

Misa Shimpo, R.D., Ph.D.

Assistant professor

Education

2016 Ph.D., Ochanomizu University

2013 M.S., Ochanomizu University

2011 B.S., Ochanomizu University

Professional Experience

2018 – present Assistant professor, The university of Nagano

2017 – 2018 Associate fellow, Ochanomizu University

2016 – 2017 Academic assistant, Ochanomizu University

2014 – 2016 Research fellowship, Japan Society for the Promotion of Science

Research areas

Nutrition education

Recent publications

- Shimpo M, Akamatsu R, Sakurazawa H: Lifestyles and stress according to self-kindness and goal directedness among drivers. *Psychology, Community & Health*, 8, 60-71(2019)
- Fujisaki K, Shimpo M, Akamatsu R: Factors related to food safety culture among school food handlers in Tokyo, Japan: a qualitative study. *Journal of Foodservice Business Research*, 22, 66-80(2019)
- Shimpo M, Akamatsu R: The effects of bowl size and portion size on food intake and fullness ratings in a sample of Japanese men. *Public Health Nutrition*, 21, 3216-3222(2018)
- Toga S, Shimpo M, Akamatsu R: Characterization of the factors that promote self-weighing in Japanese adults, *Health Behavior & Policy Review*, 3, 387-395(2016)
- Kawasaki Y, Sakai Y, Nishimura K, Fujiwara K, Fujisaki K, Shimpo M, Akamatsu R: Criterion validity of the visual estimation method for determining patients' meal intake in a community hospital, *Clinical Nutrition*, 35, 1543-1549(2016)
- Shimpo M, Akamatsu R: The impact of coping strategies on weight control in the aftermath of dietary lapses in a high impulsivity group. *Obesity Research & Clinical Practice*, 10, 603-609(2016)
- Fukkoshi Y, Akamatsu R, Shimpo M: The relationship of eating until 80% full with types and energy values of food consumed, *Eating Behaviors*, 17, 153-156(2015)
- Shimpo M, Akamatsu R: The development of an Aftermath of Dietary Lapses Coping Questionnaire for weight control. *Health Education Journal*, 74, 616-626(2015)