

CURRICULUM VITAE

RONETTE L. KOLOTKIN, Ph.D.

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PRESENT POSITION

Owner/Manager, Quality of Life Consulting, PLLC 7/2000 to present
Providing consulting, advisory, and scientific services to companies, hospitals, healthcare professionals, researchers, contract research organizations, community groups, and individuals.
www.qualityoflifeconsulting.com

CURRENT ACADEMIC APPOINTMENTS

Consulting Professor, Duke University School of Medicine 12/2009-present
Department of Family Medicine and Community Health

Professor Emerita 9/2012-present
Faculty of Health and Social Sciences, Western Norway University of Applied Sciences, Førde, Norway

Center of Health Research, Førde Hospital Trust, Førde, Norway
Morbid Obesity Centre, Vestfold Hospital Trust, Tønsberg, Norway

PAST ACADEMIC APPOINTMENTS

Consulting Associate Professor, Duke University Medical Center 5/2004-11/2009
Department of Community & Family Medicine, 5/04-11/09

Clinical Assistant Professor, Duke University Medical Center, 3/1984-6/2000
Departments of Psychiatry and Community & Family Medicine

ADMINISTRATIVE ROLE

Director, Behavioral Health Program, Duke University Diet & Fitness Center 1984-1999

CLINICAL ACTIVITIES

Private practice 2000-2024
Rice Diet Program, psychoeducational groups, Durham, NC 2000-2014
Duke Diet and Fitness Center psychoeducational groups, Durham, NC 2011-2012
Duke University Diet and Fitness Center, all aspects of clinical treatment 1984-2000

LICENSURE

North Carolina Practicing Psychologist (as Quality of Life Consulting, PLLC)

EDUCATION

Trinity College, Hartford, CT
University of Minnesota, Minneapolis, MN

B.A. in Psychology
Ph.D. in Clinical Psychology

PUBLICATIONS

Flølo TN, Liu HH, Andersen JR, **Kolotkin RL**. Exploring the Relationship Between Obesity, Weight Loss and Health-Related Quality of Life: An Updated Systematic Review of Reviews. *Clin Obes*. 2026 Feb;16(1):e70049. doi: 10.1111/cob.70049. Epub 2025 Nov 3. PMID: 41184092.

Wågen Hauge J, Borgeraas H, Birkeland KI, Johnson LK, Hertel JK, Hagen M, Gulseth HL, Lindberg M, Lorentzen J, Seip B, **Kolotkin RL**, Svanevik M, Valderhaug TG, Sandbu R, Hjelmæsæth J, Hofsø D. Effect of gastric bypass versus sleeve gastrectomy on the remission of type 2 diabetes, weight loss, and cardiovascular risk factors at 5 years (Oseberg): secondary outcomes of a single-centre, triple-blind, randomised controlled trial. *Lancet Diabetes Endocrinol*. 2025 May;13(5):397-409. doi: 10.1016/S2213-8587(24)00396-6. Epub 2025 Apr 1. PMID: 40185112.a

Rubino D, Bjorner JB, Rathor N, Sharma AM, von Huth Smith L, Wharton S, Wadden T, Zeuthen N, **Kolotkin RL**. Effect of semaglutide 2.4 mg on physical functioning and weight- and health-related quality of life in adults with overweight or obesity: Patient-reported outcomes from the STEP 1-4 trials. *Diabetes Obesity & Metabolism*. 2024 Jul;26(7):2945-2955. doi: 10.1111/dom.15620. Epub 2024 May 2. PMID: 38698650.

Svanevik M, Lorentzen J, Borgeraas H, Sandbu R, Seip B, Medhus AW, Hertel JK, **Kolotkin RL**, Småstuen MC, Hofsø D, Hjelmæsæth J. Patient-reported outcomes, weight loss, and remission of type 2 diabetes 3 years after gastric bypass and sleeve gastrectomy (Oseberg); a single-centre, randomised controlled trial. *Lancet Diabetes Endocrinol*. 2023 Aug;11(8):555-566. doi: 10.1016/S2213-8587(23)00127-4. Epub 2023 Jul 3. PMID: 37414071.

Hegland PA, **Kolotkin RL**, Andersen JR. Sensitivity for Change Analyses of the Patient-Reported Outcomes in Obesity (PROS) Questionnaire: A Prospective Cohort Study. *Patient Related Outcome Measures*. 2023 Aug 1;14:235-241. doi: 10.2147/PROM.S414144. PMID: 37547056; PMCID: PMC10404038.

Kolotkin, R.L., Jeppesen, O., Baker-Knight, J., Lee, S.Y., Tokita, A., Kadowaki, T. Effect of once-weekly subcutaneous semaglutide 2.4 mg on weight- and health-related quality of life in an East Asian population: Patient-reported outcomes from the STEP 6 trial. *Clinical Obesity*, 2023 Aug;13(4):e12589. doi: 10.1111/cob.12589. Epub 2023 Mar 11. PMID: 36905345.

Kim, N., Brown, T.M., Burudpakdee, C., Kanu, C. Woodard, K., Fehnel, S., Morrison, C., Nadglowski, J., Nadolsky, K., **Kolotkin**, R.L. Development of an assessment tool for completion by patients with overweight or obesity. Advances in Therapy, (2022).
<https://doi.org/10.1007/s12325-022-02334-8>

Berge J, Hjelmesæth J, **Kolotkin** RL, Støren Ø, Bratland-Sanda S, Hertel JK, Gjevestad E, Småstuen MC, Helgerud J, Bernklev T. Effect of aerobic exercise intensity on health-related quality of life in severe obesity: a randomized controlled trial. Health & Quality of Life Outcomes. 2022 Feb 24;20(1):34. doi: 10.1186/s12955-022-01940-y. PMID: 35209911; PMCID: PMC8876087.

Nielsen, H.J., Nedrebø, B.G., Fosså, A., Andersen, J.R., Assmus, J., Dagsland, V.H., Dankel, S.N., Gudbrandsen, O.A., Fernø, J., Hjellestad, I., Hjermstad, M.J., **Kolotkin**, R.L., Thorsen, H.L., Mellgren, G., Flølo, T.N. Seven-year trajectories of body weight, quality of life and comorbidities following Roux-en-Y gastric bypass and sleeve gastrectomy. International Journal of Obesity, 46, 739–749 (2022).

Hegland, P.A., McAleavey, A., Aasprang, A., Moltu, C., **Kolotkin**, R.L., Andersen, J.R. The Norse Feedback in a population of patients undergoing bariatric surgery –Psychometric properties of a digital computer-adaptive questionnaire assessing mental health. Clinical Obesity, 2022; 12(1):e12491. doi:10.1111/cob.12491

Kolotkin, RL, Williams, VSL, von Huth Smith, L, et al. Confirmatory psychometric evaluations of the Impact of Weight on Quality of Life–Lite Clinical Trials Version (IWQOL-Lite-CT). Clinical Obesity. 2021 Jul 22:e12477. doi: 10.1111/cob.12477.

Mabey, J.G., **Kolotkin**, R.L., Crosby, R.D., Crowell, S.E., Hunt, S.C., Davidson, L.E. Mediators of suicidality 12 years after bariatric surgery relative to a nonsurgery comparison group. Surgery for Obesity and Related Diseases, 2021, 17(1), 121-130.

Hegland, P.A., Aasprang, A., **Kolotkin**, R.L., Moltu, C., Tell, G.S., Andersen, J.R. A Novel Patient-Reported Outcome Monitoring with Clinical Feedback System in Bariatric Surgery Care – Study Protocol, Design and Plan for Evaluation. BMJ Open, 2020;10(6):e037685. doi:10.1136/bmjopen-2020-037685

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Lorentzen, J., Medhus, A.W., Hertel, J.K., Borgeraas, H.,Karlsen, T-I., **Kolotkin**, R.L., Sandbu, R., Sifrim, D., Svanevik, M., Hofsvø, D., Seip, B., Hjelmesæth, J. Erosive Esophagitis and Symptoms of Gastroesophageal Reflux Disease in Patients with Morbid Obesity with and without Type 2 Diabetes: a Cross-sectional Study. Obesity Surgery, 2020, 30(7):2667-2675.
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Kolotkin, R.L., Williams, V.S.L., Ervin, C.M., Williams, N., Meincke, H.H., Qin, S., von Huth Smith, L., Fehnel, S.E. Validation of a new measure of quality of life in obesity trials: Impact of Weight on Quality of Life-Lite Clinical Trials Version. Clinical Obesity, 2019; 9(3):e12310. doi: 10.1111/cob.12310. <https://doi.org/10.1111/cob.12310>

Fastenau, J., **Kolotkin, R.L., Fujioka, K., Alba, M., Canovatchel, W., Traina, S.** A call to action to inform patient-centred approaches to obesity management: Development of a disease-illness model. Clinical Obesity, 2019, 9(3):e12309. <https://doi.org/10.1111/cob.12309>

Flølo, T.N., Tell, G.S., **Kolotkin, R.L., Aasprang, A., Norekvål, T.M., Våge, V., Hufthammer, K.O., Andersen, J.R.** Changes in quality of life five years after sleeve gastrectomy: A prospective cohort study. BMJ Open, 2019 Sep 12;9(9):e031170. doi: 10.1136/bmjopen-2019-031170.

Look, M., **Kolotkin, R.L., Dhurandhar, N.V., Nadglowski, J., Stevenin, B., Golden, A.** Implications of differing attitudes and experiences between providers and persons with obesity: Results of the National ACTION Study. Postgraduate Medicine, 2019, DOI: 10.1080/00325481.2019.1620616.

Steffen, K.J., King, W.C., White, G.E., Subak, L.L., Mitchell, J.E., Courcoulas, A.P., Flum, D. R., Strain, G., Sarwer, D. B., **Kolotkin, R.L., Pories, W.J., Huang, A.** Changes in Sexual Functioning in Women and Men in the 5 Years After Bariatric Surgery. JAMA Surgery, 2019; 154(6):487-498.

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Kolotkin, R.L., Kim, J., Davidson, L.E., Crosby, R.D., Hunt, S.C., Adams, T.D. 12-year Trajectory of Health-Related Quality of Life in Gastric Bypass Patients vs. Comparison Groups. Surgery for Obesity and Related Diseases, 2018; 14(9):1359-1365.

Kolotkin, R.L., Smolarz, B.G., Meincke, H.H., Fujioka, K. Improvements in health-related quality of life over 3 years with liraglutide 3.0 mg compared with placebo in participants with overweight or obesity. Clinical Obesity, 2018, 8(1), 1–10.

Svanevik, M., Ristad, H., Karlsen, T.I., Kristinsson, J.A., Småstuen, M.C., **Kolotkin**, R.L., Søvik, T.T., Sandbu, R., Mala, T., Hjelmæsæth, J. Patient-Reported Outcome Measures 2 Years After Standard and Distal Gastric Bypass—a Double-Blind Randomized Controlled Trial. Obesity Surgery, 2018; 28: 606-614.

Jinnett K, Kyle T, Parry T, Stevenin B, Ramasamy A. Insights into the Role of Employers Supporting Obesity Management in People with Obesity: Results of the National ACTION Study. (**Kolotkin**, ACTION Study Steering Group collaborator). Popul Health Manag. 2019 Aug;22(4):308-314. doi: 10.1089/pop.2018.0133. Epub 2018 Oct 31.

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Kolotkin, R. L. and Andersen, J. R. A systematic review of reviews: exploring the relationship between obesity, weight loss and health-related quality of life. Clinical Obesity, 2017, October 7(5): 273-289. doi:10.1111/cob.12203

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Kolotkin, R.L., Crosby, R.D., Wang, Z-J. Health-related quality of life in randomized controlled trials of lorcaserin for obesity management: what mediates improvement? Clinical Obesity, 2017, 7(6): 347–353.

Steffen, K.J., King, W.C., White, G.E., Subak, L.L., Mitchell, J.E., Courcoulas, A.P., Flum, D. R., Strain, G., Sarwer, D. B., **Kolotkin**, R.L., Pories, W., Huang, A. Sexual functioning of men and women with severe obesity before bariatric surgery. Surgery for Obesity and Related Diseases, 2017: 13(2): 334-343.

Flølo, T.N., Andersen, J.R., **Kolotkin**, R.L., Aasprang, A., Natvig, G.K., Hufthammer, K.O., Våge, V. Five-year outcomes after vertical sleeve gastrectomy for severe obesity. A prospective cohort study. Obesity Surgery, 2017, 27(8), 1944-1951.

Andersen, J.R., Natvig, G.K., Aadland, E., Moe, V.F., **Kolotkin**, R.L., Anderssen, S.A., Resaland, G.K. Associations between health-related quality of life, cardiorespiratory fitness, muscle strength, physical activity and waist circumference in 10-year old children: The ASK study. Quality of Life Research, 2017, 26, (12), 3421–3428.

Mason TB, Crosby RD, **Kolotkin** RL, Grilo CM, Mitchell JE, Wonderlich SA, Crow SJ, Peterson CB. Correlates of weight-related quality of life among individuals with binge eating disorder before and after cognitive behavioral therapy. Eating Behavior. 2017 Dec;27:1-6. doi: 10.1016/j.eatbeh.2017.08.001. Epub 2017 Aug 18.

Kolotkin, R.L., Fujioka, K., Wolden, M.L., Brett, J., Bjørner, J.B. Improvements in health-related quality of life with liraglutide 3.0 mg compared with placebo in weight management. Clinical Obesity, 2016; 6(4), 233-242.

Aasprang, A., Andersen, J.R., Våge, V., **Kolotkin**, R.L., Natvig G.K. Ten-year Changes in health-related quality of life after biliopancreatic diversion with duodenal switch. Surgery for Obesity and Related Diseases, 2016; 12(8):1594-1600.

Kolotkin, R.L., Gadde, K.M., Peterson, C.A., Crosby, R.D. Health-related quality of life in two randomized controlled trials of phentermine/topiramate for obesity: What mediates improvement? Quality of Life Research, 2016; 25(5), 1237–1244.

Kolotkin, R.L. Chen, S., Klassen, P., Gilder, K., Greenway, F. Patient-reported quality of life in a randomized, placebo-controlled trial of naltrexone/bupropion for obesity. Clinical Obesity, 2015; 5(5): 237-44.

Aasprang, A., Andersen, J.R., Våge, V., **Kolotkin**, R.L., Natvig G.K. Psychosocial functioning before and after surgical treatment for morbid obesity: reliability and validation of the Norwegian version of obesity-related problems scale. Peer J, 2015, DOI: 107717/peerj.1275.

Yancy, W.S., Mayer, S.B., Coffman, C.J., Smith, V.A., **Kolotkin**, R.L., Geiselman, P.J., McVay, M., Oddone, E.Z., Voils, C.I. Effect of allowing choice of diet on weight loss. a randomized trial. Annals of Internal Medicine, 2015;162 (12):805-814.

Erickson, S., **Kolotkin**, R.L., Simmons Skidmore, M., Endress, G., Østbye, T., Crosby, R.D., Eisenson, H.J. Improvements in functional exercise capacity after a residential behavioural change, diet and fitness program for obese adults. Physiotherapy Research International, 17 MAR 2015, DOI: 10.1002/pri.1623.

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CHAPTERS IN BOOKS

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Kolotkin, RL, Crosby, RD, Williams, GR. Quality of life: relationship to obesity. In G. Medeiros-Neto, A. Halpern, C. Bouchard (eds.), Progress in Obesity Research: 9. London: John Libbey & Co. Ltd, London, UK, 2002.

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BOOKS

Hamilton, M.A., **Kolotkin, R.L.**, Cogburn, D., and Moore, D.T. The Duke University Medical Center Book of Diet & Fitness, Fawcett Columbine, 1990.

PRESENTATIONS

Kolotkin, R.L. Quality of Life in Obesity and Bariatric Surgery. Invited speaker at Obesity & Chronic Diseases International Conference, Berlin, Germany, October 2019.

Kolotkin, R.L., Williams, V.S.L., Ervin, C.M., Williams, N., Meincke, H.H., Qin, S., von Huth Smith, L., Fehnel, S.E. Validation of a New Measure of Quality of Life in Obesity Trials: IWQOL-Lite Clinical Trials Version. Poster presentation at Obesity Week, November 11-15, 2018, Nashville, TN, United States.

Kolotkin, R.L. Obesity and quality of life. Obesity Research Days, Norwegian Association for the Study of Obesity, October, 2018, Bodø, Norway.

Kolotkin, R.L. Obesity and quality of life: Ask what matters, listen to what matters, do what matters. NORSE Conference, May, 2018, Åmot gard, Norway.

Kolotkin, R.L., Measuring Quality Of Life in Children and Adolescents with Overweight or Obesity - The State of the Art, Bergen Obesity Days, October, 2015, Bergen, Norway.

Kolotkin, R.L., Does weight loss improve long term health-related quality of life - bariatric surgery vs. intensive lifestyle intervention? 10 Year Anniversary Symposium for the Morbid Obesity Center, Vestfold Hospital Trust, Tønsberg, November, 2014 Larvik, Norway.

Kolotkin, R.L. Assessing the impact of obesity on quality of life, Symposium on Integrated Strategies for Weight Management (Astrup, A., Chair), International Congress on Obesity, Kuala Lumpur, Malaysia, March, 2014.

Kolotkin, R.L. Obesity and health-related quality of life, Obesity and Mental Health Conference, Toronto, Canada, June, 2012

Kolotkin, R.L. Obesity and health-related quality of life, Conference on Obesity and Quality of Life Outcomes, Balestrand, Norway, June, 2012

Kolotkin, R.L., Obesity and health-related quality of life, Alli Physician Meeting for Glaxo Smith Kline, Istanbul, Turkey, 2011

Kolotkin, R.L., Obesity and health-related quality of life, Conference on Obesity and Diabetes, Istanbul, Turkey, 2010

Kolotkin, R.L. Obesity and health-related quality of life in bariatric surgery, Department of Weight Loss Surgery Minimally Invasive Surgery Center, Yotsuya Medical Cube, Tokyo, Japan, 2009

Kolotkin, R.L. Obesity and health-related quality of life, Tokyo English Life Life (TELL), Tokyo, Japan, 2009

Kolotkin, R.L. Another Look at obesity and health-related quality of life, Queen Elizabeth Hospital, Bridgetown, Barbados, 2009

Kolotkin, R.L. Obesity and health-related quality of life, Queen Elizabeth Hospital, Bridgetown, Barbados, 2008

Kolotkin, R.L. Obesity and health-related quality of life, University of Auckland, Auckland, New Zealand, 2006

Kolotkin, R.L. Obesity and health-related quality of life, University of Otago, Dunedin, New Zealand, 2006

Kolotkin, R.L. Morbid obesity and quality of life, Continuing Medical Education, Mc Master University, Hamilton, Canada, 2005.

Kolotkin, R.L. Obesity, hunger, fullness, cravings, and weight loss expectations. Oxford Outcomes, London, UK, 2005.

Kolotkin, R.L. Obesity and health-related quality of life (HRQOL), Huddinge University Hospital, Stockholm, Sweden, 2003

Kolotkin, RL. Quality of Life: Relationship to obesity. Invited talk at the 9th International Congress on Obesity, Sao Paulo, Brazil, August, 2002.

PROFESSIONAL ORGANIZATIONS

The Obesity Society (Fellow)

International Society for the Study of Quality of Life
International Society for Pharmacoeconomics and Outcomes Research
American Society for Metabolic and Bariatric Surgery
American Psychological Association
North Carolina Psychological Association

GRANTS

Consultant on R01 DK055006-06A1 (Steven C. Hunt, PI), NIDDK (Morbidity and Mortality Related to Gastric Bypass Surgery), 2000-2015

Consultant on Department of Veteran Affairs NCT01152359 (William S. Yancy, PI), (Considering Patient Diet Preferences to Optimize Weight Loss: Diet Choice), 2000-2014

NIH WORKING GROUPS

Longitudinal Assessment of Bariatric Surgery (LABS) Working Group on Quality of Life—December 2003-2005

Longitudinal Assessment of Bariatric Surgery (LABS) Working Group on Behavior—December 2003-2005

Longitudinal Assessment of Bariatric Surgery (LABS) Working Groups on Sexual Function—December 2011- 2018

JOURNAL REVIEW

JAMA, Obesity, Quality of Life Research, International Journal of Obesity, International Journal of Eating Disorders, Surgery for Obesity and Related Diseases, Obesity Surgery, Obesity Reviews, Clinical Obesity, Disease Management and Health Outcomes, Journal of Clinical Epidemiology, American Journal of Preventive Medicine, Journal of Consulting and Clinical Psychology, Current Medical Research & Opinion, The Journal of Pediatrics, Psychology of Addictive Behaviors, Medical Anthropology Quarterly, Journal of Psychosomatic Research, European Journal of Psychiatry, Journal of Women's Health, Journal of Sexual Medicine, Women's Health Issues, Journal of Obesity

EDITORIAL BOARD

Associate Editor, Obesity Surgery, 11/05-12/11.
Editorial Board, Obesity Surgery, 12/04-11/05.

DOCTORAL DISSERTATION EXAMINER/COMMITTEE

January, 2020, served as committee member for doctoral dissertation at University of Bergen, Norway, on Long-term outcomes after vertical sleeve gastrectomy for severe obesity.

January, 2018, served as doctoral dissertation examiner at Deakin University, Geelong, Australia on Exercise, energy restriction, and psychosocial health for women with obesity.

January 2016, served as doctoral dissertation opponent at University of Copenhagen, Copenhagen, Denmark, on Psychological aspects of obesity and bariatric surgery: A prospective study of psychological factors among bariatric patients undergoing Roux-en-Y gastric bypass.

December 2003, served as doctoral dissertation opponent at University of Gothenburg, Gothenburg, Sweden, on Coping and personality in the obese. Results from the Swedish Obese Subjects Study.

CLINICAL ADVISOR

Foundation for Informed Medical Decision-Making, 2004-2016.