

# Curriculum Vitae

Janet E. Schebendach, PhD, RD

## **Academic Appointment**

7/2013-present Assistant Professor of Neurobiology (in Psychiatry), Department of Psychiatry,  
Columbia University Irving Medical Center

7/2009-6/2013 Assistant Professor of Clinical Neurobiology (In Psychiatry), Department of  
Psychiatry, CUIMC

## **Administrative Title**

2009-present Director of Research Nutrition, Eating Behavior Laboratory, NYSPI

## **Other Work Experience**

2002-2014 Project Coordinator/Research Nutritionist, Columbia Center for Eating Disorders,  
Department of Psychiatry

1990-2002 Nutritionist-In-Charge, Eating Disorders Treatment Program, Adolescent  
Medicine, Schneider Children's Hospital, Long Island Jewish Medical Center

1984-1990 Nutritionist, Eating Disorders Treatment Program, Adolescent Medicine,  
Schneider Children's Hospital, Long Island Jewish Medical Center

1978-1984 Clinical Dietitian, Internal Medicine, General Pediatrics, Adolescent Medicine  
Long Island Jewish Medical Center

## **Education**

2002-2009 PhD, Behavioral Nutrition, with Distinction  
Columbia University Graduate School of Arts and Sciences

1981 MA, Clinical Nutrition  
New York University

1976 BS, Clinical Nutrition  
Pratt Institute, Brooklyn, NY

## **Licensure and Certification**

1982-present Registered Dietitian 610315, Academy of Nutrition and Dietetics

1996-present Dietetics-Nutrition License 003028, State of NY

## **Adjunct Lecturer**

2018 & 2019 Teachers College, Columbia University, Department of Health & Behavior Studies  
Masters/Doctoral Program in Nutrition

Course: Eating Disorders: Awareness, Prevention, and Treatment

- 2009 & 2011 Long Island University, C.W. Post Campus, Graduate School of Nutrition  
Course: Research Methods
- 2002-2017 Long Island University, C.W. Post Campus, Graduate School of Nutrition  
Course: Eating Disorders Treatment
- 1989-1993 Adelphi University, Graduate School of Adult Fitness  
Course: Nutrition and Health
- 1986-2017 New York University, Graduate School of Nutrition  
Course: Treatment of Eating Disorders

### Research Publications (Peer-Reviewed):

1. **Schebendach J**, Uniacke B, Walsh BT, Mayer LES, Attia E, Steinglass J. Fat preference and fat intake in individuals with and without anorexia nervosa. *Appetite* 2019; 139:35-41.
2. Cadenhead J, Wolf R, Lebwohl B, Lee A, Zybert P, Reilly NR, **Schebendach J**, Satherly RM, Green PHR. Diminished quality of life among adolescents with celiac disease using maladaptive eating behaviors to manage a gluten free diet: A cross-sectional, mixed-methods study. *Journal of Human Nutrition and Dietetics* 2019; 32:311-320.
3. Zambrowicz R, **Schebendach J**, Sysko R, Mayer LE, Walsh BT, Steinglass JE. Relationship between Three Factor Eating Questionnaire-Restraint Subscale and Food Intake. *International Journal of Eating Disorders* 2019; 52:255-260.
4. Sysko R, Ojerkis R, **Schebendach J**, Evans SM, Hildebrandt T, Walsh BT. Impulsivity and test meal intake among women with bulimia nervosa. *Appetite* 2017; 112:1-8.
5. **Schebendach J**, Klein DA, Mayer LE, Attia E, Devlin MJ, Foltin RW, Walsh BT. Assessment of the motivation to use artificial sweetener among individuals with an eating disorder. *Appetite* 2017; 109:131-136.
6. **Schebendach JE**, Call CC, Attia E, Devlin MJ, Walsh BT, Mayer LES. The effect of acute weight restoration on dietary fat preference in hospitalized patients with anorexia nervosa. *International Journal of Eating Disorders* 2017; 50:148-151.
7. **Schebendach JE**, Klein DA, Mayer LE, Devlin MJ, Attia E, Walsh BT. Assessment of fat taste in individuals with and without anorexia nervosa. *International Journal of Eating Disorders* 2014; 47:215-218.
8. Sysko R, Devlin MJ, **Schebendach J**, Tanofsky-Kraff M, Zimmerli E, Korner J, Yanovski JA, Zitsman JL, Walsh BT. Hormonal responses and test meal intake among obese teenagers before and after laparoscopic adjustable gastric banding. *American Journal of Clinical Nutrition*. 2013; 98(5):1151-1161.
9. **Schebendach J**, Broft A, Foltin RW, Walsh BT. Can the reinforcing value of food be measured in bulimia nervosa? *Appetite* 2013; 62:70-75.
10. **Schebendach JE**, Porter KJ, Wolper C, Walsh BT, Mayer LE. Accuracy of self-reported energy intake in weight-restored patients with anorexia nervosa compared with obese and normal weight individuals. *International Journal of Eating Disorders* 2012; 45(4):570-574.
11. Broft A, Shingelton R, Kaufman J, Liu F, Kumar D, Slifstein M, Abi-Dargham A, **Schebendach J**, Van Heertum R, Attia E, Martinez D, Walsh BT. Striatal dopamine in bulimia nervosa: A PET imaging study. *International Journal of Eating Disorders* 2012; 45(5):648-56.
12. Mayer LE, **Schebendach J**, Bodell LP, Shingelton RM, Walsh BT. Eating behavior in anorexia nervosa: Before and after treatment. *International Journal of Eating Disorders* 2012; 45(2):290-293.

13. **Schebendach J**, Mayer LES, Devlin MJ, Attia A, Walsh BT. Dietary energy density and diet variety as risk factors for relapse in anorexia nervosa: A replication. *International Journal of Eating Disorders* 2012; 45(1):79-84.
14. Steinglass J, Albano AM, Simpson HB, Carpenter K, **Schebendach J**, Attia E. Fear of food as a treatment target: Exposure and response prevention for anorexia nervosa in an open series. *International Journal of Eating Disorders* 2012; 45(4):615-621.
15. Kafantaris V, Leigh E, Hertz S, Berest A, **Schebendach J**, Meyer Sterling W, Saito E, Sunday S, Higdon C, Golden NH, Malhotra AK. A placebo-controlled pilot study of adjunctive olanzapine for adolescents with anorexia nervosa. *Journal of Child and Adolescent Psychopharmacology* 2011; 21(3):207-212.
16. **Schebendach J**, Mayer LE, Devlin MJ, Attia A, Contento IR, Wolf RL, Walsh BT. Food choice and diet variety in weight-restored patients with anorexia nervosa. *Journal of the American Dietetic Association* 2011; 111(5):732-736.
17. Steinglass JE, Sysko R, Mayer L, Berner LA, **Schebendach J**, Wang Y, Chen H, Albano AM, Simpson HB, Walsh BT. Pre-meal anxiety and food intake in anorexia nervosa. *Appetite* 2010; 55(2): 214-218.
18. Klein DA, **Schebendach JE**, Gershkovich M, Smith GP, Walsh BT. Modified sham feeding of sweet solutions in women with anorexia nervosa. *Physiology and Behavior* 2010; 101(1):132-140.
19. Klein DA, **Schebendach JE**, Gershkovich M, Bodell LP, Foltin RW, Walsh BT. Behavioral assessment of the reinforcing effects of exercise in women with anorexia nervosa: Further paradigm development and data. *International Journal of Eating Disorders* 2010; 43(7):611-618.
20. Klein DA, **Schebendach JE**, Brown AJ, Smith GP, Walsh BT. Modified sham feeding of sweet solutions in women with and without bulimia nervosa. *Physiology and Behavior* 2009; 96(1):44-50.
21. **Schebendach J**, Mayer LE, Devlin M, Attia E, Contento I, Wolf R, Walsh BT. Dietary energy density and diet variety as predictors of outcome in anorexia nervosa. *American Journal of Clinical Nutrition* 2008; 87(4):810-816.
22. Steinglass J, Sysko R, **Schebendach J**, Broft A, Strober M, Walsh BT. The application of exposure therapy and D-cycloserine to the treatment of anorexia nervosa: a preliminary trial. *Journal of Psychiatric Practice* 2007; 13(4):238-245.
23. Klein DA, Mayer LE, **Schebendach J**. Physical activity and cortisol in anorexia nervosa. *Psychoneuroendocrinology* 2007; 32 (5):539-547.
24. **Schebendach J**, Klein DA, Foltin RW, Walsh BT. Relative reinforcing value of exercise in inpatients with anorexia nervosa: Model development and pilot data. *International Journal of Eating Disorders* 2007; 40(5):446-453.
25. Klein DA, **Schebendach J**, Devlin MJ, Smith GP, Walsh BT. Intake, sweetness and liking during modified sham feeding of sucrose solutions. *Physiology and Behavior* 2006; 87(3):602-606.
26. Sysko R, B. Timothy Walsh MD, **Schebendach J**, Wilson GT. Eating behavior among women with anorexia nervosa. *American Journal of Clinical Nutrition* 2005; 82(2):296-301.
27. Golden NH, Iglesias E, Jacobson M, Carey D, Meyer W, **Schebendach J**, Hertz S, and Shenker IR. Alendronate for the treatment of osteopenia in anorexia nervosa: a randomized double-blind placebo-controlled trial. *Journal of Clinical Endocrinology and Metabolism* 2005; 90(6): 3179-3185.

28. Klein DA, Bennett A, **Schebendach J**, Foltin RW, Devlin M, Walsh BT. Exercise addiction in anorexia nervosa: model development and pilot data. *CNS Spectrum* 2004; 9(7):531-537.
29. Golden NH, Lankowsky L, **Schebendach J**, Palestro CJ, Jacobson MS, Shenker IR. The effect of estrogen-progestin treatment on bone mineral density in anorexia nervosa. *Journal of Pediatric and Adolescent Gynecology*. 15(3):135-143, 2002.
30. Golden NH, Jacobson MS, **Schebendach J**, Solanto MV, Hertz SM, Shenker IR. Resumption of menses in anorexia nervosa. *Archives of Pediatric and Adolescent Medicine* 1997; 151:16-21.
31. **Schebendach J**, Golden NH, Jacobson MS, Hertz S, Shenker IR. The metabolic responses to starvation and refeeding in adolescents with anorexia nervosa. *Annals of the New York Academy of Sciences* 1997; 817:110-119.
32. Copperman N, **Schebendach J**, Arden MR, Jacobson MS. Nutrient quality of fat- and cholesterol-modified diets of children with hyperlipidemia. *Archives of Pediatric and Adolescent Medicine* 1995; 149:333-336.
33. **Schebendach J**, Golden NH, Jacobson MS, Arden M, Pettei M, Hardoff D, Bauman N, Reichert P, Copperman N, Hertz S, Shenker IR. Indirect calorimetry in the nutritional management of eating disorders. *International Journal of Eating Disorders* 1995; 17(1):59-66.
34. Golden NH, Kreitzer P, Jacobson M, Chasalow FI, Freedman SM, **Schebendach J**, Freedman SM, Shenker IR. Disturbances in growth hormone secretion and action in adolescents with anorexia nervosa. *Journal of Pediatrics* 1994; 4(4):655-660.

#### **Review Papers (Peer-Reviewed):**

1. Sysko R, Steinglass J, **Schebendach J**, Mayer BT, Walsh BT. Rigor and reproducibility via laboratory studies of eating behavior: A focused update and conceptual review. *International Journal of Eating Disorders* 2018; 51:608-616.
2. **Schebendach J**. Dietary energy density and diet variety in the nutritional management of patients with anorexia nervosa. *Renfrew Perspectives* 2013 (winter): 10-14.
3. **Schebendach J**. The use of indirect calorimetry in the clinical management of adolescents with nutritional disorders. *Adolescent Medicine* 2003; 14(1):77-85.
4. Kreipe RE, Golden NH, Katzman DK, Fisher M, Rees J, Tonkin RS, Silber TJ, Sigman G, **Schebendach J**, Ammerman S, Hoberman HM. Eating disorders in adolescents. A position paper of the Society for Adolescent Medicine. *Journal of Adolescent Health* 1995; 16(6):476-480.
5. Fisher M, Golden NH, Katzman DK, Kreipe RE, Rees J, **Schebendach J**, Sigman G, Ammerman S, Hoberman HM. Eating disorders in adolescents: A background paper. *Journal of Adolescent Health* 1995; 16:420-437.
6. Luder E, **Schebendach J**. Nutrition management of eating disorders. *Topics in Clinical Nutrition* 1993; 8(3):48-63.
7. **Schebendach J**, Nussbaum M. Nutrition management in adolescents with eating disorders. *Adolescent Medicine* 1992; 3(3):541-558.
8. Copperman N, **Schebendach J**, Arden M, and Jacobson, MS. Practical management of pediatric hyperlipidemia. *Topics in Clinical Nutrition* 1991; 6(2):51-59.
9. Arden MR, **Schebendach J**, Jacobson, MS. Prevention of atherosclerosis in children. *Comprehensive Therapy* 1989; 15(10):69-74.

**Chapters:**

1. **Schebendach J**, Violante-Roth J. (2019; in press) Eating disorders, in Mahan LK and Raymond JL (eds.): Krause's Food and the Nutrition Care Process, 15th Ed., WB Saunders, Philadelphia PA.
2. **Schebendach J**, Violante-Roth J. (2016) Eating disorders, in Mahan LK and Raymond JL (eds.): Krause's Food and the Nutrition Care Process, 14th Ed., WB Saunders, Philadelphia PA.
3. Brown A J, **Schebendach J**, Walsh BT (2016) Eating problems in adults, in Walsh BT, Attia E, Glasofer D R, Sysko R. (eds): Handbook of Assessment and Treatment of Eating Disorders, American Psychiatric Association Publishing, Arlington, VA.
4. **Schebendach J**. (2012) Eating disorders, in Mahan LK, Escott-Stump S, Raymond JL (eds.): Krause's Food and the Nutrition Care Process, 13th Ed., WB Saunders, Philadelphia PA.
5. **Schebendach J**. (2008) Eating disorders, in Mahan LK, and Escott-Stump S. (eds.): Krause's Food and Nutrition Therapy, 12th Ed., WB Saunders, Philadelphia PA.
6. **Schebendach J**. (2003) The use of indirect calorimetry in the clinical management of disordered eating, in Fisher, M. (ed.): Adolescent Medicine: State of the Art Reviews: The Spectrum of Disordered Eating: Anorexia Nervosa, Bulimia Nervosa and Obesity. Hanley & Belfus, Philadelphia PA, Volume 14, No.1, 77-85.
7. **Schebendach J**, Reichert P. (2002). Eating disorders, in Mahan LK, and Escott-Stump S. (eds): Krause's Food, Nutrition, and Diet Therapy, 11th Ed., WB Saunders, Philadelphia PA.
8. **Schebendach J**, Reichert P. (2000) Eating disorders, in Mahan LK, and Escott-Stump S. (eds): Krause's Food, Nutrition, and Diet Therapy, 10th Ed., WB Saunders, Philadelphia PA.
9. **Schebendach J**, Golden NH. (1998) Nutritional management of adolescents with anorexia nervosa and bulimia nervosa, in Nobrega FS (ed.): Nutritional disturbances, Livraria e Editora Revinte R Ltda, Rio de Janeiro, Brazil, 403-415.
10. **Schebendach J**, Shenker IR. (1997) Nutrition in adolescence, in Friedman SB, Fisher M, Schonberg SK, and Alderman EM (eds.): Comprehensive Adolescent Health Care, 2nd Ed, Mosby, St. Louis MO, 233-242.
11. Arden M, **Schebendach J**. (1996) Disease prevention among youth: atherosclerosis and hyperlipidemia, in Rickert V.I (ed.): Adolescent Nutrition: Assessment and Management. Chapman and Hall, NY.
12. Jacobson MS, Copperman NM, Arden MR, **Schebendach J**, Eisenberg C. (1992). Treatment of pediatric hyperlipidemia, in Stein, Y. (ed.): Proceedings of the 9th International Symposium on Atherosclerosis, Creative Communications, Tel Aviv, 421-424.
13. **Schebendach J**, Shenker IR (1992) Nutrition in adolescence, in: Friedman S, Fisher M, Schonberg K (eds.): Comprehensive Adolescent Health Care, Quality Medical Publishing, St. Louis, MO, 206-216.
14. **Schebendach J**, Beseler L. Diet therapy, in Jacobson MS.(ed): Atherosclerosis Prevention: Identification and Treatment of the Child with High Cholesterol. Harwood Academic Publishers 1991;105-134.