

Dr. Ashley Gearhardt is an Associate Professor of Psychology in the Clinical Science area at the University of Michigan. She received her Ph.D. in clinical psychology at Yale University with training on the underpinnings of both excess food and alcohol consumption. Dr. Gearhardt currently investigates the contribution of reward dysfunction (e.g., craving, liking) to eating-related problems across the lifespan. She uses a multi-method approach to explore the neurobiological, psychological, and behavioral factors that contribute to problematic eating behavior. Dr. Gearhardt also investigates the role of addictive processes in compulsive overeating and is the Director of the Food Addiction Science and Treatment Laboratory. Her research has received funding from the National Institute of Health and the American Heart Association. She has published over 100 peer-reviewed articles and her research has been featured on media outlets including ABC News, the Today Show, and Time Magazine.