

**ANGELA MEADOWS**

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**EDUCATION**

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| 2018 | PhD Psychology, University of Birmingham, UK   |
| 2012 | MSc Weight Management, University of Chester, UK   |
| 2006 | Postgraduate Diploma in Science Communication, Birkbeck College, University of London, UK              |
| 2002 | BSc (Adv) Biological Sciences, University of Wollongong, NSW, Australia; 1 <sup>st</sup> Class Honours |

**POST-DOCTORAL FELLOWSHIP**

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| 2018/2019 | ESRC Postdoctoral Fellow, Department of Psychology, University of Exeter, UK.<br>Mentor: Prof Manuela Barreto |
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**SCHOLARSHIPS AND GRANTS**

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| 2018 | Assessing the validity of measures related to fat stigma: A feasibility study. Health Research Council of New Zealand. Role: Co-investigator. Award value: NZ\$250,000. <i>Under review.</i>  |
| 2018 | Economic and Social Research Council Postdoctoral Career Development Fellowship. "Responding to weight stigma: Helpful and unhelpful coping strategies." Award value: £105,434  |
| 2018 | Developing an experimental protocol for assessing psychological and physiological responses to weight stigma. Abu Dhabi University Faculty Research Incentive Grant. Role: Co-investigator and study design. Award value: AED 20,000. Forfeited on PI relocation. |
| 2015 | Universitas 21 Fellowship. Enables doctoral researchers to visit a U21 partner institution to further their research. Visited University of Connecticut, March/April 2016. Host: Prof Colin Leach. Award value: £1,500.   |
| 2014 | University of Birmingham Richard Fenwick Scholarship. Award covers fees and maintenance stipend. Short-listed.  |
| 2013 | Doctoral Researcher Development Grant, University of Birmingham. Funding to hold a DR-led conference. Award value: £1,500.  |

**AWARDS AND PRIZES**

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| 2014 | University of Birmingham College of Life & Environmental Sciences, Graduate Poster Conference, 2 <sup>nd</sup> place   |
| 2013 | University of Birmingham, Birmingham Brief Competition winner. The Birmingham Brief is a weekly expert commentary piece aimed primarily at policy makers and the media, and is intended to demonstrate the breadth and quality of research at the University of Birmingham. An annual competition allows one doctoral student from the university to contribute a piece. |

2002	University Medal, University of Wollongong, NSW, Australia. In recognition of outstanding academic performance.
2001	Biology Prize, University of Wollongong, NSW, Australia. Best overall performance in a major study in biological sciences.
2001	Alumni Campus Chapter Honours Award (Biology)
1999–2001	Dean's Merit List, University of Wollongong, NSW, Australia

## PUBLICATIONS

### Peer reviewed journal articles

**Meadows A.** Weight stigma and physical health: An unconsidered 'obesity' cost. *Under review.*

**Meadows A, Higgs S.** The multifaceted nature of weight-related self-stigma: Revisiting the 19-item Weight Bias Internalization Scale. *Under review.*

**Meadows A, Higgs S.** Internalised weight stigma moderates the impact of a stigmatising prime on eating in the absence of hunger in higher- but not lower-weight individuals. *Under review.*

Bombak AE, **Meadows A**, Billette J. Fat acceptance 101: Midwestern American women's perspective on cultural body acceptance. *Under review.*

**Meadows A, Bombak AE.** Yes, we can (No, you can't): Weight stigma, self-efficacy, and the development of active-fat identity. *Fat Studies. In press.*

Calogero RM, Tylka TL, Mensinger JL, **Meadows A**, Daniélsdóttir S. Recognizing fat as a fundamental right: A weight-inclusive approach to size acceptance and healing from sizeism. *Women & Therapy. In press.*

**Meadows A, Higgs S, Burke SE, Dovidio JF, van Ryn M, Phelan SM (2017).** Social dominance orientation, dispositional empathy, and need for cognitive closure moderate the impact of empathy-skills training, but not patient contact, on medical students' negative attitudes toward higher-weight patients. *Frontiers in Psychology, 8*, 504.  
DOI: 10.3389/fpsyg.2017.00504

**Meadows A, Nolan LJ, Higgs S (2017).** Self-perceived food addiction: prevalence, predictors, and prognosis. *Appetite, 114*, 282–298. DOI: 10.1016/j.appet.2017.03.051

**Meadows A, Daniélsdóttir S, Calogero R, O'Reilly C (2017).** Why fat suits do not advance the scientific study of weight stigma. *Obesity, 25*, 275. DOI: 10.1002/oby.21742

Mensinger J, **Meadows A (2017).** Internalized weight stigma mediates and moderates physical activity outcomes during a healthy living program for women with high body mass index. *Psychology of Sport & Exercise, 30*, 64–72. DOI: 10.1016/j.psychsport.2017.01.010

**Meadows A, Daniélsdóttir S (2016).** What's in a word: On weight stigma and terminology. *Frontiers in Psychology, 7*, 1527. DOI:10.3389/fpsyg.2016.01527

**Meadows A, Higgs S (2014).** Impact of experienced and internalised weight stigma on eating behaviour and psychological outcomes. *Appetite, 83*, 1 Dec, 345

**Meadows A, Higgs S (2013).** "I'm addicted to food": characteristics and predictors of self-perceived food addiction. *Appetite, 71*, 1 Dec, 482

**Meadows A, Kaambwa B, Novielli N, Huissoon A, Fry-Smith A, Meads C, Barton P, Dretzke J (2013).** A systematic review and economic evaluation of subcutaneous and sublingual allergen immunotherapy in adults and children with seasonal allergic rhinitis. *Health Technology Assessment, 17(27)*, 1–322

Dretzke J, **Meadows A**, Novielli N, Huissoon A, Fry-Smith A, Meads C (2013). Subcutaneous and sublingual immunotherapy for seasonal allergic rhinitis: a systematic review and indirect comparison. *Journal of Allergy and Clinical Immunology*, 131(5), 1361–1366

**Cohen A**, Pierce KD, Morris R, Schofield PR (2003). Differential glycine receptor gene expression during postnatal development in normal and mutant mice. *Proceedings of the Australian Neuroscience Society*, 14: 394

#### **Manuscripts in preparation**

**Meadows A**, Hlavka R, Carels R. Recall bias limits reliability and validity of a brief measure of experienced weight stigma

**Meadows A**, Higgs S. Is resistance futile? A social identity model of weight stigma resistance

**Meadows A**, Higgs S. A bifactor analysis of the Weight Bias Internalization Scale: What are we really measuring?

#### **Book chapters**

**Meadows A**, Calogero RM (2018). Studies on weight stigma and body image in higher-weight individuals. In *Body Image, Eating, and Weight*, M Cuzzolaro, S Fassino (eds). Cham: Springer. DOI: 10.1007/978-3-319-90817-5\_28

**Meadows A** (2014) Fat and fit: Possible, probable, protective? In R Chastain (ed) *The politics of size: Perspectives from the Fat-Acceptance Movement*. Santa Barbara, CA: Praeger/ABC-Clio.

#### **Writing for the public**

**Meadows A** (2018, May 9). Discrimination against fat people is so endemic, most of us don't even realise it's happening. The Conversation [Internet]. Available at: <https://theconversation.com/discrimination-against-fat-people-is-so-endemic-most-of-us-dont-even-realise-its-happening-94862>

**Meadows A** (2016, March 22). Separate PE classes for fat kids is not the answer. Huffington Post UK [Internet]. Available at: [https://www.huffingtonpost.co.uk/angela-meadows/separate-pe-classes-for-fat-kids\\_b\\_9506028.html](https://www.huffingtonpost.co.uk/angela-meadows/separate-pe-classes-for-fat-kids_b_9506028.html)

**Meadows A** (2015, Oct 7). Let them eat cake. Huffington Post UK [Internet]. Available at: [https://www.huffingtonpost.co.uk/angela-meadows/mary-berry-cake\\_b\\_8252770.html](https://www.huffingtonpost.co.uk/angela-meadows/mary-berry-cake_b_8252770.html)

**Meadows A** (2015, Jun 1). Why do heavier children do worse at school? It's not their fault. The Conversation [Internet]. Available at: <https://theconversation.com/why-do-heavier-children-do-worse-at-school-its-not-their-fault-42458>.

**Meadows A** (2014, Mar 19). Promoting prejudice: Ableism, weight stigma and just really bad science. Huffington Post UK [Internet]. Available at: [https://www.huffingtonpost.co.uk/angela-meadows/promoting-prejudice-ableism-weight-stigma-and-just-really-bad-science\\_b\\_4983972.html](https://www.huffingtonpost.co.uk/angela-meadows/promoting-prejudice-ableism-weight-stigma-and-just-really-bad-science_b_4983972.html)

**Meadows A** (2013, Oct 21). Being nice to fat people? It matters. Huffington Post UK [Internet]. Available at: [https://www.huffingtonpost.co.uk/angela-meadows/being-nice-to-fat-people-it-matters\\_b\\_4131826.html](https://www.huffingtonpost.co.uk/angela-meadows/being-nice-to-fat-people-it-matters_b_4131826.html)

**Meadows A** (2013, Jul 29). Health fat chef "too unhealthy" to live in New Zealand. Huffington Post UK [Internet]. Available at: [https://www.huffingtonpost.co.uk/angela-meadows/healthy-fat-chef-too-unhealthy-to-live-in-new-zealand\\_b\\_3663813.html](https://www.huffingtonpost.co.uk/angela-meadows/healthy-fat-chef-too-unhealthy-to-live-in-new-zealand_b_3663813.html)

**Meadows** (2013, Jan 2). New Year – Same old nonsense about obesity. Huffington Post UK [Internet]. Available at: [https://www.huffingtonpost.co.uk/angela-meadows/obesity-weightloss-new-year-same-old-nonsense\\_b\\_2395273.html](https://www.huffingtonpost.co.uk/angela-meadows/obesity-weightloss-new-year-same-old-nonsense_b_2395273.html)

#### Other

**Meadows A.** Contributor: *Exercise and Physical Fitness: Understanding Science and Society*. Santa Barbara, CA: Greenwood Publications Group (in production)

**Meadows A,** Orlando R, Fry-Smith A, Hassan A, Barton P, Moore D (2011). Advanced dressing systems for patients with partial-thickness burns: a scoping report. Commissioned by *NIHR HTA Programme*

Dretzke J, **Meadows A,** Fry-Smith A, Moore D (2011). Neurostimulators for chronic neuropathic pain. Commissioned report for West Midlands Specialised Commissioning Team

#### PRESENTATIONS

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##### Peer reviewed conference presentations

- 2018 **Meadows A,** Higgs S. A social identity model of weight stigma resistance and psychological wellbeing in higher-weight individuals, *32<sup>nd</sup> Annual Conference of the European Health Psychology Society, Galway, Ireland*
- 2018 **Meadows A,** Higgs S. Is there a better way to measure internalised weight stigma: Confirmatory factor analysis of the 19-item Weight Bias Internalization Scale, *6<sup>th</sup> Annual International Weight Stigma Conference, Leeds, UK*
- 2018 O'Reilly C, **Meadows A.** Addressing weight bias among eating disorder professionals through an online, multi-component intervention. *International Conference on Eating Disorders, Chicago, IL*
- 2017 Mensinger J, **Meadows A.** Internalised weight stigma diminishes improvements in physical activity outcomes following a healthy living intervention in women with high BMI, *5<sup>th</sup> Annual International Weight Stigma Conference, Prague, Czech Republic*
- 2016 **Meadows A,** Higgs S, Burke S, Dovidio J, van Ryn M, Phelan S. Preaching to the converted: Can we really teach empathy? *4<sup>th</sup> Annual International Weight Stigma Conference, Vancouver, Canada*
- 2015 **Meadows A,** Higgs S. Anti-fat attitudes: when do we internalise them and when do we fight back? A model of individual response to societal weight stigma among fat individuals, *3<sup>rd</sup> Annual International Weight Stigma Conference, Reykjavik, Iceland*
- 2014 **Meadows A,** Higgs S. Sticks and stones: The association between weight discrimination and physical and mental wellbeing, *American Public Health Association Annual Meeting, New Orleans, USA*
- 2013 **Meadows A,** Higgs S. I think therefore I am? Characteristics of a non-clinical population of self-perceived food addicts, *4<sup>th</sup> Conference of the Association for Size Diversity and Health, Chicago, USA*

##### Invited talks

- 2018 Weight stigma: Is the War on Obesity making us sick? *Seminar at Wellcome Centre for Cultures and Environments of Health, Exeter, UK.* Convenor and co-presenter.

- 2015 Of course weight stigma is bad. But, Obesity! Critical weight science for health care professionals and policy advisors, *3<sup>rd</sup> Annual International Weight Stigma Conference, Reykjavik, Iceland*
- 2013 Health At Every Size: why and why not, *EU-funded HAES workshop, Berlin, Germany*
- 2012 Why your back fat and bingo wings aren't going to kill you anytime soon – debunking the obesity science dogma, *HAES UK Conference, SOAS, London, UK*
- 2012 OMGDeathFat!!! Or not. Debunking obesity 'science' and what everyone knows about weight and health, *HAES Master Class, Web conference*
- 2012 Dieting doesn't work, now what? Ethics in the new public health, *Institute of Health and Community, University of Plymouth, UK*

#### Posters

- 2018 **Meadows A**, Bombak AE. Weight stigma, exercise self-efficacy, and active identity development in higher-weight individuals: A conceptual model, *32<sup>nd</sup> Annual Conference of the European Health Psychology Society, Galway, Ireland*
- 2018 **Meadows A**, Bombak AE. Yes, we can (No, you can't): Weight stigma, exercise self-efficacy, and active identity development in higher-weight individuals, *7<sup>th</sup> International Society for Physical Activity and Health Congress, London, UK*
- 2016 **Meadows A**, Higgs S. Decrements in psychological wellbeing in response to societal weight stigma are offset by group identification and stigma resistance, but only when group permeability beliefs are low, *Society for Personality and Social Psychology Annual Convention, San Diego, USA*
- 2014 **Meadows A**, Higgs S. Sticks and stones: The association between weight discrimination and mental and physical wellbeing, *2<sup>nd</sup> Annual International Weight Stigma Conference, Canterbury, UK*
- 2013 **Meadows A**, Higgs S. I think therefore I am? Characteristics of a non-clinical population of self-perceived food addicts, *British Feeding and Drinking Group Conference, Loughborough, UK*

#### SERVICE

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##### Founder of the International Weight Stigma Conference

In February 2013, I received a doctoral development grant of £1500 to host a conference on Weight Stigma and Health. I raised nearly £4000 in additional funds and was responsible for all aspects of conference planning, including programme development, advertising and promotion, and all organisational duties. The event was held in May 2013 at the University of Birmingham, UK, and was attended by over 100 British and international delegates and speakers. The conference is now an annual two-day event, and has been held in the UK, Iceland, Canada, and the Czech Republic, attracting speakers and delegates from all over the world. Keynotes to date have included Chris Crandall, Deborah Lupton, Jolanda Jetten, and Robert Carels.

##### Editorial Board Membership

Fat Studies: An Interdisciplinary Journal of Body Weight and Society (2018–Present)  
Health Psychology Research (2015–Present)

##### Guest Editor, Special Issues

Journal of Applied Social Psychology (2018–Present) *Current advances in the study of weight stigma: Applied and intersectional lenses*

Body Image (2018–Present) *Advances and setbacks in weight stigma research (working title)*

**Ad hoc reviewer**

Frontiers in Psychology; Health Psychology; Social Cognition; Journal of Behavioral Medicine; International Journal of Behavioral Medicine; American Journal of Preventive Medicine; Body Image; Fat Studies; Journal of Law, Medicine and Ethics; Eating and Weight Disorders; Obesity; Peer J; Health Psychology Research; BioMed Research International

**University service**

2016-2017 School of Psychology, Equality and Diversity Committee, University of Birmingham, UK

2015 Writing mentorship programme, Academic Skills Centre, University of Birmingham, UK

**Other service**

2017 SPSP 2018 Annual Conference, Student Poster Awards, reviewer

**Public engagement**

I write on 'obesity science' and weight stigma issues for a general audience, in both print formats and on social media, including for Huffington Post UK and The Conversation. I have nearly 2000 followers on Facebook and over 1000 on Twitter. I write a regular newsletter, with over 500 subscribers, in which I provide information and explanation of the most recent scientific literature pertaining to weight and health. I have been interviewed on the subject of weight stigma by several newspapers, including the Guardian and the Evening Standard, and appeared in the BBC2 documentary 'The Men Who Made Us Thin'. I have acted as a research consultant on issues of weight stigma, and weight and health for a number of authors and TV production companies to ensure accurate and non-stigmatising representation of these issues in content aimed at the general public. In 2014, I competed in the Fame Lab competition for presenting science to the general public.

**Membership in professional organisations**

Society for Personality & Social Psychology  
Society for the Psychological Study of Social Issues  
Social Personality & Health Network  
European Health Psychology Society  
International Society for Physical Activity and Health  
Association for Size Diversity and Health

**TEACHING EXPERIENCE**

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2018–2019 Supervision: Psychology undergraduate research project (PSY3401), 2 students. MSc Social and Organisational Psychology, 1 student. University of Exeter, UK.

2017 Workshop: "Not too long, not too short, but just write: Structure, style, and persuasion – a writing master class for students" 5<sup>th</sup> Annual International Weight Stigma Conference, Prague, Czech Republic, 6–7 June.

2015 "Weight Science 101" 5<sup>th</sup> International Critical Dietetics Conference preconference, Manchester, UK, 14 August. This was a half-day workshop that provide an overview of the science, but also hands-on training in how to locate, read, and critique scientific papers.

- 2015 Writing mentorship programme, Academic Skills Centre, University of Birmingham, UK
- 2015 Graduate teaching assistant, Social Psychology, University of Birmingham, UK
- 2014 Visiting lecturer: "Weight stigma among health care professionals" University of Chester, UK
- 2014 Visiting lecturer, Therapeutic Approaches to Nutrition module: "The role of the professional relationship" Edge Hill University, UK
- 2013-2014 Graduate teaching assistant on undergraduate psychology Research Methods, University of Birmingham
- 2010-2012 Designed and taught a course on writing skills for masters' students. Additional teaching on postgraduate courses for Department of Public Health, Epidemiology and Biostatistics, University of Birmingham [MPH, MPH (HTA), MSc Health Economics] and undergraduate course [MBChB] for College of Medical and Dental Sciences, University of Birmingham.

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## PREVIOUS WORK EXPERIENCE

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### Research

- 2010-2012 Systematic Reviewer, Public Health, Epidemiology and Biostatistics, University of Birmingham, UK  
Main duties included undertaking systematic reviews, health technology assessments and the critical appraisal and synthesis of research evidence to inform healthcare and health-related decision making.
- 2002 Honours student, Neurobiology programme, Garvan Institute of Medical Research, Sydney, Australia

### Writing/Editorial

- 2007-2008 Medical writer, Prime Medica, Knutsford  
Main duties included researching and writing a range of scientific communication materials, including primary and review articles for peer-reviewed journals, abstracts, posters, newsletters, internet content, slide presentations, and continuing medical education material across a variety of therapeutic areas.
- 2005 Editor, Remedica Publishing, London  
Titles: *Depression: Mind & Body*, *Acute Coronary Syndromes*  
Duties included commissioning review articles, conference reports, and summaries of new research, liaising with authors and ensuring content was produced to strict deadlines, copy-editing, overseeing production of artwork and graphics, obtaining permissions, checking and marking up printers' proofs, and final approval of proofs.

### Healthcare

- 2009-2010 Weight Management Advisor, NHS Salford  
Duties include delivery of courses in nutrition, exercise and behaviour change to obese patients; course design and production of patient-education materials; outcome analysis and production of summary materials (posters, reports, slides); service improvement in line with emerging guidelines; liaison with other agencies and providers.
- 2006 Certified Personal Trainer