

Martin Binks Ph.D. – Current Publications List: December 2009:

Peer Reviewed Scientific Journals:

17. Suzuki A, Binks M, Sha R, Eisenson H, Diehl AM. Influence of lifestyle factors and comorbidities on liver function in patients undergoing weight loss treatment. *In press*
16. Wachholtz A, Binks M, Suzuki A, Eisenson H. Sleep disturbance and pain in an obese residential treatment seeking population. *Clin J Pain. in press.*
15. Lundgren JD, Malcolm R, Binks M, O'Neil PM. Remission of metabolic syndrome following a brief low-calorie lifestyle change program for weight loss. *Int J Obesity* (2009) 33, 144–150
14. Kolotkin RL, Binks M, Crosby RD, Østbye T, Mitchell JE, Hartley G. Improvements in sexual quality of life after moderate weight loss. *Int J Impot Res* 2008; Jul 3.
13. Binks M, History of sexual abuse among bariatric surgery candidates (Editorial Comment) *Surgery for Obesity and Related Disorders* 2006;2: 375-376.
12. Kolotkin RL, Binks M, Crosby RD, Østbye T, Gress RE, Adams TD. Obesity and sexual quality of life. *Obesity Research* 2006;14(3): 472-479.
11. Lundgren JD, O'Neil PM, Martin CK, Binks M. Smoking status and weight loss in three weight loss programs. *Eating Behaviors* 2006;7: 61-68.
10. Kolotkin RL, Westman EC, Østbye T, Crosby RD, Eisenson HJ, Binks M, Does binge eating disorder impact weight-related quality of life? *Obesity research* 2004;12(6): 999-1005.
9. Binks M, O'Neil PM, Referral sources to a weight management program: Relationship to outcome. *J Gen Intern Med* 2002;17.
8. Martin CK, O'Neil PM, Binks M. An attempt to identify predictors of treatment outcome in two comprehensive weight loss programs. *Eating Behaviors* 2002;3(3): 239-248.
7. Binks M, Radnitz CL, Moran A, Vinciguerra V. Relationship between level of spinal cord injury and post-traumatic stress disorder symptoms. *Annals of The New York Academy of Sciences* 1997;821: 430-432.
6. Radnitz CL, McGrath R, Tirch D, Willard M J, Perez-Strumolo L, Festa J, Binks M, Broderick CP, Schlein I, Walczak S, Lillian LB. Use of the Beck Depression Inventory for individuals with spinal cord injury. *Rehabilitation Psychology* 1997;42(2): 93-101.
5. Callaghan E, Radnitz CL, Tirch D, Perez-Strumolo L, Schlein IS, Willard J, Lillian LB, Festa J, Walczak S, Binks M, Broderick CP. Is benzodiazepine use related to substance misuse history? *SCI Psychosocial Process* 1996;9(4): 103-106.
4. Radnitz CL, Broderick CP, Perez-Strumolo L, Tirch D, Festa J, Schlein I, Walczak S, Willard J, Lillian LB, Binks M. The prevalence of psychiatric disorders in veterans with spinal cord injury: A controlled comparison. *Journal of Nervous and Mental Disease* 1996;184(7): 431-433.
3. Radnitz CL, Schlein I, Walczak S, Broderick CP, Binks M, Tirch D, Willard J, Perez-Strumolo L, Festa J, Lillian LB, Bockian N, Cytryn A, Green L. The prevalence of posttraumatic stress disorder in spinal cord injury. *SCI Psychosocial Processes* 1995;8(4): 145-149.
2. Radnitz CL, Hsu L, Willard J, Perez-Strumolo L, Festa J, Lillian L.B, Walczak S, Tirch D, Schlein IS, Binks M, Broderick CP. Posttraumatic stress disorder in veterans with spinal cord injury: Trauma-related risk factors. *Journal of Traumatic Stress* 1995.

1. Radnitz CL, Hsu L, Tirch D, Willard J, Lillian LB, Walczak S, Festa J, Perez-Strumolo L, Broderick CP, Binks M, Schlein IS, Bockian N, Green L, Cytryn A. A comparison of posttraumatic stress disorder in veterans with and without spinal cord injury. *Journal of Abnormal Psychology* 1995.

Other publications:

10. Binks M. The Gift of Forgiveness *GX: The Guard Experience*
9. Binks M. Bringing balance to being back, *GX: The Guard Experience*; v.6 Issue: 7 Dec 2009.
8. Binks m. Healthy Body Building: Being Prepared for APFT *Foundations; National guard soldier & family*
7. Binks M et al. Pragmatic weight loss strategies in the era of the weekly fad diet, *Duke Medicine Consults*, Spr 2009.
6. Binks M. Exercise and the obese patient *Rev of Endocrinology* Feb. 2009
5. Binks M, Housle B. How much should my patient exercise *The Clin Advisor* Jan 2009.
4. Binks M. Obesity & Oil *Inside Duke Medicine* 2008.
3. Binks M. Reality Weight Loss TV *Philadelphia Inquirer, Durham Herald Sun, Raleigh News & Observer* 2007.
2. Binks M, Kolotkin RL. Sexual quality of life in obesity *Bariatrics Today* 2005;1:46-47.
1. Binks M, Kolotkin RL. Weight and Sexual Fulfillment *Obesity Help* 2006;2:28-31.

Books:

1. Eisenson HJ, *Binks M. The Duke Diet: The world-renowned program for healthy and lasting weight loss. New York: Balantine: 2007.
*Primary and organizing author and project director for Duke Diet book and companion website DukeDiet.com.

Non-authored publications:

3. Binks M. Sending the right message: Reality weight loss television *Duke Magazine* 2008; Jan/Feb.
2. Binks M. Guided Self-Awareness CD: A collection of mind-body awareness meditations and exercises from the Duke Diet & Fitness Center; Executive Producer 2007.
1. DFC Healthy Herald. Executive & Organizing Editor, 2007-2009 (Biannual).

Published Abstracts (Presented at Scientific Conferences):

32. Binks M, van Mierlo T. User characteristics & utilization patterns of an 'ad libitum' internet weight loss program. *Annals of Behavioral Medicine* 2009; 37 Suppl: C104
31. Bryson JW, Rydin-Gray S, Dorough AE, Kolotkin RL, Sha RS, Binks M. Weight-related quality of life among those with obesity and obstructive sleep apnea. *Annals of Behavioral Medicine* 2009; 37 Suppl: B96
30. Binks M, Wachholtz A, Rydin-Gray S, Housle B, Kolotkin RL. The relationship between current exercise and weight-related quality of life. *Obesity* 2008;16(1)Suppl:s200.

29. Binks M, Rydin-Gray S, Wachholtz A, Kolotkin RL. The relationship between age of onset of weight difficulty and weight-related quality of life. *Obesity* 2008;16(1)Suppl:s287.
28. Wachholtz A, Rydin-Gray S, Sha R, Binks M. Weight cycling among non-diabetics, pre-diabetics, and diabetics in an obese treatment seeking population. *Annals of Behavioral Medicine* 2008;35 Suppl: s118.
27. Wachholtz A, Binks M, Kolotkin R. Comparison of obese patients with and without chronic pain in a residential weight loss program. *Obesity Research* 2007;15(9) Suppl:A76.
26. Eisenson HJ, Wachholtz A, Binks M. Predictors of rate of weight loss in a controlled residential setting. *Obesity Research* 2007;15(9) Suppl:A143.
25. Sha R, Andolsek K, Suzuki A, Wachholtz A, Eisenson H, Binks M. Deterioration of renal function following weight loss in a residential weight loss program. *Obesity Research* 2007;15(9) Suppl:A214.
24. Endress G, Wachholtz A, Kolotkin R, Binks M. Self-reported interference with activities of daily living: Relationship to weight loss in a controlled residential setting *Obesity Research* 2007;15(9) Suppl:A192.
23. Wachholtz A, Binks M, Suzuki A, Kolotkin R, Eisenson H. Does pain predict interference with activities of daily living in an obese residential treatment seeking population *Annals of Behavioral Medicine* 2007;33Suppl:s023.
22. Wachholtz A, Binks M, Suzuki A, Eisenson H, Sleep disturbance and pain in an obese residential treatment seeking population *Annals of Behavioral Medicine* 2007;33 Suppl:s125.
21. Sha R, Suzuki A, Binks M, Diehl AM, Eisenson H. Elevation of aminotransferase following weight loss in a residential weight loss program *Obesity Research* 2006;14(9) Suppl:A240.
20. Creel DB, O'Brien KE, Binks M, O'Neil PM. Relationships among early self-monitoring, weight loss and attendance in a multi-disciplinary weight control program using meal replacement products. Proceedings of the 10th Annual International Congress on Obesity; 2006; Sydney, Australia.
19. Lundgren JD, O'Neil PM, Malcolm R, Binks M. Psychosocial characteristics of weight loss patients with and without metabolic syndrome. *Obesity Research* 2006;14(9) Suppl:A81.
18. Lundgren JD, O'Neil PM, Malcolm RJ, Binks M. Metabolic syndrome and weight loss *Obesity Research* 2005;13 Suppl: A83.
17. Suzuki A, Binks M, Choi S, Sha R, Goswami R, Westman E, Eisenson HJ, Diehl AM. Short-term effect of diets of varied carbohydrate content on hypertransaminasemia in a residential weight loss program *Gastroenterology* 2006;130(4) Suppl2: A819.
16. Suzuki A, Binks M, Sha R, Eisenson HJ, Diehl AM. Influence of lifestyle factors and comorbidities on liver function in patients undergoing weight loss treatment *Hepatology* 2006;44(4) Suppl 1: 646A.
15. Binks M, Østbye T, Eisenson HJ, Sha R, Kolotkin RL, Politi E, Westman EC. Physical & quality of life outcomes one year following participation in a residential lifestyle change program *Obesity Research* 2005;13 Suppl:A76.
14. Binks M, Kolotkin RL, Østbye T, Crosby RD, Hartley GG. Changes in sexual quality of life in individuals undergoing weight loss treatment – A 2-year longitudinal study. *Obesity Research* 2005;13 Suppl: A15.
13. Lundgren JD, O'Neil PM, Martin C, Binks M. Weight loss, weight cycling, and motivational variables among former, current, and never smokers. Proceedings of the 38th annual

- meeting of the Association for the Advancement of Behavior Therapy; 2004; New Orleans, LA.
12. Binks M, O'Neil PM, Martin CK, Raus A, Malcolm R. Outcomes of a brief individually delivered moderate carbohydrate weight loss program based on proven treatment elements and patient preferences. *Obesity Research* 2004;12 Suppl: A62.
 11. Kolotkin RL, Binks M, Crosby RD, Østbye T. Obesity and sexual quality of life. *Obesity Research* 2004;12 Suppl:A77.
 10. Allen D, Binks M, Politi E, Eisenson HJ, Sha R, Ostbye T, Williams MJ, Kolotkin RL, Westman EC.
Preliminary comparison of the short-term effects of diets with varying carbohydrate content in a residential treatment setting. *Obesity Research* 2004;12 Suppl:A46.
 9. Lundgren JD, O'Neil PM, Martin CK, Binks M. Weight loss, weight cycling, and motivational variables among former, current, and never smokers. Proceedings of the 38th annual meeting of the Association for the Advancement of Behavior Therapy;2004; New Orleans, LA.
 8. Lundgren J, O'Neil P, Martin CK, Binks M. Smoking and weight loss in three weight loss programs. *Obesity Research* 2004; 12 Suppl: A72.
 7. Kasinoff J, Peach S, Wakefeild A, Eisenson HJ, Binks M, Westman EC. Self-reported strategies used in a residential obesity treatment aftercare program. *Obesity Research* 2003;11 Suppl: A87.
 6. Binks M, O'Neil PM, Martin CK. Use of a single item to assess binge eating. *Obesity Research* 2001;9 Suppl. 3: 129S.
 5. Martin CK, O'Neil PM, Binks M. An attempt to identify predictors of treatment outcome in two comprehensive weight loss programs. *Obesity Research* 2001;9 Suppl 3: 193S.
 4. Binks M, O'Neil PM. Referral sources to a weight management program: Relationship to outcome. *Obesity Research* 2000; 8 Suppl 1: 49S.
 3. Binks M, Eisen A, Capuano CA. Treatment adherence and resistance training: Determinants of outcome in a behavioral program for mild to moderate obesity. *Obesity Research* 1999;7 Suppl 1: 98S.
 2. Capuano CA, Krinick G, Binks M, Farris J, Valenti N, Mancini D, Shipley K, Perri MG. Resistance training as a component of exercise: Effects on body weight, body mass index, and percent body fat in a sample of obese women. *Obesity Research* 1999;7 Suppl 1:88S.
 1. Mancini D, Binks M, DeSantis M, Eisen AR, Capuano CA, Perri MG. A Multidimensional approach to prediction of treatment adherence and outcome in a sample of mildly to moderately obese women. *Annals of Behavioral Medicine*1998; (Suppl).

Unpublished Abstracts Presented at Professional Conferences

Note: Presentations at scientific conferences already listed above as 'published abstracts/proceedings' are not duplicated below

12. Valenti N, Krinick G, Farris J, Shipley K, Binks M, Mancini D, Spinowitz F, Galluccio R, Eisen AR, Capuano CA, Perri MG. Comparison of techniques for estimating adiposity in a sample of obese women. American Psychological Society, 10th Annual Convention; 1998 May; Washington, DC.

11. Binks M, Krinick G, Farris J, Shipley K, Mancini D, Valenti N, Capone G, Chu H-C, Greene M, Eisen AR, Capuano CA, Perri MG. Treatment Adherence: A determinant of weight loss and change in body composition in obese women undergoing a program of diet and exercise. Society of Behavioral Medicine, Nineteenth Annual Scientific Sessions; 1998 March; New Orleans, LA.
10. Mancini D, Binks M, Krinick G, Farris J, Shipley K, Eisen AR, Capuano CA, Perri MG. Convergent and discriminant validity of the BDI-II in a sample of mildly and moderately obese women. 69th Annual Conference of the Eastern Psychological Association; February 1998; Boston, MA.
9. Radnitz CL, Hsu L, Tirsch DD, Lillian LB, Walczak S, Festa J, Perez-Strumolo L, Broderick CP, Binks M, Schlein IS, Bockian N, Green L, Cytryn A. PTSD in veterans with paraplegia, quadriplegia, and other traumatic injuries. Annual meeting of the American Association of Spinal Cord Injury Psychologists and Social Workers; 1997 September; Las Vegas, NV.
8. Vinciguerra, VP, Radnitz CL, Festa J, Binks M. Situational factors and perceived social support in SCI-related PTSD. Annual meeting of the Association for the Advancement of Behavior Therapy; 1996, November; New York, NY.
7. Binks M, Radnitz CL, Moran A, Vinciguerra V. Relationship between level of injury and posttraumatic stress disorder symptomology. Annual meeting of the New York Academy of Sciences: The psychobiology of posttraumatic stress disorder; 1996 September; New York, NY.
6. Radnitz CL, Binks M, Broderick CP. PTSD in individuals with and without spinal cord injury. Annual meeting of The American Psychological Association; 1996 August; Toronto, Canada.
5. Broderick CP, Radnitz CL, Binks M, Schlein, IS. PTSD, trauma type, and trauma severity in SCI. Annual meeting of the American Psychological Association; 1996 August; Toronto, Canada.
4. Broderick CP, Radnitz CL, Binks M, Schlein IS, Walczak S. Stress, trauma, and PTSD in spinal cord injured patients. Annual meeting of the Association for the Advancement of Behavior Therapy; 1995 November; Washington, D.C.
3. Radnitz CL, Binks M, Schlein I, Broderick C, Walczak S, Greene L, Cytryn A, Bockian N. PTSD in spinal cord injured and non-spinal cord injured veterans. Association for the Advancement of Behavior Therapy; 1995 November; Washington, D.C.
2. Radnitz CL, Walczak S, Broderick CP, Binks M, Schlein IS. The prevalence of psychiatric disorders among individuals with SCI. American Association of Spinal Cord Injury Psychologists and Social Workers; 1995 September; Las Vegas, NV.
1. Schlein I, Radnitz C, Binks M, Walczak S, Broderick C. The effect of combat exposure on SCI-related PTSD. Annual meeting of the American Association of Spinal Cord Injury Psychologists and Social Workers; 1995 September; Las Vegas, NV.