

Research interests

Stress, eating, cardiometabolic health

Employment

Medical & Clinical Psychology

Uniformed Services University of the Health Sciences

Bethesda, United States

24 Feb 2025 → present

Research outputs

Case management for suicide prevention: a rapid review and evidence map

Milligan, T., Boyd, C., Bellanti, D. M., Shank, L., Chari, S., Kotzab, D., Smolenski, D., Evatt, D. P. & Kelber, M. S., Aug 2025, In: Social Psychiatry and Psychiatric Epidemiology. 60, 8, p. 1799-1809 11 p.

Evidence-based telehealth interventions for post-traumatic stress disorder, depression, and anxiety: A systematic review and meta-analysis

Kelber, M. S., Smolenski, D. J., Boyd, C., Shank, L. M., Bellanti, D. M., Milligan, T., Edwards-Stewart, A., Libretto, S., Parisi, K., Morgan, M. A. & Evatt, D. P., Jul 2025, In: Journal of Telemedicine and Telecare. 31, 6, p. 757-767 11 p.

Cognitive fatigue did not significantly influence youth's total energy intake or snack food consumption during a randomized trial

Parker, M. N., Kelly, N. R., Moore, A., Loch, L. K., Vazquez, J. T., Bloomer, B. F., Nwosu, E. E., Lazareva, J., Yang, S. B., Courville, A. B., Moursi, N. A., Brady, S. M., Olsen, C. H., Shank, L. M., Tanofsky-Kraff, M. & Yanovski, J. A., 2025, (Accepted/In press) In: Journal of behavioral medicine.

Genetic and peripheral biomarkers of comorbid posttraumatic stress disorder and traumatic brain injury: a systematic review

Cowansage, K., Nair, R., Lara-Ruiz, J. M., Berman, D. E., Boyd, C. C., Milligan, T. L., Kotzab, D., Bellanti, D. M., Shank, L. M., Morgan, M. A., Smolenski, D. J., Babakhanian, I., Skopp, N. A., Evatt, D. P. & Kelber, M. S., 2025, In: Frontiers in Neurology. 16, 1500667.

Systematic review of the impact of interventions changing access to lethal means on suicide attempts and deaths

Shank, L. M., Smolenski, D. J., Boyd, C., Bellanti, D. M., Nair, R., Cowansage, K., Libretto, S., Frazier, K., Evatt, D. P. & Kelber, M. S., 2025, (Accepted/In press) In: Injury Prevention. ip-2024-045611.

A systematic review and meta-analysis of loss-of-control eating in relation to cardiometabolic health components and inflammatory markers

Byrne, M. E., Shank, L. M., Lavender, J. M., Higgins-Neyland, M. K., Rice, A., Sweeney, R. S., Norton, C., Haigney, M., Yanovski, J. A. & Tanofsky-Kraff, M., Nov 2024, In: Obesity Reviews. 25, 11, e13805.

A systematic review of problematic social media use and occupational functioning

Kelber, M. S., Shank, L. M., Boyd, C., Bellanti, D. M., Morgan, M. A., Libretto, S., Edwards-Stewart, A., Parisi, K. & Evatt, D. P., Nov 2024, In: Current Psychology. 43, 44, p. 34297-34305 9 p.

Practice-Based Implementation Network: Behavioral Health Technician Optimization Pilot Lessons Learned

Libretto, S., Edwards-Stewart, A., Kazi, A. K., Narayanan-Pandit, S., Deroma, V., McLaughlin, E. & Shank, L. M., 1 Sep 2024, In: Military Medicine. 189, Supplement_3, p. 665-670 6 p.

Effects of Therapeutic Alliance in Interpersonal Psychotherapy Among Adolescent Girls With Loss-of-Control Eating

Ruzicka, E. B., Shomaker, L. B., Pyle, L., Bakalar, J. L., Shank, L. M., Crosby, R. D., Wilfley, D. E., Young, J. F., Sbrocco, T., Brady, S. M., Gulley, L. D., Yanovski, J. A. & Tanofsky-Kraff, M., 15 Mar 2024, In: American Journal of Psychotherapy. 77, 1, p. 7-14 8 p.

The impact of a guided paced breathing audiovisual intervention on anxiety symptoms in Palestinian children: a pilot randomized controlled trial

Shank, L. M., Grace, V., Delgado, J., Batchelor, P., de Raadt St James, A., Sundaresan, A. & Bouchedid, L., Nov 2023, In: Child and Adolescent Mental Health. 28, 4, p. 473-480 8 p.

Influence of puberty on relationships between body composition and blood pressure: a cross-sectional study

Kwarteng, E. A., Shank, L. M., Faulkner, L. M., Loch, L. K., Fatima, S., Gupta, S., Haynes, H. E., Ballenger, K. L., Parker, M. N., Brady, S. M., Zenno, A., Tanofsky-Kraff, M. & Yanovski, J. A., Aug 2023, In: Pediatric Research. 94, 2, p. 781-788 8 p.

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Cassidy, O., Tanofsky-Kraff, M., Waters, A. J., Shank, L. M., Pine, A., Quattlebaum, M., DeLeon, P. H., Bragg, M. & Sbrocco, T., Jan 2023, In: PLoS ONE. 18, 1 January, e0279871.

The relationship between anxiety, coping, and disordered-eating attitudes in adolescent military-dependents at high-risk for excess weight gain

Solomon, S., Shank, L. M., Lavender, J. M., Higgins Neyland, M. K., Gallager-Teske, J., Markos, B., Haynes, H., Repke, H., Rice, A. J., Sbrocco, T., Wilfley, D. E., Schvey, N. A., Jorgensen, S., Ford, B., Ford, C. B., Haigney, M., Klein, D. A., Quinlan, J. & Tanofsky-Kraff, M., 2023, In: Military Psychology. 35, 2, p. 95-106 12 p.

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Associations among alexithymia, disordered eating, and depressive symptoms in treatment-seeking adolescent military dependents at risk for adult binge-eating disorder and obesity

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Examination of the Interaction between Parental Military-Status and Race among Non-Hispanic Black and Non-Hispanic White Adolescents with Overweight/Obesity

Higgins Neyland, M. K., Shank, L. M., Lavender, J. M., Burke, N. L., Rice, A., Gallagher-Teske, J., Markos, B., Faulkner, L. M., Djan, K. G., Kwarteng, E. A., Lemay-Russell, S., Parker, M. N., Schvey, N. A., Sbrocco, T., Wilfley, D. E., Ford, B.,

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Examination of the Interaction between Parental Military-Status and Race among Non-Hispanic Black and Non-Hispanic White Adolescents with Overweight/Obesity

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21/02/25

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Grants

Inflammatory Stress Response and Loss of Control Eating in Youth
Shank, L.

National Institute of Diabetes and Digestive and Kidney Diseases: \$24,070.00
1/08/18 → 31/05/19