- 2005 Ontario Graduate Scholarship, \$15,000 (declined)
- 2005 CPA Certificate of Academic Excellence
- 2005 Copland Prize in the Social Sciences, University of Saskatchewan
- 2005 Gordon A. McMurray Prize in Psychology, University of Saskatchewan
- 2005 Outstanding Academic Achievement in Psychology, St. Thomas More College, University of Saskatchewan
- 2003 University of Saskatchewan Scholarship, \$3,000
- 2003 Undergraduate Scholarship, College of Arts and Sciences, University of Saskatchewan, \$1,500
- 2002, 2000 Dean's List, College of Arts and Sciences, University of Saskatchewan
- 1999 Governor General's Academic Bronze Medal
- 1999 Alumni Association Entrance Scholarship, University of Saskatchewan, \$3,000

CONFERENCE PRESENTATIONS

- *Shepherd, B. F., & Brochu, P. M. (2020, October 14–16). *Barreras enredadas (Tangled barriers): An examination of unique and common risk factors linked to substance use among sexual and gender minority Latinx individuals* [Poster presentation]. Addiction Health Services Research Conference, Virtual.

- *Shepherd, B. F., & Brochu, P. M. (2020, September 23–26). *Tired and hungry: A critical examination of risk factors linked to depressive and eating disorder symptomology in Hispanic/Latinx LGBTQ adults* [Paper presentation]. Health Professionals Advancing LGBTQ Equality 38th Annual Conference, Virtual.
- *Kurseviciene, V., Nierenberg, B., Kennedy, T., & Brochu, P. (2020, August 6–8). *Stress, coping, and wellbeing of first-generation Lithuanian immigrants: Mediating role of hope and grit* [Poster presentation]. American Psychological Association Annual Convention, Virtual.
- *Shepherd, B. F., Brochu, P. M., & *Nuccio, A. G. (2020, August 6–8). *It gets better? An examination of protective factors associated with coming out during adolescence* [Poster presentation]. American Psychological Association Annual Convention, Virtual.
- *Shepherd, B. F., Brochu, P. M., *Nuccio, A. G., Stripling, A. M., & Lewis, J. E. (2020, August 6–8). *Eating up hate: A proposed model for understanding eating disorders in sexual minority adults* [Poster presentation]. American Psychological Association Annual Convention, Virtual.
- Brochu, P. M., *Veillette, L., *Serrano, J., & *Seidl, M. (2020, June 26–28). *Understanding the association between weight bias internalization and suicidality* [Paper presentation]. Society for the Psychological Study of Social Issues Conference, Denver, CO, United States. (Conference canceled due to COVID-19)
- *Hill, R., *Serrano, J., *Veillette, L., *Staley, S., & Brochu, P. M. (2020, June 26–28). *Addressing weight stigma in psychological care: A call to action* [Interactive Discussion]. Society for the Psychological Study of Social Issues Conference, Denver, CO, United States. (Conference canceled due to COVID-19)
- *Nadealizadeh, B., Brochu, P. M., & Kennedy, T. (2020, June 26–28). *A cross-cultural study on gender discrimination and women's psychological well-being* [Poster presentation]. Society for the Psychological Study of Social Issues Conference, Denver, CO, United States. (Conference canceled due to COVID-19)
- *Gonzalez, A. V., Brochu, P. M., *Martinez Garcia, A., & Fins, A. I. (2019, August 8–11). *Sleep efficiency and perceived sleep quality mediate cardiometabolic risk and psychological distress* [Poster presentation]. American Psychological Association Annual Convention, Chicago, IL, United States.
- *Martinez Garcia, A., Brochu, P. M., *Gonzalez, A. V., & Fins, A. I. (2019, August 8–11). *Understanding the association between discrimination and sleep from an intersectional perspective* [Poster presentation]. American Psychological Association Annual Convention, Chicago, IL, United States.

- Brochu, P. M. (2019, June 27–28). Applying the attribution-value model of prejudice in fat pedagogy. In P. Brochu, A. Meadows, & L. Cooper Stoll (Chairs), *Fat in the classroom* [Symposium]. 7th Annual Weight Stigma Conference, London, ON, Canada.
- Meadows, A., Cooper Stoll, L., & Brochu, P. (2019, June 27–28). Developing weight stigma resistance: Fat studies and emerging fat activism identity in a weight-diverse sample. In P. Brochu, A. Meadows, & L. Cooper Stoll (Chairs), *Fat in the classroom* [Symposium]. 7th Annual Weight Stigma Conference, London, ON, Canada.
- *Gonzalez, A. V., Brochu, P. M., *Martinez Garcia, A., & Fins, A. I. (2019, June 9–12). *Sleep efficiency mediates the association between psychological distress and inflammation burden* [Poster presentation]. Associated Professional Sleep Societies 33rd Annual Meeting, San Antonio, TX, United States.
- *Martinez Garcia, A., Brochu, P. M., *Gonzalez, A. V., & Fins, A. I. (2019, June 9–12). *Understanding the association between discrimination and sleep from an intersectional perspective* [Poster presentation]. Associated Professional Sleep Societies 33rd Annual Meeting, San Antonio, TX, United States.
- *Shires, K., Davidtz, J., & Brochu, P. (2019, June 6–8). *Sources of experienced stigma: A qualitative review* [Paper presentation]. Society for the Exploration of Psychotherapy Integration XXXV Annual Meeting, Lisbon, Portugal.
- *Mackson, S., Brochu, P. M., & Schneider, B. (2019, March 7–9). *Instagram: Friend or foe? The app's impact on psychological well-being* [Poster presentation]. International Convention of Psychological Science, Paris, France.
- *Mackson, S., Brochu, P. M., & Schneider, B. (2018, August 9–12). *Instagram: Friend or foe? The app's impact on psychological well-being* [Poster presentation]. American Psychological Association Annual Convention, San Francisco, CA, United States.
- Brochu, P. M. (2018, March 1–3). *Weight bias among clinical psychology trainees: Implications for training* [Poster presentation]. Society for Personality and Social Psychology Annual Convention, Atlanta, GA, United States.
- *Dunaev, J., Markey, C. H., & Brochu, P. M. (2018, March 1–3). *An attitude of gratitude: The effects of body-focused gratitude on weight bias internalization and body image* [Poster presentation]. Society for Personality and Social Psychology Annual Convention, Atlanta, GA, United States.
- *Fisher, C. E., Brochu, P., Dorfman, W. I., & Davidtz, J. (2017, August 3–6). *Diagnostic bias and the perception of aggression among doctoral-level trainees* [Poster presentation]. American Psychological Association 125th Annual Convention, Washington, DC, United States.

- *Rubin, B. N., *Spearman, Z. J., *Caron, N. F., *Lewis, R., & Brochu, P. (2017, August 3–6). *Does weight prejudice influence women's dieting intentions, body satisfaction, and self-esteem?* [Poster presentation]. American Psychological Association 125th Annual Convention, Washington, DC, United States.
- *Savage, A. M., & Brochu, P. (2017, August 3–6). *Are dichotomous beliefs about food associated with psychological well-being?* [Poster presentation]. American Psychological Association 125th Annual Convention, Washington, DC, United States.
- *Simontacchi, L. A., *Serrano, J., & Brochu, P. (2017, August 3–6). *What's weight got to do with it? The impact of BMI on case conceptualization* [Poster presentation]. American Psychological Association 125th Annual Convention, Washington, DC, United States.
- *David, L., Cassin, S., & Brochu, P. M. (2017, June 8–10). *Exploring attitudes toward bariatric surgery patients and policies in Canada* [Poster presentation]. International Conference of Eating Disorders, Prague, Czech Republic.
- Brochu, P. M. (2017, June 6–7). Addressing weight bias in a clinical psychology training program. In *Weight stigma reduction interventions: What works, and what doesn't* [Symposium]. 5th Annual International Weight Stigma Conference, Prague, Czech Republic.
- Brochu, P. M., *Lewis, R., & *Rogers, B. G. (2016, June 24–26). *Weight controllability beliefs and body satisfaction predict dieting intentions* [Paper presentation]. Society for the Psychological Study of Social Issues Conference, Minneapolis, MN, United States.
- *Padron, M., & Brochu, P. M. (2016, June 24–26). *Gender non-conformity and well-being* [Poster presentation]. Society for the Psychological Study of Social Issues Conference, Minneapolis, MN, United States.
- Brochu, P. M., Stinson, D. A., & Logel, C. (2016, April 29–30). *Moving from weight to well-being: Challenges, strategies, and solutions* [Workshop]. 4th Annual International Weight Stigma Conference, Vancouver, BC, Canada.
- *Lewis, R., *Rogers, B. G., & Brochu, P. M. (2016, March 30–April 2). *Aesthetic but not functional body satisfaction is associated with dieting intentions in adult women* [Poster presentation]. Society of Behavioral Medicine 37th Annual Meeting, Washington, DC, United States.
- Brochu, P. M., & Jones, J. M. (2015, September 18–19). *Weight satisfaction buffers the negative consequences of stigma* [Paper presentation]. 3rd Annual International Weight Stigma Conference, Reykjavik, Iceland.
- *Dunaev, J., Markey, C., & Brochu, P. M. (2015, May 21–24). *Big, bold, and beautiful?: Mixed effectiveness of counter-stereotypical representations of obese persons in the reduction of*

- weight bias* [Poster presentation]. Association for Psychological Science 27th Annual Convention, New York City, NY, United States.
- Brochu, P. M., Banfield, J. C., & Dovidio, J. F. (2015, March 5–7). Does a common ingroup identity reduce weight bias? In *J. Dunaev & P. M. Brochu (Chairs), *Understanding and reducing weight bias: Mechanisms and methods* [Symposium]. Eastern Psychological Association 86th Meeting, Philadelphia, PA, United States.
- *Dunaev, J., Markey, C., & Brochu, P. M. (2015, March 5–7). Imagine that!: Counter-stereotypical mental imagery as a method for weight bias reduction. In *J. Dunaev & P. M. Brochu (Chairs), *Understanding and reducing weight bias: Mechanisms and methods* [Symposium]. Eastern Psychological Association 86th Meeting, Philadelphia, PA, United States.
- *Dunaev, J., Markey, C., & Brochu, P. (2015, February 26–28). *Can counter-stereotypical media portrayals of obese persons reduce weight bias reduction?* [Poster presentation]. Society for Personality and Social Psychology 16th Annual Convention, Long Beach, CA, United States.
- Brochu, P. M., & Jones, J. M. (2014, June 27–29). *Shopping while fat: Does group identity buffer against stigmatizing experiences?* [Paper presentation]. Society for the Psychological Study of Social Issues 10th Biennial Conference, Portland, OR, United States.
- Brochu, P. M., Banfield, J. C., & Dovidio, J. F. (2014, February 13–15). *A common ingroup identity increases perceptions of weight discrimination in ambiguous situations* [Poster presentation]. Society for Personality and Social Psychology 15th Annual Meeting, Austin, TX, United States.
- Brochu, P. M., & Dovidio, J. F. (2013, May 1–4). *Would you like fries (380 calories) with that? The interactive influence of weight stigma threat and menu-labeling on food choice* [Poster presentation]. 3rd Canadian Obesity Summit, Vancouver, BC, Canada.
- Brochu, P. M., & Dovidio, J. F. (2013, March 1–3). *Would you like fries (380 calories) with that? The interactive influence of weight stigma threat and menu-labeling on food choice.* In P. M. Brochu (Chair), *The consequences of weight stigma on food preferences and behavior* [Symposium]. Eastern Psychological Association 84th Meeting, New York, NY, United States.
- Brochu, P. M., Banfield, J. C., & Dovidio, J. F. (2013, January 17–19). *Does a common ingroup identity reduce weight bias? Only when weight discrimination is salient* [Poster presentation]. Society for Personality and Social Psychology 14th Annual Meeting, New Orleans, LA, United States.
- Brochu, P. M., Dovidio, J. F., Esses, V. M., & Maio, G. R. (2013, January 16). *Expanding diversity science by examining weight bias* [Paper presentation]. Group Processes and

Intergroup Relations Preconference at the Society for Personality and Social Psychology 14th Annual Meeting, New Orleans, LA, United States.

- Brochu, P. M., Esses, V. M., Maio, G. R., & Dovidio, J. F. (2012, June 21–24). A comparative analysis of the degree of bias. In P. M. Brochu & K. Mescher (Chairs), *Understanding weight bias: A powerful and pervasive stigma* [Symposium]. Society for the Psychological Study of Social Issues 9th Biennial Conference, Charlotte, NC, United States.
- Brochu, P. M., Esses, V. M., Maio, G. R., & Dovidio, J. F. (2012, May 24–27). Weight bias: The last acceptable form of discrimination? In J. L. Peterson (Chair), *Weight bias: Evidence across multiple domains and comparison with other stigmatized groups* [Symposium]. Association for Psychological Science 24th Annual Meeting, Chicago, IL, United States.
- Brochu, P. M. (2012, May 24–27). *Weight bias: Evidence across multiple domains and comparison with other stigmatized groups* [Discussant]. Association for Psychological Science 24th Annual Meeting, Chicago, IL, United States.
- Brochu, P. M., Dickson, K. R., & Esses, V. M. (2012, January 26–28). *Prejudice expression and confrontation: Are all negative attitudes toward social groups perceived as prejudice?* [Poster presentation]. Society for Personality and Social Psychology 13th Annual Meeting, San Diego, CA, United States.
- Garcia, D. M., Brochu, P. M., Biernat, M., Esses, V. M., & Silverman, A. (2011, July 12–16). *Effects of social exclusion on self-regulation: The role of fairness and identity* [Poster presentation]. European Association of Social Psychology General Meeting, Stockholm, Sweden.
- Brochu, P. M., & Esses, V. M. (2011, May 26–29). *The predictive value of belief in a just world, right wing authoritarianism, and social dominance orientation on weight bias* [Poster presentation]. Association for Psychological Science 23rd Annual Convention, Washington, DC, United States.
- *Kim, J., Brochu, P. M., & Esses, V. M. (2011, May 26–29). *The interactive influence of weight and health information on immigrant admissibility decisions* [Poster presentation]. Association for Psychological Science 23rd Annual Convention, Washington, DC, United States.
- Brochu, P. M., Esses, V. M., & Maio, G. R. (2011, January 27–29). *Discrimination is not dead: Systematic discrimination in forced choice employment decisions* [Poster presentation]. Society for Personality and Social Psychology 12th Annual Meeting, San Antonio, TX, United States. (SPSP Student Travel Award)
- Brochu, P. M., Esses, V. M., & Maio, G. R. (2010, June 24–27). *The power of justification: Systematic discrimination in forced-choice employment decisions* [Paper presentation].

Society for the Psychological Study of Social Issues 8th Biennial Conference, New Orleans, LA, United States.

- *Shi, X., Brochu, P. M., & Esses, V. M. (2010, June 3–5). *Who would go first? Understanding employment termination decisions from the aversive racism framework* [Poster presentation]. Canadian Psychological Association Annual Convention, Winnipeg, MB, Canada.
- Brochu, P. M., Garcia, D. M., *Smith, H. J., & Esses, V. M. (2010, January 28–30). *When intentions fail: Ambiguous exclusion increases stigma-reinforcing eating behaviors among women with weight concerns* [Poster presentation]. Society for Personality and Social Psychology 11th Annual Meeting, Las Vegas, NV, United States.
- Brochu, P. M., Gawronski, B., Peters, K. R., Strack, F., & Esses, V. M. (2009, June 11–15). *Cognitive consistency and the relation between different forms of prejudice: A review of the integrative prejudice framework* [Paper presentation]. European Association of Social Psychology Small Group Meeting on Cognitive Consistency as an Integrative Concept in Social Cognition, Wertheim, Germany.
- *Smith, H. J., Garcia, D. M., Brochu, P. M., & Esses, V. M. (2009, June 11–13). *The ironic effects of ambiguous weight discrimination on eating behaviors in weight conscious individuals* [Poster presentation]. Canadian Psychological Association 70th Annual Convention, Montreal, QC, Canada.
- Brochu, P. M., Esses, V. M., & Maio, G. R. (2009, May 22–25). *Between a rock and a hard place: The justification of prejudice* [Poster presentation]. Association for Psychological Science 21st Annual Convention, San Francisco, CA, United States.
- Brochu, P. M., & Esses, V. M. (2008, June 27–29). *Prejudice predicts the interpretation of ambiguously discriminatory medical policy* [Poster presentation]. Society for the Psychological Study of Social Issues 7th Biennial Convention, Chicago, IL, United States. (SPSSI Graduate Student Travel Award)
- Brochu, P. M., Esses, V. M., & Gawronski, B. (2008, June 12–14). Understanding the relations between different forms of weight prejudice: The interplay of implicit evaluations, nonprejudicial goals, and perceived discrimination. In P. M. Brochu (Chair), *Contemporary issues in the psychology of modern prejudice* [Symposium]. Canadian Psychological Association 69th Annual Convention, Halifax, NS, Canada. (CPA Brendan Gail Rule Award Finalist; CPA Student Travel Award)
- Brochu, P. M., Esses, V. M., & Gawronski, B. (2008, May 21). *Understanding different forms of weight prejudice from the integrative prejudice framework* [Paper presentation]. University of Waterloo-University of Western Ontario Social Psychology Conference, London, ON, Canada.

- Brochu, P. M., & Esses, V. M. (2008, February 7–9). *The utility of old-fashioned and modern weight prejudice scales in predicting reactions to potential weight discrimination* [Poster presentation]. Social for Personality and Social Psychology 9th Annual Meeting, Albuquerque, NM, United States.
- Gawronski, B., Peters, K. R., Brochu, P. M., & Strack, F. (2008, February 7–9). Cognitive consistency and the relation between different kinds of prejudice: Implications for prejudice reduction. In S. Sinclair & J. R. Huntsinger (Chairs), *Mechanisms of prejudice and stereotyping moderation* [Symposium]. Society for Personality and Social Psychology 9th Annual Meeting, Albuquerque, NM, United States.
- Brochu, P. M., & Esses, V. M. (2007, August 17–20). *Old-fashioned and modern weight prejudice: Scale development and validation* [Poster presentation]. American Psychological Association 115th Annual Convention, San Francisco, CA, United States. (APA Student Travel Award)
- Brochu, P. M., & Esses, V. M. (2007, June 7–9). *What's in a name? The effects of the label 'fat' versus 'overweight' in weight bias research* [Poster presentation]. Canadian Psychological Association 68th Annual Convention, Ottawa, ON, Canada.
- Brochu, P. M., Esses, V. M., & Gawronski, B. (2007, May 3–5). *Cognitive consistency in prejudice against the overweight: The interplay of implicit evaluations, egalitarian goals, and perceived discrimination* [Paper presentation]. Midwestern Psychological Association 79th Annual Meeting, Chicago, IL, United States.
- Brochu, P. M., Ellis, S. R., & Morrison, M. A. (2006, June 7–9). *Gay men's and lesbian women's body image self-consciousness during physical intimacy* [Poster presentation]. Canadian Psychological Association 67th Annual Convention, Calgary, AB, Canada.
- Ellis, S. R., Brochu, P. M., & Morrison, M. (2006, June 7–9). *Predictors of confidence in sexual functioning in a sample of university men and women* [Poster presentation]. Canadian Psychological Association 67th Annual Convention, Calgary, AB, Canada.
- Ellis, S. R., Brochu, P. M., Warkentin, P., & Buchanan, M. (2006, June 7–9). *It's neat and tidy, all tucked up there out of sight: The development of a Female Genitals Perception Scale* [Poster presentation]. Canadian Psychological Association 67th Annual Convention, Calgary, AB, Canada.
- Harriman, R., Morrison, M., Brochu, P., & Work, K. (2006, June 7–9). *Perceptions of the growing Canadian population: Stereotypes of overweight individuals* [Paper presentation]. Canadian Psychological Association 67th Annual Convention, Calgary, AB, Canada.
- Harriman, R., Morrison, M., Brochu, P., & Work, K. (2006, June 7–9). *Contemporary cultural representations of gay men and lesbian women in Canada: A content examination* [Paper

presentation]. Canadian Psychological Association 67th Annual Convention, Calgary, AB, Canada.

Harriman, R., Morrison, M., Brochu, P., & Work, K. (2006, June 7–9). *Cultural and personal endorsement of stereotypes directed toward Aboriginal men and women in a Canadian university sample* [Paper presentation]. Canadian Psychological Association 67th Annual Convention, Calgary, AB, Canada.

Brochu, P. M., Ellis, S. R., Morrison, M. A., Harriman, R. L., Morrison, T. G., & Bearden, A. G. (2005, June 9–11). *Men's and women's body consciousness during physical intimacy* [Poster presentation]. Canadian Psychological Association 66th Annual Convention, Montreal, QC, Canada.

INVITED TALKS

Brochu, P. M. (2017, December 7). *Childhood weight stigma*. Community Forum on Healthy Living at Deerfield Beach Middle School.

Brochu, P. M. (2015, February 24). *Weight bias: Its prevalence, causes, and consequences*. California State University, San Bernardino, Department of Psychology.

Brochu, P. M. (2012, September 14). *Weight bias: Its prevalence, causes, and consequences*. Simon Fraser University, Department of Psychology.

CAMPUS TALKS

Brochu, P. M. (2019, November 15). *Weight stigma and related social factors in psychological care: Evidence and applications*. Professional development seminar presented at Nova Southeastern University, Department of Clinical and School Psychology.

Brochu, P. M. (2018, November 30). *Weight stigma and related social factors in psychological care*. Professional development seminar presented at Nova Southeastern University, Department of Clinical and School Psychology.

Brochu, P. M. (2017, December 1). *Weight stigma in psychological care*. Professional development seminar presented at Nova Southeastern University, Department of Clinical and School Psychology.

Brochu, P. M. (2017, March 31). *Encouraging health for everyBODY: Shifting from weight to well-being*. Professional development seminar presented at Nova Southeastern University, Department of Clinical and School Psychology.

Brochu, P. M. (2016, March 9). *Encouraging health for everyBODY: Shifting from weight to well-being*. Eating Disorders Awareness Week, Department of Clinical and School Psychology, Nova Southeastern University.

Brochu, P. M. (2014, November 7). *Expanding diversity science by examining weight bias*. Psi Chi Keynote Address, Nova Southeastern University.

TEACHING EXPERIENCE

Course Instructor

Nova Southeastern University

2013-present Social Aspects of Behavior (graduate)

2014-present Social Psychology (graduate, online)

University of Western Ontario

2011 Introduction to Social Psychology (online)

2008 Psychology of Prosocial and Antisocial Behavior

King's University College at the University of Western Ontario

2010 Psychology and Diversity (Dean's Honor Roll of Teaching Excellence)

Lab Instructor

University of Western Ontario

2005-2007 Introduction to Social Psychology

Teaching Assistant

University of Western Ontario

2006-2011 Introduction to Social Psychology (online)

2006-2007 Introduction to Psychology

2006 Psychology of Prosocial and Antisocial Behavior

King's University College at the University of Western Ontario

2010 Psychology and Diversity

2009-2010 Introduction to Psychology

2009-2010 Abnormal Psychology

University of Saskatchewan

2004-2005 Introduction to Psychology

Guest Lecturer

Yale University

2013 Psychosocial Epidemiology: Weight Stigma and Obesity

University of Western Ontario

2010 Introduction to Psychology: Personality

King's University College at the University of Western Ontario

2010 Psychology and Diversity: Weightism

MENTORING EXPERIENCE

Dissertations***Nova Southeastern University***

2019-present Renata Schloss ~ Burnout, resilience, self-compassion, and working with trauma: A study on mental health professionals treating serious mental illness during a pandemic (committee member)

2018-present Roya Amirniroumand ~ Examining beverage consumption patterns in middle school adolescents before and after a school-based water challenge (committee member)

2018-2020 Sara Florence ~ Understanding the distinctive presentations of therapist countertransference with cluster B personality disorders (committee member)

2017-2020 Alexia Holovatyk ~ Toward a biopsychosocial model of obesity: Can psychological well-being be the bridge to integration? (committee member)

2017-2019 Olivia Larson ~ Changes in self-concept and substance-related cognitions among young adults with opioid use disorders attending residential substance use treatment (committee member)

Rutgers University-Camden

2014-2016 Jamie Dunaev ~ Dropping the weight bias: Evaluating weight bias reduction strategies for late adolescents (committee member)

Directed Studies***Nova Southeastern University***

2019-2020 Samantha DiMeglio ~ The impact of social bias on substance use treatment effectiveness for women (2nd reader, literature review)

2019-2020 Rebecca Hill ~ A manualized approach for body acceptance and health behavior engagement (1st reader, treatment manual)

2019-2020 Ashley Kniola ~ The association between psychology trainees' body dissatisfaction and attitudes toward clients of higher body-weight (1st reader, empirical study)

2019-2020 Vaida Kurseviciene ~ Hope, grit, and psychological well-being of first-generation Lithuanian immigrants (3rd reader, empirical study)

- 2019-2020 Nicolas Meade ~ What gender minority survivors of sexual trauma want in therapy and research (3rd reader, empirical study)
- 2019-2020 Zoe Ross-Nash ~ Exploring eating disorders and trauma: Understanding the function of disordered eating after a traumatic experience (1st reader, literature review)
- 2019-2020 Elisa Seoane ~ The efficacy of psychological interventions to reduce weight bias internalization: A systematic review (1st reader, literature review)
- 2019-2020 Sara Staley ~ Understanding the association between weight bias internalization and depression: A systematic review (1st reader, literature review)
- 2019-2020 Nicole Yee Nicholson ~ Gay men with eating disorders and body dissatisfaction: A focus on mindful eating (2nd reader, literature review)
- 2019-2020 Valerie Zaldivar ~ Accrual of recovery capital in an integrated treatment model (2nd reader, empirical study)
- 2018-2020 Amanda Heidel ~ Measuring mindfulness by self-report (1st reader, literature review)
- 2018-2019 Alexandria Gonzalez ~ Sleep quality mediates the association between psychological and physiological dysregulation indices (2nd reader, empirical study)
- 2018-2019 Ana Martinez Garcia ~ Understanding the association between discrimination and sleep from an intersectional perspective (2nd reader, empirical study)
- 2018-2019 Behnoosh Nadealizadeh ~ A cross cultural study on gender discrimination and women's psychological well-being (1st reader, empirical study)
- 2018-2019 Kristina Tatum ~ Systematic review: Parent's perceptions of and responses to school-based BMI screening programs (2nd reader, literature review)
- 2017-2019 Irene Portillo ~ The role of resiliency in the Latinx community in the United States and its clinical uses (2nd reader, literature review)
- 2018 Ana Alfaro ~ The power of perception in late life: A study on subjective aging and health among ethnic minorities (3rd reader, empirical study)
- 2017-2018 Kaitlin Browne ~ Becoming whole: The need for comprehensive healing in eating disorders and sexual abuse treatment (2nd reader, literature review)
- 2017-2018 Samantha Mackson ~ Instagram: Friend or foe? The application's impact on psychological well-being (1st reader, empirical study)

- 2017-2018 Emily Matousek ~ Suffering and the resurrection of logotherapy: When it takes more than acceptance (2nd reader, literature review)
- 2017-2018 Brielle Rassler ~ CBT-J: A manual for the religiously integrated treatment of Jewish women with eating disorders (1st reader, treatment manual)
- 2016-2018 Fallon Flowers ~ Race and weight: The impact of stigmatized identities on mental health trainees' perceptions of clients (1st reader, empirical study)
- 2016-2017 Abigail Savage ~ Are dichotomous beliefs about food associated with psychological well-being? (1st reader, empirical study)
- 2016-2017 Laurie Simontacchi ~ What's weight got to do with it? The impact of BMI on the conceptualization of a client presenting with symptoms of anorexia nervosa (1st reader, empirical study)
- 2016-2017 Tom Bachar ~ Swinging against pathology: A review of swinging as a protective factor system (2nd reader, literature review)
- 2016-2017 Christopher Fisher ~ Diagnostic bias and the perception of aggression among doctoral level trainees (3rd reader, empirical study)
- 2016-2017 Ross Johnston ~ Client facial width and therapist bias (2nd reader, literature review)
- 2015-2016 Myriam Padron ~ Gender conformity and well-being (1st reader, empirical study)
- 2015-2016 Shannon Schiavoni ~ Efficacy of cognitive behavior therapy for the treatment of binge eating disorder (2nd reader, literature review)
- 2014-2015 Leah Bougere ~ Sexual orientation and mental illness in the military (1st reader, literature review)
- 2014-2015 Ivy Rouder ~ OCD and stigma: Implications, effects, and recommendations (1st reader, literature review)
- 2014-2015 Amy Schmitt ~ Female fitness competitions: A sport that promotes muscle dysmorphia, eating disorders, or both? (1st reader, literature review)
- 2014-2015 Ariela Yasova ~ Perceptions and attitudes in the treatment of obesity (1st reader, empirical study)
- 2013-2015 Stephanie Romulton ~ Quality of co-parenting and its influence on children's academic performance and externalizing behaviors (2nd reader, literature review)

- 2013-2014 Britani Bertrand ~ Are parent-focused interventions effective for treating adolescents with externalizing disorders? (2nd reader, literature review)
- 2013-2014 Irina Gelman ~ Well-being therapy for infertility counseling (WBT-IC) (2nd reader, treatment manual)
- 2013-2014 Nicole Yehudai ~ Understanding the association between childhood trauma and borderline personality disorder: The power of parental attachment (2nd reader, literature review)

Master's Theses

Nova Southeastern University

- 2019-present Ashley Robinson ~ The role of body weight in perceptions of eyewitness credibility
- 2016-2020 Tavril Saint Jean ~ The effect of perpetrator race/ethnicity on perceptions of date rape
- 2018-2019 Stephanie Rothenberg ~ Beyond the mirror: A psychological study of body image

Honor's Theses

University of Western Ontario

- 2010-2011 Jean Kim ~ The interactive influence of weight and health information on immigrant admissibility decisions (co-supervisor)
- 2009-2010 Xiyu Shi ~ Who would go first? Understanding employment termination decisions from the aversive racism framework (co-supervisor)
- 2008-2009 Jennifer Brewe ~ Traditional sex-typing and responses to disparaging humour (co-supervisor)
- 2008-2009 Krysten Milne ~ Experiences in searching for an apartment: The effect of weight stigmatization on attitudes and emotions (co-supervisor)
- 2007-2008 Carolyn Falls ~ The impact of justification on the eating behaviours of restrained and unrestrained eaters (co-supervisor)
- 2007-2008 Heather Smith ~ Cyberball video game study: How ambiguous social exclusion impairs self-regulation (co-supervisor)
- 2006-2007 Jenna-Lynn Sullivan ~ Modern prejudice toward the overweight: The role of weight and attributions of responsibility in prosocial behavior (co-supervisor)

Independent Studies

Yale University

2011 Athena Liao ~ Weight discrimination and its comparison with race and sex discrimination: Causes and what should be done

SERVICE

Nova Southeastern University

2019-present Curriculum Committee Member, Department of Clinical and School Psychology

2015-present IRB College of Psychology Alternate Representative

2014-present Faculty Advisor for Eating Disorders Awareness Association (EDAA)

2014-present M.S. General Psychology Comprehensive Exam Reviewer

2019-2020 Internal Review Committee Member, PhD Clinical Psychology

2018-2019 Academic Affairs Committee Member, Department of Clinical and School Psychology

2017-2019 Search Committee Member (social psychology position)

2018 Merit Pay Committee Member, College of Psychology

2017-2018 Search Committee Member (clinical/anxiety position)

2016-2018 Psy.D. Curriculum Review Committee Member

2016 APA September 1 Response Letter Committee Member

2015-2016 Research Integration Committee Member, College of Psychology

2015-2016 Psy.D. Directed Study Rubrics Committee Member

2013-2014 Social Psychology Coordinator on Psy.D. Accreditation Committee

Yale University

2011-2012 Psychology Postdoc Information Panelist

University of Western Ontario

2009-2010 Social Psychology Journal Club Coordinator

- 2006-2010 Psychology Councilor in Society of Graduate Students
- 2008-2009 Social Psychology Ph.D. Student Representative
- 2005-2008 Mass Testing Coordinator

Profession

- 2018-present Associate Editor for *Frontiers in Eating Behavior*
- 2015-present Editorial Board Member for *Sage Open*
- 2014-present APA Accreditation Doctoral Site Visitor (Generalist)
- 2014-present APA-SPSP Convention Abstract Reviewer
- 2013-present SPSP Student Poster Award Reviewer
- 2012-present APA-SPSSI Convention Abstract Reviewer
- 2012-present SPSSI Convention Abstract Reviewer
- 2009-present Ad Hoc Reviewer:
 Aggression and Violent Behavior
 American Journal of Public Health
 Analyses of Social Issues and Public Policy
 Appetite
 Australian Journal of Psychology
 Basic and Applied Social Psychology
 BMC Medicine
 BMC Public Health
 Body Image
 British Food Journal
 Canadian Journal of Behavioural Science
 Computers in Human Behavior
 Cyberpsychology
 Eating and Weight Disorders
 European Journal of Social Psychology
 Fat Studies
 Health Communication
 Health Psychology
 International Journal of Intercultural Relations
 International Journal of Obesity
 International Review of Social Psychology
 JAMA Pediatrics
 Journal of Adolescent Health

Journal of Applied Social Psychology
 Journal of Behavioral Medicine
 Journal of Contextual Behavioral Science
 Journal of Experimental Child Psychology
 Journal of Experimental Psychology: General
 Journal of Experimental Social Psychology
 Journal of Health Psychology
 Journal of Social Issues
 Kennedy Institute of Ethics Journal
 Maternal and Child Health Journal
 Mindfulness
 Obesity
 Obesity Facts
 Obesity Science & Practice
 PeerJ
 Personality and Individual Differences
 PLoS One
 Preventive Medicine Reports
 Sex Roles
 Social and Personality Psychology Compass
 Social Behavior and Personality
 Social Cognition
 Social Psychological and Personality Science
 Social Psychology
 Social Psychology Quarterly
 Stigma and Health
 Translational Issues in Psychological Science
 Women & Therapy

- 2013-2018 Review Editor for *Frontiers in Eating Behavior*
- 2015 Roundtable facilitator on Pros and Cons of Working at Teaching-Oriented Universities for the Social, Personality, and Health Network (SPHN)
- 2009-2012 CPA Convention Abstract Reviewer

MEDIA MENTIONS

- Cunningham, G. B. (2015, December 16). A call to focus on healthiness rather than weight. *Laboratory for Diversity in Sport*. Retrieved from <http://diversityinsport.squarespace.com/diversity-in-sport-blog/2015/12/16/a-call-to-focus-on-healthiness-rather-than-weight>
- Sharma, A. M. (2015, January 28). Does the media depiction of obesity hinder efforts to address it? *Dr. Sharma's Obesity Notes*. Retrieved from <http://www.drsharma.ca/does-the-media-depiction-of-obesity-hinder-efforts-to-address-it>

Norman, K. (2013, November 8). Are health policy preferences really about health? The hidden influence of biased media portrayals. *Chicago Policy Review*. Retrieved from <http://chicagopolicyreview.org/2013/11/08/are-health-policy-preferences-really-about-health-the-hidden-influence-of-biased-media-portrayals/>

PROFESSIONAL AFFILIATIONS

American Psychological Association (APA)
Association for Psychological Science (APS)
Canadian Obesity Network (CON)
Canadian Psychological Association (CPA)
Eastern Psychological Association (EPA)
Society for Personality and Social Psychology (SPSP)
Society for the Psychological Study of Social Issues (SPSSI)
Society of Southeastern Social Psychologists (SSSP)