

Name: Lilac Lev-Ari

Date: Dec., 2024

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
2005-2012	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
2015-present	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
2022-present	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

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
2023	Current Psychology
	Death Studies
	Environment and Social Psychology
	Harefua (Medicine)
	Frontiers in Psychology
	PeerJ
	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
	PeerJ
	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
	PeerJ
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
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
2024	International Conference on Eating Disorders: Broadening our impact (ICED)	New York City, USA	Too healthy for their own good: The associations between Orthorexia Nervosa, disordered eating, emotions and behaviors	Presenter
2024	International Conference on Eating Disorders: Broadening our impact (ICED)	New York City, USA	I will not be my mother: Intergenerational transmission of child feeding practices and disordered eating	Presenter

2024	International Conference on Eating Disorders: Broadening our impact (ICED)	New York City, USA	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
2022	Obesity Week 2022	San Diego, USA	Self-Compassion moderates the relationship between disordered eating, obesity stigma and body image.	presenter
2022	Obesity Week 2022	San Diego, USA	Addiction or compulsion in overeating: The association between qEEG and food visual stimuli	presenter
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
2022	XXVIIIth Annual Meeting of the Eating Disorders Research Society (EDRS)	Philadelphia, USA	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
2022	30 th Congress of Psychiatry	Virtual conference (Originally in Hungary)	Mentalization deficits and entrapment moderate the association between complicated grief and suicide ideation among suicide-loss	Presenter
2022	30 th Congress of Psychiatry	Virtual conference (Originally in Hungary)	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
2022	WPA 2022 Thematic Congress on Early Intervention in Psychiatry across the Life Span	Athens, Greece	EDE-Q-13: A proposed screening tool for disordered eating and eating disorders	co-presenter
2022	WPA 2022 Thematic Congress on Early Intervention in Psychiatry across the Life Span	Athens, Greece	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 Stress Disorder, dissociation and mental health in relation to level of religiosity	co-presenter
2022	2nd International Conference on Trauma and Mental Health (TMH 2022)	Jerusalem, Israel	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?	Presenter
2021	The 32 nd International Congress of Psychology	Virtual conference (Originally in Czech Republic)	Overeating: Addiction or compulsion? The relationships between electrical activity in the brain and food visual stimuli.	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.	co-presenter
2020	2020 International Conference on Eating Disorders	Virtual conference (Originally in Mexico)	Disordered eating and body image in Arab Muslim and Jewish women in Israel.	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.	co-presenter
2019	The International Conference on Eating Disorders (ICED)	New York, USA	Family meals, a recipe for healthy eating?	co-presenter
2019	The International Conference on Eating Disorders (ICED)	New York, USA	How big is it really? Body image, disordered eating, and size perception.	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
2018	International Conference on Eating Disorders: Innovation Expanding Our	Chicago, USA	Feeling good about your body: Body fulfillment, body dissatisfaction and well-being	presenter

	Community & Perspectives (ICED)			
2018	International Conference on Eating Disorders: Innovation Expanding Our Community & Perspectives (ICED)	Chicago, USA	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
2018	Obesity Week 2018	Tennessee, USA	Look at me!": Cognitive Reappraisal as a moderator of food attentional bias	presenter
2018	Obesity Week 2018	Tennessee, USA	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
2017	The ECO2017 - the 24th European Congress on Obesity,	Porto, Portugal	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.	presenter
2017	International Attachment Conference (IAC)	London, England	Attachment styles and post traumatic growth among suicide loss survivors: The mediating role of interpersonal characteristics.	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	San Francisco, USA	The first year of life: Mother's postpartum change in	presenter

	Disorders: Coming of Age as a Global Field (ICED)		attachment, their body image and baby's weight.	
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?	presenter
2015	The 2015 Obesity Summit	London, England	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.	co-presenter
2015	21st Annual EDRS Meeting	Taormina, Sicily,	Think yourself thin: Concern for Appropriateness mediates the link between hypnotizability and disordered eating.	co-presenter
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 CBT 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	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
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
2024	Annual Israeli Conference on Eating Disorders: Growth during crisis	Wingate Institute, Israel	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
2023	Annual Israeli Conference on Eating Disorders: Prevention and recalculation of the	Wingate Institute, Israel	I will not be my mother: Intergenerational transmission of child feeding practices and disordered eating	Presenter

	course in the treatment of eating disorders			
2023	Annual Israeli Conference on Eating Disorders: Prevention and recalculation of the course in the treatment of eating disorders	Wingate Institute, Israel	Validation of the Eating Disorder Recovery Questionnaire (EDRQ) as a clinical tool	co-presenter
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.	co-presenter
2022	2 nd Conference of the Israeli Society for the Advancement of Diagnosis, Treatment and Prevention of Sexual Injury	Jerusalem, Israel	Combined eating disorders and trauma focused day-care program for adult Israeli women: Accumulated clinical experience and preliminary empirical data	co-presenter
2021	17 th 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 6 th Ruppiner 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 2 nd 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?	co-presenter
2018	The Israeli Conference on Eating Disorders: Issues in prevention and treatment	Emeq Hefer, Israel	"Can't take my eyes off you": Cognitive Reappraisal as a moderator of food attentional bias.	co-presenter

2017	The 1 st International Diaobesity – Diabetes & Obesity Summit	Jerusalem, Israel	“Eat Me!”: Cognitive reappraisal as a moderator of food attentional bias	Presenter
2017	The 1 st International Diaobesity – Diabetes & Obesity Summit	Jerusalem, Israel	Staying thin: Health-related strategies, personality traits and successful weight loss maintenance	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	presenter
2013	Treatment Modalities for Eating Disorders: Consensus and Controversy	Jerusalem, Israel	Ever since I can remember myself: Implications of attachment and perceived maternal feeding practices on women's body dissatisfaction	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.	
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	Culture 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
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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 empirical field?	The Academic College of Tel Aviv-Yaffo, Israel	Research
2017	Education of 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 Power Point 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 Evidenced 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 orientated 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	Ruppín Academic Center, Israel	Research
2009	Structural Equation Modeling	Ruppín 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
2024-	The emergence of a borderline personality	Ruppín Academic Center	Personality
2024	Introduction to psychopathology	Hadera	Senior citizens community gathering
2024	The interpretation of dreams: Psychodynamic theory	Ruppín Academic Center	Alonim Colloquium
2023-	Introduction to psychopathology	Ruppín Academic Center	Introduction to psychology course
2022-	Treatment of borderline personality disorder and eating disorders: A Mentalization Based Treatment approach	Ruppín Academic Center	Advances in psychopathology
2022	Eating disorders and their extensive impact on mental and physical health of patients	Sha'ar Menashe Mental Health Center	Physiotherapy in mental health
2019	Social Learning and self-objectification theory	Ruppín Academic Center	Behavioral Sciences Colloquium
2015	From infant to reflective adult: Attachment, mentalization and reflective functions	Ruppín Academic Center	Behavioral Sciences Colloquium
2015	Attachment: The path of love from infancy to adulthood	Ruppín 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 adolescent 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. 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 Brener, Liat Habinski,	The development, implementation, and evaluation of a timely evidence-based Community-driven Healing Intervention	Canadian Institute of Health Research, \$1,841,875	2024

	Dr. Rachel Harris, Prof. Reeva Lederman, Dr. Robert Muller, Dr. Maayan Shorer, Prof. Pesach Shvartzman, Dr. Bar Lambez	Program (CHIP) to mitigate the catastrophic effects of mass trauma and loss on mental health		
PI	Prof. Sangita Sharma, Dr. Esther Brainin, Dr. Inbal Brener, 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	Prof. Sangita Sharma, Dr. Esther Brainin, Dr. Inbal Brener, 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.	Canadian Institute of Health Research, \$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
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
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	Introduction Course	B.A.	140
2001-2010	SPSS	Introduction 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
63	Eli Levi		MA Ruppin Clinical Psychology Program	Intended summary: 2026

62	Liron Georgi		MA Ruppin Clinical Psychology Program	Intended summary: 2026
61	Mika Rosen		MA Ruppin 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 Ruppin Clinical Psychology Program	Intended summary: 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 Ruppin Clinical Psychology Program	Intended summary: 2025
58	Mor David	The relationship between maternal depression and anxiety and the mother-child bond: A retrospective examination of adults' childhood experiences	MA Ruppin Clinical Psychology Program	Intended summary: 2025
57	Reut Zimerman	The role of personality characteristics as mediators of the relationship between traumatic childhood experiences and complex post-traumatic stress disorder, post-traumatic growth, and eating disorders	MA Ruppin Clinical Psychology Program	Intended summary: 2025
56	Adina Torati	The relationship between Food Attention Bias and symptoms of Binge Eating Disorder	MA Clinical Psychology of Adulthood and Aging	Intended summary: 2024
55	Yulia Sokolov	The relationship between Food Attention Bias and Orthorexia	MA Clinical Psychology of Adulthood and Aging	Intended summary: 2024

54	Moriah Levy	The relationship between Food Attention Bias and child feeding practices	MA Clinical Psychology of Adulthood and Aging	Intended summary: 2024
53	Maya Levy	The relationship between Complex Post Traumatic Stress Disorder, Binge Eating Disorder and Night Eating Syndrome	MA Ruppín Clinical Psychology Program	2024
52	Thea Plotnitsky	Emotional eating, depression and anxiety as mediators of associations between parental child feeding, Binge Eating Disorder and Night Eating Syndrome	MA Ruppín Clinical Psychology Program	2024
51	Miri Pelts	Self-concept, positive body image and BMI	MA Ruppín 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 Ruppín 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 Ruppín 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 Ruppín 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 Ruppín Clinical Gerontological Psychology Program	2022
45	Tohar Strul	Mentalization and conflict management as mediators of sense of entitlement in couple relationship and relationship satisfaction	MA Ruppín 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 apps use, self-compassion, and relational entitlement	MA Ruppín 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 Ruppín Clinical Psychology Program	2022
40	Emanuelle Zar	Association between sense of entitlement in couple relationships, attachment style, breakup distress and post-traumatic growth	MA Ruppín Clinical Psychology Program	2022

39	Noy Abutbul	Affective and intrapersonal indices mediate the association between sense of entitlement and satisfaction from romantic relationships	MA Ruppın 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 Ruppın Clinical Gerontological Psychology Program	2022
37	Shiran Ovadia	The relation between sense of entitlement in romantic relationship, obesity, body image, sexual openness and intimacy	MA Ruppın 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 Ruppın Clinical Gerontological Psychology Program	2021
34	Leehi Deutsch	Treating childhood sexual victim survivors: Complex Post Traumatic Stress Disorder, dissociation and psychological well being	MA Ruppın 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	MA Ruppın Clinical Psychology Program	2021

		hospitalization unit for eating disorders and healthy women from the community.		
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 Ruppín 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 Ruppín Clinical Psychology Program	2021
30	Tomer Kirmaier	I'm running. Marathon culture: Are athletes exceptionally vulnerable to disordered eating and body image problems?	MA Ruppín Clinical Psychology Program	2021
29	Amit Shamgar	The impact of cognitive evaluation strategy and emotional regulation on attention bias to food	MA Ruppín Clinical Psychology Program	2020
28	Chen Spector-Dagan	Religiosity, dissociation and PTSD: Comparing ultra-Orthodox and Secular female sexual victim survivors	MA Ruppín Clinical Psychology Program	2020
27	Stav Cohen	Nobody loves me like I do – Body enjoyment, eating disorder symptoms and psychological well-being among bariatric patients	MA Ruppín Clinical Psychology Program	2020
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 Ruppin Clinical Psychology Program	2019
16	Mikaa Biberling	A community-based comparison between bariatric patients and independent dieters in health habits and social support	MA Ruppin Clinical Psychology Program	2019
15	Israeli Ashkenzi	A community-based comparison between bariatric patients and independent dieters in personality traits	MA Ruppin 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?" -	MA Ruppin Clinical Psychology Program	2018

		Masculine perceptions, self-image and their connection to a tendency to disordered eating among Israeli men		
5	Ronen Tene	Emotional regulation as a mediator between attachment style and emotional eating among adults	MA Ruppín Clinical Gerontological Psychology Program	2018
4	Or Wolster	Dissociation, body dissatisfaction and self-regulation	MA Ruppín Clinical Psychology Program	2017
3	Omer Avni	Cognitive remediation skills and obesity	MA Ruppín Clinical Gerontological Psychology Program	2017
2	Niv Shimshon	Mother's attachment – building a reflective tool	MA Ruppín Clinical Psychology Program	2017
1	Or Vinkler	Attachment styles and PTSD, a systematic review and meta-analysis	MA Ruppín Clinical Psychology Program	2016

11. Miscellaneous

None

12. Professional Experience

Period	Name of Institution	Role
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

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.

Contribution: Analyzed the data, wrote the Results sections of the manuscript.

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.**

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

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.**

Contribution: Helped analyze the data, wrote the Results sections of the manuscript.

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.**

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

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.

Contribution: Helped analyze the data, wrote the Results sections of the manuscript.

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.**

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

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.**

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

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.**

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

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.**

Contribution: Analyzed the data, wrote the Results sections of the manuscript.

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.**

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

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.**

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

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**

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

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.**

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

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**

Contribution: Analyzed the data, wrote the Methods and Results sections of the manuscript, helped write the Introduction of the manuscript.

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**

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

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**

Contribution: Planned the study, conducted the study, collected and analyzed the data, helped writing 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**

Contribution: Planned the study, conducted the study, collected and analyzed the data, helped writing 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**

Contribution: Planned the study, helped conduct the study, collected and analyzed the data, wrote the Methods and Results sections, helped writing the Introduction and Discussion of the manuscript.

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**

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

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=29, SJR=.93, Q2, IF=3.14**

Contribution: Planned the study, conducted the study, collected and analyzed the data, 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**

Contribution: Planned the study, conducted the study, collected and analyzed the data, 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**

Contribution: Analyzed the data, wrote the Methods and Results sections of the manuscript. Helped writing the Discussion section of the manuscript.

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**

Contribution: contributed to planning the study, collected and analyzed the data, wrote the Methods and Results sections of the manuscript. Helped writing 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**

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

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.**

Contribution: Planned the study, conducted the study, collected and analyzed the data, wrote the Introduction, Methods and Results sections, helped writing the Discussion session of the manuscript.

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**

Contribution: Analyzed the data, 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.**

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

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.**

Contribution: Contributed to planning the study, collected and analyzed the data, wrote the Methods, Results and Discussion sections of the manuscript.

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.**

Contribution: Contributed to planning the study, collected and analyzed the data, wrote the Introduction, Methods and Results sections of the manuscript.

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.**

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

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.**

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

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.**

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

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.**

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

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.**

Contribution: Analyzed the data, wrote the Results section of the manuscript.

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.**

Contribution: Analyzed the data, wrote the Methods and Results sections of the manuscript, helped write the Introduction section of the manuscript.

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.**

Contribution: Wrote the Methods and Results sections of the manuscript.

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Contribution: Planned the study, conducted the study, collected and analyzed the data, wrote the Methods and Results sections, helped writing the Discussion of the manuscript.

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

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Contribution: Analyzed the data, wrote the Results section of the manuscript.

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. **H Index=30, SJR=0.253, Q3, IF=0.91.**

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

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

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

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

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

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

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Information Technology for first year nursing students in Israel. *Cogent OA Education*, 3, 1154260. **H Index=7, SJR=0.244, Q3, IF=0.50.**

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

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

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

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

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.**

Contribution: contributed to planning the study, 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.**

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

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

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

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.**

Contribution: Analyzed the data, 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.**

Contribution: Planned the study, conducted the study, collected and analyzed the data, 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.**

Contribution: Planned the study, conducted the study, collected and analyzed the data, helped writing 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.**

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

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.**

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.**

Contribution: Planned the study, conducted the study, collected and analyzed the data, 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.**

Contribution: Analyzed the data, helped writing 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.**

Contribution: Contributed to planning the study, conducted the study, collected and analyzed the data, helped writing the entire manuscript.

a. Work in Progress

1. **Lev-Ari, L.** Conceptualization of Complex post-traumatic stress disorder and eating disorders.
2. **Lev-Ari, L.**, & Brenner, I., The association between Complex Post Traumatic Stress Disorder, binge eating disorder and night eating syndrome

3. **Lev-Ari, L.** Orthorexia – Is it really healthy? Psychometric properties of the Hebrew Düsseldorf Orthorexia Scale (H-DOS) in a large population study.
Contribution: Helped conduct the study and wrote the whole manuscript.
4. **Lev-Ari, L.,** Fisher, S. (shared authorship), & Müller, S. The validation of the Hebrew version of the Certainty About Mental States Questionnaire (CAMSQ).
5. Fisher, S., **Lev-Ari, L.** (shared authorship), & Campbell, C. The validation of the Hebrew version of the Epistemic Trust Mistrust Credulity Questionnaire (ETMCQ).
6. Shorer, M., & **Lev-Ari, L.** Measuring fight, flight and freeze in children using the RSQ-FFF scale
7. **Lev-Ari, L.,** & Brenner, I., Differences between religious groups of women suffering from child sexual trauma, dissociation and Complex Post-Traumatic Stress Disorder
8. Buchnik-Azil, O., Shorer, M., & **Lev-Ari, L.** Parental distress, coping, emotion regulation and children's PTSD symptoms
9. **Lev-Ari, L.,** Buchnik-Azil, O., & Shorer, M. "Let's talk about war": The associations of children's traumatic stress with their parents' war-related dialogue style and emotional socialization during war

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. **Lev-Ari, L. & Soker, E.** (submitted). 'Love thy self': The moderated mediation role of self-compassion in the relationship between disordered eating, weight stigma and body image. *Nordic Psychology*

Contribution: The second writer is a student. The paper is based on her thesis. Planned and helped conduct the study, analyzed the data and wrote the manuscript.

2. Zohar, A. H., Barhum-Shapira, D., **Lev-Ari, L.**, & Bachner-Melman, R. (submitted). I only eat what I know and like: Adult picky eating and its association with childhood picky eating, maternal feeding, aversive sensory responsiveness, disgust and obsessive-compulsive symptoms. *PeerJ*

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

3. Schur, T., **Lev-Ari, L.**, Bachner-Melman, R., & Tolmacz, R. (submitted). The Sense of Relational Sexual Entitlement Scale (SRSES): Testing an adaptation of the SRE-R. *The Journal of Sex Research*.

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

4. Brenner, I., **Lev-Ari, L.** (shared authorship), Brand, I., Blondheim, A., Hirschmann, S., Sher, R., & Mintz Malchi, K. (submitted). The effect of a trauma-informed day treatment in women with eating disorders and Complex Post-Traumatic Stress Disorder :A pilot study. *Psychological Trauma: Theory, Research, Practice, and Policy*

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

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. 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; Tolmacz et al., 2022; Tolmacz et al., 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; Levi-Belz & Lev-Ari, 2019b; Levi-Belz & Lev-Ari, 2019c; Levi-Belz & Lev-Ari, 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. 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.