

## RON A. THOMPSON, PHD, FAED

### AWARDS/HONORS

Fellow, Academy for Eating Disorders, 2004

Leadership Award for Clinical, Administrative or Educational Service (with Roberta Sherman), Academy for Eating Disorders, 2008

### PUBLICATIONS/BOOKS

Sherman, R. T., & **Thompson, R. A.** (1990, updated 1997). *Bulimia: A guide for family and friends*. San Francisco: Jossey-Bass (Translations in Spanish, Italian, and Japanese).

**Thompson, R. A.**, & Sherman, R. T. (1993). *Helping athletes with eating disorders*. Champaign, IL: Human Kinetics.

Powers, P. S., & **Thompson, R. A.** (2008). *The exercise balance*. Carlsbad, CA: Gurze Books.

**Thompson, R. A.**, & Sherman, R. T. (2010). *Eating disorders in sport*. New York: Routledge.

### PUBLICATIONS/SELECTED BOOK CHAPTERS

Powers, P. S., & **Thompson, R. A.** (2007). Athletes and eating disorders. In J. Yager & P. Powers (Eds.), *Clinical manual of eating disorders* (pp. 357-385). Arlington, VA: American Psychiatric Press, Inc.

Sherman, R. T., & **Thompson, R. A.** (2008). Body image and eating disturbance in athletes: Competing to win or to be thin? In J. Reel & K. Beals (Eds.), *The hidden faces of eating disorders and body image* (pp. 9-38). Reston, VA: NAGWS Publications.

### PUBLICATIONS/SELECTED ARTICLES

**Thompson, R. A.** (1987). Management of the athlete with an eating disorder. Implications for the sport management team. *The Sport Psychologist, 1*, 114-126.

**Thompson, R. A.**, & Sherman, R. T. (1989). Therapist errors in treating eating disorders: Relationship and process. *Psychotherapy, 26*, 62-68.

**Thompson, R. A.**, & Sherman, R. T. (1993). Reducing the risk of eating disorders in athletics. *Eating Disorders: The Journal of Treatment and Prevention, 1*, 65-78.

Sherman, R. T., **Thompson, R. A.**, & Rose, J. (1996). Body mass index and athletic performance in elite female gymnasts. *Journal of Sport Behavior, 19*, 338-346.

- Thompson, R. A.** (1998). The last word: Wrestling with death. *Eating Disorders: The Journal of Treatment and Prevention*, 6, 207-210.
- Thompson, R. A., & Sherman, R. T.** (1999). "Good" athlete traits and characteristics of anorexia nervosa: Are they similar? *Eating Disorders: The Journal of Treatment and Prevention*, 7, 181-190.
- Thompson, R. A., & Sherman, R. T.** (1999). Athletes, athletic performance, and eating disorders: Healthier alternatives. *Journal of Social Issues*, 55, 317-337
- Thompson, R. A., & Sherman, R. T.** (2000). "Good" athletes or at-risk athletes? *Healthy Weight Journal*, 14, 55, 58.
- Espelage, D. L., Quittner, A. L., Sherman, R. T., & **Thompson, R. A.** (2000). Assessment of problematic situations and coping strategies in women with eating disorders: Initial validation of a situation-specific problem inventory. *Journal of Psychopathology and Behavioral Assessment*, 22, 271-297.
- Sherman, R. T., & **Thompson, R. A.** (2001). Athletes with disordered eating: Four major issues for the professional psychologist. *Professional Psychology: Research and Practice*, 32, 27-33.
- Sherman, R. T., & **Thompson, R. A.** (2001). How we practice: The rope trick. *Eating Disorders: The Journal of Treatment and Prevention*, 9, 173-176.
- Espelage, D. L., Mazzeo, S. E., Sherman, R. T., & **Thompson, R. A.** (2002). MCMI-II profiles of women with eating disorders: A cluster analytic investigation. *Journal of Personality Disorders*, 16, 453-463.
- Espelage, D.L., Mazzeo, S. E., Aggen, S. H., Quittner, A. L., Sherman, R. T., & **Thompson, R. A.** (2003). Examining the construct validity of the Eating Disorder Inventory. *Psychological Assessment*, 15, 71-80.
- Mazzeo, S. E., Espelage, D. L., Sherman, R. T., & **Thompson, R. A.** (2003). Trends in eating disorder symptomatology in an outpatient clinic: 1988-1998. *Eating Behaviors*, 4, 211-220.
- Thompson, R. A.** (2003). The last word: Cheerleader weight standards. *Eating Disorders: The Journal of Treatment and Prevention*, 11, 87-90.
- Sherman, R. T., & **Thompson, R. A.** (2004). The female athlete triad. *Journal of School Nursing*, 20, 197-202.
- Thompson, R. A., & Sherman, R. T.** (2005). The last word: Athletes, eating disorders, and the four-minute mile. *Eating Disorders: The Journal of Treatment and*

*Prevention, 13, 321-324.*

Sherman, R. T., DeHass, D., **Thompson, R. A.**, & Wilfert, M. (2005). NCAA coaches survey: The role of the coach in identifying and managing athletes with disordered eating. *Eating Disorders: The Journal of Treatment and Prevention, 13, 447-466.*

Sherman, R. T., & **Thompson, R. A.** (2006). Practical use of the international olympic committee medical commission position stand on the female athlete triad: A case example. *International Journal of Eating Disorders, 39, 193-201.*

Drinkwater, B. L., Loucks, A., Sherman, R. T., Sundgot-Borgen, J., & **Thompson, R. A.** (2005). *International Olympic Committee Medical Commission position stand on the female athlete triad.*  
[http://www.olympic.org/common/asp/download\\_report.asp?file=en\\_report\\_917.pdf&id=917](http://www.olympic.org/common/asp/download_report.asp?file=en_report_917.pdf&id=917) .

**Thompson, R. A.**, & Sherman, R. T. (2005). *NCAA coaches handbook: Managing the female athlete triad.* Indianapolis, IN: The National Collegiate Athletic Association.

**Thompson, R. A.**, & Sherman, R. T. (2007). *Managing student-athletes' mental health issues.* Indianapolis, IN: The National Collegiate Athletic Association.

**Thompson, R. A.**, & Sherman, R. T. (2009). The last word on the 29<sup>th</sup> Olympiad: Redundant, revealing, remarkable, and redundant. *Eating Disorders: The Journal of Treatment and Prevention, 17, 97-102.*

## **SELECTED PRESENTATIONS AT NATIONAL AND INTERNATIONAL MEETINGS**

Sherman, R. T., & **Thompson, R. A.** (1992, August). *Management and treatment of the eating disordered athlete.* Workshop presented at the centennial meeting of the American Psychological Association, Washington, DC.

**Thompson, R. A.**, & Sherman, R. T. (1992, October). *Reducing the risk of eating disorders in the athletic environment.* Workshop presented at the Eleventh National Conference on Eating Disorders, Columbus, OH.

Sherman, R. T., & **Thompson, R. A.** (1993, April). *Treating eating disorders in the athlete.* Invited workshop presented at the ANAD National Eating Disorders Conference, Chicago, IL.

**Thompson, R. A.** (1993, August). Excessive exercise in the athlete: A hidden eating disorder symptom. In R. Sherman (Chair), *When exercise becomes counterproductive.* Symposium conducted at the meeting of the American Psychological Association, Toronto, Ontario, Canada.

**Thompson, R. A.**, & Sherman, R. T. (1993, October). *Unique issues in working with a multidimensional team in the treatment of eating-disordered athletes.* Workshop

presented at the Twelfth National Conference on Eating Disorders, Columbus, OH.

Sherman, R. T., & **Thompson, R. A.** (1999, October). *Special considerations in the identification, management, and treatment of the eating disordered athlete*. Invited workshop presented at the national conference of the Massachusetts Eating Disorder Association, Needham, MA.

Sherman, R. T., & **Thompson, R. A.** (2001, May). *Athletes with disordered eating: Special treatment and management issues*. Workshop presented at the Academy for Eating Disorders 2001 International Conference on Eating Disorders, Vancouver, British Columbia, Canada.

Sherman, R. T., & **Thompson, R. A.** (2002, November). *The rope trick: A practical approach to body image assessment and treatment*. Workshop presented at the 12<sup>th</sup> Annual Renfrew Center Foundation Conference, Philadelphia, PA.

**Thompson, R. A.** (2002, April). Treatment considerations regarding exercise. In R. Sherman & R. Thompson (chairs), *Eating disorders and athletes: Special issues*. Invited panel conducted at the Academy for Eating Disorders 2002 International Conference on Eating Disorders, Boston, MA.

Sherman, R. T., & **Thompson, R. A.** (2003, May) *Pathogenic exercise in eating disorder patients: Assessment and treatment*. Invited Teaching Day Workshop presented at the Academy for Eating Disorders 2003 International Conference on Eating Disorders, Denver, CO.

**Thompson, R. A.** (2003, August). Treatment of eating disordered athletes: Sport participation decisions. In T. Petrie (Chair), *Eating disorders and athletics: Special issues in research and treatment*. Symposium conducted at the meeting of the American Psychological Association, Toronto, Ontario, Canada.

Sherman, R. T., & **Thompson, R. A.** (2003, November). *Specialized approaches to the management and treatment of athletes with eating disorders*. Workshop presented at the 13<sup>th</sup> Annual Renfrew Center Foundation Conference, Philadelphia, PA.

**Thompson, R. A.** (2004, May). The coach's role in identifying athletes with eating disorders. In U. Schmidt & S. Crow (Chairs), *Hidden manifestations and long-term risks of eating disorders*. Invited plenary presented at the Academy for Eating Disorders 2004 International Conference on Eating Disorders, Orlando, FL.

Austin, B., Bryant-Waugh, R., Rome, E., Lassonde, S., Wood, N., & **Thompson, R. A.** (2005, April). *Media exposure: How to get your message across effectively*. Workshop presented at the Academy for Eating Disorders Conference on Eating Disorders, Montreal, Quebec, Canada.

Sherman, R. T., & **Thompson, R. A.** (2005, November). *The new International Olympic*

*Committee position stand on the female athlete triad: Implications for Identification, management, and treatment of athletes at all levels of competition.* Workshop presented at the 15<sup>th</sup> Annual Renfrew Center Foundation Conference, Philadelphia, PA.

**Thompson, R. A., & Powers, P. S.** (2006, September). *Managing the athlete with an eating disorder: It takes two teams.* Workshop presented at the 2006 National Eating Disorders Association Conference "It Takes a Team," Bethesda, MD.

**Thompson, R. A., & Sherman, R. T.** (2006, November). *Athletes and eating disorders: Risk factors, identification, and treatment.* Invited presentation at the conference "Eating Disorders in Sport," Edinburgh, Scotland.

Sherman, R. T., & **Thompson, R. A.** (2006, November). *The female athlete triad and the practical use of the International Olympic Committee Medical Commission (IOCMC) position stand on the triad.* Invited workshop presented at the conference "Eating Disorders in Sport," Edinburgh, Scotland.

**Thompson, R. A.** (2007, March). *Female athletes and eating disorders: Special issues in identification and treatment.* Invited presentation at the Third Annual Westwind Roundtable on Innovations in the Treatment of Eating Disorders, Winnipeg, Manitoba, Canada.

**Thompson, R. A.** (2007, May). Identification of excessive exercise in competitive athletes: Challenges and recommendations. In J. Crichton (Chair) *Current directions in the prevention, research and treatment of athletes with eating disorders.* Athlete Special Interest Group Discussion Panel presented at the International Conference on Eating Disorders, Baltimore, MD.

**Thompson, R. A., & Sherman, R. T.** (2007, October). *Identification and treatment of unhealthy exercise in athletes with eating disorders.* Invited workshop at the 2007 NEDA Conference "Eating Disorders Come in All Shapes and Sizes," San Diego, CA.

**Thompson, R. A.** (2007, October). *Disordered eating and eating disorders: What is the difference in physically active women?* Invited presentation at the Healthy Issues for Physically Active Women: Scientific Update Conference, Toronto, Ontario, Canada.

Sherman, R.T., & **Thompson, R. A.** (2007, November). *Competitive thinness, revealing uniforms, and sexism: Their effects on disordered eating and body dissatisfaction in female athletes.* Workshop presented the 17<sup>th</sup> Annual Renfrew Conference, Philadelphia, PA.

**Thompson, R. A.** (2008, September). *Eating disorders and the effects of weight expectations in athletes.* Invited workshop presented at the Bulimia Anorexia Nervosa Association of Canada conference "The Global Dinner Table," Windsor, Ontario, Canada.