

**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 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 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 pharmacologic interventions for obesity and binge eating in diverse patient groups and settings and is currently directing several RCTs. 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 and patient groups, 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. These experiences and expertise make Dr. Grilo well qualified to serve in this research and training protocol.

**B. Positions and Honors****Positions and Employment**

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

## **Other Experience and Professional Memberships**

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

## **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**

### **Developing and Evaluating Treatment Approaches for Binge Eating and Obesity**

Dr. Grilo has served as Principal Investigator on ten NIH-funded RCTs and three Foundation-funded RCTs 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., & Salant, S.L. (2005). Cognitive behavioral therapy guided self-help and orlistat for the treatment of binge eating disorder: a randomized, double-blind, placebo-controlled trial. *Biological Psychiatry*, 57, 1193-1201.

**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. PMCID: PMC3514647

**Grilo, C.M.**, McElroy, S.L., Hudson, J.I., Tasia, J., Navia, B., Goldman, R., Deng, L., Kent, J. & Loebel, A. (2020). Efficacy and safety of dastroline in adults with binge-eating disorder: a randomized placebo-controlled fixed-dose clinical trial. *CNS Spectrums*, 2020 (May) 19, 1-10

### **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.A., Gueorguieva, R., Barnes, R.D., & Masheb, R.M. (2013). Self-help for binge eating disorder in primary care: randomized controlled trial with ethnically and racially diverse obese patients. *Behaviour Research and Therapy*, 51, 855-861. PMID: PMC3863907

**Grilo, C.M.**, Masheb, R.M., White, M.A., Gueorguieva, R., Barnes, R.D., Walsh, B.T., McKenzie, K., Genao, I, Garcia, R. (2014). Treatment of binge eating disorder in racially and ethnically diverse obese patients in primary care: randomized placebo-controlled clinical trial of self-help and medication. *Behaviour Research and Therapy*, 58, 1-9. PMID: PMC4074556

**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

### **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.**, White, M.A., Wilson, G.T., Gueorguieva, R., & Masheb, R.M. (2012). Rapid response predicts 12-month post-treatment outcomes in binge eating disorder: theoretical and clinical implications. *Psychological Medicine*. 42, 807-817. PMID: PMC3288595

**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

**Grilo, C.M.**, White, M., Gueorguieva, R., & Masheb, R. (2012). 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

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

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

White, M.A., Kalarchian, M.A., Masheb, R.M., Marcus, M.D., & **Grilo, C.M.** (2010). Loss of control over eating predicts outcomes in bariatric surgery patients: a prospective 24-month follow-up study. Journal of Clinical Psychiatry, 71, 175-184. PMID: PMC2831110.

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. PMID6591971

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. PMID7027731

### **Dr. Grilo has published >475 papers in peer-reviewed journals**

**(SCOPUS: >23,500 citations, “h” index = 80) URL for My Bibliography:**

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

### **D. Research Support**

#### **CURRENT Support**

R01 DK126637                      Grilo (PI)    09/22/20–08/31/25

NIH/NIDDK

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.

Role: Principal Investigator

R01 DK121551                      Grilo/Potenza (PI)    09/01/19–08/30/23

Neurocognitive fMRI Mechanisms of CBT and lisdexamfetamine Outcomes.

Examining predictors, moderators, and mechanisms of therapeutic changes in obesity and binge eating.

Role: Principal Investigator (Marc Potenza co-mPI)

R01 DK114075                      Grilo (PI)    08/01/18–07/31/23

NIH/NIDDK

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

RCT testing acute efficacy of CBT and pharmacologic treatment, testing maintenance pharmacotherapy for responders, and testing alternative pharmacologic treatment for non-responders.

Role: Principal Investigator

R01 DK112771                      Grilo/McKee (PI)    09/25/17–08/31/22

NIH/NIDDK

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

RCT testing efficacy probing mechanisms using integrated lab stress/eating and natural “field” methods.

Role: Principal Investigator (Sherry McKee co-mPI)

2R01 DK49587-20                      Grilo (PI)    09/20/16–08/31/21

NIH/NIDDK

Behavioral and Pharmacologic Treatment of Binge Eating and Obesity.

RCT with SMART two-stage design for treatment responders and non-responders.

Role: Principal Investigator

R01 DK098492 Grilo (PI) 03/15/14–02/28/21 (NCE)  
Treatment of Loss of Control Eating Following Bariatric Surgery  
RCT testing different behavioral treatments to address loss of control eating following gastric bypass.  
Role: Principal Investigator

R01 DK117072 Juarascio (PI) & Grilo (Yale PI) 08/15/18–07/31/23  
Improving Weight Loss Outcomes for Binge-Eating Disorder (RCT testing ABBT and SBT).  
Role: Principal Investigator (Yale Site Subcontract)

2R01DK099039 Jastreboff/Sinha 07/16/2 –06/30/25  
GLP-1 Analogue Effects on Food Cues, Stress, Motivation for Highly Palatable Foods, and Weight  
Role: Co-Investigator

K23 MH120503 Romo-Nava (PI) 06/01/20–05/31/25  
The Role of the Circadian System in Binge-Eating Disorder  
Role: Co-Mentor

K23 DK115893 Lydecker (PI) 07/01/19–04/30.24  
Development and Initial Efficacy Testing of Cognitive-Behavioral Intervention to Treat Adolescent Binge Eating.  
Role: Mentor

K23 NR017209 Chao (PI) 04/01/18–03/31/21  
Neural Response to Food Stimuli: fMRI Changes following CBT for Binge-Eating Disorder  
Role: Co-Mentor

2T32DA019426-16 Tebes (PI) 07/01/20–06/30/25  
Research Training Program in Substance Abuse Prevention  
Role: Mentor

K12DA000167 Potenza (PI) 07/01/12–07/31/22  
Clinician Scientist Training in Substance Abuse Research  
Role: Faculty

**PAST Support (past 3 years)**

R01 DK099039 Sinha (PI) 07/15/13–06/30/19  
Food cues, stress, and motivation for highly palatable foods and weight gain.  
Role: Co-Investigator

R01 DK093924 Tek (PI) 03/01/13–02/28/19  
Naltrexone with SIMPLE weight loss treatment for antipsychotic-induced weight gain.  
Role: Co-Investigator

K23 DK092279 Barnes (PI) 09/20/11 –02/28/18  
Examining Innovative Treatments for and Constructs Related to Obesity in Primary Care  
Role: Mentor

T32DK097718 Grey (PI) 09/15/12–01/14/18  
Multidisciplinary Behavioral Research Training in T1D  
Role: Faculty

2K24 DK070052 Grilo (PI) 07/01/05–06/30/17  
Mid-Career Investigator Award in Eating and Weight Disorders (Competitive 5-year Renewal)  
Role: Principal Investigator