

Amy Gorin, Ph.D.

Professor, Department of Psychological Sciences at University of Connecticut

Storrs, CT, US

Professor focused on long-term weight loss.

Biography

Dr. Gorin's research focuses on developing innovative treatment strategies to improve long-term weight loss and maintenance, with emphasis on motivational and environmental processes that affect weight control. She has been NIH funded to examine the "ripple effect" of a weight loss program – what happens to an untreated partner when one partner is enrolled in an intensive weight loss program. She also is PI on a RCT examining the impact of modifying the physical and social home environment on weight loss and maintenance. Dr. Gorin's current research directions include couples-based approaches to weight management and weight loss and weight gain prevention in young adults.

Areas of Expertise

Weight Loss, Psychology, Social Influence on Weight Control, Motivational and environmental processes, Clinical Psychology

Education

Stony Brook University
Ph.D. Clinical Psychology

Stony Brook University
M.A.

College of the Holy Cross
B.A.

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