“Lose 2 Win” Contests: A Novel Method to Motivate Weight Loss Maintenance Among Overweight and Obese College Students

Presented by:
Janet Thomas, PhD

Dr. Thomas completed her Ph.D. training in clinical psychology, with an emphasis on behavioral medicine at Louisiana State University. She later completed internship training in health psychology at the University of California, San Diego and a post-doctoral research fellowship in tobacco research at the Mayo Clinic. Prior to joining the faculty of the University of Minnesota, she was an assistant professor of preventive medicine and public health at the University of Kansas Medical Center. Dr. Thomas’ research interests include, tobacco control among underserved populations. Primary focus includes smoking cessation, using supportive others to assist a smoker in smoking behavior change, survey development and implementing home smoking restrictions.

Works in Progress is a monthly seminar series devoted to discussing minority health and health disparities research topics. The purpose of these seminars is to give researchers a forum to freely discuss their research while still in the developing or formative phases in order to exchange ideas, obtain constructive feedback, and discuss issues that may be common to various projects (e.g., study design issues, recruitment strategies). The goal is to provide an opportunity for researchers with differing backgrounds and expertise but a shared passion for reducing health disparities to sit together and discuss their work.

Works in Progress is sponsored by the University of Minnesota Center for Health Equity (CHE). To present your research project or idea at a future seminar, please contact Amy Shanafelt at 612-626-6796 or park0607@umn.edu.

This seminar is supported in part by a grant from the National Institute on Minority Health and Health Disparities (1P60MD003422) to the University of Minnesota Center for Health Equity.