

# *Distinguished Graduate Faculty Mentor Award*

## DOCTORAL CATEGORY



## *Robert Carels*

*Professor, Department of Psychology*

*Graduate Program Director for the PhD in Clinical  
Health Psychology*

## 2022

Dr. Carels is a board-certified clinical health psychologist whose research focuses on developing more effective behavioral weight loss treatments through the application of theory-driven innovation and aims to better understand and combat weight stigma in its many forms. He is the Principal Investigator for a Health Resource Service Administration Graduate Psychology Education (HRSA GPE) training grant designed to train students in providing primary integrated care to the rural and underserved.

Dr. Carels is recognized for his ability to adapt his mentoring style to the specific doctoral students he mentors. One student wrote, “Dr. Carels is currently mentoring five graduate students...rather than requiring us to comply with his own style, Dr. Carels will adapt to our own individual preferences, becoming an ideal mentor for five different people.” The faculty who nominated Dr. Carels indicated he consistently puts his students first and does all he can to maintain the high academic caliber of ECU’s doctoral program in clinical health psychology.

