

Name: Lilac Lev-Ari

Date: September, 2026

CURRICULUM VITAE

1. Personal Details

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2. Higher Education

A. Undergraduate and Graduate Studies

Period of Study	Name of Institution and Department	Degree	Year of Approval of Degree
2007-2012	Bar-Ilan University, Ramat-Gan, Psychology	Ph.D.	2012
1997-1999	Hebrew University of Jerusalem, Psychology (Cum Laude)	M.A	1999
1994-1997	Hebrew University of Jerusalem, Psychology and Statistics	B.A.	1997

B. Post-Doctoral Studies

N/A

3. Academic Ranks and Tenure in Institutes of Higher Education

Dates	Name of Institution and Department	Rank/Position
2026-	Ruppin Academic Center, Clinical Psychology Department and Behavior Sciences Department	Associate Professor
2015-2026	Ruppin Academic Center, Clinical Psychology Department and Behavior Sciences Department	Senior Lecturer
2012 – 2015	Ruppin Academic Center, Clinical Psychology Department and Behavior Sciences Department	Lecturer
2011-2012	Hillel Yaffe School of Nursing	Lecturer
2010-2012	Ruppin Academic Center, Clinical Psychology Department	Junior Faculty
2008-2012	Ruppin Academic Center, Behavioral Sciences Department	Junior Faculty
2000-2008	Ruppin Academic Center, Behavioral Sciences Department	Part Time Teacher

4. **Offices in Academic Administration**

Dates	Unit/Committee	Role/Position
2026-	Chair of the institutional teaching committee, Ruppin Academic Center	
2022- 2025	Chair of Clinical Psychology Graduate Program Ruppin Academic Center.	
2019-2021	Head of Psychology Track, Behavioral Sciences, Ruppin Academic Center.	
2017-present	Head of guest relations with high school students - organization of guest lectures and outreach programs, Ruppin Academic Center	Coordinator
2014 - 2019	Coordinator of the Clinical Psychology practicum at Ruppin Academic Center.	Coordinator
2013 – 2019	Member of the academic committee (Va'ad), Ruppin Academic Center	Committee member
2011 – present	Statistical advisor at Ruppin Academic Center: Clinical Psychology thesis studies.	Advisor
2010 – present	Admissions interviewer for undergraduate students in Behavioral Sciences, Ruppin Academic Center	Interviewer
2010 – present	Admissions interviewer for graduate students in Clinical Psychology, Ruppin Academic Center	Interviewer
2010 – present	Clinical Psychology MA program admission committee, Ruppin Academic Center	Committee member
2010-2012	Statistics consultant to the unit for Academic Faculty Quality and Development, Ruppin Academic Center	Consultant
2008 – present	the Behavioral Sciences Department teaching committee, Ruppin Academic Center	Committee member
2001-2017; 2020-2022	Responsible for Introduction to Psychology student's participation in research hours, Ruppin Academic Center	

5. **Scholarly Positions and Activities outside the Institution**

(a) **Roles in International Associations**

2012 – 2016 – Member of the of the Global Clinical Practice Network (GCPN) of **The World Health Organization**.

(b) Membership in professional/scientific societies

2025-present: American Psychological Association (APA)
 2019-present; Israeli Society for Sexual Trauma Treatment and Prevention (ISTT)
 2017-2020; Member of Board of Directors, Israel Association for Eating Disorders
 2016-present; The Obesity Society (TOS).
 2015-present; Israeli Association of Eating Disorders (IAED).
 2015-present; Academy for Eating Disorders (AED).
 2015-present; Israeli Association for the Study of Obesity (IASO) as part of the
 European Association for the Study of Obesity (EASO).

(c) Ad-Hoc reviewer in journals including

Year	Name of Journal
2026	Journal of Child & Adolescent Trauma
	Psychological Trauma: Theory, Research, Practice, and Policy
	Social Security (Hebrew)
	Trauma, Violence, & Abuse
2025	Appetite
	Eating Disorders: The Journal of Treatment & Prevention
	Journal of Eating Disorders
	Psychological Trauma: Theory, Research, Practice, and Policy
	Trauma, Violence, & Abuse
2024	Appetite
	BMC Psychiatry
	Death Studies
	Environment and Social Psychology
	Frontiers in Psychology
	Nutrients
	Obesity Reviews
	Psychology International
	Psychological Trauma: Theory, Research, Practice, and Policy
	Women's Studies International Forum
2023	Current Psychology
	Death Studies
	Environment and Social Psychology
	Harefua (Medicine)
	Frontiers in Psychology
	Peer J
	Psychological Trauma: Theory, Research, Practice, and Policy
	Women's Studies International Forum
2022	Current Psychology
	Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity
	European Psychiatry
	Family Relations
	Hevra Ve Revacha (Society and Welfare)
	International Journal of Environmental Research and Public Health

	Nutrients
	Peer J
	Psychological Trauma: Theory, Research, Practice, and Policy
2021	Appetite
	Frontiers in Psychiatry
	Journal of Clinical Medicine
	Psychological Trauma: Theory, Research, Practice, and Policy *2
	Women and Health
2020	Current Psychology *2
	Death studies
	Psychological Trauma: Theory, Research, Practice, and Policy
	Society and Welfare (Hebrew)
	Violence against women
2019	Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity (EAWD) *2
2018	Journal of Applied Psychology
	Peer J
2017	Clinical Psychology & Psychotherapy
	Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity (EAWD)
	Frontiers in Psychiatry
	International Journal of Psychology
2016	Annals of psychiatry and mental health
	Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity (EAWD) *2
	Journal of Youth Studies
2015	Behavioral Medicine
	Cognitive Processing
	Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity (EAWD)
	Eating Behaviors * 2
	European Eating Disorders Review * 2
	European Journal of Social Psychology (EJSP)

(d) **Head of promotion committee**

2024 Chair of External Promotion Committee for promotion of Dr Michal Morag from Lecturer to Senior Lecturer at Ruppin Academic Center.

2021 Chair of External Promotion Committee for promotion of Dr Zohar Spivak from Lecturer to Senior Lecturer at the University of Haifa.

6. Participation in Scholarly Conferences

a. Active Participation, International Conferences

Date	Name of Conference	Place of Conference	Subject of Lecture/Discussion	Role
2026	The 8th International MBT Conference	Paris, France	Mindful minds in sync: Parental mentalization, dyadic we-mode, and children's active coping	Presenter
2026	The 8th International MBT Conference	Paris, France	The role of personality characteristics as mediators of	Presenter

			the relationship between traumatic childhood experiences, Complex PTSD and post-traumatic growth	
2025	The Obesity Society Annual Meeting (Obesity Week 2025)	Georgia, USA	The antecedents of adult picky eating	Presenter
2025	The Obesity Society Annual Meeting (Obesity Week 2025)	Georgia, USA	Adult picky eating associates with childhood picky eating, feeding, and sensory responsiveness	Presenter
2024	7 th International Conference on Borderline Personality Disorder and Allied Disorders 2024	Antwerp, Belgium	Combined eating disorders and trauma-focused day-care program for adult Israeli women: Accumulated clinical experience and preliminary empirical data	Presenter
2024	International Conference on Eating Disorders: Broadening our impact (ICED)	New York City, USA	Eating disorder symptoms and self-objectification in homosexual and heterosexual men	Co-presenter
			Too healthy for their own good: The associations between Orthorexia Nervosa, disordered eating, emotions, and behaviors	Presenter
			I will not be my mother: Intergenerational transmission of child feeding practices and disordered eating	Presenter
			Relationship indicators between grown-up children and mothers with eating disorders	Presenter
2023	International Conference on Eating Disorders: Broadening our impact (ICED)	Washington DC, USA	Eating disorder symptoms and body image in Arab and Jewish women in Israel	Co-presenter
2022	Obesity Week 2022	San Diego, USA	“Genetic or Not Genetic? That is the question. Obesity stigmatization in homo and heterosexual men”	Presenter
			Self-Compassion moderates the relationship between disordered eating, obesity stigma, and body image	Presenter
			Addiction or compulsion in overeating: The association	Presenter

			between qEEG and food visual stimuli	
2022	XXVIIIth Annual Meeting of the Eating Disorders Research Society (EDRS)	Philadelphia, USA	Orthorexia and compulsive exercise in Israeli adults: The role of parental feeding. Attachment style and emotion dysregulation	Co-presenter
			Is disordered eating linked to relational attitudes and satisfaction in romantic relationships?	Co-presenter
2022	30 th Congress of Psychiatry	Virtual conference (Originally in Hungary)	Food Attentional Bias and Eating Disordered symptomology: The moderating role of cognitive reappraisal	Presenter
			Mentalization deficits and entrapment moderate the association between complicated grief and suicide ideation among suicide-loss	Presenter
			Emotion dysregulation, dissociation, and body dissatisfaction mediate the relationship between trauma exposure and ED symptoms	Presenter
2022	International Conference on Eating Disorders: A Virtual Experience (ICED)	Virtual conference (Originally in New York, USA)	Associations of self-repression with disordered eating and symptoms of other psychopathologies for men and women	Co-presenter
2022	6th World Congress of the World Association of Cultural Psychiatry (WACP)	Rotterdam, The Netherlands	Trauma, Post Traumatic Stress Disorder, and mental health care of asylum seekers	Co-presenter
2022	WPA 2022 Thematic Congress on Early Intervention in Psychiatry across the Life Span	Athens, Greece	Intergenerational transmission of child feeding practices	Presenter
			EDE-Q-13: A proposed screening tool for disordered eating and eating disorders	Co-presenter
			Early intervention for children's picky eating and overeating	Co-presenter
2022	2nd International Conference on Trauma and Mental Health (TMH 2022)	Jerusalem, Israel	Treatment of adult Israeli childhood sexual abuse female survivors: Effectiveness of treatment on Post-Traumatic	Co-presenter

			Stress Disorder, dissociation, and mental health in relation to level of religiosity Combined eating disorders and trauma-focused day-care program for adult Israeli women: Accumulated clinical experience and preliminary empirical data	Co-presenter
2021	The 32 nd International Congress of Psychology	Virtual conference (Originally in Czech Republic)	Are family meals a recipe for healthy eating? Overeating: Addiction or compulsion? The relationships between electrical activity in the brain and food visual stimuli	Presenter Presenter
2020	23 Conference of the American Association of Social and Behavioral Sciences	Las Vegas, USA	A longitudinal study of children's picky eating	Co-presenter
2020	Eating Disorders Research Society	Virtual conference (Originally in Philadelphia)	Two to tango ?A Longitudinal study of maternal feeding and child's picky eating	Co-presenter
2020	2020 International Conference on Eating Disorders	Virtual conference (Originally in Mexico)	Validation of a questionnaire to assess recovery from an eating disorder Disordered eating and body image in Arab Muslim and Jewish women in Israel	Co-presenter Co-presenter
2020	Obesity Week 2020	Virtual conference (Originally in Washington D.C)	Body enjoyment, eating disorder symptoms, and psychological well-being, among bariatric patients	Presenter
2019	The 3rd Biennial International Convention of Psychological Science	Paris, France	A longitudinal study of child's and mother's contributions to picky eating	Co-presenter
2019	The International Conference on Eating Disorders (ICED)	New York, USA	Components of recovery from an eating disorder ranked by patients, carers and therapists: Towards a questionnaire Family meals, a recipe for healthy eating? How big is it really? Body image, disordered eating, and size perception	Co-presenter Co-presenter Co-presenter

2019	The 3rd Biennial International Convention of Psychological Science	Paris, France	A longitudinal study of child's and mother's contributions to picky eating	Co-presenter
2019	6 th Conference of the European Transcultural Nursing Association	České Budějovice, Czech Republic	Understanding the role of emotions like threat and challenge in explaining nurses' educators' actual use of information technology	Co-presenter
2019	The 25th Annual EDRS Meeting	Chicago, USA	Measuring remission and recovery from DSM-5 eating disorders: The Eating Disorders Recovery Questionnaire.	Co-presenter
2018	International Conference on Eating Disorders: Innovation Expanding Our Community & Perspectives (ICED)	Chicago, USA	Cognitive Reappraisal as a moderator of Food Attentional Bias	Presenter
			Feeling good about your body: Body fulfillment, body dissatisfaction, and well-being	Presenter
			What goes down must come up? Health-related strategies, personality traits, and successful weight loss maintenance	Presenter
2018	Obesity Week 2018	Tennessee, USA	Fat and dissatisfied? Feeling good towards your body mediates the relationship between BMI and disordered eating	Presenter
			Look at me: Cognitive Reappraisal as a moderator of food attentional bias	Presenter
			The seesaw effect: Health-related strategies, personality and successful weight loss maintenance	Presenter
2017	The ECO2017 - the 24th European Congress on Obesity	Porto, Portugal	Disordered eating, weight and shape concerns among bariatric patients and controls	Presenter
			Weight gain, feeding, and eating in the first year of life of babies of smoking and non-smoking mothers	Presenter
2017	The 20 th International World Nursing Education Conference	Osaka, Japan	The relationship between work climate and nurse educators' use of Information Technology	Co-presenter

2017	International Attachment Conference (IAC)	London, England	The relationship between mentalization, attachment, and personality disorders.	Presenter
2017	International Attachment Conference (IAC)	London, England	Unsatisfied with your romantic life? Blame the other guy Attachment styles and post-traumatic growth among suicide loss survivors: The mediating role of interpersonal characteristics	Presenter Presenter
2017	Eating Disorders Research Society Annual Scientific Meeting (EDRS)	Leipzig, Germany	The well-rounded body image: A path to wellbeing	Co-presenter
2016	International Conference on Eating Disorders: Coming of Age as a Global Field (ICED)	San Francisco, USA	The first year of life: Mother's postpartum change in attachment, their body image, and baby's weight	Presenter
2016	2nd International Conference on Mental Health and Human Resilience	Cologne, Germany	Can babies improve their mothers' attachment and eating attitudes?	Co-presenter
2015	The 2015 Obesity Summit	London, England	How do the underweight children of mothers who smoke end up overweight? Eat my child, eat! Mother's postpartum change in attachment and body image	Presenter
2015	45th Annual EABCT Congress CBT: A Road to Hope and Compassion for People in Conflict	Jerusalem, Israel	Susceptibility to social messages as mediator between sexual orientation and disordered eating: Implications for the treatment of homosexual and bisexual men	Co-presenter
2015	21st Annual EDRS Meeting	Taormina, Sicily	My sister myself: A controlled study of the relationship between women with a lifetime diagnosis of anorexia nervosa and their sisters Think yourself thin: Concern for Appropriateness mediates the	Co-presenter Co-presenter

			link between hypnotizability and disordered eating	
2014	International Conference on Eating Disorders: Coming of Age as a Global Field (ICED)	New York, USA	Tell me who your friends are, and I shall tell you who you are: Attachment, social comparisons, and body dissatisfaction	Presenter
2014	12th International Congress on Nursing Informatics (NI2014)	Taipei, Taiwan	Nursing informatics for nursing students in Israel: The process of curriculum enhancement	Co-presenter
2013	43rd Annual Congress European Association for Behavioral and Cognitive Therapies	Marrakech, Morocco	Culture aspects in social anxiety disorder among Ethiopian and former USSR immigrants to Israel	Co-presenter
2013	7th World Congress of Behavioral and Cognitive Therapies (WCBCT)	Lima, Peru	A long-term follow-up of completers of CBGT for Social Phobia: A naturalistic study	Co-presenter
2009	2nd International Conference on Eating Disorders and Obesity	Jerusalem, Israel	Nothing gained: Retrospective feeding practices and current BMI	Presenter
1998	6th World Congress on Psychiatric Genetics	Cologne, Germany	TPQ profiles of OCD families, GTS families, and normal controls	Presenter

b. Organization of Conferences or Sessions

Date	Name of Conference	Place of Conference	Subject of conference/role at conference/comments	Role
2019	Eating Disorders - Everything stays in the family	Tel-Hashomer Hospital	Eating disorders	Organizer
2018	Eating Disorders - Issues in Prevention and Treatment	Ruppin Academic Center	Eating disorders	Organizer

c. Active Participation, National Conferences

Date	Name of Conference	Place of Conference	Subject of Lecture/Discussion	Role
2025	Mental Health Conference in a Reality of War: The Impact of October 7th and the War That Followed	Jerusalem, Israel	"Let's Talk about War" - The associations of children's traumatic stress with their parents' war-related dialogue style and emotional socialization during war	Co-presenter
2025	The Annual Conference of the Israeli	Tel-Aviv, Israel	The relationship between Complex Post-Traumatic	Presenter

	Association for Prevention, Treatment, and Research of Eating Disorders. "Finding Meaning in Ongoing Struggles"		Disorder, Binge Eating Disorder, and Night Eating Syndrome	
2025	The Annual Conference of the Israeli Association for Prevention, Treatment, and Research of Eating Disorders. "Finding Meaning in Ongoing Struggles"	Tel-Aviv, Israel	Relational attitudes in adolescent girls with anorexia nervosa	Co-presenter
2025	The Annual Conference of the Israeli Association for Prevention, Treatment, and Research of Eating Disorders. "Finding Meaning in Ongoing Struggles"	Tel-Aviv, Israel	The association between self-suppression and eating disorder symptoms	Co-presenter
2024	3 rd Conference of the Israeli Society for the Advancement of Diagnosis, Treatment and Prevention of Sexual Injury	Tel-Aviv, Israel	The association between Complex Post Traumatic Stress Disorder, binge eating disorder and night eating syndrome	Presenter
2024	Annual Israeli Conference on Eating Disorders: Growth during crisis	Wingate Institute, Israel	Do the two go together? Day treatment for eating disorders and trauma	Co-presenter
			The relationship between mothers with eating disorders and their children: The contribution of relationship quality indicators	Co-presenter
2023	Annual Israeli Conference on Eating Disorders: Prevention and recalculation of the course in the treatment of eating disorders	Wingate Institute, Israel	Love thy self: Self-compassion moderates the relationship between eating disorder symptoms, obesity stigma, and body image	Co-presenter
			I will not be my mother: Intergenerational transmission of child feeding practices and disordered eating	Presenter
			Validation of the Eating Disorder Recovery	Co-presenter

			Questionnaire (EDRQ) as a clinical tool	
2022	2 nd Conference of the Israeli Society for the Advancement of Diagnosis, Treatment and Prevention of Sexual Injury	Jerusalem, Israel	Treatment of adult Israeli childhood sexual abuse female survivors: Effectiveness of treatment on Post-Traumatic Stress Disorder, dissociation and mental health in relation to level of religiosity. Combined eating disorders and trauma focused day-care program for adult Israeli women: Accumulated clinical experience and preliminary empirical data	Co-presenter Co-presenter
2021	17th Triennial Conference of the Psychiatric Association of Israel	Har Hanegev, Israel	Combined day treatment for eating disorders and trauma among Israeli women: Cumulative clinical experience and preliminary empirical data	Co-presenter
2021	7 th Understanding leads to prevention	Virtual conference, Israel	“Before Dawn”: Attachment and mentalization, thoughts on complex grief and post-traumatic growth among suicide loss survivors	Presenter
2020	The 6th Ruppin International Conference on Immigration and Social Integration	Emeq Hefer, Israel	The effect of marital and migrant status on the psychological distress of low socioeconomic mothers and their children in Israel.	Co-presenter
2019	The 2nd International Public Mental Health Conference	Jerusalem, Israel	What is recovery from psychiatric disorders, and why does it matter?	Co-presenter
2018	The Israeli Conference on Eating Disorders: Issues in prevention and treatment	Emeq Hefer, Israel	Family meals: A recipe for healthy eating? “Can’t take my eyes off you”: Cognitive Reappraisal as a moderator of food attentional bias.	Co-presenter Co-presenter
2017	The 1 st International Diaobesity – Diabetes & Obesity Summit	Jerusalem, Israel	“Eat Me!”: Cognitive reappraisal as a moderator of food attentional bias Staying thin: Health-related strategies, personality traits, and successful weight loss maintenance	Presenter Presenter

2016	Clinical Conference on Eating Disorders	Tel-Aviv, Israel	Deciding to discontinue treatment in the event of lack of cooperation: Mental, ethical, therapeutic, and practical deliberations.	Presenter
2014	Annual ITTA Conference	Acre, Israel,	Cultural impact on Social Anxiety Disorder among Ethiopian and Russian immigrants	Co-presenter
2014	18th Annual Meeting of The Israel Society for Biological Psychiatry	Kibbutz Hagoshrim, Israel	Pathological versus learned dissociation in Schizophrenia patients	Co-presenter
2013	Annual ITTA Conference	Acre, Israel,	The prevalence of sexual dysfunction in social phobia and the influence of CGBT on sexual functioning.	Co-presenter
2013	Treatment Modalities for Eating Disorders: Consensus and Controversy	Jerusalem, Israel	Mirror, mirror on the wall: How women learn body dissatisfaction Ever since I can remember myself: Implications of attachment and perceived maternal feeding practices on women's body dissatisfaction	Presenter Co-presenter
2013	Social Phobia Research Meeting	Jerusalem, Israel	Follow up of patients who completed CBGT for Social Phobia: A naturalistic study.	Co-presenter
2013	African Refugees, Israel society's reactions and ways of coping, psychological and social aspects	Netanya, Israel	The mental status of unlawful immigrants in Israel and the contributors to their use of mental health services.	Co-presenter
2013	Scitex	Tel Aviv, Israel	DSM-5. Understanding similarities and differences	Co-presenter
2012	14th Israeli Psychiatric Union Conference	Tel Aviv, Israel	Capacity of chronic schizophrenia patients to provide informed consent to participate in clinical trials	Co-presenter
2012	1st International Conference on Cultural Psychiatry in Mediterranean Countries	Tel Aviv, Israel	Cultural aspects in social anxiety disorder among Ethiopian and Russian immigrants to Israel	Co-presenter
2010	Tel Aviv University Research Convention	Tel Aviv, Israel	Capacity of chronic Schizophrenia patients to provide informed consent to participate in clinical trials	Co-presenter

d. Participation in workshops

Date	Name of workshop	Place of workshop	Subject of workshop
2019	Poster design	Ruppin Academic Center, Israel	Teaching
2019	Mentalized-Based Therapy	London, England	Teaching
2018	Regulation of cues – A novel mechanistic model for the treatment of obesity, overeating, and binge eating	Chicago, USA	Obesity, research
2018	Eating disorders in bariatric surgery populations: Assessment, treatment, and special considerations	Chicago, USA	Obesity, research
2018	When diversity of opinion leads to gridlock: Why the eating disorder world struggles to find a common voice	Chicago, USA	Obesity, research
2018	From clinical practice to brain research and back – Anxiety in the assessment and treatment of eating disorders	Chicago, USA	Obesity, research
2018	Examining evidence for medication efficacy for children and adolescents with eating disorders: An essential update for clinicians	Chicago, USA	Obesity, research
2018	Unraveling the enigma of male eating disorders: Conceptualization, assessment, and intervention	Chicago, USA	Obesity, research
2018	Food exposure: Three different approaches in the treatment of eating disorders	Chicago, USA	Obesity, research
2018	“But what if my patient gets fat?”: Research and clinical implications of weight stigma in treating higher weight patients with eating disorders	Chicago, USA	Obesity, research
2018	Meta-Analysis	Ruppin Academic Center, Israel	Teaching/Research
2018	Cognitive maps for organizing and developing learning, thinking, and creativity processes	Ruppin Academic Center, Israel	Teaching
2017	Dealing with missing data	Ruppin Academic Center, Israel	Research
2017	Statistical power	Ruppin Academic Center, Israel	Teaching/Research
2017	Civic statistics	Ruppin Academic Center, Israel	Research
2017	The Replication Crisis - Does it exist in Developmental Science, and how does it impact the empirical field?	The Academic College of Tel Aviv-Yaffo, Israel	Research
2017	Education in psychoanalysis training, Otto Kernberg	Triest Sarig Institute, Israel	Psychology
2017	Critical approach to contemporary psychoanalytical models	Triest Sarig Institute, Israel	Psychology

2017	The EASO OMTF (obesity management task force) teaching course in obesity management	Jerusalem, Israel	Obesity, research
2016	Enhancing PowerPoint presentations	Ruppin Academic Center, Israel	Teaching
2016	Prezi – introduction	Ruppin Academic Center, Israel	Teaching
2016	Using cognitive remediation and emotion skills training with adults and adolescents with eating disorders	San Francisco, USA	Eating disorders
2016	Neurobiologically-informed treatment for Anorexia Nervosa: A novel approach to a chronic disorder	San Francisco, USA	Eating disorders, research
2016	Introduction to Structural Equation Modeling	Ruppin Academic Center, Israel	Research
2016	Advanced Structural Equation Modeling	Ruppin Academic Center, Israel	Research
2016	Neurocognitive assessments and treatment in eating behavior, obesity, and weight loss	San Francisco, USA	Eating disorders, research
2015	Advanced mediated moderation and moderated mediation models	Ruppin Academic Center, Israel	Research
2015	How to enhance your chances of receiving research grants	Ruppin Academic Center, Israel	Research
2014	Using a System of Evidence-Based Techniques and Collaborative Clinical Interventions with Chronically Ill Patients	New York, USA	Eating disorders
2014	Moderation and Mediation Models	Ruppin Academic Center, Israel	Research
2014	How to Work with the DSM-5 in General	New York, USA	Eating disorders
2014	Paternalism and Autonomy: Ethical Issues in the Treatment of Individuals with Anorexia Nervosa	New York, USA	Eating disorders
2013	Family-based program focused on parents (FB-FP) in an outpatient eating disorders center	Jerusalem, Israel	Psychological treatment
2013	Self-psychology-oriented treatment of eating disorders	Jerusalem, Israel	Psychological treatment
2013	Primary Mental States	Zichron Yaakov, Israel	Psychological treatment
2013	Mentalization and Reflective Function: Treatment, Diagnosis, and Research	Tel-Aviv, Israel	Psychological treatment
2013	The perfect fit: How to combine research findings with clinical experience to provide the best treatments for people with eating disorders	Jerusalem, Israel	Psychological treatment
2010	MMPI-2	Jerusalem, Israel	Psychological treatment

2010	Schema-focused therapy workshops	Tel Aviv, Israel	Psychological treatment
2010	Self-Psychology	Tel-Aviv, Israel	Psychological treatment
2009	Cognitive Behavioral Therapy (CBT) for Binge Eating Disorder (BED)	Jerusalem, Israel	Eating disorders
2009	Parents-Focused Treatment of Overweight Children	Jerusalem, Israel	Eating disorders
2009	General Linear Modeling	Ruppin Academic Center, Israel	Research
2009	Structural Equation Modeling	Ruppin Academic Center, Israel	Research
2009	Self-Psychology	Tel-Aviv, Israel	Psychological treatment

7. Invited lectures \ Colloquium Talks

Date	Name of Lecture	Place of Lecture	Subject
2025	Complex PTSD	Ruppin Academic Center	Psychopathology: Disorders in adulthood
2025	The emergence of a borderline personality	Ruppin Academic Center	Personality
2025	Treatment of borderline personality disorder and eating disorders: A Mentalization-Based Treatment approach	Ruppin Academic Center	Advances in psychopathology
2025	Introduction to psychopathology	Ruppin Academic Center	Introduction to Psychology Course
2025	Assessment and evaluation of eating disorders	Ruppin Academic Center	Assessment and evaluation I
2024	The emergence of a borderline personality	Ruppin Academic Center	Personality
2024	Introduction to psychopathology	Hadera	Senior citizens' community gathering
2024	The interpretation of dreams: Psychodynamic theory	Ruppin Academic Center	Alonim Colloquium
2023	Introduction to psychopathology	Ruppin Academic Center	Introduction to Psychology Course
2022	Treatment of borderline personality disorder and eating disorders: A Mentalization-Based Treatment approach	Ruppin Academic Center	Advances in psychopathology
2022	Eating disorders and their extensive impact on the mental and physical health of patients	Sha'ar Menashe Mental Health Center	Physiotherapy in mental health

2019	Social Learning and Self-Objectification Theory	Ruppin Academic Center	Behavioral Sciences Colloquium
2015	From infant to reflective adult: Attachment, mentalization, and reflective functions	Ruppin Academic Center	Behavioral Sciences Colloquium
2015	Attachment: The path of love from infancy to adulthood	Ruppin Academic Center	From academics to community

8. Research Grants

a. Grants Awarded

Role in Research	Co-Researchers	Topic	Funded by/ Amount	Year
Co-PI	Dr. Maayan Shorer, Dr. Carmel Blank	Barriers and facilitating factors for applying parenting interventions in mental health services for children and adolescents among different subgroups in Israel	The Israel National Institute for Health Policy Research, \$39,000	2023
Statistician	Zindel Segal, Prof. Yossi Levi-Belz	The effectiveness of Mindfulness-Based Cognitive Therapy to reduce distress, and prolonged grief among suicide-loss survivors: A prospective randomized controlled trial	American Foundation for Suicide Prevention (AFSP), \$125,000	2023
Co-PI	Dr. Shirly Bar-Lev, Dr. Niza Beimel, Dr. Ayala Gonen	Information sharing and time management using OFEK	The International Institute for Research on Health and Health Policy \$25,000.	2015

b. Submission of Research Proposals – Pending

Role in Research	Co-Researchers	Topic	Funded by/ Amount	Year

c. Submission of Research Proposals – Not Funded

Role in Research	Co-Researchers	Topic	Funded by/ Amount	Year
PI	Dr. Esther Brainin, Prof.	Barriers and facilitators to the use of digital mental health tools among the	Israeli Ministry of	2025

	Sangita Sharma, Dr. Maayan Shorer, Dr. Bar Lambez, Iris Shachar Lavie	general population in the aftermath of the Iron Swords War	Health, \$82,500	
Co-PI	Dr. Maayan Shorer, Dr. Bar Lambez, Dr. Iris Shachar Lavie, Dr. Shimrit Fisher	Let's talk about war: Parent–child dialogues about negative experiences during continuous traumatic stress	Israeli Ministry of Welfare and Social Affairs, \$40,540	2025
PI	Dr. Esther Brainin, Prof. Reeva Lederman, Dr. Maayan Shorer, Dr. Bar Lambez	Facilitating and hindering factors in the use of applications and sensors (IoT) for the treatment of shock, traumatic grief, anxiety, and depression among citizens in their twenties and thirties following the Iron Swords War	Israeli Ministry of Health, \$20,800	2024
PI	Prof. Sangita Sharma, Dr. Esther Brainin, Dr. Inbal Brenner, Liat Habinski, Dr. Rachel Harris, Prof. Reeva Lederman, Dr. Robert Muller, Dr. Maayan Shorer, Prof. Pesach Shvartzman, Dr. Bar Lambez	The development, implementation, and evaluation of a timely, evidence-based, community-driven healing intervention Program (CHIP) to mitigate the catastrophic effects of mass trauma and loss on mental health	Canadian Institute of Health Research, \$1,841,875	2024
PI	Prof. Sangita Sharma, Dr. Esther Brainin, Dr. Inbal Brenner, Liat Habinski, Dr. Rachel Harris, Prof. Reeva Lederman, Dr. Robert Muller, Dr. Maayan Shorer, Prof. Pesach Shvartzman, Dr. Bar Lambez	The development, implementation, and evaluation of a timely evidence-based, community-driven healing intervention Program (CHIP) to mitigate the effects of mass trauma and loss.	The Azrieli Foundation, \$1,824,350	2024
PI	Dr. Hamutal Kreiner	Food Attention Bias	Pfizer, \$125,000	2022

Statistician	Zindel Segal, Prof. Yossi Levi- Belz	The effectiveness of Mindfulness- Based Cognitive Therapy to reduce distress and prolonged grief among suicide-loss survivors: A prospective randomized controlled trial	American Foundation for Suicide Prevention (AFSP), \$125,000	2021
PI	Dr. Hamutal Kreiner	Food Attention Bias	Pfizer, \$125,000	2021
Co-PI	Dr. Rachel Bachner-Melman	Diagnosis and Early Intervention for Eating Disorders by Primary Care Physicians in the Age of the Mental Health Reform	National Insurance Health Policy	2018
Co-PI	Dr. Rachel Bachner-Melman	Eating Disorders Treatment Programs in Israel: Top ten recommendations	National Insurance Health Policy	2017
PI	Dr. Eyal Dahan, Dr. Shmuel Hirschmann	qEEG Analysis During the Rubber Hand Illusion in Dissociative PTSD participants, Obese patients, and Healthy Controls	Improving the Impact of Psychological Treatments Program (PsyIMPACT Transforming mental health), £105,000	2016
PI	Dr. Eyal Dahan, Dr. Shmuel Hirschmann	A systematic review and meta-analysis of randomized and non-randomized controlled trials using neurofeedback for severe psychiatric disorders	MQ PsyImpact's funding for small awards, \$25,000	2016
PI	Dr. Hamutal Kreiner	Can positive or negative cognitive reappraisal modulate attentional bias to food and food cravings in obese individuals?	Obesity Research - Weight Watchers Karen Miller- Kovach Grant, \$50,000	2016

9. Scholarships, Awards and Prizes

Year	Scholarship, award, prize	Awarded by
2025	Excellence in Teaching	Ruppin Academic Center, Israel
2024	Excellence in Teaching	Ruppin Academic Center, Israel
2023	Excellence in Teaching	Ruppin Academic Center, Israel
2022	Excellence in Teaching	Ruppin Academic Center, Israel
2021	Excellence in Teaching	Ruppin Academic Center, Israel
2020	Excellence in Teaching	Ruppin Academic Center, Israel
2018	Outstanding Poster Award: Hanhart, A., & Lev-Ari, L. Family meals, a recipe for healthy eating?	The Israeli Academy of Eating Disorders, Ruppin, Israel.

2018	Excellence in Teaching	Ruppin Academic Center, Israel
2015	Outstanding Poster Award: Lev-Ari, L. , Bachner-Melman, R., Zohar, A. H., Ebstein, R, P., & Mankuta, D. Eat my child, eat! Mother's postpartum change in attachment and body image.	The 2015 Obesity Summit, London, England,
2014	Excellence in Teaching	Ruppin Academic Center, Israel
2013	Excellence in Teaching	Ruppin Academic Center, Israel
2012	Third Place Prize for poster: Linder, M., Kurs, R., Lev-Ari, L. , & Melamed, Y. Capacity of chronic schizophrenia patients to provide informed consent to participate in clinical trials.	14 th Israeli Psychiatric Union conference. Tel Aviv.
2005-2009	Scholarship for academic excellence	Bar Ilan University, Ramat Gan
1997-1999	Scholarship for Cum Laude M.A. studies	Hebrew University, Jerusalem
1995-1997	Scholarship for Cum Laude B.A. studies	Hebrew University, Jerusalem

10. Teaching

a. Courses Taught in Recent Years

Year	Name of Course	Type of Course	Degree	Number of students
2025-present	Second-year clinical practicum supervision seminar	Supervision	M.A.	5
2022- present	The basics of psychodynamic therapy	Lecture	M.A.	25
2022- present	The basics of psychodynamic therapy - II	Lecture	M.A.	25
2022- present	Abnormal Psychology - II	Lecture	B.A.	80
2021- present	Scientific Writing for Graduate Students	Lecture	M.A.	25
2019 – present	On the scale and off the charts: The eating disorders and obesity spectrum	Lecture	B.A.	80
2019 -2021	Empirical Seminar	Lecture	B.A.	22
2015- present	Family Systems Therapy	Lecture	M.A.	25
2012-2019	Research Design and Multivariate Analysis	Lecture	M.A.	25
2012-2017	Empirical Seminar	Lecture	B.A.	22
2008-2012	Advanced psychopathology	Lecture	B.A.	40-60
2008-2012	Psychodiagnostics: Objective tests	Training	M.A.	10
2008-2012	Psychodiagnosis: Cognitive tests	Training	M.A.	10
2008-2012	Introduction to Projective Techniques	Training	M.A.	10
2008-2012	Integrative Psychodiagnostics	Training	M.A.	10
2007-2009	Statistics A	Lecture	B.A.	140
2002 - 2019	Introduction to Psychology	Introductory Course	B.A.	140

2001-2010	SPSS	Introductory Course	B.A.	140
2001-2007	Statistics A	Training	B.A.	140
2001-2007	Statistics B	Training	B.A.	140

b. Supervision of Graduate Students

Number	Name of student	Subject of work	Degree	Date of completion / stage
64	Noam Revivo	Satisfaction in romantic relationships among individuals with complex PTSD vs. borderline personality disorder: the mediating role of mentalization and epistemic trust	MA Ruppim Clinical Psychology Program	Intended summary: 2027
63	Eli Levi	Pathways between trauma and the two types of depression: The roles of intrapsychic and interpersonal variables	MA Ruppim Clinical Psychology Program	2026
62	Liron Georgi	Borderline personality disorder traits and relational entitlement: The role of pathological concern, mentalization and epistemic	MA Ruppim Clinical Psychology Program	2026
61	Mika Rosen	Examining developmental mechanisms: The role of attachment, mentalization, and epistemic trust in the relationship between childhood trauma, CPTSD, and BPD	MA Ruppim Clinical Psychology Program	Intended summary: 2026
60	Yael Strausberg	Social support, alexithymia, and selflessness as mediators between childhood trauma, complex post-traumatic stress disorder (CPTSD), eating disorder symptoms, and post-traumatic growth.	MA Ruppim Clinical Psychology Program	2025
59	Kim Wienstein	Association between child abuse, attachment style, sense of entitlement in relationships, Complex PTSD symptoms, eating disorder symptoms, and post-traumatic growth	MA Ruppim Clinical Psychology Program	2025
58	Mor David	The relationship between maternal depression and anxiety and the mother-child bond: A retrospective examination of adults' childhood experiences	MA Ruppim Clinical Psychology Program	2025
57	Reut Zimerman	The role of personality characteristics as mediators of the	MA Ruppim Clinical Psychology Program	2025

		relationship between traumatic childhood experiences and complex post-traumatic stress disorder, post-traumatic growth, and eating disorders		
56	Adina Torati	The relationship between Food Attention Bias and symptoms of Binge Eating Disorder	MA Clinical Psychology of Adulthood and Aging	2025
55	Yulia Sokolov	The relationship between Food Attention Bias and Orthorexia	MA Clinical Psychology of Adulthood and Aging	2025
54	Moriah Levy	The relationship between Food Attention Bias and child feeding practices	MA Clinical Psychology of Adulthood and Aging	2025
53	Maya Levy	The relationship between Complex Post Traumatic Stress Disorder, Binge Eating Disorder, and Night Eating Syndrome	MA Ruppiner Clinical Psychology Program	2024
52	Thea Plotniky	Emotional eating, depression, and anxiety as mediators of associations between parental child feeding, Binge Eating Disorder, and Night Eating Syndrome	MA Ruppiner Clinical Psychology Program	2024
51	Miri Pelts	Self-concept, positive body image and BMI	MA Ruppiner Clinical Psychology Program	2023
50	Tamir Riesenfeld-Tsur	Equity and relationship maintenance strategies use as moderators of the association between sense of relational entitlement and extraversion to anger, guilt, and relational satisfaction	MA Ruppiner Clinical Psychology Program	2023
49	Lidor Trabelsi	The effects of concern for appropriateness, self-efficacy and positive affect ,on the relationship between disordered eating and 'Fitspiration'	MA Ruppiner Clinical Psychology Program	2023
48	Adaya Yuster	Eating disorders and psychological well-being: A new model for understanding the link between eating disorders and well-being, with somatization, depression, anxiety and SDT theory's basic psychological needs as mediators.	MA Ruppiner Clinical Psychology Program	2023
47	Amit Schneider	The relationship between mothers with eating disorders or obesity and their children	MA Clinical Psychology of Adulthood and Aging	2023

46	Eden Soker	Self-compassion moderates the relationship between disordered eating and both positive and negative body image	MA Ruppin Clinical Gerontological Psychology Program	2022
45	Tohar Strul	Mentalization and conflict management as mediators of sense of entitlement in couple relationships and relationship satisfaction	MA Ruppin Clinical Psychology Program	2022
44	Sapir Ofek	Second generation to the Holocaust: Sense of relationship entitlement, caring and authenticity towards their third-generation children.	Reichman University	2022
43	Shai Korb	Attachment styles and parental bonding mediate the association between retrospective family meals and current child feeding practices, disordered eating, and body acceptance	P. J. Šafárik University in Košice	2022
42	Aran Waldman	The relationship between dating app use, self-compassion, and relational entitlement	MA Ruppin Clinical Psychology Program	2022
41	Liron Dror	Difficulty in forming an identity as a mediator in the relationship between borderline personality measures, empathy, and self-compassion.	MA Ruppin Clinical Psychology Program	2022
40	Emanuelle Zar	Association between sense of entitlement in couple relationships, attachment style, breakup distress and post-traumatic growth	MA Ruppin Clinical Psychology Program	2022
39	Noy Abutbul	Affective and intrapersonal indices mediate the association between sense of entitlement and satisfaction from romantic relationships	MA Ruppin Clinical Gerontological Psychology Program	2022
38	Aya Cahana	The language of softness and the language of objectification: Self-objectification due to childhood trauma, dissociation, and symptoms of Complex Post-Traumatic Stress Disorder	MA Ruppin Clinical Gerontological Psychology Program	2022
37	Shiran Ovadia	The relation between sense of entitlement in romantic relationships, obesity, body image, sexual openness, and intimacy	MA Ruppin Clinical Psychology Program	2022

36	Leah Finder	Parents' feeding behavior and children's food fussiness	MA Tel-Aviv University, Health Promotion	2021
35	Bar Sekulets Ohana	Spiritual support, borderline personality disorder, and Post Traumatic Stress Disorder: A comparison between ultra-Orthodox and secular female childhood sexual victim survivors	MA Ruppin Clinical Gerontological Psychology Program	2021
34	Leehi Deutsch	Treating childhood sexual victim survivors: Complex Post Traumatic Stress Disorder, dissociation, and psychological well-being	MA Ruppin Clinical Gerontological Psychology Program	2022
33	Nataly Junio	Significant relationships as mediators of the association between attachment styles, mentalization, and eating disorders and recovery: A comparison between women treated in an outpatient hospitalization unit for eating disorders and healthy women from the community.	MA Ruppin Clinical Psychology Program	2021
32	Netta Shamir	A model for coping with loss: Thwarted belongingness and perceived burdensomeness as mediators between attachment styles, mentalization, and post-traumatic growth and complicated grief	MA Ruppin Clinical Psychology Program	2021
31	Michal Pedro	An experimental design assessing Epistemic Trust in adults and its relationship to attachment, mentalization and borderline personality tendencies	MA Ruppin Clinical Psychology Program	2021
30	Tomer Kirmaier	I'm running. Marathon culture: Are athletes exceptionally vulnerable to disordered eating and body image problems?	MA Ruppin Clinical Psychology Program	2021
29	Amit Shamgar	The impact of cognitive evaluation strategy and emotional regulation on attention bias to food	MA Ruppin Clinical Psychology Program	2020
28	Chen Spector-Dagan	Religiosity, dissociation, and PTSD: Comparing ultra-Orthodox and Secular female sexual victim survivors	MA Ruppin Clinical Psychology Program	2020
27	Stav Cohen	Nobody loves me like I do – Body enjoyment, eating disorder symptoms, and psychological	MA Ruppin Clinical Psychology Program	2020

		well-being among bariatric patients		
26	Noa Rozenbleit	Mentalization, attachment, and eating disorders in an outpatient hospitalization unit	MA Ruppín Clinical Psychology Program	2020
25	Noga Gilam	Untangling the cord: Outpatient hospitalization for Complex Post Traumatic Stress Disorder	MA Ruppín Clinical Gerontological Psychology Program	2020
24	Noa Plotkin	Therapists' agreement in an outpatient hospitalization unit for eating disorders	MA Ruppín Clinical Psychology Program	2020
23	Stav Shemesh	Attachment styles as predictors of marital satisfaction and satisfaction with life: comparison of different weight groups.	MA Ruppín Clinical Psychology Program	2020
22	Dar Berman	The association between attachment style similarity in couples and their similarity in satisfaction with life and with the relationship in different weight groups.	MA Ruppín Clinical Psychology Program	2020
21	Gal Litvak	Bariatric surgery and romantic relationships: Attachment styles, spousal support and satisfaction with life in married bariatric couples and their spouses.	MA Ruppín Clinical Psychology Program	2020
20	Ido Drukman	"Genetic or not genetic?" That is the question: Influencing the belief that obese people can control their weight, effects stigmatization among Heterosexual versus Homosexual men	MA Ruppín Clinical Gerontological Psychology Program	2020
19	Noam Finzi	The correlation between food compulsivity and electrical activity in the brain	MA Ruppín Clinical Psychology Program	2019
18	Amit Ben-Yosef	Examining the correlation between food addiction and electrical activity in the brain	MA Ruppín Clinical Gerontological Psychology Program	2019
17	Dana Aharoni	Examination of body image using qEEG during exposure to neutral and food visual stimuli in a healthy population	MA Ruppín Clinical Psychology Program	2019
16	Mikaa Bibering	A community-based comparison between bariatric patients and independent dieters in health habits and social support	MA Ruppín Clinical Psychology Program	2019
15	Israeli Ashkenzi	A community-based comparison between bariatric patients and independent dieters in personality traits	MA Ruppín Clinical Psychology Program	2019

14	Shai Igra	"With food comes appetite." The impact of a new cognitive assessment strategy, disturbed eating, and body image on attention bias towards food.	MA Ruppin Clinical Gerontological Psychology Program	2019
13	Maya Biderman	A longitudinal study assessing the path from dealing with frustration to a secure attachment style among toddlers	MA Ruppin Clinical Gerontological Psychology Program	2019
12	Michal Hen	The relationship between attachment, mentalization, and borderline personality traits among adults	MA Ruppin Clinical Psychology Program	2019
11	Tal Zagursky	Attachment, health, and bodyweight among couples	MA Ruppin Clinical Gerontological Psychology Program	2019
10	Noam Ben-Shmuel	Delayed discounting in obesity	MA Ruppin Clinical Psychology Program	2018
9	Auriane Hanhart	Family meals, a recipe for healthy eating?	MA Ruppin Clinical Psychology Program	2018
8	Yotam Dalal	Body image, disordered eating, and size perception	MA Ruppin Clinical Psychology Program	2018
7	Maya Kalish	Body image among fathers and sons	MA Ruppin Clinical Gerontological Psychology Program	2018
6	Noy Keren	"Blessed that he did not make me a woman?" Masculine perceptions, self-image, and their connection to a tendency to disordered eating among Israeli men	MA Ruppin Clinical Psychology Program	2018
5	Ronen Tene	Emotional regulation as a mediator between attachment style and emotional eating among adults	MA Ruppin Clinical Gerontological Psychology Program	2018
4	Or Wolster	Dissociation, body dissatisfaction, and self-regulation	MA Ruppin Clinical Psychology Program	2017
3	Omer Avni	Cognitive remediation skills and obesity	MA Ruppin Clinical Gerontological Psychology Program	2017
2	Niv Shimshon	Mother's attachment – building a reflective tool	MA Ruppin Clinical Psychology Program	2017
1	Or Vinkler	Attachment styles and PTSD: A systematic review and meta-analysis	MA Ruppin Clinical Psychology Program	2016

11. Miscellaneous

None

12. Professional Experience

Period	Name of Institution	Role
2026-present	Complex Trauma and Eating Disorder Day Treatment Program, Lev-Hasharon Mental Health Center, Tzur-Moshe, Israel	Head clinical psychologist
2026-present	Complex Trauma and Eating Disorder Clinic, Lev-Hasharon Mental Health Center, Tzur-Moshe, Israel	Head clinical psychologist
2006-present	Private practice	Clinical psychologist
2006-2019	Kupat Holim Meuhedet Mental Health Clinic	Eating Disorders Team
2003-2005	Sha'ar Menashe Mental Health Center	Clinical Psychology Internship
2000-2003	Tel Hashomer Hospital	Clinical Psychology Internship

PUBLICATIONS

A. Ph.D. Dissertation

"No Time to Sleep" – Sleep Patterns, Adjustment, and Personality Traits in Emerging Adults. In Hebrew, Bar Ilan University, Ramat Gan, Supervisor Professor Shmuel Shulman.

B. Scientific Books (Refereed)

None

C. Other Scientific Publications:

1. Rami Tolmacz, Lilac Lev-Ari, Rachel Bachner-Melman, Yuval Palgi, Ehud Bodner, Darya Feldman, Ron Chakir, Boaz Ben-David. Sense of Relationship Entitlement of Aging Parents Toward Their Offspring (SRE-ao)—A New Concept and Measurement Tool. In: Paul Raj, editor. Prime Archives in Psychology: 2nd Edition. Hyderabad, India: Vide Leaf. 2022.

D. Articles in Refereed Journals

Published

70. * Brenner, I. Mintz Malchi, K., Ludmir, E., Lachter, R., Lurie, I., Nahir Peleg, A., Spector-Dagan, C., & **Lev-Ari, L.** (2026). Childhood sexual abuse and recovery trajectories among Jewish women survivors: A longitudinal comparison of trauma characteristics and clinical outcomes across the religious spectrum. *Child Abuse and Neglect*. **H Index=192, SJR=1.42, Q1 psychiatry and mental health, IF=4.49, Cited by 0.**

Contribution: Planned and conducted research over five years. Led the research team, collected and analyzed the data, and wrote substantial portions of the article.

69. *Fisher, S., **Lev-Ari, L.** (shared authorship), & Fonagy, P., Tanzer, M., & Campbell, C. (2026). Epistemic Trust and Trauma: Validation of the Hebrew ETMCQ and Clinical Implications. *Current Psychology*. **H Index=83, SJR=.96, Q1 psychology (miscellaneous), IF=3.63, Cited by 0.**

Contribution: Conceptualize the study, analyzed the data, and wrote a large part of the manuscript.

68. *Shorer, M., Roded, L., Rotblit, G., Podoler, A., Ron, O., Bar-Frid, S., Kloss, O., Buhnick, O. & **Lev-Ari, L.** (2026). Development and Initial Validation of the Parent-Child War-Dialogue Scale (PACWAD). *Psychological Trauma: Theory, Research, Practice and Policy*. **H Index=86, SJR=1.17, Q1 clinical psychology, IF=3.21, Cited by 0.**

Contribution: Helped analyze the data, reviewed the Results section, and wrote the Discussion section.

67. ***Lev-Ari, L.**, Mintz Malchi, K. (shared authorship), Ludmir, E., Lachter, R., Lurie, I., Nahir Peleg, A., Spector-Dagan, C., & Brenner, I. (2026). Treatment in public centers for adult Jewish women survivors of childhood sexual abuse in Israel: Abuse characteristics, psychiatric profiles, and one-year treatment outcomes. *Journal of Trauma & Dissociation* 27(3). **H Index=61, SJR=.97, Q1 clinical psychology, IF=3.09, Cited by 0.**

Contribution: Planned and conducted research over five years. Led the research team, collected and analyzed the data, and wrote substantial portions of the article.

66. *Buchnik Atzil, O., Einziger, T., Gliksman, Y., & **Lev-Ari, L.** (2026). Maternal anxiety and child emotional distress during war: the buffering roles of maternal self-efficacy and parent-child communication. *Frontiers in Psychology, section Psychopathology*. **H Index=212, SJR=.87, Q2 psychology (miscellaneous), IF=3.79, Cited by 0.**

Contribution: Helped analyze the data, reviewed the Results section, and wrote the Discussion section.

65. ***Lev-Ari, L.**, Itzhak, R., Bachner-Melman, R., & Zohar, A. (2026). A correlational study of adult picky eating: Proposing a developmental model. *Journal of Eating Disorders*. **H Index=163, SJR=1.70, Q1 psychiatry and mental health, IF=4.73, Cited by 1.**

Contribution: Helped conceptualize the study, analyzed the data, and wrote a large part of the manuscript.

64. *Buchnik-Azil, O., Shorer, M. (shared authorship), Bar Frid, S., Kloss, O. & **Lev-Ari, L.** (2025). "Let's talk about war": The associations of children's traumatic stress with their parents' war-related dialogue style and emotional socialization during war. *Psychological Trauma: Theory, Research, Practice, and Policy*. **H Index=86, SJR=1.17, Q1 clinical psychology, IF=3.21, Cited by 1.**

Contribution: Analyzed the data, wrote the Results section, helped write the Introduction and Discussion sections.

63. * Brenner, I., **Lev-Ari, L.**, Bachner-Melman, R., Brand, I., Blondheim, A., Hirschmann, S., Sher, R., & Mintz Malchi, K. (2025). The effect of eating disorders and trauma day treatment in women with eating disorders and childhood maltreatment history: A pilot study. *Child Abuse and Neglect*. 167, Article 107577. <https://doi.org/10.1016/j.chiabu.2025.107577>. **H Index=184, SJR=1.48, Q1 psychiatry and mental health, IF=5.04, Cited by 2.**

Contribution: Planned and conducted research over five years. Led the research team, collected and analyzed the data, and wrote substantial portions of the article.

62. *Zohar, A. H., Shapira, D.B., **Lev-Ari, L.**, & Bachner-Melman, R. (2025). Adult picky eating and associations with childhood picky eating, maternal feeding, aversive sensory responsiveness, disgust, and obsessive-compulsive symptoms. *PeerJ*, 19444. **H Index=124, SJR=.63, Q1 medicine (miscellaneous), IF=2.89, Cited by 6.**

Contribution: Analyzed the data, wrote the Results section, and helped write the Introduction and Discussion sections.

61. *סבג, ט., זוהר, ע.ה., קריינר, ח., **לב-ארי, ל.**, ורבינוביץ, ד. (2024). המאפיינים הפסיכומטריים של שאלון הדיבור הפנימי (VISQ-R) בעברית. כתב העת אוריינות ושפה, 11, 26-39.

The journal applies normal review process. **No Q and IF data.**

Contribution: Analyzed the data, wrote the Results section.

60. *Tolmacz, R., **Lev-Ari, L.**, Bachner-Melman, R., & Timor, M. (2024). Adoptees' basic need satisfaction within romantic relationships: The mediating role of attachment orientations and relational attitudes. *Children and Youth Services Review*, 161, 107640. **H Index=115, SJR=1.06, Q2 Developmental and educational psychology, IF=3.85, Cited by 4.**

Contribution: Helped plan and conduct the study, analyzed the data, wrote the Results section, and helped write the Introduction and Discussion sections.

59. *Bachner-Melman, R., & Lev-Ari, L., Tiram, H., & Zohar, A. H. (2024). Self-objectification, disordered eating, and sexual orientation in men. *International Journal of Environmental Research and Public Health*, 21(1), 106. **H Index=198, SJR=.81, Q2 Public health, IF=4.07, Cited by 7.**

Contribution: Helped analyze the data, wrote the Results section.

58. *Tolmacz, R., Aisenberg- Shafran, D., Ofek, S., & Lev-Ari, L. (2024). Aging second-generation holocaust survivors and well-being: The mediating role of relational attitudes. *Journal of Social and Personal Relationships*, 41(6), 1510-1532. **H Index=96, SJR=1.09, Q1 Social psychology, IF=3.67, Cited by 4.**

Contribution: Helped plan and conduct the study, analyzed the data, wrote the Results section, and helped write the Introduction and Discussion sections.

57. *Zohar, A. H., Bachner-Melman, R., & Lev-Ari, L. (2023). A Correlational Study of Orthorexia and Positive Body Experiences. *Journal of Orthopaedics and Sports Medicine*, 5, 459-468. **No Q and IF data, Cited by 0.**

Contribution: Helped analyze the data, wrote the Results section.

56. * Bachner-Melman, R., Rom, R., Lev-Ari, L., Shachar, I., Krispin, O., & Tolmacz, R. (2023). Relational Attitudes in adolescent girls with and without a diagnosis of anorexia nervosa or atypical anorexia nervosa. *Journal of Eating Disorders*, 11(1), 166. **H Index=40, SJR=.833, Q2 Psychiatry and mental health, IF=4.07, Cited by 3.**

Contribution: Analyzed the data, wrote the Results section, and helped write the Introduction and Discussion sections.

55. *Zohar, A. H., Zamir, M., Lev-Ari, L., & Bachner-Melman, R. (2023). Too healthy for their own good: Orthorexia nervosa and compulsive exercise in the community. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 28(1), 55. **H Index=56, SJR=.724, Q2 Psychiatry and mental health, IF=3.61, Cited by 16.**

Contribution: Analyzed the data, wrote the Results section, and helped write the Introduction and Discussion sections.

54. *Tolmacz, R., Bachner-Melman, R., Lev-Ari, L., Kaydar, N., & Shenkman, G. (2023). Disparities in mental health and life satisfaction between sexual minority and heterosexual individuals: The mediating role of relational attitudes. *Sexuality*

Research and Social Policy, 20(3), 1168-1179. **H Index=45, SJR=.817, Q1 Sociology and political science, IF=3.75, Cited by 6.**

Contribution: Analyzed the data, wrote the Methods and Results sections, and helped write the Discussion section.

53. *Sabag, T., Zohar, A. H., Kreiner, H., **Lev-Ari, L.**, & Rabinowitz, D. (2023). The Psychometric properties of the Varieties of Inner Speech Questionnaire-Revised (VISQ-R) in Hebrew. *Frontiers in Psychology*, 13, 8731. **H Index=133, SJR=0.873, Q1, IF=4.21, Cited by 2.**

Contribution: Analyzed the data and wrote the Results section.

52. *Lewis, Y. D., Youngmann, R., **Lev-Ari, L.**, Gluck, T., Hilleli, R., Tzur, H., Nehama, Y., & Lurie, I. (2022). Dropout from mental health treatment among asylum-seekers in Israel: a retrospective chart study. *Journal of Immigrant and Minority Health*, 25(3), 539-547. **H Index=61, SJR=.64, Q2 Public health, environment and occupational health, IF=2.37, Cited by 2.**

Contribution: Analyzed the data, wrote the Methods and Results sections.

51. *Tolmacz, R., **Lev-Ari, L.** (shared authorship), Bachner-Melman, R., Palgi, Y., Bodner, E., Feldman, D., Chakir, R., & Ben-David, B. (2022). Sense of Relationship Entitlement of aging parents toward their offspring (SRE-ao) - a new concept and measurement tool. *Frontiers in Psychology*, 13, 885620. **H Index=133, SJR=.87, Q1 Psychology, IF=4.21, Cited by 4.**

Contribution: Analyzed the data, wrote the Methods and Results sections, and helped write the Discussion section.

50. *Bachner-Melman, R., Watermann, Y., **Lev-Ari, L.**, & Zohar, A. H. (2022). Associations of self-repression with disordered eating and symptoms of other psychopathologies for men and women. *Journal of Eating Disorders*, 10(1), 1-12. <https://rdcu.be/cJv3G>; **H Index=29, SJR=.56, Q2 Psychiatry and mental health, IF=3.78, Cited by 8.**

Contribution: Analyzed the data, wrote the Methods and Results sections, and helped write the Discussion section.

49. *Levi-Belz, Y., & **Lev-Ari, L.** (2022). Thinking for healing: The role of mentalization deficits and entrapment as moderators of the link between complicated grief and suicide ideation among suicide-loss survivors. *Death Studies*, **H Index=68, SJR=.56, Q2 Clinical Psychology, IF=1.97, Cited by 17.**

Contribution: Analyzed the data, wrote the Methods, Results, and Discussion sections.

48. *Tolmacz, R., Bachner-Melman, R., **Lev-Ari, L.**, & Almagor, K. (2021). Interparental conflict and relational attitudes within romantic relationships – the mediating role of attachment orientations. *Journal of Social and Personal Relationships*, 39(6), 1648-1666. **H Index=84, SJR=1.25, Q1, IF=2.90, Cited by 43.**
Contribution: Analyzed the data, wrote the Methods and Results sections, and helped write the Introduction section.
47. *Youngmann, R., Bachner-Melman, R., **Lev-Ari, L.**, Tzur, H., Hileli, R., & Lurie, I. (2021). Trauma, PTSD and mental health care of asylum seekers. *International Journal of Environmental Research and Public Health*, 18(20), 10661 **H Index=113, SJR=.75, Q2, IF=3.70, Cited by 19.**
Contribution: Analyzed the data and wrote the Methods and Results sections.
46. ***Lev-Ari, L.**, Kreiner, H., & Avni, O. (2021). Food Attention Bias: Appetite comes with eating. *Journal of Eating Disorders*, 9(1), 1-10. **H Index=29, SJR=1.09, Q2, IF=3.71, Cited by 9.**
Contribution: Planned and conducted the study, collected and analyzed the data, and helped write the whole manuscript.
45. *Tolmacz, R., **Lev-Ari, L.** (shared authorship), & Bachner-Melman, R. (2021). Refining the assessment of entitlement in romantic relationships: The Sense of Relational Entitlement Scale – Revised (SRE-R). *Frontiers in Psychology*, 12. **H Index=110, SJR=.95, Q2, IF=3.21, Cited by 25.**
Contribution: Planned and conducted the study, collected and analyzed the data, and helped write the whole manuscript.
44. * **Lev-Ari, L.**, Zohar, A. H., Bachner-Melman, R., & Totah Hanhart, A. (2021). Intergenerational transmission of child feeding practices. *International Journal of Environmental Research and Public Health*, special issue on eating disorders, 18(15), 8183. **H Index=113, SJR=.75, Q2, IF=3.70, Cited by 23.**
Contribution: Planned and helped conduct the study, collected and analyzed the data, wrote the Methods and Results sections, and helped write the Introduction and Discussion sections.
43. *Tolmacz, R., Bachner-Melman, R., **Lev-Ari, L.**, & Brondvine, D. (2021). Associations between eating disorder symptoms, relational attitudes, and satisfaction in romantic relationships. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 27(4), 1385-1393. **H Index=45, SJR=1.00, Q1, IF=4.01, Cited by 2.**

Contribution: Analyzed the data, wrote the Methods and Results sections, and helped write the Discussion section.

42. ***Lev-Ari, L.**, Zohar, A. H., & Bachner-Melman, R. (2021). Eating for numbing: A community-based study of trauma exposure, emotion dysregulation, dissociation, body dissatisfaction and eating disorder symptoms. *PeerJ*, 9, e11899. **H Index=28, SJR=.93, Q2, IF=3.14, Cited by 32.**

Contribution: Planned and conducted the study, collected and analyzed the data, and helped write the whole manuscript.

41. ***Lev-Ari, L.**, Bachner-Melman, R., & Zohar, A. H. (2021). Eating Disorder Examination Questionnaire (EDE-Q-13): Expanding on the short form. *Journal of Eating Disorders*, 9(1), 1-19. **H Index=29, SJR=1.09, Q2, IF=3.78, Cited by 63.**

Contribution: Planned and conducted the study, collected and analyzed the data, and helped write the whole manuscript.

40. *Zohar, A. H., **Lev-Ari, L.**, & Bachner-Melman, R. (2021). Two to tango? The dance of maternal feeding practices and child eating behavior. *International Journal of Environmental Research and Public Health*, special issue on eating disorders, 18(4), 1650. **H Index=113, SJR=.75, Q2, IF=3.64, Cited by 20.**

Contribution: Analyzed the data, wrote the Methods and Results sections, and helped write the Discussion section.

39. *Bachner-Melman, R., **Lev-Ari, L.**, Zohar, A. H., & Linketsky, M. (2021). The Eating Disorders Recovery Questionnaire: Psychometric properties and validity. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 26(8), 2633-2643. **H Index=45, SJR=1.01, Q1, IF=4.01, Cited by 16.**

Contribution: Planned the study, collected and analyzed the data, wrote the Methods and Results sections, and helped write the Introduction and Discussion sections.

38. *Zohar, A. H., Pick, S., **Lev-Ari, L.**, & Bachner-Melman, R. (2020). A longitudinal study of maternal feeding and children's picky eating. *Appetite*, 154. **H Index=144, SJR=1.13, Q1, IF=4.43, Cited by 27.**

Contribution: Analyzed the data and wrote the Methods and Results sections.

37. ***Lev-Ari, L.**, Zohar, A. H., & Bachner-Melman, R. (2020). Enjoying your body: The psychometric properties of an English version of the Dresden Body Image Questionnaire. *Australian Journal of Psychology*, 72(3), 267-275. **H Index=36, SJR=0.521, Q2, IF=2.63, Cited by 13.**

Contribution: Planned and conducted the study, collected and analyzed the data, wrote the Introduction, Methods, and Results sections, and helped write the Discussion section.

36. ***Lev-Ari, L.**, Bachner-Melman, R., Zohar, A. H., Ebstein, R., & Mankuta, D. (2020). Weight gain, feeding, and eating in the first year of life of babies of smoking and non-smoking mothers. *Early Human Development, 140*. **H Index= 87, SJR=1.012, Q1, IF=2.49, Cited by 5.**

Contribution: Analyzed the data and wrote the whole manuscript.

35. *Brenner, I., Bachner-Melman, R., **Lev-Ari, L.**, Levi-Ogolic, M., Tolmacz, R., & Ben-Amitay, G. (2019). Attachment, sense of entitlement in romantic relationships, and sexual revictimization among adult CSA survivors. *Journal of Interpersonal Violence, 36*(19-20). doi:10.1177/0886260519875558. **H Index=93, SJR=1.173, Q1, IF=2.88, Cited by 48.**

Contribution: Analyzed the data and wrote the Methods and Results sections.

34. ***Lev-Ari, L.**, & Levi-Belz, Y. (2019). Interpersonal Theory dimensions facilitate posttraumatic growth among suicide-loss survivors: An attachment perspective. *Death Studies, 43*(9), 582-590. **H Index=59, SJR=0.707, Q2, IF=1.79, Cited by 34.**

Contribution: Planned the study, collected and analyzed the data, and wrote the Methods, Results, and Discussion sections.

33. *Levi-Belz, Y., & **Lev-Ari, L.** (2019). "Let's talk about it": The moderating role of self-disclosure on complicated grief over time among suicide survivors. *International Journal of Environmental Research and Public Health, 16*, 3740-3753. doi:10.3390/ijerph16193740. **H Index=78, SJR=0.818, Q2, IF=3.59, Cited by 65.**

Contribution: Planned the study, collected and analyzed the data, and wrote the Introduction, Methods, and Results sections.

32. *Levi-Belz, Y., & **Lev-Ari, L.** (2019). Attachment styles and posttraumatic growth among suicide-loss survivors: The mediating role of interpersonal factors. *Crisis: The Journal of Crisis Intervention and Suicide Prevention, 40*(3), 186–195. doi.org/10.1027/0227-5910/a0005550. **H Index=52, SJR=0.87, Q2, IF=2.83, Cited by 64.**

Contribution: Analyzed the data, wrote the Methods and Results sections, and helped write the Discussion section.

31. *Levi-Belz, Y. & **Lev-Ari, L.** (2019). Is there anybody out there? Attachment style and interpersonal facilitators as protective factors against complicated grief among

suicide-loss survivors. *Journal of Nervous and Mental Disease*, 207(3), 131-136. **H Index=113, SJR=1.021, Q1, IF=1.99, Cited by 73.**

Contribution: Analyzed the data, wrote the Introduction, Methods, and Results sections.

30. *Berger, P., Bachner-Melman, R., & **Lev-Ari, L.** (2019). Thankful for what? The efficacy of interventions targeting interpersonal versus non-interpersonal gratitude. *Canadian Journal of Behavioural Science / Revue Canadienne des sciences du comportement*, 51(1), 27-36. <http://dx.doi.org/10.1037/cbs0000114>. **H Index=58, SJR=0.44, Q2, IF=1.44, Cited by 34.**
Contribution: Analyzed the data, wrote the Methods and Results sections.
29. *Bachner-Melman, R., **Lev-Ari, L.**, Zohar, A. H., & Lev. S. (2018). Can recovery from an eating disorder be measured? Towards a standardized questionnaire. *Frontiers in Psychology*, 9. **H Index=81, SJR=0.997, Q1, IF=2.62, Cited by 41.**
Contribution: Analyzed the data, wrote the Methods and Results sections.
28. *Bachner-Melman, R., Slone, M., **Lev-Ari, L.**, & Youngmann, R. (2018). The effect of marital and migrant status on the psychological distress of low socioeconomic mothers and their children in Israel. *Child and Youth Services Review*, 95, 254-262. **H Index=77, SJR=0.754, Q1, IF=2.15, Cited by 2.**
Contribution: Analyzed the data and wrote the Results section.
27. *Baumgarten-Katz, I., **Lev-Ari, L.**, & Zohar, A. H. (2018). Ever since I can remember myself: Implications of attachment and perceived maternal feeding practices on women's body dissatisfaction. *Israel Journal of Psychiatry & Related Sciences*, 55(1), 10-18. **H Index=30, SJR=0.253, Q3, IF=0.74, Cited by 4.**
Contribution: Analyzed the data, wrote the Methods and Results sections, helped write the Introduction section.
26. *Gelfin, M., Zohar, A. H., & **Lev-Ari, L.** (2018). Personality change and therapeutic gain in a randomized controlled trial of a positive psychology intervention. *International Journal of Psychology and Psychological Therapy*, 18(2), 193-205. **H Index=28, SJR=0.27, Q3, IF=1.01, Cited by 12.**
Contribution: Wrote the Methods and Results sections.
25. *Zohar, A. H., **Lev-Ari, L.**, & Bachner-Melman, R. (2017). The EDE-Q in Hebrew: Structural and convergent/divergent validity in a population sample. *Israel Journal of Psychiatry & Related Sciences*, 54(3), 17-21. **H Index=30, SJR=0.253, Q3, IF=0.74, Cited by 36.**

Contribution: Planned and conducted the study, collected and analyzed the data, wrote the Methods and Results sections, and helped write the Discussion section.

24. *Zohar, A. H., **Lev-Ari, L.**, Bachner-Melman, R., & Kreitler, S. (2017). The well-rounded body image: The Dresdner Körperbildfragebogen DKB-35. *Israel Journal of Psychiatry & Related Sciences*, 54(3), 22-27. **H Index=30, SJR=0.253, Q3, IF=0.74, Cited by 6.**

Contribution: Planned and conducted the study, collected and analyzed the data, wrote the Methods and Results sections, and helped write the Introduction section.

23. *Shulman, S., Seiffge-Krenke, I., Scharf, M., **Lev-Ari, L.**, & Levy, G. (2017). Adolescent depressive symptoms and breakup distress during early emerging adulthood: Associations with the quality of romantic interactions. *Emerging Adulthood*, 5(4), 251-258. 0.4. **H Index=20, SJR=1.359, Q1, IF=2.70, Cited by 53.**

Contribution: Analyzed the data and wrote the Results section.

22. *Hasenson-Atzmon, K., Marom, S., Sofer, T., **Lev-Ari, L.**, Youngmann, R., Hermesh, H., & Kushnir, J. (2016). Cultural impact on SAD: Social Anxiety Disorder among Ethiopian and former Soviet Union immigrants to Israel, in comparison to native-born Israelis. *Israel Journal of Psychiatry & Related Sciences*, 53(3), 48-54. 0.29. **H Index=30, SJR=0.253, Q3, IF=0.91, Cited by 8.**

Contribution: Analyzed the data and wrote the Methods and Results sections.

21. *Hirschmann, S., & **Lev-Ari, L.** (2016). Short-term focused inpatient treatment combined with sensory regulation of sexual trauma victims – Summary of 100 first hospitalizations. *Israel Journal of Psychiatry & Related Sciences*, 53(3), 26-32. 0.5. **H Index=30, SJR=0.253, Q3, IF=0.91, Cited by 0.**

Contribution: Planned and conducted the study, collected and analyzed the data, and wrote the whole manuscript.

20. *Zohar, A. H., **Lev Ari, L.**, & Bachner-Melman, R. (2016). My sister myself: A controlled study of the relationship between women with a lifetime diagnosis of Anorexia Nervosa and their sisters. *European Eating Disorders Review*, 24(6), 466-473. **H Index=61, SJR=1.15, Q1, IF=3.80, Cited by 16.**

Contribution: Analyzed the data and helped with writing the whole manuscript.

19. *Gonen, A., Sharon, D., & **Lev-Ari, L.** (2016). Integrating Information Technology's competencies into academic nursing education– An action study. *Cogent OA Education*. **H Index=7, SJR=0.244, Q3, IF=0.50, Cited by 70.**

Contribution: Planned and conducted the study, collected and analyzed the data, and wrote the Methods and Results sections.

18. *Gonen, A., & Lev-Ari, L. (2016). The relationship between work climate and nurse educators' use of Information Technology. *Nurse Education Today*, 39. **H Index=65, SJR= 1.041, Q1, IF=2.07, Cited by 25.**

Contribution: Planned and conducted the study, collected and analyzed the data, and wrote the Methods and Results sections.

17. *Gonen, A., Sharon, D., Lev-Ari, L., Strauss, E., & Segev, R. (2016). The impact of nursing students' cultural diversity on the intention and attitudes toward the use of Information Technology. *Journal of Transcultural Nursing*, 27(3), 302-310. **H Index=43, SJR=0.477, Q2, IF=1.08, Cited by 16.**

Contribution: Planned and conducted the study, collected and analyzed the data, and wrote the Methods and Results sections.

16. *Gonen, A., Sharon, D., Lev-Ari, L., & Amzaleg, M. (2016). Situated learning: The feasibility of an experimental learning approach for basic competencies course in Information Technology for first year nursing students in Israel. *Cogent OA Education*, 3, 1154260. **H Index=7, SJR=0.244, Q3, IF=0.50, Cited by 31.**

Contribution: Planned and conducted the study, collected and analyzed the data, and wrote the Methods and Results sections.

15. *Bachner-Melman, R., Lev-Ari, L., Levin, R., & Lichtenberg, P. (2016). Think yourself thin: Concern for Appropriateness mediates the link between hypnotizability and disordered eating. *International Journal of Clinical and Experimental Hypnosis*, 64(2), 225-238. **H Index=44, SJR=0.375, Q2, IF=1.09, Cited by 6.**

Contribution: Analyzed the data and wrote the Methods and Results sections.

14. *Gigi, I., Bachner-Melman, R., & Lev-Ari, L. (2016). The association between sexual orientation, susceptibility to social messages and disordered eating in men. *Appetite*, 99, 25-33. **H Index=120, SJR=1.452, Q1, IF=4.26, Cited by 68.**

Contribution: Analyzed the data and wrote the Methods and Results sections.

13. *Strauss, E., Ovnat, C., Gonen, A., Lev-Ari, L., & Mizrachi, A. (2016). Do orientation programs help new graduates? *Nurse Education Today*, 36, 422-426. **H Index=65, SJR=1.041, Q1, IF=2.31, Cited by 96.**

Contribution: Planned and conducted the study, collected and analyzed the data, and wrote the Methods and Results sections.

12. *Hemo, C., & Lev-Ari, L. (2015). "Focus on your breathing": Does meditation help lower rumination and depressive symptoms? *International Journal of Psychology & Psychological Therapy*, 15(3), 349-359. **H Index=28, SJR=0.27, Q3, IF=1.48, Cited by 13.**
Contribution: Planned the study and wrote the whole manuscript.
11. *Lev-Ari, L., Hirschmann, S. (shared authorship), Dyskin, O., Goldman, O., & Hirschmann, I. (2015). The Rubber Hand Illusion Paradigm as a sensory learning process in patients with Schizophrenia. *European Psychiatry*, 30(7), 868-873. **H Index=85, SJR=1.595, Q1, IF=4.09, Cited by 19.**
Contribution: Planned and conducted the study, collected and analyzed the data, and wrote the whole manuscript.
10. Lev-Ari, L., Baumgarten-Katz, I., & Zohar, A.H. (2014). Show me your friends, and I shall tell you who you are: The way attachment influences social comparisons and body dissatisfaction. *European Eating Disorders Review*, 22(6), 463-469. **H Index=61, SJR=1.15, Q1, IF=3.23, Cited by 85.**
Contribution: Analyzed the data and helped with writing the whole manuscript.
9. Gonen, A., Sharon, D., Offir, A., & Lev-Ari, L. (2014). How to enhance and encourage nursing students to use information technology: The first stage toward developing an advanced curriculum. *Computer Informatics Nursing*, 32(6), 286–293. **H Index=41, SJR=0.351, Q2, IF=1.16, Cited by 38.**
Contribution: Planned and conducted the study, collected and analyzed the data, and wrote the Methods and Results sections.
8. Lev-Ari, L., Baumgarten-Katz, I., & Zohar, A.H. (2014). Mirror, mirror on the wall: How women learn body dissatisfaction. *Eating Behaviors*, 15(3), 397-402. **H Index=60, SJR=0.757, Q2, IF=2.23, Cited by 69.**
Contribution: Analyzed the data and helped with writing the whole manuscript.
7. Lev-Ari, L., & Shulman, S. (2013). Sleep, daily Activities, and their association with mood states among emerging adults. *Biological Rhythm Research*, 44(3), 353–367. **H Index=30, SJR=0.278, Q3, IF=0.82, Cited by 9.**
Contribution: Planned and conducted the study, collected and analyzed the data, and wrote the whole manuscript.
6. Lev-Ari, L., & Zohar, A. H. (2013). Nothing gained: An explorative study of the long-term effects of perceived maternal feeding practices on women's and men's adult BMI, body image dissatisfaction, and disordered eating. *International Journal of*

Psychology, 48(6), 1201-1211. DOI:10.1080/00207594.2013.779378. **H Index=53, SJR=0.74, Q1, IF=0.94, Cited by 37.**

Contribution: Planned and conducted the study, collected and analyzed the data, and helped write the whole manuscript.

5. **Lev-Ari, L., & Zohar, A. H. (2013).** The psychometric properties of the Retrospective Child Feeding Questionnaire in Hebrew. *Appetite*, 65, 14-19. **H Index=120, SJR=1.452, Q1, IF=3.80, Cited by 13.**

Contribution: Planned and conducted the study, collected and analyzed the data, and wrote the Introduction, Methods, and Results sections.

4. Linder, M., **Lev-Ari, L.**, Kurs, R., & Melamed, Y. (2012). Evaluation of the capacity of inpatients with chronic schizophrenia to provide informed consent for participation in clinical trials using the Hebrew version of the MacArthur Competence Assessment Tool for Clinical Research (MacCAT-CR). *The Israeli Medical Association Journal (IMAJ)*, 14, 470-474. **IF=0.98. No Q data, Cited by 7.**

Contribution: Collected and analyzed the data.

3. **Lev-Ari, L., & Shulman, S. (2011).** Pathways of sleep, affect, and stress constellations during the first year of college. *Journal of Youth Studies*, 15(3), 273-292. **H Index=46, SJR=1.001, Q1, IF=2.15, Cited by 57.**

Contribution: Planned and conducted the study, collected and analyzed the data, and wrote the whole manuscript.

2. Zohar, A. H., Denollet, J. K., **Lev-Ari, L.**, & Cloninger, C. R. (2011). The psychometric properties of the DS14 in Hebrew and the prevalence of Type D in Israeli adults. *European Journal of Psychological Assessment*, 27(4), 274-281. **H Index=54, SJR=0.715, Q2, IF=2.50, Cited by 43.**

Contribution: Analyzed the data, helped write the Methods section of the manuscript.

1. Zohar, A. H., **Lev-Ari, L.**, Benjamin, J., Ebstein, R., Lichtenberg, P., & Osher, Y. (2001). The psychometric properties of the Hebrew version of Cloninger's Tridimensional Personality Questionnaire. *Personality and Individual Differences*, 30(8), 1297-1309. **H Index=155, SJR=0.81, Q1, IF=1.24, Cited by 36.**

Contribution: Planned and conducted research over five years. Led the research team, collected and analyzed the data, and wrote substantial portions of the article.

a. Work in Progress

1. **Lev-Ari, L.**, Fisher, S. (shared authorship), & Müller, S. The validation of the Hebrew version of the Certainty About Mental States Questionnaire (CAMSQ).
2. Levi, E., Lev-Ari, L. (shared authorship), Brenner, I. Pathways between trauma and the two types of depression: The roles of intrapsychic and interpersonal variables.

E. Articles or Chapters in Scientific Books (which are not Conference Proceedings)

None

F. Articles in Conference Proceedings

None

G. Entries in Encyclopedias

None

H. Other Scientific Publications

None

I. Other Publications

None

J. Other Works Connected with my Scholarly Field

None

K. Submitted Publications

1. Schur, T., **Lev-Ari, L.**, Bachner-Melman, R., & Tolmacz, R. The Sense of Relational Sexual Entitlement Scale (SRSES): Testing an adaptation of the SRE-R. *Archives of Sexual Behavior*.
Contribution: Analyzed the data, wrote the Results section, and helped write the Introduction and Discussion sections.
2. Ofek, S., Tolmacz, R., **Lev-Ari, L.**, Bachner-Melman, R., & Nave, K. Acne and romantic relationships: The mediating effects of relational attitudes. *Indian Journal of Psychological Medicine*.
Contribution: Analyzed the data, wrote the Results section, and helped write the Introduction and Discussion sections.
3. **Lev-Ari, L.**, Schneider, A. (shared authorship), Bachner-Melman, R., Brenner, I., & Tolmacz, R. Maternal disordered eating and its associations with parentification and relational attitudes, *Journal of Family Issues*.
Contribution: Conceptualize the study, analyzed the data, and wrote a large part of the manuscript.
4. **Lev-Ari, L.**, Levy, M (shared authorship), Shachar Lavie, I., Bachner-Melman, R., & Brenner, I. Childhood sexual abuse and disordered eating: Distinct pathways linking complex PTSD with binge eating and night eating. *Journal of Eating Disorders*.

Contribution: Conceptualize the study, analyzed the data, and wrote a large part of the manuscript.

5. Zimmerman, R., Lev-Ari, L., (shared authorship), Fisher, S., & Brenner, I. The roles of attachment, mentalization, and epistemic trust as mediators of the relationship between childhood maltreatment, complex post-traumatic stress symptoms, and post-traumatic growth. *Journal of Clinical Psychology*.

Contribution: Conceptualize the study, analyzed the data, and wrote a large part of the manuscript.

6.

7. Lev Arey, D., Gutman, T., & Lev-Ari, L. Living in an unsafe body: A qualitative study of eating disorders in complex PTSD. *Journal of Eating Disorders*.

Contribution: Helped analyze the data and wrote parts of the manuscript.

L. Summary of my activities and future plans

As a young student interested in the structured world of numbers and statistics on one hand, and by people and their unique dimensions on the other, I became interested in psychological research on personality and individual differences. My research journey began in the lab of Prof. Ada Zohar at the Hebrew University, where I worked as her research assistant for several years during my undergraduate and graduate studies. Through Ada's research, I was introduced to a world that bridges practice and theory, psyche and numbers. I learned how to conceptualize research, conduct studies, and integrate the clinical psychological perspective that interested me into the analytical and research realm.

Ada's work combined these worlds, exploring complex psychopathologies such as OCD and Tourette syndrome and connecting them to personality traits. My thesis, supervised by Ada, focused on a new and unique personality questionnaire that also bridged psychopathology, neuroscience, and research. The creator of this questionnaire, Prof. Cloninger, quickly became a close colleague of Ada's, and I had the privilege of working intensively with him. This experience highlighted for me the potential of psychometrics to develop practical tools for assessing complex psychological and psychopathological dimensions, which became a guiding principle in my professional career. My first publication (Zohar et al., 2001) was derived from my thesis in this field. Over the years, I have integrated my clinical, statistical, and psychometric expertise (Lev-Ari & Zohar, 2013; Linder et al., 2012; Zohar et al., 2011).

Clinically, I became a psychologist specializing in eating disorders and obesity. This clinical focus led me to incorporate these topics into my research. Together with Prof. Ada Zohar and Prof. Rachel Bachner, I conducted and contributed to numerous studies on eating disorders, a field encompassing various dimensions such as psychopathology (Bachner-Melman et al., 2023), parental feeding practices (Baumgarten-Katz et al., 2018; Lev-Ari & Zohar, 2013; Lev-Ari et al., 2020; Lev-Ari et al., 2021; Zohar et al., 2020; Zohar et al., 2021), body image (Lev-Ari et al., 2014; Lev-Ari et al., 2020), recovery (Bachner-Melman et al., 2018; Bachner-Melman et al., 2021) and related areas such as gender (Bachner-Melman et al., 2022; Gigi et al., 2016), Orthorexia (Zohar et al., 2023a; Zohar et al., 2023b), stigma, and self-objectification (Bachner-Melman et al., 2024). I utilized my statistical skills and psychometric knowledge to develop a globally recognized recovery assessment tool, to establish the understanding that there are positive aspects of body perception (Zohar et al., 2017) and shortened an existing instrument used for evaluating eating disorders (Lev-Ari et al., 2021; Zohar et al., 2017). The latter tool has been translated into multiple languages and is now a standard screening tool used by major U.S. insurance companies and lately by a Turkish health insurance provider. This integration of statistical and clinical expertise has significantly advanced objective measures in the field.

As a clinical psychologist, I have also grown through my theoretical orientation, particularly in my appreciation of Bowlby's attachment theory. This evolutionarily based theory combines Freud's psychoanalytic insights with universal human understanding. My commitment to bridging theory and practice led me to integrate attachment research into my studies on eating disorders, resulting in several publications (Tolmacz et al., 2021; 2022; 2024). My theoretical and practical understanding of attachment theory brought me into collaboration with Prof. Yossi Levi-Belz, an expert on suicidality. Together, we authored several studies, drawing on my experience working with suicidal patients and my knowledge of attachment-related difficulties (Levi-Belz & Lev-Ari, 2019a; 2019b; 2019c; 2022).

My research on attachment has led to additional collaborations, notably with Dr. Rami Tolmacz, a senior lecturer at Reichman University who completed his doctorate on entitlement in romantic relationships. Rami's work combines attachment theory with more mature needs in adult relationships. Together, often with Prof. Rachel Bachner and several graduate students, we developed and validated tools to measure feelings of entitlement (Brenner et al., 2019; Tolmacz, Lev-Ari et al., 2021), including one that examines entitlement toward one's mother (used in studies on psychopathology such as children of

mothers with eating disorders) and another on older parents toward their children (applied in Holocaust survivor research; Tolmacz, Lev-Ari et al., 2022; Tolmacz et al., 2024). These tools have been translated into multiple languages and adapted for various purposes. Lately, a nation-wide American sex and couples therapy practice has started using this questionnaire for clinical assessment. Our work continues to expand into new areas exploring entitlement and psychological mechanisms.

In 2019, I began collaborating with Dr. Inbal Berner, a psychiatrist and director at Lev HaSharon Hospital, to establish two field studies. Inbal's expertise in CPTSD (Complex Post-Traumatic Stress Disorder) and my clinical experience with eating disorders and personality disorders allowed us to focus on CPTSD in specific populations. In one study, we examined whether ultra-Orthodox women who experienced childhood sexual abuse exhibited more dissociative symptoms compared to secular women, given the added secrecy in a community where discussing sexuality is taboo. This study provided a rare glimpse into a highly insular community on a sensitive topic, with additional goals of measuring treatment progress and mediating factors. Despite significant challenges, including participant recruitment, retention, and logistical hurdles such as the absence of mobile phones among ultra-Orthodox participants, the study was completed and is now being prepared for publication.

Our second field study focused on day treatment for patients with eating disorders and CPTSD. This unique program, one of the few worldwide and the only one in Israel, investigated the relationship between therapists' perceptions of their patients and the patients' recovery outcomes. This five-year study faced challenges, including small sample sizes per treatment cycle and the global COVID-19 pandemic, but was recently submitted for publication.

In recent years, I have presented my research at international conferences and supervised over 60 students in my research areas, introducing young clinical psychologists and researchers to my fields of interest. I am also active in Israeli and international organizations dedicated to eating disorders, obesity, trauma research and treatment.

My clinical and research focus on eating disorders and CPTSD (Lev-Ari et al., 2021) has led to my current development in these areas. My recent studies include childhood sexual trauma, CPTSD, and less commonly studied eating disorders, such as binge eating and night eating syndrome. I am currently authoring a review study on CPTSD and eating disorders—a topic not yet extensively explored. Additionally, my work on attachment theory has evolved to include mentalization and epistemic trust, with ongoing international collaborations validating new tools for these areas in Hebrew, collaborating with Shimrit

Fisher from Haifa University, Dr. Campbell from University College London and Dr. Müller from Technische Universität Dresden.

After October 7th, there was a significant shift in my clinical and research focus, as well as that of many of my colleagues. Our attention turned toward trauma treatment and research. Given my prior experience in the area of CPTSD, it was only natural for me to participate in research on this topic. Currently, I am collaborating with Dr. Maayan Shorer, who developed a unique tool to assess how parents discuss war-related topics with their children. This tool is unparalleled globally, and we are working to strengthen its psychometric properties. Additionally, I am collaborating with Dr. Ortal Buchnik-Azil in studying the relationships between parents and children who have experienced trauma since October 7th, including displacement from homes and losses, and their connection to PTSD symptoms in children. Our goal is to help alleviate some of the suffering experienced by parents and children and to derive insights that can be implemented on a national scale.

My clinical and research expertise has also led to my role as Head of the Clinical Psychology Program at Ruppin Academic Center. In this capacity, I prioritize integrating clinical and research understanding in my students. Clinical psychology students often view research as irrelevant to their practical work, and I make significant efforts, including faculty training, to demonstrate that clinical thinking and research comprehension are inseparable.

As reflected in my career journey, I am not a researcher confined to a single topic. My studies are directly connected to my clinical insights and often span interconnected fields. As someone curious about many aspects of the human psyche, this diverse and collaborative approach aligns with my deeply held existentialist beliefs.