

Sherry Pagoto, Ph.D.

Professor of Allied Health Sciences at University of Connecticut

Storrs, CT, US

Leveraging technology for health promotion and disease prevention

Biography

Dr. Pagoto is a licensed clinical psychologist, professor, and social media researcher. She is currently a Professor in the Department of Allied Health Sciences at the University of Connecticut and Director of the UConn Center for mHealth and Social Media. In 2019, she was President of the Society of Behavioral Medicine, the leading organization for research at the intersection of behavioral science and health. Her research focuses on leveraging technology in the development and delivery of behavioral interventions targeting diet, physical activity, and cancer prevention. She has developed two mobile apps for weight management and a comprehensive weight loss program that is deliverable via social media platforms. She has had federal funding for her program of research for 17 consecutive years and has published 200+ papers in peer-reviewed journals. She has received several awards for her work including The Obesity Society Pioneer in mHealth/eHealth Award in 2014, Society of Behavioral Medicine Early Career/Young Investigator Award in 2006, and the Western Michigan University Psychology Department Distinguished Alumni Award in 2011. Devoted to science communication, she has bylines in the Washington Post, USA Today, US News and World Report, Chronicle of Higher Education, STAT News, Times Higher Education, MedCityNews, and Psychology Today.

Areas of Expertise

Health Behavior, Sun Safety, Skin Cancer Prevention, Digital Health, Social Media, Exercise, Diet, Obesity

Affiliations

National Council for Skin Cancer Prevention: Co-Director, Tan-Free Skin Smart Campus Initiative, Society of Behavioral Medicine: Board of Directors

Education

University of Illinois at Chicago/Hines VA Hospital
Post-Doctoral Research Fellow

Western Michigan University
Ph.D. Clinical Psychology

Western Michigan University
M.A. Clinical Psychology

Accomplishments

Mentoring Women Faculty Award

2017 Awarded by the Women's Faculty Committee, UMass Medical School

Distinguished Service Award

2016 Awarded by the Society of Behavioral Medicine

Obesity Society mHealth/eHealth Pioneer Award

2014 Awarded by the Obesity Society

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