

## **John M. de Castro**

### **Curriculum Vita**

College of Humanities and Social Sciences  
Sam Houston State University  
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July 2006 – Present – Dean, College of Humanities and Social Sciences, Professor of Psychology, Sam Houston State University  
August 2003–2006, Professor & Chair, Department of Psychology, Univ. of Texas at El Paso  
September 1974 – August 2003, Department of Psychology, Georgia State University  
September 2004 – Present, Emeritus Professor of Psychology  
August 2002 – June 2003, Acting Chair  
March 1998 – August, 2002, Associate Chair  
September 1990 - Professor  
September 1981 - Associate Professor  
September 1975 - Assistant Professor  
September 1974 - Research Associate

#### **Education:**

Ph.D. (Psychology) University of Massachusetts. Amherst, MA, September 1974  
M.A. (Psychology) University of Massachusetts, Amherst, MA, September 1973  
B.A. (Psychology) Northeastern University, Boston, MA, June 1969

#### **Experience:**

Dean, College of Humanities and Social Sciences, Professor of Psychology, Sam Houston State University, Huntsville, TX

Professor & Chair, Department of Psychology, University of Texas at El Paso

Acting Chair, Associate Chair, Professor, Associate Professor, Assistant Professor, Research Associate, Department of Psychology Georgia State University, Atlanta, Georgia

Training Fellow & Teaching Associate, Department of Psychology, University of Massachusetts, Amherst, Massachusetts, September 1970- September 1974

Human Factors Engineer, Personnel Assistant, Sylvania Electronic Systems, Waltham Massachusetts, June 1969- September 1970

**Research Interests:**

The control of behavior in free-living humans; Psychological, social, nutritional, genetic, and physiological determinants of microregulatory patterns; Food and fluid intake regulation, Obesity; Bulimia nervosa, Behavior genetics.

**Courses Taught:**

Physiological Psychology; Advanced Physiological Psychology; Experimental Methods in Psychology; Introductory Psychology; Critical Analysis of Contemporary Psychology; Senior Seminar in Psychology; Psychophysiology of Human Nutrition; Brain and Behavior; Neuropsychology; Senior Honors Readings in Psychology; Behavioral Neuroscience; Statistics; Sensation and Perception; Recovery of Function after Brain Damage; Research Methods.

**Honors:**

2007 the 11th annual John M. Kinney Award for Nutrition and Metabolism  
1992 Psi Chi Psychology Professor of the Year  
1988 Honors Professor of the Year  
Omicron Delta Kappa; Psi Chi

**Grants:**

National Institutes of Health – NIEHS. RFA-ES-04-0. *Physical activity, nutrition and the built environment in a bi-national setting*. Total Costs: \$399,946 (PI: John de Castro) Funded: September, 2005 – September 2008.

General Mills, Bell Research Labs, The influence of particular food types eaten during different times of day on overall intake. Total Costs: \$25,000 (PI: John de Castro) Funded: August 2005 – April 2006.

National Institutes of Health – PA-04-074 Health Disparities in NIDDK Diseases. *Obesity, Food Intake & Physical Activity in a Bi-national Border Setting*. Amount requested: \$1,995,381 (PI: John de Castro) Submitted, February, 2005 (under revision for resubmission).

7/1/03-6/30/04 Physiological correlates of human behavior. Research Enhancement Program. (Renewal) \$42,000.

8/1/02-12/31/02 Influence of time of day of intake on the total amounts ingested over the day. General Mills, Bell Research Labs, \$20,000.

7/1/02-6/30/03 Physiological correlates of human behavior. Research Enhancement Program. (Renewal) \$42,000.

7/1/01-6/30/02 Physiological correlates of human behavior. Research Enhancement Program. (Renewal) \$42,000.

7/1/00-6/30/01 Physiological correlates of human behavior. Research Enhancement Program. (Renewal) \$42,000.

7/1/99-6/30/00 Physiological correlates of human behavior. Research Enhancement Program. (Renewal) \$32,000.

7/1/98-6/30/99 Physiological correlates of human behavior. Research Enhancement Program. (Renewal) \$48,000.

7/1/97-6/30/98 Physiological correlates of human behavior. University System of Georgia, Chancellor's Initiative Fund. (renewal) \$40,000

7/1/96-6/30/97 Physiological correlates of human behavior. University System of Georgia, Chancellor's Initiative Fund. (renewal) \$40,000

7/1/94-6/30/95 Physiological correlates of human behavior. University System of Georgia, Chancellor's Initiative Fund. (renewal) \$37,000

7/1/93-6/30/94 Physiological correlates of human behavior. University System of Georgia, Chancellor's Initiative Fund. (renewal) \$45,000

7/7/92-6/30/93 Physiological correlates of human behavior. University System of Georgia, Chancellor's Initiative Fund. \$45,000

5/1/89-4/30/93 Influence of heredity on meal patterns in humans. National Institute of Diabetes and Digestive and Kidney Diseases. \$307,800.

2/15/92-2/15/93 Meat intake and its relationship with the natural eating behavior of humans. National Live Stock and Meat Board. \$30,000.

1/1/89-6/30/89 A meal pattern analysis of food intake regulation by head injured patients in the chronic phase of recovery. Georgia State University Grant. \$1500.

4/1/88-3/31/89 Inheritance of meal patterns in humans. BRSG Georgia State University \$1050.

1/1/88-6/30/88 A meal pattern analysis of food intake regulation in Bulimia, Georgia State University Grant, \$2400.

1/1/87-6/30/87 Inheritance of meal patterns in humans, Georgia State University grant, \$2600.

1/1/86-6/30/86 The role of the septal nuclei in regulatory behavior. Georgia State University grant, \$2000.

1/1/85-6/30/85 Human feeding patterns: The effects of environmental constraints, nutrition and mood, Georgia State University Grant. \$2995.

7/1/82-6/30/83 Neurochemical effects of appetitively motivated endurance training in rats. Georgia State University, College of Arts and Sciences research grant, \$800.

7/1/81-6/30/82 A dose response study of the effects of intraventricular infusion of pancreatic-CNS peptides on food intake regulation. Georgia State University, College of Arts and Sciences research grant, \$800.

17/1/80-6/30-81 Relationship between morphine and alcohol addictions in the rat. Georgia State University, College of Arts and Sciences research grant \$900.

### **Publications:**

de Castro, J. M. A selective spatial discrimination deficit following fornixotomy in the rat. Masters Thesis, University of Massachusetts, September 1973.

de Castro, J. M. and Marrone, D. Effect of fornix lesions on shock-induced aggression muricide, and motor behavior in the albino rat. *Physiology and Behavior*, 13: 737-743, 1974.

de Castro, J. M. A selective spatial discrimination deficit after fornixotomy in the rat. *Behavioral Biology*, 12: 373-382 1974.

de Castro, J. M. Meal pattern correlations: some ontogenetic, endocrinological, and neurological considerations. Doctoral Dissertation, University of Massachusetts, September, 1974.

de Castro, J. M. and Hall, T. W. Fornix lesions: Effects on active and passive avoidance behavior. *Physiological Psychology*, 3: 201-204 1975.

de Castro, J. M. and Balagura, S. Fornixotomy: Effect on the primary and secondary punishment of muricide by LiCl poisoning. *Behavioral Biology*, 13: 483-489 1975.

Harrell, L. E., de Castro, J. M., and Balagura, S. A critical evaluation of body weight loss following lateral hypothalamic lesions. *Physiology and Behavior*, 15: 133-136, 1975

de Castro, J. M. Meal pattern correlations: facts and artifacts. *Physiology and Behavior*, 15: 13-15, 1975.

de Castro, J. M. and S. Balagura. Meal patterning in the streptozotocin diabetic rat. *Physiology and Behavior*, 15: 259-263, 1975.

de Castro, J. M. and S. Balagura. The relationship between endogenous, natural feeding patterns and body composition in the rat. *Physiology and Behavior*, 15: 634-638, 1975.

de Castro, J. M and S. Balagura. The ontogeny of meal patterning in rats and its recapitulation during recovery from lateral hypothalamic lesions. *Journal of Comparative and Physiological Psychology*, 89: 791-802, 1975

- de Castro, J. M. and Balagura, S. Insulin pretreatment facilitates recovery after dorsal hippocampal lesions. *Physiology and Behavior*, 15: 517-520, 1976.
- de Castro, J. M. and S. Balagura. A preprandial intake pattern in weanling rats ingesting a high fat diet. *Physiology and Behavior* 17: 401-405, 1976.
- Myers, R. and de Castro, J. M. Learned aversions to intracerebral carbachol. *Physiology and Behavior*, 19: 467-472, 1977.
- de Castro, J. M. and E. Brower. Simple, reliable, and inexpensive telemetry system for continuous monitoring of small animal core temperature. *Physiology and Behavior*, 19: 331-333, 1977.
- de Castro, J. M. Diurnal rhythms of behavioral effects on core temperature. *Physiology and Behavior*, 21: 883-886, 1978.
- de Castro, J. M., S. K. Paullin and W. Delugas. Insulin and glucagon as determinants of body weight set point and microregulation in rats. *Journal of Comparative and Physiological Psychology*, 15: 19-40, 1978.
- de Castro, J. M. An analysis of the variance in meal patterning. *Neuroscience and Biobehavioral Reviews*, 2: 301-309, 1978.
- Balagura, S., Harrell, L. E., and de Castro, J. M. Organismic states and their effects on recovery from neurosurgery: A theory. *Brain, Behavior and Evolution* 15: 19-40, 1978.
- de Castro, J. M., A. Stoerzinger, D. Barkmeier, and P. Ellen. Medial septal lesions: disruption of microregulatory patterns and circadian rhythmicity. *Journal of Comparative and Physiological Psychology*. 92: 71-84\* 1978.
- de Castro, J. M. and D. Taggart. Medial septal lesions: body weight loss and its relationship to polyuria in rats. *Physiology and Behavior*, 22: 855-859, 1979.
- de Castro, J. M. Feeding behavior: establishing causation in a systems environment. *Brain Research Bulletin*, 5 suppl. 4: 89-95, 1980.
- de Castro, J. M. Core temperature relationships with spontaneous behavior in the rat. *Physiology and Behavior*, 25: 69-75, 1980.
- de Castro, J. M. The stomach energy content governs meal patterning in the rat. *Physiology and Behavior*, 26: 795-798, 1981.
- de Castro, J. M. Feeding patterns and their control mechanisms. *Behavioral and Brain Science*, 4: 581, 1981.

de Castro, J. M. and S. N. Kreitzman. A microregulatory analysis of spontaneous human feeding patterns. *Physiology and Behavior*, 35: 329-335, 1985.

de Castro, J. M. and G. Duncan. Operantly conditioned running: effects on brain catecholamines and receptor densities in the rat. *Pharmacology, Biochemistry, and Behavior* 23: 495-500 1985.

de Castro, J. M., J. McCormick, M. Pedersen and S. N. Kreitzman. Spontaneous human meal patterns are related to preprandial factors regardless of natural environmental constraints. *Physiology and Behavior*, 38: 25-29, 1986.

de Castro, J. M. Regulatory alchemy: an attempt to make rat eating patterns humanlike and human eating patterns ratlike. *Appetite*, 7(3): 249, 1986.

de Castro, J. M. Macronutrient relationships with meal patterns and mood in spontaneous feeding behavior of humans. *Physiology and Behavior*, 39(5): 561-569, 1987.

de Castro, J. M. Circadian rhythms of the spontaneous meal pattern, macronutrient intake and mood of humans. *Physiology and Behavior*, 40(4): 437-446, 1987.

de Castro, J. M. and J. O. Hill. Exercise and brain catecholamine relationships with brown adipose tissue and whole-body oxygen consumption in rats. *Physiology and Behavior*, 43(1): 9-12, 1988.

de Castro, J. M. and M. C. Zrull. Recovery of sensorimotor function after frontal cortex damage in the rat: evidence that the serial lesion effect is due to serial recovery. *Behavioral Neuroscience*, 102(6): 843-851\* 1988.

de Castro, J. M. and D. K. Elmore. Subjective hunger relationships with meal patterns in the spontaneous feeding behavior of humans: evidence for a causal connection. *Physiology and Behavior*, 43(2): 159-165, 1988.

de Castro, J. M. Physiological, environmental, and subjective determinants of food intake in humans: a meal pattern analysis. *Physiology and Behavior*, 44(4/5), 651-659, 1988.

de Castro, J. M. The meal pattern of rats shifts from postprandial regulation to preprandial regulation when only five meals per day are scheduled. *Physiology and Behavior*, 43(6): 739-746, 1988.

de Castro, J. M. A microregulatory analysis of spontaneous fluid intake by humans: Evidence that the amount of liquid ingested and its timing is mainly governed by feeding. *Physiology and Behavior*, 43(6): 705-714, 1988.

de Castro, J. M. and E. S. de Castro. Spontaneous meal patterns of humans: influence of the presence of other people. *American Journal of Clinical Nutrition*, 50: 237-247, 1989.

de Castro, J. M. The interactions of fluid and food intake in the spontaneous feeding and drinking patterns of rats. *Physiology and Behavior*, 45(5): 861-870, 1989.

Elmore, D. K. and J. M. de Castro. Self-rated moods and hunger in relation to spontaneous eating behavior in bulimics, recovered bulimics, and normals. *International Journal of Eating Disorders*, 9(2), 179-190, 1990.

de Castro, J. M. Social, circadian, nutritional, and subjective correlates of the spontaneous pattern of moderate alcohol intake in normal humans. *Pharmacology Biochemistry and Behavior*, 35(4), 923-931, 1990.

de Castro, J. M.. An overview of feeding behavior research. A review of Wyrwicka's, "Brain and Feeding Behavior" for *Contemporary Psychology* 34: 496-497, 1990.

de Castro, J. M. and Orozco, S. Moderate alcohol intake and the spontaneous eating patterns of humans: evidence of unregulated supplementation. *American Journal of Clinical Nutrition* 52, 246-253, 1990

de Castro, J. M. Social facilitation of duration and size but not rate of the spontaneous meal intake of humans. *Physiology and Behavior*, 47(6), 1129-1135, 1990.

de Castro, J. M., Brewer, M., Elmore, D. K. and Orozco, S. Social facilitation of the spontaneous meal patterns of humans is independent of time, place, alcohol, or snacks. *Appetite*, 15, 89-101, 1990.

Chapman, C. L. and de Castro, J. M. Running addiction: measurement and associated psychological characteristics. *Journal of Sports Medicine and Physical Fitness* 30/3, 283-290, 1990.

Elmore, D. K. and de Castro, J. M. Meal patterns of normal, untreated bulimic, and bulimic women. *Physiology and Behavior*, 49(1), 99-105, 1991.

de Castro, J. M. The relationship of spontaneous macronutrient and sodium intake with fluid ingestion and thirst in humans. *Physiology and Behavior*, 49(3), 513-520, 1991.

de Castro, J. M. Bout pattern analysis of ad libitum fluid intake. in Ramsay DJ, Booth DA (Eds.), *Thirst: Physiological and Psychological Aspects*. (pp. 345-352). Berlin: SpringerVerlag, 1991.

de Castro, J. M. Social facilitation of the spontaneous meal size of humans occurs on both weekdays and weekends. *Physiology and Behavior*, 49(6), 1289-1291, 1991.

de Castro, J. M. Seasonal rhythms of human nutrient intake and meal patterns. *Physiology and Behavior*, 50(1), 243-248, 1991.

de Castro, J. M. Weekly rhythms of spontaneous nutrient intake and meal pattern of humans. *Physiology and Behavior* 50(4) 729-738, 1991.

Orozco, S. and de Castro, J. M. Effect of abstinence on spontaneous feeding patterns in moderate alcohol consuming individuals. *Pharmacology, Biochemistry, and Behavior*, 40(4), 867-873, 1991.

de Castro, J. M. and Brewer, E. M. The amount eaten in meals by humans is a power function of the number of people present. *Physiology and Behavior*, 51(1), 121-125, 1992.

de Castro, J. M. Age related changes in natural spontaneous fluid ingestion and thirst in humans. *Journal of Gerontology*, 47(5), P321-P330, 1992.

Redd, E. M. & de Castro, J. M. Social facilitation of eating: effects of instructions to eat alone or with others. *Physiology and Behavior*, 52(4), 749-754, 1992.

Henson, M. B., de Castro, J. M., Johnson, C. J. & Stringer, A. Food intake by brain injured humans who are in the chronic phase of recovery. *Brain Injury*, 7(2), 169-178, 1993.

de Castro, J. M. Genetic influences on daily intake and meal patterns of humans. *Physiology and Behavior*, 53(4), 777-782, 1993.

de Castro, J. M. The effects of the spontaneous ingestion of particular foods or beverages on the meal pattern and overall nutrient intake of humans. *Physiology and Behavior*, 53(6), 1133-1144, 1993.

de Castro, J. M. Independence of genetic influences on body size, daily intake, and meal patterns of humans. *Physiology and Behavior*, 54(4), 633-639, 1993.

de Castro, J. M. A twin study of genetic and environmental influences on the intake of fluids and beverages. *Physiology and Behavior*, 54(4), 677-687, 1993.

Heck, H, de Castro, J. M. The caloric demand of lactation does not alter spontaneous meal patterns, nutrient intakes, or moods of women. *Physiology and Behavior*, 54(4), 641-648, 1993.

de Castro, J. M. Age related changes in natural spontaneous food intake and hunger in humans. *Appetite*, 21, 255-272, 1993.

de Castro, J. M. Family and friends produce greater social facilitation of food intake than other companions. *Physiology and Behavior*, 56(3), 445-455, 1994.

de Castro, J. M. Social facilitation of food intake. *Food and Nutrition News*, 66(4), 29-30, 1994.

Oroico, S. and de Castro, J. M. Effect of spontaneous alcohol intake on heart rate and ad libitum dietary intake of free-living humans. *Pharmacology, Biochemistry, and Behavior*, 49(3), 629-638, 1994.

- de Castro, J. M. Accommodation of particular foods or beverages into spontaneously ingested evening meals. *Appetite*, 23, 57-66, 1994
- de Castro, J. M. Methodology, correlational analysis, and interpretation of diet diary records of the food and fluid intakes of free-living humans. *Appetite*, 23, 179-192, 1994.
- de Castro, J. M. The relationship of cognitive restraint to the spontaneous food and fluid intake of free-living humans. *Physiology and Behavior*, 57(2), 287-295, 1995
- de Castro, J. M. and Pearcey, S. Lunar rhythms of the meal and alcohol intake of humans. *Physiology and Behavior*, 57(3), 439-444, 1995.
- de Castro, J. M. Social facilitation and inhibition of eating. in *Not Eating Enough: Strategies to Overcome Underconsumption of Field Rations*. Washington D.C.: National Academy of Sciences Press, pp. 373-392, 1995.
- de Castro, J. M. and Goldstein, S. J. Eating attitudes and behaviors of pre- and postpubertal females: Clues to the etiology of eating disorders. *Physiology and Behavior*, 58, 15-23, 1995.
- de Castro, J. M. Social facilitation of food intake in humans. *Appetite Letters*, 24, 24, 1995.
- de Castro, J. M. How can eating behavior be regulated in the complex environments of free-living humans? *Neuroscience and Biobehavioral Reviews*, 20(1), 119-131, 1996.
- de Castro, J. M. Inheritance of social influences on eating and drinking in humans *Nutrition Research*, 17, 631-648; 1997.
- Heusel, C. and de Castro, J. M. The spontaneous intake of food, self-rated moods, and hunger of underweight women. *Nutrition Research*, 17, 191-204; 1997.
- Pearcey, S. M.; de Castro, J. M. Food intake and meal patterns of one year old infants. *Appetite*, 29, 201-212; 1997.
- de Castro, J. M., Bellisle, F., Feunekes, G. I. J., Dalix, A. M. and De Graaf, C. Culture and Meal Patterns: A Comparison of the Food Intake of Free-Living American, Dutch, and French Students. *Nutrition Research*, 17, 807-829; 1997.
- de Castro, J. M. How can caloric balance be achieved by free-living humans? *Proceedings of the Nutrition Society*, 56, 1-14; 1997.
- de Castro, J. M. Socio-cultural determinants of meal size and frequency. *British Journal of Nutrition*, 77, Suppl. 1, S39-S55; 1997.
- de Castro, J. M. Genes and environment have gender independent influences on the eating and drinking of free-living humans. *Physiology and Behavior*, 63, 385-395; 1998.

de Castro, J. M. Prior days intake has macronutrient specific delayed negative feedback effects on the spontaneous food intake of free-living humans. *Journal of Nutrition*, 128, 61-67; 1998.

Bellisle, F., Dalix, A. M. and de Castro, J. M. Eating patterns in French subjects by the “weekly food diary” method. *Appetite*, 32, 46-52; 1999.

de Castro, J. M. Inheritance of premeal stomach content influences on eating and drinking in free living-humans. *Physiology and Behavior*, 66, 223-232; 1999.

de Castro, J. M. Inheritance of hunger relationships with food intake in free living-humans. *Physiology and Behavior*. 67(2), 249-258; 1999.

de Castro, J. M. Behavioral genetics of food intake regulation in free living humans. *Nutrition: The International Journal of Applied and Basic Nutritional Sciences*. 15, 550-554; 1999.

de Castro, J. M. Social, cultural and genetic correlates of meal size and frequency in normal and free-living humans with diabetes. *Canadian Journal of Diabetes Care*, 23: Suppl. 2, 61-70. 1999.

de Castro, J. M. Measuring real world eating behavior. *Progress in Obesity Research*. 8, 215-221; 1999.

de Castro, J. M. What are the major correlates of macronutrient selection in western populations. *Proceedings of the Nutrition Society*, 58, 755-763; 1999.

de Castro, J. M. Macronutrient selection in free feeding humans: Evidence for long term regulation. in Berthoud, H. -R. and Seeley, R. J. *Neural Control of Macronutrient Selection*, New York: CRC Press. 43-59; 2000.

de Castro, J. M., Bellisle, F. and Dalix, A. M. Palatability and intake relationships in free-living humans: Measurement and characterization in the French. *Physiology and Behavior*. 68, 271-277; 2000.

de Castro, J. M., Bellisle, F., Dalix, A. M., and Pearcey, S. Palatability and intake relationships in free-living humans: Characterization and independence of influence in North Americans *Physiology and Behavior*. 70, 343-350; 2000

de Castro, J. M. Eating behavior: lessons from the real world of humans. *Nutrition*. 16, 800-813; 2000.

de Castro, J. M. and Plunkett, S. S. How the genes control real world intake: palatability - intake relationships. *Nutrition*, 17, 266-268; 2001.

de Castro, J. M. Palatability and intake relationships in free-living humans: Influence of heredity. *Nutrition Research*, 21(7), 935-945, 2001.

de Castro, J. M. Heritability of diurnal changes in food intake in free-living humans *Nutrition*, 17, 713-720, 2001.

Pearcey, S. and de Castro, J. M. Food intake and meal patterns of dynamic and static weight individuals. *American Journal of Clinical Nutrition*. 76, 107-112, 2002.

de Castro, J. M. Independence of heritable influences on the food intake of free-living humans. *Nutrition* 18(1), 11-16, 2002.

de Castro, The Influence of Heredity on Self-Reported Sleep Patterns in Free-Living Humans. *Physiology and Behavior*, 76, 479-486, 2002.

de Castro, J. M., Bellisle, F., Dalix, A. M., and Slama, G. The effect of type I diabetes on the eating patterns of free-living French: a diet diary study. *Physiology and Behavior*, 75, 583-592, 2002.

de Castro, J. M. Age-related changes in the social, psychological, and temporal influences on food intake in free-living, healthy, adult humans. *Journal of Gerontology: Medical Sciences*. 57, 368-377, 2002.

de Castro, J. M. and Stroebele, N. Food intake in the real world: implications for nutrition and aging. *Clinics in Geriatric Medicine*, 18, 685-697, 2002.

de Castro, J. M. and Plunkett S. A general model of intake regulation. *Neuroscience and Biobehavioral Reviews*. 26(5), 581-595, 2002.

Bellisle, F., Dalix, A. M., Mennen, L., Galan, P., Hercberg, S., de Castro, J. M and Gausseres, N. Contributions of snacks and meals in the diet of French adults: a diet-diary study. *Physiology and Behavior*, 2003, 79(2), 183-189.

de Castro, J. M. The time of day of food intake influences overall intake in humans. *Journal of Nutrition*. 2004, 134, 104-111.

de Castro, J. M. Density and intake relationships in the eating behavior of free-living humans. *Journal of Nutrition*, 2004, 134, 335-341.

Stroebele, N. and de Castro, J. M. Television viewing is associated with an increase in meal to frequency in humans. *Appetite*, 2004 42, 111-113.

Stroebele, N. and de Castro, J. M. The influence of ambience on food intake in humans. *Nutrition* 2004, 20, 821-838.

de Castro, J. M. The control of eating behavior in free-living humans. In Stricker, E. M. and Woods, S. C. (eds) *Handbook of the behavioral neurobiology: Volume 14, Neurobiology of food and fluid intake*. NY: Plenum, 2004, pp. 469-504.

de Castro, J. M. Genes, the environment and the control of food intake. *British Journal of Nutrition* 2004, 92, Suppl. 1, S59-S62.

de Castro, J. M. When identical twins differ: An analysis of intraindividual differences in the spontaneous eating behavior and attitudes of free-living monozygotic twins. *Physiology and Behavior* 2004, 82, 733-739.

de Castro, J. M. and Lilenfeld, L. The influence of heredity on dietary restraint, disinhibition, and perceived hunger in humans. *Nutrition* 2005, 21(4), 446-455.

de Castro, J. M. Stomach filling may mediate the influence of dietary energy density on the food intake of free-living humans. *Physiology and Behavior*, 2005, 86(1-2), 32-45.

de Castro, J. M. A General model of intake regulation: diurnal and dietary composition components. Institute of Medicine, 2005. *Nutrition Needs for Short-term, High-stress Operations*. Washington, DC: The National Academies Press.

de Castro, J. M. Macronutrient and dietary energy density influences on the intake of free-living humans. *Appetite*, 46, 1-5, 2006.

de Castro, J. M. Heredity influences the dietary energy density of free-living humans. *Physiology and Behavior*, 2006, 87, 192-198.

de Castro, J. M. Varying levels of food energy self-reporting are associated with between group but not within subjects differences in food intake. *Journal of Nutrition*, 136:1382-1388, 2006.

Stroebele, N. and de Castro, J. M. Listening to music while eating is related to increases in people's food intake and meal duration. *Appetite*. 2006 May 22.

Stroebele, N. and de Castro, J. M. Influence of physiological and subjective arousal on food intake in humans. *Nutrition*.22(10):996-1004, 2006.

de Castro, J. M. The time of day and the proportions of macronutrients eaten are related to total daily food intake. *British Journal of Nutrition*, 98, 1077-1083, 2007.

de Castro, J. M. In Search of the Structure of a Function: The Eating Behavior of Free-Living Humans. *Nutrition*. 23(4), 374-377, 2007 .

de Castro, J. M. and Taylor, T. Smoking status relationships with the food and fluid intakes of free-living humans. *Nutrition*, 24, 109-119, 2008.

Stroebele, N. and de Castro, J. M. A Small-Changes Approach Reduces Energy Intake in Free-Living Humans. *Journal of the American College of Nutrition*, (In press). 2008.

**Submitted for Publication**

de Castro, J. M. Eating behavior and its determinants: from gene to environment. In Dubé, L., Bechara, A., Dagher, A., Drewnowski, A., & Yada, C. eds. *Energy is Delight: A Brain-to-Society Approach to the Prevention of Childhood and Adult Obesity: A Two-Volume Integrative Handbook of Science and Action*, McGill Queen's University Press (Submitted), 2007.

de Castro, J. M. When, How Much, and What Foods are Eaten are Related to Total Daily Food Intake. *Journal of Nutrition*, (Submitted), 2007.

de Castro, J. M. and Dalton, I. E. A comparison of the affect, attitudes, behavior, and body image of bulimic, recovered bulimic, and normal women. *Nutrition Research*, (Submitted)

Pearcey, S. and de Castro, J. M. Obesity: Static Research - Dynamic Problem. *Nutrition Research*. (Submitted)

Russo, N. M. and de Castro, J. M. Personality variables related to symptoms of bulimia in college women. *Nutrition Research*, (Submitted)

### **Papers Presented**

de Castro, J. M. and Balagura, S. Muricide: effects of LiCl poisoning and lesions of the fornix. Eastern Psychological Association, Boston, MA., March, 1974.

de Castro, J. M. The ontogeny of meal patterning and its recapitulation during recovery from lateral hypothalamic lesions. Eastern Psychological Association, Philadelphia, PA., March, 1975.

de Castro, J. M., A. Stoerzinger, D. Barkmeier, and P. Ellen. Microregulatory patterns after septal area destruction. Southeastern Psychological Association, April 1975.

de Castro, J. M. and Myers, R. H. Taste aversions induced by cholinergic stimulation of the medial septum and the lateral ventricle. Southeastern Psychological Association, March, 1976.

Adams, C. and de Castro, J. M. Regulatory and metabolic consequences of area postrema lesions in the rat. Georgia Psychological Association, Columbus, GA, May 1976.

Brower, E. and de Castro, J. M. Core temperature telemetry in the rat. Georgia Psychological Association, Columbus, GA, May 1976.

Paullin S. and de Castro, J. M. Pancreatic hormones and the control of meal patterning in the rat. Georgia Psychological Association, Columbus, GA, May 1976.

de Castro, J. M. A meal pattern analysis of spontaneous human feeding behavior. Southeastern Psychological Association, New Orleans, LA., March 1984.

de Castro, J. M. Rat does not live by bread alone: Interactions among regulations. In Symposium on the Temporal Patterns of Spontaneous Food Intake: Physiological,

Ecological and Species-specific determinants. Eastern Psychological Association, Boston MA, April 1977.

Hardy, F. G. and de Castro, J. M. Dexamethasone facilitates recovery after lateral hypothalamic lesions in the rat. Southeastern Psychological Association, Hollywood FL,

Brower, E. and de Castro, J. M. A test of the thermostatic theory of food intake regulation. Southeastern Psychological Association, Hollywood FL, May, 1977.

de Castro, J. M. The insulin-glucagon ratio as a determinant of body weight set point and microregulation in rats. Sixth International Conference on the Physiology of Food and Fluid Intake. Jouy-en-Josas, France, July 1977.

de Castro, J. M. Feeding after brain damage: Steps toward a measurement paradigm. In Symposium on Behavioral Assessment following Brain Lesions. Eastern Psychological Association, April 1979.

de Castro, J. M. Feeding behavior: establishing causation in a systems environment. Joint U.S.-Japan Conference on the Integration of Central and Peripheral Receptors in Hunger and Energy Metabolism. Los Angeles CA, November 1979.

de Castro, J. M. and Duncan, G. Operantly conditioned endurance exercise increases rat brain catecholamines while decreasing receptor densities. Thirteenth Annual Meeting of the Society for the Neurosciences, Boston, MA, November 1983.

de Castro, J. M. A meal pattern analysis of spontaneous human feeding behavior. Southeastern Psychological Association, New Orleans, LA, March 1984.

de Castro, J. M. Regulatory alchemy: An attempt to make rat eating patterns humanlike and human eating patterns ratlike. Ninth International Conference on the Physiology of Food and Fluid Intake. Seattle WA. JULY 1986.

de Castro, J. M. Macronutrient relationships with meal patterns and mood in the spontaneous feeding behavior of humans. Southeastern Psychological Association, Atlanta, GA., March 1986.

de Castro, J. M. Appetite and thirst in humans: a microregulatory pattern analysis. Appetite, Thirst, and Related Disorders. San Antonio, TX., November, 1987.

de Castro, J. M. Ad lib thirst in rats and humans is controlled by feeding. Society for the Study of Ingestive Behaviors, Boston, MA., March, 1989.

de Castro, J. M. Regulatory disruption and enlarged meals are associated with the presence of other people in natural spontaneous meal intake. Eastern Psychological Association, Boston MA., March, 1989.

Prince, J. E. and de Castro, J. M. Expectations of success and failure: generalization to other tasks. Southeastern Psychological Association, 1989.

de Castro, J. M. Effects of spontaneous moderate alcohol intake on the eating patterns of humans. Eastern Psychological Association, Philadelphia, PA, March 1990.

de Castro, J. M. Bout pattern analysis of ad libitum fluid intake. International Life Sciences Institute workshop, Thirst: Physiological and Psychological Aspects. Washington, D.C., May, 1990.

Orozco, S. and de Castro, J. M. Effect of abstinence on spontaneous feeding patterns in moderate alcohol consuming individuals. American Psychological Society, Dallas TX June, 1990.

Brewer, E. M. and de Castro, J. M. Humans eat more when instructed to eat with others than when alone. American Psychological Society, Dallas, TX, June, 1990.

Elmore, D. K. and de Castro, J. M. Abnormal meal patterns, moods, and hunger of untreated bulimics are binge specific. American Psychological Society, Dallas, TX, June, 1990.

de Castro, J. M. International Expert Workshop on Human Eating Behavior at the Institut National de Recherche Azronomique Paris, France December, 14-20, 1990.

de Castro, J. M. Elasticity in food intake. Society for the Study of Ingestive Behaviors, New York N.Y. April 12 1991.

de Castro, J. M. Seasonal rhythms of human nutrient intake and meal pattern. Eastern Psychological Association, New York, N.Y., April 13, 1991.

de Castro, J. M. Food and fluid intake regulation in healthy normal elderly. Third Annual Sigma Phi Omega Convention for Gerontology and Geriatrics. University of Georgia, Athens, GA, March 13, 1992.

de Castro, J. M. Diet diary records of the spontaneous intake of humans: methodology and analytical techniques. First International Multidisciplinary Conference on Food Choice Brussels, Belgium, July 27, 1992.

de Castro, J. M. Elasticity of spontaneously ingested dinnertime meals by humans: accommodation of particular foods or beverages. First International Multidisciplinary Conference on Food Choice, Brussels, Belgium, July 28, 1992.

de Castro, J. M. Most ad libitum fluid intake is non-homeostatic. Eleventh International Conference on the Physiology of Food and Fluid, University of Oxford, Oxford, England, July 30, 1993.

de Castro, J. M. Social facilitation and inhibition of eating. in Symposium on Strategies to Overcome Underconsumption of Field Rations. U.S. Army Natick, Research, Development, and Engineering Center, Natick, Massachusetts, November, 1993

de Castro, J. M. How can eating behavior be regulated in the complex environments of freeliving humans? Second Independent Meeting of the Society for the Study of Ingestive Behavior, McMaster University, Hamilton, Ontario, Canada, August 17, 1994.

Bellisle, F., Dalix, A.-M. and de Castro, J. M. Eating Habits in young, healthy, French men and women: Daily, weekly, and seasonal effects. European Obesity Conference, Copenhagen, Denmark.

Heusel, C & de Castro, J.M. The spontaneous intake of food, self-rated moods, and hunger of underweight women. American Psychological Association Meeting, 1995.

de Castro, J. M. Controls of energy intake and nutrient self-selection in humans. FASEB Summer Conference: Genetic and Behavioral Influences on Nutrient Metabolism and Obesity. Copper Mountain, Colorado, August 1, 1995.

Belisle, F., Dalix, A.-A. & de Castro, J. M. Eating habits in young health French men and women: Daily, weekly, and seasonal effects. European Obesity Conference, Copenhagen, Denmark. September~ 1995.

de Castro, J. M. Dietary Self-reports. Columbus District Dietetic Association Seminar. Columbus, GA, March 15, 1996.

de Castro, J. M. Prior days intake and expenditure has delayed negative feedback effects on the spontaneous food intake of free-living humans. Sixth Benjamin Franklin-Lafayette Seminar. La NaPoule. France. June 6\* 1996.

de Castro, J. M. How can caloric balance be achieved by free-living humans? Nutrition Society, Summer Meeting, Coleraine, Northern Ireland. June 28, 1996.

de Castro, J. M. Genetic influences on human food selection. American Dietetic Association Annual Meeting. San Antonio, TX, October, 21, 1996.

de Castro, J. M. Socio-cultural determinants of meal size and frequency. Periodicity of Eating and Human Health: An International Workshop, Paris, France, Nov 23, 1996.

de Castro, J. M. The Psychology of Eating. Georgia Nutrition Council. Atlanta, GA March 6, 1997.

de Castro, J. M. Physiological, psychological, and sociological determinants of the spontaneous intakes of foods and fluids by free-living humans. University of Pennsylvania, January 15, 1997.

de Castro, J. M. Research needs relative to dietary beef, appetite/satiety and obesity/weight control, Nutrition Research, Discovery Symposium, NCBA, Chicago, IL, September 9, 1997.

de Castro, J. M. Macronutrient selection in free feeding humans: Evidence for long term

regulation. International Congress of Pathophysiology. Lahti, Finland, June 28, 1998,

de Castro, J. M. Measuring real world eating behavior. Eighth International Congress on Obesity, Paris, France, September 1, 1998.

de Castro, J. M. Social and genetic determinants of meal size and frequency. Canadian Diabetes Association, Calgary, Canada, October, 16, 1998.

de Castro, J. M. Genetic effects on food and fluid intake. Symposium on Obesity: causes, consequences & treatment, Emory University, Atlanta, GA, March 7, 1998.

de Castro, J. M. What are the major correlates of macronutrient selection in western populations. The Nutrition Society: Winter Meeting, London, England, January 27, 1999.

de Castro, J. M. , Bellisle, F., Dalix, A. M., and Pearcey, S. Palatability and intake relationships in free-living humans. Society for the Study of Ingestive Behavior: Dublin, Ireland, July, 27, 2000.

Pearcey, S. and de Castro, J. M. Food Intake and meal patterns of dynamic and static weight individuals. Society for the Study of Ingestive Behavior: Dublin, Ireland, July, 27, 2000.

Pearcey, S. and de Castro, J. M. Weight changes throughout the lifespan in humans. Society for the Study of Ingestive Behavior: Dublin, Ireland, July, 27, 2000.

de Castro, J. M. How can intake be controlled in the complex, real world environments of free-living humans: Jean Mayer USDA Human Nutrition Research Center, Tufts University: Boston, Massachusetts, October, 2, 2000.

de Castro, J. M. The behavioral genetics of food intake regulation in free-living humans. Thirteenth International Conference on the Physiology of Food and Fluid, Port Douglas, Australia, August 21, 2001.

de Castro, J. M. Regulation of feeding. The 21<sup>st</sup> Annual Geriatric Research, Education, and Clinical Center Conference on Nutrition, St. Louis University, St. Louis Missouri, December 7, 2001.

de Castro, J. M. Genes and human eating behavior. International life Sciences Institute 2002 Annual Meeting, Cancun, Mexico, January 22, 2002.

de Castro, J. M. The Regulation of Feeding in Free-Living Humans: Perspectives for the Food Industry. Bell Institute of Health and Nutrition, General Mills, Minneapolis, Minnesota, March 8, 2002.

de Castro, J. M. The Eating Behavior of Free-Living Humans. Academy for Eating Disorders, Boston, Massachusetts, April 27, 2002.

de Castro, J. M. The Control of Food Intake in Free-Living Humans. Masterfoods MDRU Symposium, Nottingham, UK, May 22, 2002.

de Castro, J. M. A General Model of Intake Regulation. Institute of Food Research, Norwich, UK, May 23, 2002.

de Castro, J. M. Control of Intake in Free-Living Humans. Invited lecture, Swiss Federal Institute of Technology, Zurich, Switzerland, June 13, 2002.

de Castro, J. M. A General Model of Intake Regulation. Society for the Study of Ingestive Behavior. Santa Cruz CA, August 8, 2002.

Stroebele, N and de Castro, J. M. Food intake in the elderly. Society for the Study of Ingestive Behavior. Santa Cruz CA, August 8, 2002.

de Castro, J. M. The Control of Food and Fluid Intake in Free-Living Humans. Invited lecture, Karolinska Institute, Stockholm, Sweden, December 17-18, 2002.

de Castro, J. M. The Control of Behavior in Free-Living Humans: A General Model of Intake Regulation. University of Texas at El Paso. March 27, 2003.

de Castro, J. M. Control of Intake in Free-Living Humans. Invited lecture, Swiss Federal Institute of Technology, Zurich, Switzerland, May 15, 2003.

de Castro, J. M. Genes, the Environment, and the Control of Food Intake. Sattelite Meeting on Human Food Intake, Society for the Study of Ingestive Behavior. Maastricht, The Netherlands, July 15, 2003.

Stroebele, N. and de Castro, J. M. Does Television Viewing Influence Food Intake. Society for the Study of Ingestive Behavior. Groningen, The Netherlands, July 17, 2003.

de Castro, J. M. The Behavioral Genetics of Restrained Eating. Society for the Study of Ingestive Behavior. Groningen, The Netherlands, July 19, 2003.

de Castro, J. M. Time of Day and Intake in Free-Living Humans. New Views on Weight Management: An Inspired Insights Retreat. Sundance, Utah, July 21, 2003.

Stroebele, N. and de Castro, J. M. Television Viewing Influence People's Food Intake. North American Society for the Study of Obesity, Ft. Lauderdale, FL October 10, 2003.

de Castro, J. M. What controls the eating behavior of normal people in their natural environment. The University of Texas Health Sciences Center School of Public Health, El Paso, TX Feb. 11, 2004.

de Castro, J. M. What controls the eating behavior of normal people in their natural environment. Facultad de Educacion Fisica Y Ciencias del Deporte, Universidad Autonoma de Chihuahua, Chihuahua, Mexico, Mar. 18, 2004.

de Castro, J. M. The Control of Intake in Free-Living Humans. Rushton Lecture, Florida State University, Tallahassee, FL, Mar 27, 2004.

de Castro, J. M. Control of Intake in Free-Living Humans. Invited lecture, Swiss Federal Institute of Technology, Zurich, Switzerland, May 27, 2004.

de Castro, J. M. Control of Intake in Free-Living Humans: Theory, facts, and simulations. Invited lecture, Foods Standards Agency, London, UK, June 16, 2004.

de Castro, J. M. Macronutrient and Dietary Density Influences on the Intake of Free-Living Humans. Symposium on Macronutrient Diets, Eating Disorders and Obesity, Satellite Meeting of the Society for the Study of Ingestive Behavior, Hueston Woods, Ohio, July 18, 2004.

Stroebele, N. and de Castro, J. M. Subjective Arousal and Mood Effects People's Eating Behavior in the Natural Environment. Society for the Study of Ingestive Behavior, Cincinnati, Ohio, July 21, 2004.

Plunkett, S., Fontenot, L., and de Castro, J. M. Deprivation Effects on Meal Size and Macronutrient Intake in Humans. Society for the Study of Ingestive Behavior, Cincinnati, Ohio, July 21, 2004.

de Castro, J. M. The Behavioral Genetics of Dietary Density Influences on Eating. Society for the Study of Ingestive Behavior, Cincinnati, Ohio, July 22, 2004.

de Castro, J. M. A General Model of Intake Regulation: Diurnal and Dietary Composition Components. Workshop on the Optimization of Nutrient Components of Military Rations for Short-term, High-stress Situations. Food and Nutrition Board, Institute of Medicine. Natick, MA, August 11, 2004.

de Castro, J. M. Control of Intake in Free-Living Humans. Invited lecture, Children's Nutrition Research Center, Houston, TX, Sept. 10, 2004.

de Castro, J. M. Control of Intake in Free-Living Humans: Theory, facts, and simulations. Invited lecture, Monell Chemical Senses Center, Philadelphia, PA, Oct. 5, 2004.

Stroebele, N. and de Castro, J. M. Environmental Stimuli Influence People's Food Intake; Are There Individual Differences? North American Society for the Study of Obesity, Las Vegas, NV November 17, 2004.

de Castro, J. M. Properties of Food that Affect Energy Balance: Macronutrient Composition and Dietary Energy Density. California Childhood Obesity Conference, San Diego, CA, January 11, 2005.

de Castro, J. M. High-caloric food consumption and its determinants: from gene to environment and everything in between. The McGill Integrative Health Challenge 2005, Energy is delight:

Changing practices in food, health, and business. McGill University, Montreal, Canada, Apr. 7, 2005.

de Castro, J. M. Control of Intake in Free-Living Humans: Theory, facts, and simulations. Invited lecture, University of Sussex, Brighton, UK, Apr. 15, 2005.

de Castro, J. M. Control of Intake in Free-Living Humans: Theory, facts, and simulations. Invited lecture, University of Colorado Health Sciences Center, Denver, CO, July 7, 2005.

de Castro, J. M. The Behavioral genetics of Dietary Intake in Free-Living Humans: Facts, Theories, and Simulations. National Heart, Lung, and Blood Institute Working Group on Behavior Genetics and Cardiovascular Disease, National Institutes of Health, Bethesda, Maryland, August 30, 2005.

de Castro, J. M. Control of Intake in Free-Living Humans: Theory, facts, and simulations. Invited lecture, Interdisciplinary Health Forum, "Hispanic Health Disparities Research Center" University of Texas at El Paso, El Paso, TX, Sept. 26, 2005.

de Castro, J. M. Time of Day and Energy Intake. Invited lecture, Healthy Weight Forum 2005: The Healthy Weight Wake up Call, Chicago, IL, Nov. 16, 2005.

de Castro, J. M. The control of Eating Behavior: Theory and facts. Invited lecture, College of Health Sciences, Kinesiology Department, University of Texas at El Paso, El Paso, TX, February 24, 2006.

de Castro, J. M. The control of Eating Behavior: Theory and facts. Invited lecture, College of Humanities and Social Sciences, Sam Houston State University, Huntsville, TX, March 3, 2006.

de Castro, J. M. The Behavioral Genetics of Food Intake, Monell Chemical Senses Center Spring 2006 Colloquium: *Genetics of Chemosensation: Current Knowledge and Future Promise*. Philadelphia, PA, April 6, 2006.

de Castro, J. M. What drives people to eat other than hunger? in Symposium on *Why do people eat? Drivers of food intake behavior*. Institute of Food Technology Annual Meeting, Orlando, FL, June 26, 2006.

de Castro, J. M. Physical Activity, Nutrition, and Built Environment in a Bi-National Border Setting. First Annual Grantee Meeting: Obesity and the Built Environment. Research triangle Park, NC, Aug. 28, 2006.

de Castro, J. M. The control of Eating Behavior: Theory and facts. Invited lecture, Department of Nutrition and Toxicology, University of California, Berkeley, CA, Sept. 28, 2006.

de Castro, J. M. Control of Intake in Free-Living Humans: Theory, facts, and simulations. Invited lecture, Intercollegiate Faculty of Nutrition, Texas A&M University, College Station, TX, Jan. 30, 2007.

de Castro, J. M. Physical Activity, Nutrition, and Built Environment in a Bi-National Border Setting. 2<sup>nd</sup> Annual Grantee Meeting: Obesity and the Built Environment. Research Triangle Park, NC, Sept. 5, 2007.