

Stephen Stotland, Ph.D.

Education:

1989 Ph.D. – Clinical Psychology, McGill University
1983 M.A. – Psychology, University of Toronto
1982 B.A. – Honours in Psychology, Concordia University

Clinical, Research and Teaching Activities:

Current:

2007- **Director**, Montreal Comprehensive Weight Management Program
2016- **Professeur Accrédité**, Département de Nutrition, Université de Montréal

Previous:

2019- 2022 **Director of R&D**, Gestion Huma inc.
2016- 2020 **Director**, ZeroExcuseGO
2012- 2018 **Assistant Professor (Professional)**, Department of Psychology, McGill University
2006- 2012 **Instructor**, Department of Psychology, McGill University
2000- 2015 **Research Director** – Cliniques Motivation Minceur Inc.
1997- 2006 **Lecturer**, Department of Psychology, McGill University
1995- 2000 **Director, Obesity and Eating Disorders Treatment Program**, Cognitive-Behavior Therapy Service, Montreal General Hospital
1992- 1995 **Clinical-Research Psychologist**, Eating Disorders Unit, Douglas Hospital
1989- 1990 **Post-doctoral Fellow**, Department of Psychology, McGill University
1987- 2000 **Senior Therapist**, Cognitive-Behavior Therapy Service, Montreal General Hospital

Courses taught:

Psyc 406 (McGill) Psychological Tests – Course taught 6 times between 2006 et 2016. 100 to 265 students per class.
Psyc 328 (McGill) Health Psychology – Course taught 8 times between 2002 and 2009. 60 to 100 students per class.
Psyc 507 (McGill) Emotions, Stress & Illness – Seminar with 10 students in 2007.
Psyc 395, 396, 450, 496, 496, COGS 401 – Independent Research – supervised approx. 20 students between 2002 and 2018.
Nutr 2054 (University of Montreal) – 2017-2021
Nutr 511(McGill) – 2023 - present

Clinical supervision:

Clinical and research internships offered to clinical graduate students and aspiring undergraduates. Specialty in research and practice with patients with moderate and severe obesity, with or without cardiometabolic and psychiatric comorbidities; adolescents and adults.

Other activities:

Editing – Canadian Family Physician, Canadian Journal of Diabetes, Eating Behaviours, Appetite Consulting – Nestle; Bausch; Abbott

Publications:

Dasgupta K, Da Costa D, Pillay S, De Civita M, Gougeon R, Leong A, Bacon, S, Stotland, S., et al. (2013) Strategies to Optimize Participation in Diabetes Prevention Programs following Gestational Diabetes: A Focus Group Study. **PLoS ONE** 8(7): e67878. <https://doi.org/10.1371/journal.pone.0067878>

Larocque, M. & Stotland, S. (2000). The Larocque Obesity Questionnaire: A new measure of the psychological factors in weight control. **American Journal of Bariatric Medicine**, 15, 12-14.

Larocque, C., Lecomte, C., Savard, R., Stotland, S., & Sadikaj, G. (2015). Alliance thérapeutique, état de préparation psychologique et perte de poids. **Annales Médico-psychologiques revue psychiatrique**. DOI:10.1016/j.amp.2015.01.007

S. Neseliler, W. Hu, K. Larcher, M. Zacchia, M. Dadar, S.G. Scala, M. Lamarche, Y. Zeighami, S.C. Stotland, M. Laroque, E.B. Marliss, and A. Dagher (2019). Neurocognitive and hormonal correlates of voluntary weight loss in humans. **Cell Metabolism**. 291, 39-49. Doi: 10.1016/j.cmet.2018.09.024.

Steiger, H., Stotland, S., & Houle, L. (1994). Prognostic implications of stable versus transient "borderline features" in bulimic patients. **Journal of Clinical Psychiatry**, 55, 206-214.

Steiger, H., & Stotland, S. (1995). Individual and family factors in adolescents with eating symptoms and syndromes. In H.-C. Steinhausen (Ed.). **Eating disorders in adolescence**. Berlin: Walter de Gruyter.

Steiger, H., Stotland, S., Ghadirian, M., & Whitehead, V. (1995). Controlled study of eating concerns and psychopathological traits in relatives of eating-disordered probands: Do familial traits exist? **International Journal of Eating Disorders**, 18, 107-118.

Steiger, H., & Stotland, S. (1996). Prospective study of outcome in bulimics as a function of axis-II comorbidity: Long-term responses on eating and psychiatric symptoms. **International Journal of Eating Disorders**, 20, 149-161.

Steiger, H., Stotland, S., & Trottier, J. (1996). Familial eating concerns and psychopathological traits: Causal implications of transgenerational effects. **International Journal of Eating Disorders**, 19, 147-157.

Steiger, H., Jabalpurwala, S., Champagne, J., & Stotland, S. (1997). A controlled study of trait narcissism in anorexia and bulimia nervosa. **International Journal of Eating Disorders**, 22, 173-178.

Steiger, H., Gauvin, L., Jabapurwala, S., Seguin, J., & Stotland, S. (1999). Hypersensitivity to social interactions in bulimic syndromes: Relationship to binge eating. **Journal of Consulting and Clinical Psychology**, 67, 765-775.

- Stotland, S. (2012). Moderation: An alternative to restraint as a mode of weight self-regulation. *Eating Behaviors*, 13, 406-409.
- Stotland, S. The Promise of Digital Technology Augmented Behavioral Treatment of Obesity. **INDIRE**, Conference 24, Halkidiki, Greece, 2024 <https://doi.org/10.31355/127>
- Stotland, S., & Larocque, M. (2003). Use of a web-based psychological assessment in obesity treatment: Association with treatment continuation vs. dropout. *American Journal of Bariatric Medicine*, 18, 11-14.
- Stotland, S., & Larocque, M. (2004). Convergent validation of the Larocque Obesity Questionnaire and behavioral observations. *Psychological Reports*, 95, 1031-1042.
- Stotland, S., & Larocque, M. (2005). Early treatment response as a predictor of ongoing weight loss in obesity treatment. *British Journal of Health Psychology*. 10, 601-614.
- Stotland, S., & Larocque, M. (2012). Encouraging successful weight management. *Canadian Family Physician*, 58, 929-31.
- Stotland, S. C., Larocque, M., & Kronick, I. (2006). Self-regulation of weight: Basic processes and treatment implications. In A. T. Prescott (ed.), *The concept of self in medicine and health care*. Hauppauge, NY: Nova Science.
- Stotland, S., Larocque, M., & Sadikaj, G. (2012). Positive and negative dimensions of weight control motivation. *Eating Behaviors*, 13, 20-26.
- Stotland, S., & Zuroff, D. (1990). A new measure of Weight Locus of Control: The Dieting Beliefs Scale. *Journal of Personality Assessment*, 54, 191-203.
- Stotland, S., & Zuroff, D. (1991). Relation between multiple measures of dieting self-efficacy and weight change in a behavioral weight control program. *Behavior Therapy*, 22, 47- 59.
- Stotland, S., Zuroff, D., & Roy, M. (1991). Situational dieting self-efficacy and the short-term regulation of eating. *Appetite*, 17, 81-90.
- Stotland, S., & Zuroff, D. (1994). The Dieting Beliefs Scale. In Corcoran, K., & Fisher, J. (Eds.). *Measures for Clinical Practice (2nd ed.)*. N.Y.: The Free Press.
- Yared, Z., Blunden, S., & Stotland, S. (2020). Addressing a care gap in type 1 diabetes management: Using the Diabetes Distress Scale (DDS) in a community care setting to address diabetes-related treatment challenges, *Canadian Journal of Diabetes*, 44, 514-520.
- Zuroff, D., Stotland, S., Sweetman, E., Craig, J., & Koestner, R. (1995). Social interactions of dependent and self-critical students. *British Journal of Clinical Psychology*, 34, 543-553.