

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. Amy Gorin is a Professor of Psychological Sciences and Director of the Institute for Collaboration on Health, Intervention, and Policy (InCHIP) at the University of Connecticut. She received her PhD in Clinical Psychology from Stony Brook University and completed a postdoctoral fellowship at Brown Medical School's Weight Control and Diabetes Research Center. At UConn, Dr. Gorin founded the multidisciplinary Obesity Research Interest Group, which now includes over 170 members, all of whom share a common interest in understanding, preventing, and treating obesity. Her own research focuses on developing innovative treatment strategies to improve long-term weight loss and maintenance with an emphasis on motivational and environmental processes that impact weight management. She actively collaborates across disciplinary divides and has research partnerships with national leaders in obesity management. Dr. Gorin has published over 80 peer-reviewed articles, many focusing on the role of the home environment in weight management. She has established that behavioral weight management programs can have a positive ripple effect on untreated family members and that weight loss can spread within a household. In addition to her own research, Dr. Gorin invests significant time in mentoring her graduate trainees and in supporting faculty development and team science initiatives at UConn, including directing the Training and Development Core at InCHIP.

Areas of Expertise

Weight Loss Maintenance, Behavioral Weight Management, Obesity, Social Support

Education

Stony Brook University
Ph.D. Clinical Psychology

Stony Brook University
M.A.

College of the Holy Cross
B.A.

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