

PROMOTION RECOMMENDATION
The University of Michigan
College of Literature, Science, and the Arts

Ashley N. Gearhardt, associate professor of psychology, with tenure, College of Literature, Science, and the Arts, is recommended for promotion to professor of psychology, with tenure, College of Literature, Science, and the Arts.

Academic Degrees:

Ph.D.	2012	Yale University
M.Phil.	2010	Yale University
M.S.	2009	Yale University
B.A.	2003	University of Michigan

Professional Record:

2018- present	Associate Professor, Department of Psychology, University of Michigan
2012-2018	Assistant Professor, Department of Psychology, University of Michigan
2018- 2020	Member, Center for Human Growth and Development, University of Michigan
2016-present	Member, Michigan Metabolomics and Obesity Center, University of Michigan
2013- present	Member, BioSocial Methods Collaborative, Institute for Social Research, University of Michigan
2013-present	Member, Momentum Center, University of Michigan
2013- present	Affiliate Faculty—Substance Abuse Program, Department of Psychiatry, University of Michigan
2013-2014	Adjunct Faculty, Department of Psychology, Michigan State University

Summary of Evaluation:

Teaching: Professor Gearhardt is an exceptional teacher. She has amassed an outstanding teaching record in both large lectures and small seminars. In each of her classes, the ratings and comments were stellar. During the review period, she taught the large lecture course, Introduction to Psychopathology/Abnormal Psychology, twice. In Winter 2018, her ratings were 4.79 for course and 4.92 for instructor. In Winter 2022, she received 4.9 for how much the course advanced the student's understanding, 4.9 for clear explanation of material by the instructor, 5.0 for respectful treatment of students, and 5.0 for sensitivity to multicultural issues in the classroom. Professor Gearhardt also taught an advanced undergraduate seminar, Addictive Behaviors, in Fall 2019. As in her large lecture course, the ratings were exemplary. At the graduate level, she taught Adult Psychopathology-Lifespan II in Winter 2020 and Fall 2020, with similarly high ratings. Professor Gearhardt is also an exceptional mentor who has chaired thirteen undergraduate theses and co-chaired one other since 2018. She also mentors eight to ten undergraduates each semester. At the graduate level, she has worked with six Ph.D. students and two master's students since her last promotion.

Research: Professor Gearhardt's research program has three goals: (1) to determine whether addictive mechanisms contribute to negative health outcomes associated with excess consumption of highly processed foods; (2) to understand how problematic eating patterns emerge and develop across childhood and adolescence; and (3) to identify environmental contributors to overeating and excessive consumption of highly processed food. She has made fundamental contributions to the understanding of these issues by determining whether addictive processes contribute to problematic overconsumption. Professor Gearhardt has published 153 articles, including ninety since her tenure

review. Her Google Scholar H index is 46. Awards include the Henry Russel Award and the Rising Star Award from the Association for Psychological Science, and she was named a UM Public Engagement Fellow. Her research program is well funded with a new NIH R01 grant as the PI and grants where she is a co-I.

Recent and Significant Publications:

Gearhardt, A.N., & Schulte, E.M. (2021). Is food addictive? A review of the science. *Annual Review of Nutrition*, 41, 387-410.

Gearhardt, A.N. & Hebebrand, J. (2021). The concept of “food addiction” helps inform the understanding of overeating and obesity: YES. *American Journal of Clinical Nutrition*, 113(2), 263-267.

Gearhardt, A.N., Harris, J.L., Lumeng, J.C., Epstein, L.H., & Yokum, S. (2020). Neural response to fast food commercials in adolescents predicts intake. *American Journal of Clinical Nutrition*, 111(3), 493-502.

Schulte, E. M., Sonnevile, K. R., & Gearhardt, A.N. (2019). Subjective experiences of highly processed food consumption in individuals with food addiction. *Psychology of Addictive Behaviors*, 33(2), 144.

Service: Professor Gearhardt is a very good citizen. Within the clinical science program area, she chairs one search committee and was on another committee that resulted in two hires. She also both served on and chaired the admissions committee. Within the department, she has been a member of the AEC and was also on a Tenure and Promotion Committee. Professor Gearhardt extensively participates in our Diversity Recruitment Weekend and every year she organizes a special event for undergraduates who are interested in mental health professions. She served on the Center for Human Growth and Development EC, and she is a member of the Student Relations Advisory Committee. Nationally, she serves on editorial boards. She reviews for many journals, and served on the study section for two NIH panels and Yale. Internationally, she has reviewed grant proposals for the European Science Foundation, the Netherlands Organization for Health Research and Development, and the New Zealand Research Partnerships for Health Delivery program. Finally, Professor Gearhardt has conducted extensive public outreach.

External Reviewers:

Reviewer (A): “Dr. Gearhardt is the complete package. She is a collaborative, focused, hardworking scientist and thought leader who has been and will continue to be recognized for the quality and impact of her work. In my view, she clearly meets the criteria for promotion at my institution. Given her track record, I am confident that she has been and will continue to be a strong asset for your Department.”

Reviewer (B): “I would say with confidence that [Professor Gearhardt] is one of the most recognisable [sic] names in our field, and is certainly influential in the field in relation to the reach, diversity and impact of her work. Another observation is that [she] has taken the criticism of the concept of food addiction well and focussed [sic] on promoting the ideas underpinning the Yale Food Addiction Scale, in addition to meticulously challenging misconceptions and misunderstanding of the term. This is a service to the student and academic community, providing the opportunity for argument, debate, disagreement and resolution.”

Reviewer (C): “Overall, I consider Dr. Gearhardt a star in the field; her work is of the highest quality, she is generous with her time, and her profile will no doubt continue to rise in the coming years.”

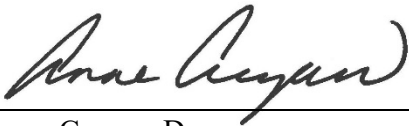
Reviewer (D): “She has maintained an impressive track record of productivity, including during the pandemic, without compromise of quality, which has been outstanding. Her professional niche reflects an excellent balance of focus versus breadth, enhancing impact within and outside psychology. As further illustrated below, Dr. Gearhardt would be widely considered to be among the most influential academics worldwide in the field of obesity psychology, with major impact not only on academic thinking but also public health.”

Reviewer (E): “I believe Dr. Gearhardt has produced innovative and trenchant insights into the impacts of ultra-processed foods on eating behavior and the construct of food addiction. Her work has substantially elevated these ideas in the field and in the public discourse, and if I were to identify the most influential scholars in this area, she would be among the top few in the world.”

Reviewer (F): “What is beyond doubt is that the impact of Dr Gearhardt’s work in relation to combating the ever-rising tide of obesity is far reaching, extending from influencing basic research to implications for individual level therapy, and local, national and international food regulatory policies. In sum, my view is that there is ample evidence that Dr Gearhardt’s research outstanding, in relation to both scientific quality and reach.”

Summary of Recommendation:

Professor Gerhardt has made many important contributions in research, teaching, and service. The Executive Committee of the College of Literature, Science, and the Arts and I recommend that Associate Professor Ashley N. Gearhardt be promoted to the rank of professor of psychology, with tenure, College of Literature, Science, and the Arts.



Anne Curzan, Dean

Geneva Smitherman Collegiate Professor of
English Language and Literature, Linguistics,
and Education

Arthur F. Thurnau Professor
College of Literature, Science, and the Arts

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