

# Uku Vainik

Research Fellow (UTARTU) & Adjunct Professor (McGill)

Curriculum Vitae  
2021-11-02

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## I. General data

- I am an Estonian researcher, using psychology, neuroscience, and genetics to understand health behaviour.
- Languages: Estonian - native; English - excellent; French & English - conversational; Russian & Spanish - beginner

## Education

2011-2015	<b>PhD in Psychology</b> Tartu, Estonia	University of Tartu
2009-2011	<b>MA in Psychology</b> Tartu, Estonia	University of Tartu
2004-2008	<b>BA in Social Sciences</b> Tartu, Estonia	University of Tartu

## Professional experience

01/01/2020 - 31/12/2023	<b>Adjunct Professor</b> McGill University	Montreal Neurological Institute, Faculty of Medicine and Health Sciences
01/03/2017 - ...	<b>Research Fellow</b> University of Tartu	Institute of Psychology
18/02/2016 - 16/04/2019	<b>Postdoctoral Researcher, prof. MD Dagher Lab</b> McGill University	Montreal Neurological Institute, Faculty of Medicine
01/01/2016 - 28/12/2017	<b>Project Manager</b> Institute of Psychology	Institute of Psychology
01/02/2013 - 31/12/2015	<b>Lab Manager, prof. acad. Allik Lab</b> Institute of Psychology	Institute of Psychology
01/08/2011 - 30/08/2012	<b>Research Assistant, prof. MD Fellows Lab</b> McGill University	Montreal Neurological Institute, Faculty of Medicine
01/01/2011 - 01/05/2011	<b>Research Assistant, prof Tannock Lab</b> University of Toronto	Ontario Institute for Studies in Education

## II. Teaching related activities

### Teaching

2019 - ...	<b>Data Analysis and Research Methods</b> University of Tartu <ul style="list-style-type: none"><li>➤ Contribution: I am responsible teacher, I developed the program. Every year, I invite 5 other scientists to teach, conduct 2 lectures, 3 seminars, and grade 3 sets of papers.</li><li>➤ Feedback: Above average ratings in almost all categories. 100% of students fully agreed that the course was intellectually challenging. Students appreciated my clear explanation style and logical structure of the course.</li></ul>	SOPH.00.270
2019 - ...	<b>Special Seminar in Personality and Social Behaviour</b> University of Tartu <ul style="list-style-type: none"><li>➤ Contribution: As a guest lecturer I have 1 lecture, 1 seminar, and I grade 2 sets of papers.</li><li>➤ Feedback: Average ratings for course as a whole. I was not specifically evaluated, but students commented on the intellectually stimulating nature of the lecture.</li></ul>	SOPH.00.313

2020 - 2020	<p><b>Why SEM? How structural equation modelling can help you make the most of your data</b></p> <p>Rīga Stradiņš University</p> <ul style="list-style-type: none"> <li>➤ Contribution: I prepared and conducted 2 days of lectures and 1 day hands-on seminar on using structural equation models in psychology. Online material: 1) <a href="http://www.rsu.lv/sites/default/files/imce/Dokumenti/prezentacijas/vpa_2020/why_sem_vainik.pdf">www.rsu.lv/sites/default/files/imce/Dokumenti/prezentacijas/vpa_2020/why_sem_vainik.pdf</a> 2) <a href="http://panopto.rsu.lv/Panopto/Pages/Viewer.aspx?id=dfe23734-209d-45c6-bd24-abb900f6d847">panopto.rsu.lv/Panopto/Pages/Viewer.aspx?id=dfe23734-209d-45c6-bd24-abb900f6d847</a></li> <li>➤ Feedback: Participants liked my clear overview of a very complex topic. A few applied the knowledge gained in their own analyses and published their own manuscripts.</li> </ul>	-
2021 - ...	<p><b>Health Behaviour</b></p> <p>University of Tartu</p> <ul style="list-style-type: none"> <li>➤ Contribution: As a guest lecturer I have 1 lecture.</li> <li>➤ Feedback: NA</li> </ul>	SVPH.00.002
2021 - ...	<p><b>Master's Thesis</b></p> <p>University of Tartu</p> <ul style="list-style-type: none"> <li>➤ Contribution: As a member of Master's in psychology thesis committee, I hear all defences, read in detail 7 theses and evaluate 10+ research proposals.</li> <li>➤ Feedback: NA</li> </ul>	SOPH.00.522
2021 - ...	<p><b>Personality and Individual Differences</b></p> <p>University of Tartu</p> <ul style="list-style-type: none"> <li>➤ Contribution: As a guest lecturer I have 1 lecture.</li> <li>➤ Feedback: NA</li> </ul>	SVPH.00.043
2019 - ...	<p><b>Research Seminar in Experimental Psychology</b></p> <p>University of Tartu</p> <ul style="list-style-type: none"> <li>➤ Contribution: As a research group member I conduct 2 lectures/year and evaluate student presentations.</li> <li>➤ Feedback: NA</li> </ul>	SVPH.00.052
2019 - 2020	<p><b>Research Paper</b></p> <p>University of Tartu</p> <ul style="list-style-type: none"> <li>➤ Contribution: As a member of undergraduate research paper committee, I hear all defences, read in detail 10 papers and evaluate 10+ research proposals.</li> <li>➤ Feedback: NA</li> </ul>	SOPH.00.477

- 2015-2015 I was involved in teaching courses on health psychology, statistics, research methods, and brain mechanism of cognition and emotion.

### Supervision

- Ongoing and finished PhD and Master's level supervisions are listed below. Most of them have been at University of Tartu, Estonia, and one at McGill University, Canada. \* - co-supervisor's role.
- At undergraduate level I have successfully supervised 11 students and I am currently supervising 5 students.

xx/xx/2023	<p><b>Kadri Arumäe</b></p> <p>Body weight influencing personality: clarifying causality with genetic, longitudinal, and experimental studies</p>	PhD
xx/xx/2022	<p><b>Vivian Aun</b></p> <p>Adapting vocabulary and memory tests into Estonian</p>	MA
xx/xx/2022	<p><b>Deniss Kovaljov</b></p> <p>Adapting vocabulary and memory tests into Russian</p>	MA
xx/xx/2022	<p><b>Kadri-Ann Vilks</b></p> <p>Polygenic and personality scores predicting health and mental disorders</p>	MA
11/06/2021	<p><b>Yueh En Wang *</b></p> <p>Body mass index (BMI) and structural brain connectivity in the human connectome project dataset</p>	MSc @ McGill
21/06/2017	<p><b>Kadri Arumäe</b></p> <p>Validating and comparing measures of food reward</p>	MA

21/06/2017	<b>Hedvig Sultson *</b> Automatic processing of visual food stimuli during hunger: a visual mismatch response study	MA
21/06/2017	<b>Laura Viljasto</b> Overeating and everyday situations: an ecological momentary assessment study	MA
20/06/2015	<b>Helen Kond</b> Mindfulness Based Brief Intervention to Reduce the Amount of Chocolate Eaten. A Double Blind Experiment	MA

### III. Science

- My main research topic has been understanding the behavioural roots for obesity and overeating. Behaviour is measured either by *personality tests*, capturing our typical thoughts, feelings, and behaviour, or *cognitive tests* characterising our thought processes. **I have conducted multiple large-scale data analyses and reviews showing that both personality and cognition have robust links with obesity** (Vainik et al., 2013; Vainik et al., 2018; Vainik, Dagher et al., 2019; Vainik, Garcia-Garcia, et al., 2019).
- I also seek to test lay theories of behavior with actual data. For instance, **obesity has been proposed to have behavioural similarities with addictions, resulting in the concept of food addiction**. To test that idea, I developed a method that compares personality profiles of health behaviours. **We found that obesity has only limited behavioural similarity with addictions** (Vainik et al., 2020). We are now seeking to extend this method, building an online database of personality profiles, comparable to genetic correlation database LD-Hub.
- My most recent passion is to **test the causal role of behaviour in health**. Psychologists like to think that personality traits and cognitive abilities cause health behaviours, such as obesity, smoking, or depression. However, these theories have been rarely tested, since randomised controlled trials are expensive. **I now seek to utilise genomic causal inference methods, such as Mendelian randomisation and Direction of Causation**. We have recently found that against expectations, **obesity seems to cause personality traits** (Arumäe et al, 2021).
- Besides those three topics, **I have extensive experience in psychological test development and refinement in the health domain** (Vainik et al., 2015, Vainik, Garcia-Garcia, et al., 2019). Most recently, I was been part of US National Institutes of Health effort to choose most promising cognitive tests for obesity and diabetes trials (D'Ardenne et al., 2020).
- As a practical outcome, together with René Möttus and *testmybrain.org*, **I have developed an optimal set of quick and detailed measures of personality and cognition**.
- Altogether, I have published **28 papers, cited 939 times, resulting in a h index of 14**. I have also 8 preprints available online. Within the last 5 years, I have published 23 papers, cited 490 times. Selected papers are presented below.
- In addition to publishing, I have given **24 invited talks** at various seminars all over the world. I have given **13 oral presentations and 20 poster presentations** at major meetings on eating behaviour (*Society for the Study of Ingestive Behaviour*), genetics (*American Society for Human Genetics, Behavioral Genetics Association, World Congress of Psychiatric Genetics*), brain imaging (*Organisation for Human Brain Mapping*), and personality (*Association for Research in Personality, European Congress of Personality*).
- I am well involved with the scientific community, as **I have done 73 reviews for 27 journals** <https://publons.com/researcher/1216231/uku-vainik/peer-review/>
- I have also participated as **session chair, posted judge, and conference program organiser** at the *Society for the Study of Ingestive Behavior*.

### Published papers

1. Arumäe, K., Briley, D., Colodro-Conde, L., Mortensen, E.L., Jang, K., Ando, J., Kandler, C., Sørensen, T.I.A., Dagher, A., Möttus, R., & **Vainik, U.** (2021). Two genetic analyses to elucidate causality between body mass index and personality. *International Journal Of Obesity*, 45 (10), 2244-2251
2. Hercberg, S., Touvier, M., Salas-Salvado, J., & Europe, G.E.N.-S. (2021). The Nutri-Score nutrition label: A public health tool based on rigorous scientific evidence aiming to improve the nutritional status of the population. *International Journal For Vitamin And Nutrition Research*
3. Lenneis, A., **Vainik, U.**, Teder-Laving, M., Ausmees, L., Lemola, S., Allik, J., & Realo, A. (2021). Personality traits relate to chronotype at both the phenotypic and genetic level. *Journal Of Personality*
4. Ausmees, L., Talts, M., Allik, J., **Vainik, U.**, Sikka, T.T., Nikopensus, T., Esko, T., & Realo, A. (2021). Taking risks to feel excitement: Detailed personality profile and genetic associations. *European Journal Of Personality*, 08902070211019242
5. Šuriņa, S., Martinsone, K., Perepjolkina, V., Kolesnikova, J., **Vainik, U.**, Ruža, A., Vrublevska, J., Smirnova, D., Fountoulakis, K.N., & Rancans, E. (2021). Factors related to COVID-19 preventive behaviors: A Structural Equation Model. *Frontiers In Psychology*, 12

6. Garcia-Garcia, I., Neseliler, S., Morys, F., Dadar, M., Yau, Y.H.C., Scala, S.G., Zeighami, Y., Sun, N., Collins, D.L., **Vainik, U.**, & Dagher, A. (2021). Relationship between impulsivity, uncontrolled eating and body mass index: a hierarchical model. *International Journal Of Obesity*
7. Khundrakpam, B., Choudhury, S., **Vainik, U.**, Al-Sharif, N., Bhutani, N., Jeon, S., Gold, I., & Evans, A. (2020). Distinct influence of parental occupation on cortical thickness and surface area in children and adolescents: Relation to self-esteem. *Human Brain Mapping*, 41 (18), 5097-5113
8. Robinson, E., Roberts, C., **Vainik, U.**, Estonia, T., & Jones, A. (2020). The psychology of obesity: an umbrella review and evidence-based map of the psychological correlates of heavier body weight. *Neuroscience & Biobehavioral Reviews*
9. D'Ardenne, K., Savage, C.R., Small, D., **Vainik, U.**, & Stoeckel, L.E. (2020). Core Neuropsychological Measures for Obesity and Diabetes Trials: Initial Report. *Frontiers In Psychology*, 11
10. Khundrakpam, B., **Vainik, U.**, Gong, J., Al-Sharif, N., Bhutani, N., Kiar, G., Zeighami, Y., Kirschner, M., Luo, C., Dagher, A., & Evans, A. (2020). Neural correlates of polygenic risk score for autism spectrum disorders in general population. *Brain Communications*, 2 (2), fcaa092
11. **Vainik, U.**, Misic, B., Zeighami, Y., Michaud, A., Möttus, R., & Dagher, A. (2020). Obesity has limited behavioural overlap with addiction and psychiatric phenotypes. *Nature Human Behaviour*, 4 (1), 27-35
12. Wood, A.C., **Vainik, U.**, Engelhardt, L.E., Briley, D.A., Grotzinger, A.D., Church, J.A., Harden, K.P., & Tucker-Drob, E.M. (2019). Genetic overlap between executive functions and BMI in childhood. *The American Journal Of Clinical Nutrition*, 110 (4), 814-822
13. **Vainik, U.**, García-García, I., & Dagher, A. (2019). Uncontrolled eating: a unifying heritable trait linked with obesity, overeating, personality and the brain. *European Journal Of Neuroscience*, 50 (3), 2430-2445
14. **Vainik, U.**, Dagher, A., Realo, A., Colodro-Conde, L., Mortensen, E.L., Jang, K., Juko, A., Kandler, C., Sørensen, T.I.A., & Möttus, R. (2019). Personality-obesity associations are driven by narrow traits: A meta-analysis. *Obesity Reviews*, 20 (8), 1121-1131
15. Arumäe, K., Kreegipuu, K., & **Vainik, U.** (2019). Assessing the overlap between three measures of food reward. *Frontiers In Psychology*, 10, 883
16. Sultson, H., **Vainik, U.**, & Kreegipuu, K. (2019). Hunger enhances automatic processing of food and non-food stimuli: A visual mismatch negativity study. *Appetite*, 133, 324-336
17. **Vainik, U.**, Han, J. E., Epel, E.S., Tomiyama, A. J., Dagher, A., & Mason, A.E. (2019). Rapid Assessment of Reward-Related Eating: The RED-X5. *Obesity*, 27 (2), 325-331
18. **Vainik, U.**, Baker, T.E., Dadar, M., Zeighami, Y., Michaud, A., Zhang, Y., Alanis, J.C.G., Misic, B., Collins, D.L., & Dagher, A. (2018). Neurobehavioral correlates of obesity are largely heritable. *Proceedings Of The National Academy Of Sciences*, 115 (37), 9312-9317
19. Yau, Y., Zeighami, Y., Baker, T.E., Larcher, K., **Vainik, U.**, Dadar, M., Fonov, V.S., Hagmann, P., Griffa, A., Mišić, B., Collins, D.L., & Dagher, A. (2018). Network connectivity determines cortical thinning in early Parkinson's disease progression. *Nature Communications*, 9 (1), 1-10
20. Möttus, R., Realo, A., **Vainik, U.**, Allik, J., & Esko, T. (2017). Educational attainment and personality are genetically intertwined. *Psychological Science*, 28 (11), 1631-1639
21. Michaud, A., **Vainik, U.**, Garcia-Garcia, I., & Dagher, A. (2017). Overlapping neural endophenotypes in addiction and obesity. *Frontiers In Endocrinology*, 8, 127
22. Mason, A.E., **Vainik, U.**, Acree, M., Tomiyama, A.J., Dagher, A., Epel, E.S., & Hecht, F.M. (2017). Improving assessment of the spectrum of reward-related eating: the RED-13. *Frontiers In Psychology*, 8, 795
23. Rääsk, T., Mäestu, J., Lätt, E., Jürimäe, J., Jürimäe, T., **Vainik, U.**, & Konstabel, K. (2017). Comparison of IPAQ-SF and two other physical activity questionnaires with accelerometer in adolescent boys. *Plos One*, 12 (1), e0169527
24. **Vainik, U.**, Konstabel, K., Lätt, E., Mäestu, J., Purge, P., & Jürimäe, J. (2016). Diet misreporting can be corrected: confirmation of the association between energy intake and fat-free mass in adolescents. *British Journal Of Nutrition*, 116 (8), 1425-1436
25. **Vainik, U.**, Dubé, L., Lu, J., & Fellows, L.K. (2015). Personality and situation predictors of consistent eating patterns. *Plos One*, 10 (12), e0144134
26. **Vainik, U.**, Möttus, R., Allik, J., Esko, T., & Realo, A. (2015). Are trait-outcome associations caused by scales or particular items? Example analysis of personality facets and BMI. *European Journal Of Personality*, 29 (6), 622-634
27. **Vainik, U.**, Neseliler, S., Konstabel, K., Fellows, L.K., & Dagher, A. (2015). Eating traits questionnaires as a continuum of a single concept. Uncontrolled eating. *Appetite*, 90, 229-239
28. **Vainik, U.**, Dagher, A., Dubé, L., & Fellows, L.K. (2013). Neurobehavioural correlates of body mass index and eating behaviours in adults: A systematic review. *Neuroscience & Biobehavioral Reviews*, 37 (3), 279-299

### Book chapters and comments

1. **Vainik, U.**, Kõõts-Ausmees, L., & Möttus, R. (2019). Personality loosely mirrors the geography of the world. *In Praise Of An Inquisitive Mind: A Festschrift In Honor Of Jüri Allik On ...*

2. Uusberg, A., **Vainik, U.**, & Kreegipuu, K. (2019). Can't wait or want it now? Impulsivity relates to the immediacy rather than the delay sensitivity aspect of temporal discounting. *In Praise Of An Inquisitive Mind : A Festschrift In Honor Of Jüri Allik On ...*
3. **Vainik, U.**, & Meule, A. (2018). Jangle fallacy epidemic in obesity research: a comment on Ruddock et al. (2017). *International Journal Of Obesity*, 42 (3), 585

### Preprints

1. Beyer, F., Horn, K., Frenzel, S., Hofer, E., Knol, M.J., Morys, F., **Vainik, U.**, Auwera, S., Wittfeld, K., Saba, Y., Adams, H., Buelow, R., Grabe, H., Homuth, G., Koini, M., Loeffler, M., Schmidt, H., Schmidt, R., Teumer, A., Vernooij, M.W., Villringer, A., Voelzke, H., Zonneveld, H., Dagher, A., Scholz, M., & Witte, A.V. (2021). Investigating the genetic and environmental basis of head micromovements during MRI. *Biorxiv*
2. Hang, Y., Speyer, L.G., Haring, L., Lee, B., **Vainik, U.**, Luciano, M., & Möttus, R. (2021). Establishing a Health Network of Personality Profiles for Adolescents and Emerging Adults. *Psyarxiv*
3. Arumäe, K., Möttus, R., & **Vainik, U.** (2021). Beyond BMI: Personality Traits' Associations With Adiposity and Metabolic Rate. *Psyarxiv*
4. Merz, E.C., Strack, J., Hurtado, H., **Vainik, U.**, Thomas, M., Evans, A.C., & Khundrakpam, B. (2021). Educational Attainment Polygenic Scores, Socioeconomic Factors, and Cortical Structure in Children and Adolescents. *Biorxiv*
5. Khundrakpam, B., Bhutani, N., **Vainik, U.**, Al-Sharif, N.B., Dagher, A., White, T.H., & Evans, A.C. (2021). A critical role of brain network architecture in a continuum model of autism spectrum disorders spanning from healthy individuals with genetic liability to individuals with ASD. *Biorxiv*
6. Kirschner, M., Paquola, C., Khundrakpam, B.S., **Vainik, U.**, Bhutani, N., Al-Sharif, N.B., Mistic, B., Bernhardt, B., Evans, A.C., & Dagher, A. (2021). Schizophrenia polygenic risk during typical development reflects multiscale cortical organization. *Biorxiv*
7. Benhajali, Y., Badhwar, A.P., Urchs, S., Moreau, C., Chouinard-Decorte, F., **Vainik, U.**, Ferré, P., Orban, P., Pérusse, D., & Bellec, P. (2020). Subtypes of brain activation are heritable and genetically linked with behavior in the Human Connectome Project sample. *Psyarxiv*
8. **Vainik, U.**, Paquola, C., Wang, X., Zheng, Y.Q., Bernhardt, B., Mistic, B., & Dagher, A. (2020). Heritability of cortical morphology reflects a sensory-fugal plasticity gradient. *Biorxiv*

### Research funding

- I am project leader / principal investigator in all of them

01/11/2021 - 15/02/2022	<b>ATLASofBEHAVIOUR - atlas of causation between behaviour and health</b> University of Tartu	ERC Incentive Grant
	- EUR: 10000	
01/01/2021 - 31/12/2021	<b>PSG656 Exploiting genomic lottery to understand causality between personality traits, cognition, and health</b> Estonian Research Council	Personal research funding: Start-up grant
	- EUR: 96375	
01/05/2019 - 30/04/2021	<b>MOBTP94 Obesity's behavioural similarities with addictions and mental health conditions</b> returning researcher grant Estonian Research Council	Mobilitas Plus
	- EUR: 63420	
01/05/2017 - 30/04/2019	<b>Neurobehavioural phenotypes provide tools for genetics-based precision treatment of obesity</b> Fonds de Reserche de Québec - Santé	Postdoctoral grant
	- EUR: 45000	
01/03/2017 - 28/02/2019	<b>PUTJD654 From genetic risk factors to obesity via psychological and brain endophenotypes</b> Post-doctoral Research Funding Estonian Research Council	Personal
	- EUR: 81359.42	
01/01/2015 - 01/08/2015	<b>The impact of personality on exposure to environmental health factors in Tartu. Example analysis on fast food restaurants.</b> Interdisciplinary project between University of Tartu's Department of Geography, Institute of Family Medicine and Public Health, and Institute of Psychology Doctoral School of Behavioural, Social and Health Sciences	
	- EUR: 8155.67	
01/02/2013 - 01/12/2013	<b>The impact of eating regulation on the health indicators and biological maturation of boys in puberty.</b> Interdisciplinary project between University of Tartu's Institute of Sport Sciences and Physiotherapy and Institute of Psychology Doctoral School of Behavioural, Social and Health Sciences	
	- EUR: 6600	

### Oral presentations

1. Two genetic analyses to elucidate causality between body mass index and personality. *Computational Approaches in Eating Behavior Research*, Virtual, 01/2021.
2. Obesity causes personality – evidence from twins. *27th Annual Meeting of the Society for the Study of Ingestive Behaviour*, Utrecht, The Netherlands, 07/2019.
3. Hunger enhances automatic processing of food and non-food stimuli: A visual mismatch negativity study. *Neuroendocrinology and Brain Imaging*, Rome, Italy, 06/2019.
4. Unifying the many neurocognitive traits associated with obesity: Uncontrolled Eating. *26th Annual Meeting of the Society for the Study of Ingestive Behaviour*, Bonita Springs, USA, 07/2018.
5. Obesity-related neural and behavioural patterns are largely heritable. *The 51st Winter Conference on Brain Research*, Whistler, Canada, 01/2018.
6. Uncontrolled eating is behaviourally similar to addiction, whereas obesity is associated with more diverse disorders: A personality-profile analysis across 16770 participants. *The 25th Annual Meeting of the Society for the Study of Ingestive Behaviour*, Montreal, Canada, 07/2017.
7. Obesity differs from other addictive and clinical phenotypes, but uncontrolled eating is similar. A personality profile analysis. *The Biennial Association for Research in Personality Conference*, Sacramento, USA, 06/2017.
8. BMI-brain structure associations are largely genetic and partly mediated by cognitive abilities and personality traits. *5th Annual Canadian Neurometabolic Club Meeting. Satellite of the Canadian Association for Neuroscience meeting*, Montreal, Canada, 05/2017.
9. Marketing Food Environment and Food Consumption in Children: Moderation by Food-Related Psychosocial Factors. *37th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine*, Washington DC, USA, 03/2016.
10. Psychosocial predictors of eating consistency. *The 39th Annual Meeting of the British Feeding & Drinking Group*, Wageningen, the Netherlands, 04/2015.
11. Eating traits as a continuum of a single concept: Uncontrolled eating. *The 22nd Annual Meeting of the Society for the Study of Ingestive Behaviour*, Seattle, USA, 07/2014.
12. Eating traits as a continuum of a single concept: Uncontrolled eating. *The 38th Annual Meeting of the British Feeding & Drinking Group*, Portsmouth, UK, 04/2014.
13. What are the core neurocognitive and personality correlates of obesity and maladaptive eating behaviours in humans? *The 37th Annual Meeting of the British Feeding & Drinking Group*, Loughborough, UK, 04/2013.

### Invited talks

1. Measuring 100 personality traits and 9 cognitive domains at biobank scale under 1 hour *Core Neuropsychological Measures for Obesity and Diabetes Project: Implementation and Dissemination Objectives Meeting*, Virtual, 08/2021.
2. Uncontrolled eating – mapping causality and relations with hundreds of phenotypes *28th Annual Meeting of the Society for the Study of Ingestive Behaviour*, Utrecht, The Netherlands., Virtual, 07/2021.
3. Panel member *Neuroscience of the self and adaptive real-world behaviour*, MCCHE Virtual seminar, 02/2021.
4. Ennetusprogrammide mõju mõõtmine – vajalikkus, õppimiskohad ja lahendused *Tervise Arengu Instituut*, Virtual, 01/2021.
5. Two genetic analyses to elucidate causality between body mass index and personality *University of Edinburgh*, Virtual, 12/2020.
6. Psühholoogia, inimgeograafia ja geenid söömise kontekstis *Mobiilsusuuringute labori suvepäevad*, Vaaba, Estonia, 08/2020.
7. Kas toiduga liialdamist saab võrrelda sõltuvustega - ülevaade neurokäitumuslikest ja isiksuse uuringutest. *Tartu Ülikooli psühhiaatrikliiniku teaduskonverents*, Tartu, Estonia, 01/2020.
8. Obesity causes personality - evidence from polygenic scores and twins. *The Annual Conference of the Institute of Molecular and Cell Biology and Institute of Genomics*, University of Tartu, Estonia, 12/2019.
9. Obesity causes personality - evidence from polygenic scores and twins. *Polygenic Scores, Genetics & Brain Imaging Symposium*, Montreal, Canada, 11/2019.
10. Obesity causes personality - evidence from polygenic scores and twins. *University of Helsinki*, Finland, 10/2019.
11. Obesity causes personality - evidence from polygenic scores and twins. *Helmholtz Center Munich at the University of Tübingen*, Germany, 10/2019.
12. Obesity has limited neurobehavioural overlap with addictions. *Keynote at the Motivational Interviewing Network of Trainers Forum*, Tallinn, Estonia, 09/2019.
13. Uncontrolled Eating (UE): A common heritable trait linked with obesity, overeating, personality & the brain. *Max Planck Institute for Metabolism Research*, Cologne, Germany, 05/2019.
14. Factors influencing heritability of brain morphology – from sensation to cognition. *Brain Imaging Centre Lecture*, Montreal Neurological Institute, Canada, 04/2019.

15. Obesity-related neural and behavioural patterns are largely heritable. *Cognition and Circuits Rounds*, Montreal Neurological Institute, Canada, 10/2018.
16. Uncontrolled Eating: A common heritable trait linked with obesity, overeating, personality & the brain. *Max Planck Institute*, Leipzig, Germany, 06/2018.
17. Linking obesity to genes, brain, and behaviour. *Cerebral Imaging Center*, Douglas Mental Health University Institute, Canada, 11/2017.
18. Linking obesity to genes, brain, and behaviour. *University of California*, San Francisco, USA, 06/2017.
19. Towards a comprehensive framework for the psychological mechanisms of obesity and overeating. *Cognition and Circuits Rounds*, Montreal Neurological Institute, Canada, 03/2016.
20. Understanding self-regulation in an obesogenic environment. *Leeds University*, UK, 04/2015.
21. Eating & environment & person. *Overview and technical challenges*. *Netherlands Institute of Ecology*, Wageningen, the Netherlands, 04/2015.
22. Psychological mechanisms behind obesity. *Annual conference of Estonian Association of Physiotherapists*, Pärnu, Estonia, 09/2015.
23. Eating & environment & person. *Overview and technical challenges*. *Mobility lab seminar: Spacetime trajectory analyses and eating behavior*, Tartu, Estonia, 02/2015.
24. Psychological mechanisms for gaining weight. *Annual Conference of the Doctoral School of Behavioural, Social and Health Sciences*, Roosta, Estonia, 05/2013.

### Poster presentations

1. Measuring 100 personality traits and 9 cognitive domains at biobank scale under 1 hour – opportunities for psychiatric genomics *World Congress of Psychiatric Genetics*, Virtual, 10/2021.
2. Measuring 100 personality traits and 9 cognitive domains at biobank scale under 1 hour *Behavioral Genetics Association*, Virtual, 06/2021.
3. Measuring 9 cognitive domains under 30 minutes *22nd Neuropsychology Day and Brenda Milner Lecture*, Virtual, 05/2021.
4. Mapping eating and obesity in a behavioural atlas of 229 diseases and phenotypes *The British Feeding and Drinking Group (BFDG) 45th Annual Meeting*, Virtual, 03/2021.
5. Two genetic analyses to elucidate causality in the associations between body mass index and psychological traits *World Congress of Psychiatric Genetics*, Virtual, 10/2020.
6. Two genetic analyses to elucidate causality in the associations between body mass index and psychological traits *Behavioral Genetics Association*, Virtual, 06/2020.
7. Obesity causes personality - evidence from twins. *Gene Forum*, Tartu, Estonia, 08/2019.
8. Heritability of brain structures follows synaptic hierarchy. *Annual Meeting of the Organization for Human Brain Mapping*, Rome, Italy, 06/2019.
9. Neurobehavioral correlates of obesity are largely heritable. *Annual Meeting of the Society for Neuroscience*, San Diego, USA, 11/2018.
10. Neurobehavioural correlates of obesity are largely heritable. *Back to Organization for Human Brain Mapping*, Montreal, Canada, 10/2017.
11. BMI-brain structure associations are largely genetic and partly mediated by cognitive abilities and personality traits. *The 25th Annual Meeting of the Society for the Study of Ingestive Behaviour*, Montreal, Canada, 07/2017.
12. More than inhibition. *Diverse brain structures and cognitive tests associate with body weight*. *Organization for Human Brain Mapping*, Vancouver, Canada, 06/2017.
13. Obesity is more similar to addictions, whereas diabetes is more similar to clinical phenotypes. A personality profile comparison across multiple studies. *Eleventh Annual Retreat Montreal Diabetes Research Center*, Montreal, Canada, 02/2017.
14. Genetic and environmental overlap between Uncontrolled Eating and obesity. *Annual Meeting of the American Society of Human Genetics*, Vancouver, Canada, 10/2016.
15. Cognitive accuracy partly mediates the negative association between obesity and the thickness of parahippocampal cortex. *2nd Symposium of J.A. DeSève Research Chair in Nutrition*, Montreal, Canada, 05/2016.
16. Predictors of meal underreporting improve meal interview – fat-free mass association. *Annual Conference of the Doctoral School of Behavioural, Social and Health Sciences*, Kääriku, Estonia, 05/2015.
17. Refining personality trait-outcome associations by examining measurement independence: The case of BMI. *The 17th European Conference on Personality*, Lausanne, Switzerland, 07/2014.
18. Refining personality- BMI associations by testing for measurement independence. *The 38th Annual Meeting of the British Feeding & Drinking Group*, Portsmouth, UK, 04/2014.
19. State hunger relates positively to power of food and Extraversion, and negatively to eating competence. *The 21st Annual Meeting of the Society for the Study of Ingestive Behaviour*, New Orleans, USA, 07/2013.

20. Temporal characteristics of decision-making in a delay-discounting task: An EEG time-frequency perspective. *Cognitive Neuroscience Society Nineteenth Annual Meeting*, Chicago, USA, 03/2012.

#### IV. Participation in leading and development of the university

- I was student member of the council of Institute of Psychology 2010-2015
- I helped to prepare an assessment report for Study Programme Group of Psychology at University of Tartu.

#### V. Societal activities

##### Science popularisation talks

1. Eesti Kaubandus- ja tööstuskoda: Toidusektori tootearenduspäevad (2021) Emotsioonid ja söömine – muna ja kana
2. TÜ psühholoogia instituut (2021) Teadlaste ÖÖ Festival
3. Tartu Rotary Club (2021) Kas magus elu on ikka lõbus? Mida peab teadma toidusõltuvusest?
4. Käo tugikeskus (2021) Psühholoogilised põhjused toiduga liialdamisel ja mida nende vastu ette võtta?
5. Riigi Tugiteenuste Keskus (2021) Aju, tervislik toitumine ja ahvatlused
6. Academy of Good Thoughts (2021) Aju, tervislik toitumine ja ahvatlused
7. Keskkonnaamet (2020) Kas magus elu on ikka lõbus? Mida peab teadma toidusõltuvusest?
8. Nõuni haridusakadeemia (2020) Kas magus elu on ikka lõbus? Mida peab teadma toidusõltuvusest?
9. Toitumis- ja liikumisravi konverents Rasvtõbi (2019) Ülekaalu patsiendi motiveerimine, rasvumise psühholoogilised kõrvalmõjud.
10. AHHA Teadlaste ÖÖ (2019) Ülekaal, keskkond, geenid ja käitumine

##### Science popularisation online

1. Vikerraadio: Huvitaja (2021) Orienteerumine kohalike omavalitsuste valimistel. Kaalulangetus <https://vikerraadio.err.ee/1608338663/huvitaja-orienteerumine-kohalike-omavalitsuste-valimistel-kaalulangetus>
2. Äripäeva raadio: Imeline teadus (2021) Tapvavõitu ilmastik ja kehakaalu ning isiksuse iseäralik suhe <https://www.aripaev.ee/raadio/episood/tapvavoitu-ilmastik-ja-kehakaalu-ning-isiksuse-isearalik-suhe>
3. Vikerraadio: Vikerhommik (2021) Uku Vainik. Kehakaalu efekt isiksusele on suurem kui arvati <https://vikerraadio.err.ee/1608270432/vikerhommik-erle-loonurm-ja-priit-kuusk/1333377>
4. Novaator (2021) Kehakaalu mõju isiksusele osutus seni eeldatust suuremaks <https://novaator.err.ee/1608278976/kehakaalu-moju-isiksusele-osutus-seni-eeldatust-suuremaks>
5. Postimees: Nädala keha ja vaim (2021) Mis on soomeugrilaste kõrge IQ taga: karm kliima, kole katk või hoopis miski muu? <https://tervis.postimees.ee/7289728/mis-on-soomeugrilaste-korge-iq-taga-karm-kliima-kole-katk-voi-hoopis-miski-muu>
6. Kuku Raadio: Ärataja (2021) Uku Vainik – toiduainete märgisüsteem Nutri-Score <https://podcast.kuku.postimees.ee/podcast/arataja-uku-vainik-toiduainete-margisusteem-nutri-score/>
7. TerviseGeenius: Hea nõuanne (2021) Teadlaste väljatootatud märgistussüsteem aitab lihtsasti valida tervislikuma toidukorvi <https://tervise.geenius.ee/rubriik/hea-nouanne/teadlaste-valjatoetatud-margistussusteem-aitab-lihtsasti-valida-tervislikuma-toidukorvi/>
8. Nestle (2021) „Nutri-Score“ toidumärgistus aitab tervislikemaid eluviise luua <https://www.nestle.lt/et/media/article/nutri-score-toidumargistus-aitab-tervislikemaid-eluviise-luua>
9. iPharma.ee (2021) Tervis toiduainete pakendi märgisel
10. AHHA: Vaimse tervise teadus-e-kohvik (2021) Kust tulevad koroonakilod? <https://www.facebook.com/events/293341899058719>
11. Postimees (2021) Geneetika näitab eluviiside rolli Covid-19 diagnoosil <https://leht.postimees.ee/7173000/uku-vainik-geneetika-naitab-eluviiside-rolli-covid-19-diagnoosil>
12. TalTEch Digital Health podcast (2021) Randomised controlled trial is king but there are new alternatives <https://podcasts.apple.com/ee/podcast/5-uku-vainik-randomised-controlled-trial-is-king-but/id1538600526?i=1000506255666>
13. Elisa Elustiili Studio LIVE! (2021) Geneetika vajutab püssi aga keskkond vajutab päästikule <https://www.elisa.ee/et/uudised/psuhholoogia-teadur-uku-vainik-geneetika-laeb-pussi-aga-keskkond-vajutab-paastikule>
14. Elisa Elustiili Studio LIVE! (2021) Geneetika vajutab püssi aga keskkond vajutab päästikule <https://www.facebook.com/elisaelustiil/videos/837956856775077>
15. Kuku Raadio: Kuue samba taga (2020) Kuue samba taga <http://podcast.kuku.postimees.ee/podcast/kuue-samba-taga-2020-12-21/>
16. Väärivate ülikool (2020) Kas magus elu on ikka lõbus? Mida peab teadma toidusõltuvusest? <https://www.uttv.ee/naita?id=30925>
17. Eesti toidupoliitika labor: Talust Taldrikule (2020) Kuidas teha tervislikke valikuid ülesöömist soodustavas keskkonnas? <https://vimeo.com/479839740>



18. Arvamusfestival: Teaduse lava (2020) Kui tervisest sõltub meie elu, millest sõltub tervis <https://soundcloud.com/arvamusfestival/kui-tervisest-soltub-meie-elu>
19. Novaator: Kõik mida oled tahtnud jaanipäeva kohta teada, aga pole julgenud küsida (2020) Mis juhtub kui korraga liiga palju süüa? <https://novaator.err.ee/1104272/koik-mida-oled-tahtnud-jaanipaeva-kohta-teada-aga-pole-julgenud-kusida>
20. ETV: Uudishimu tippkeskus Hooaeg: 3, Osa: 31 (2019) Toidu tajumine <https://etv.err.ee/1008046/uudishimu-tippkeskus>
21. Nature Behavioural & Social Sciences: Behind the paper (2019) Recycling personality papers to understand obesity and addictions <https://socialsciences.nature.com/posts/55345-recycling-personality-papers-to-understand-obesity-and-addictions>
22. Altmetric: 7 news sites worldwide (2019) 7 news sites worldwide <https://nature.altmetric.com/details/69408807>
23. Novaator (2019) Uus uuring: kas rasvumist saab vörrelda sõltuvusega? <https://novaator.err.ee/997055/uus-uuring-kas-rasvumist-saab-vorrelde-soltuvusega>
24. La Presse (2019) L'obésité puiserait sa source dans le cerveau, selon une étude <https://www.lapresse.ca/actualites/sciences/2019-08-14/l-obesite-puiserait-sa-source-dans-le-cerveau-selon-une-etude>
25. Ottawa Citizen: Diet & Fitness (2019) Your brain could be making you fat, Montreal researchers suggest <https://ottawacitizen.com/news/local-news/your-brain-could-be-making-you-fat-montreal-researchers-suggest/wcm/384359e5-044c-4174-92fc-41ac922d8d73>
26. CTV Montreal: CTV News (2018) Q&A: Is weight gain all in our heads <https://montreal.ctvnews.ca/video?clipId=1483226>
27. McGill Tribune: Science & Technology (2018) Behind the invisible brain-print of obesity <http://www.mcgilltribune.com/sci-tech/behind-the-invisible-brain-print-of-obesity-011018/>
28. Global News: Global News (2018) Obesity linked to brain and genes, says Montreal researcher <https://globalnews.ca/news/4417395/obesity-linked-to-brain-and-genes-says-montreal-researcher/>
29. Vikerraadio: Labor (2018) Liigsöömise juurpõhjused <https://vikerraadio.err.ee/865468/labor-liigsoomise-juurpohjustest> ; <http://bark.phon.ioc.ee/tsab/p/play?trans=10193>
30. Äripäev (2018) Imeline teadus podcast <https://www.aripaev.ee/saated/2018/09/05/imeline-teadus>
31. Forbes: Healthcare (2018) Brain Structure And Genetics Influence Our Bodyweight More Than We Know, Suggests New Study <https://www.forbes.com/sites/daviddisalvo/2018/08/29/brain-structure-and-genetics-may-influence-our-bodyweight-more-than-we-know-suggests-a-new-study/#3eb431ab56e6>
32. Altmetric: 13 websites+6 blogs worldwide (2018) 13 websites+6 blogs worldwide <https://pnas.altmetric.com/details/47189286/news>
33. Novaator: Tervis (2018) Kui palju on ülekaalusis seotud aju ja geenidega? <https://novaator.err.ee/857136/kui-palju-on-ulekaalusis-seotud-aju-ja-geenidega>
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39. Õhtuleht: Toidutare | Toiduudised (2016) Aju dikteerib, kui tervislikult sa sööd <https://toidutare.oh tuleht.ee/882599/aju-dikteerib-kui-tervislikult-sa-sood>
40. Õhtuleht: Toidutare | Toiduudised (2016) Nälg pole kaalulangetaja sõber <https://toidutare.oh tuleht.ee/743378/nalg-pole-kaalulangetaja-sober>
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42. Õhtuleht: Toidutare | Toiduudised (2016) Miks meil on nii raske valida, mida süüa <https://toidutare.oh tuleht.ee/732536/miks-meil-on-nii-raske-valida-mida-suua>
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44. Tartu Ülikool: Teadlase 100 sekundit (2015) Miks dieedi pidamine nii tihti nurjub <https://novaator.err.ee/256141/100-sekundi-video-miks-dieedi-pidamine-nii-tihti-nurjub>
45. Vikerraadio: Labor (2015) Mobiilteadlased, toidutung ja tehismõistuste Pong <https://vikerraadio.err.ee/799441/labor-mobiilteadlased-toidutung-ja-tehismoistuste-pong>

46. Käitumis-, sotsiaal ja terviseteaduste doktorikool (2015) Edukus konverents <https://www.uttv.ee/naita?id=22701#>
47. Eesti Ekspress: Elu (2015) Mis tung paneb meid toiduga liialdama? <https://ekspress.delfi.ee/artikkel/73025755/mis-tung-paneb-meid-toiduga-liialdama?>
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49. Eesti Psühholoogide Liidu laualeht (2014) Kokkuvõte artiklist "Kehamassiindeksi ning söömiskäitumise neurokäitumuslikud korrelaadid täiskasvanutel: süstemaatiline ülevaade" [http://www.epl.org.ee/wb/media/files/laualehed/laualeht54\\_2014\\_aprill.pdf](http://www.epl.org.ee/wb/media/files/laualehed/laualeht54_2014_aprill.pdf)
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51. Novaator: Ühiskond (2013) Mis on saledate saladus? <https://novaator.err.ee/543987/mis-on-saledate-saladus>
52. TÜ Socialia (2011) Lõpuaktus <https://www.uttv.ee/naita?id=5593&keel=est>
53. Rada7: Ülevaade (2008) Kas Internet päästab maailma? <https://www.rada7.ee/kas-internet-paastab-maailma/>

## VI. Self-enhancement

- |                  |   |                                    |
|------------------|---|------------------------------------|
| 2021 - 2 weeks   | <b>Virtual Workshop on Statistical Genetic Methods for Human Complex Traits</b><br>Structural equation modelling, heritability, genome wide association studies, Mendelian randomisation, pathway analysis  | University of Colorado, USA        |
|                  | ▶ <a href="https://web.archive.org/web/20210629082029/https://www.colorado.edu/ibg/international-workshop/2021-international-statistical-genetics-workshop/workshop-2021-announcement">https://web.archive.org/web/20210629082029/https://www.colorado.edu/ibg/international-workshop/2021-international-statistical-genetics-workshop/workshop-2021-announcement</a> |                                    |
| 2021 - 8x6 hours | <b>Negotiation Technology Master class</b><br>Planning and executing negotiation, leading meetings  | Estonian Euromanagement Institute  |
|                  | ▶ <a href="https://web.archive.org/web/20201124005333/https://euroman.ee/executive-communication/">https://web.archive.org/web/20201124005333/https://euroman.ee/executive-communication/</a>   |                                    |
| 2021 - 2 days    | <b>Mendelian Randomisation Course</b><br>Mendelian randomisation, bias testing  | Imperial College London, UK        |
|                  | ▶ <a href="https://web.archive.org/web/20210310122813/https://www.imperial.ac.uk/school-public-health/study/short-courses/mendelian-randomisation/">https://web.archive.org/web/20210310122813/https://www.imperial.ac.uk/school-public-health/study/short-courses/mendelian-randomisation/</a>   |                                    |
| 2021 - 1 week    | <b>Introduction to the Statistical Analysis of Genome-wide Association Studies</b><br>Genome wide association studies, population structure, quality control  | University of Surrey / Tartu       |
|                  | ▶ <a href="https://web.archive.org/web/20210129155643/https://www.surrey.ac.uk/cpd-and-short-courses/introduction-statistical-analysis-genome-wide-association-studies">https://web.archive.org/web/20210129155643/https://www.surrey.ac.uk/cpd-and-short-courses/introduction-statistical-analysis-genome-wide-association-studies</a>                               |                                    |
| 2019 - 9x2 hours | <b>Self-expression and vocal abilities for lecturers</b><br>Clear vocal communication skills  | University of Tartu                |
|                  | ▶ <a href="https://www.is.ut.ee/pls/ois_sso!tere.tulemast?leht=OK.KV.VA&amp;id_ay_programm=49893&amp;id_ay_toimumine=63">https://www.is.ut.ee/pls/ois_sso!tere.tulemast?leht=OK.KV.VA&amp;id_ay_programm=49893&amp;id_ay_toimumine=63</a>   |                                    |
| 2018 - 3 weeks   | <b>Brainhack School</b><br>Structural and functional brain analysis, FAIR data sharing, machine learning  | University of Montreal             |
|                  | ▶ <a href="https://web.archive.org/web/20200920050640/https://brainhackmtl.github.io/school2018/">https://web.archive.org/web/20200920050640/https://brainhackmtl.github.io/school2018/</a>   |                                    |
| 2018 - 2 days    | <b>Foundations of Project Management</b><br>Project management, team communication, Critical Path Method  | Mitacs Canada                      |
|                  | ▶ <a href="https://web.archive.org/web/20210629093529/https://www.mitacs.ca/en/foundations-project-management-i">https://web.archive.org/web/20210629093529/https://www.mitacs.ca/en/foundations-project-management-i</a>   |                                    |
| 2016 - 2 weeks   | <b>Russel Sage Foundation Summer Institute in Social-Science Genomics Consortium</b><br>Twin studies, genome wide association studies, polygenic scores   | Social Science Genetic Association |
|                  | ▶ <a href="https://web.archive.org/web/20210629082412/https://ccpr.ucla.edu/2016/02/01/workshop-summer-institute-in-social-science-genomics/">https://web.archive.org/web/20210629082412/https://ccpr.ucla.edu/2016/02/01/workshop-summer-institute-in-social-science-genomics/</a>   |                                    |

## VII. Recognition

- ▶ 2018 - Paper award, Faculty of Social Sciences, University of Tartu
- ▶ 2015 - Second place in Estonian Research Council's doctoral theses, health sciences category
- ▶ 2014 - Paper award, Institute of Psychology, University of Tartu
- ▶ 2013 - Second place in Estonian Research Council's doctoral theses, health sciences category
- ▶ 2013 - Paper award, Behavioural, Social and Health Sciences