

12/2022

Rachel Woodson Goode, PhD, MPH, LCSW

Curriculum Vitae

School of Social Work
University of North Carolina at Chapel Hill
325 Pittsboro Street, CB #3550
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EDUCATION

PhD	2017	University of Pittsburgh, School of Social Work
MPH	2017	University of Pittsburgh, Graduate School of Public Health Department: Behavioral and Community Health Sciences
MSW	2006	University of Pittsburgh, School of Social Work Concentration: <i>Direct Practice</i>
BA	2003	Wheaton College (IL) Major(s): Communication Psychology

PROFESSIONAL EXPERIENCE

Academic Positions

2021-Present	Assistant Professor , UNC Nutrition Research Institute, University of North Carolina at Chapel Hill
2020-Present	Adjunct Assistant Professor , Center of Eating Disorder Excellence, Department of Psychiatry, School of Medicine
2017-Present	Assistant Professor (tenure-track) , School of Social Work, University of North Carolina at Chapel Hill
2018-Present	Key Content Expert , National Center of Eating Disorder Excellence, University of North Carolina at Chapel Hill
2008-2010	Adjunct Professor , School of Social Work, University of Pittsburgh
2007-2010	Field Instructor , School of Social Work, University of Pittsburgh

Research Positions

- 2015-2017 **National Heart, Lung, and Blood Institute Pre-Doctoral Fellow**, Ruth Kirschstein National Research Service Award, 1F31HL126425, School of Social Work, University of Pittsburgh
Sponsors: Lora E. Burke and Melissa A. Kalarchian
- 2015 **Focus Group Leader**, Qualitative Data Analysis Program, University Center for Urban Research, University of Pittsburgh
- 2012-2013 **Graduate Research Assistant**, School of Social Work, University of Pittsburgh
- *Self-Efficacy Based Treatment for Long-Term Weight Loss*, NINR R01 P01 NR010949-01; L.E. Burke, PI
 - *Real-Time Data Collection with Adaptive Sampling and Innovative Technologies*, NHLBI R01HL107370; L.E. Burke, PI
 - *Improving Self-Monitoring in Weight Loss with Technology*, NIDDK 1 R01 DK071817; L.E. Burke, PI
- 2011-2012 **Graduate Research Assistant**, School of Social Work, University of Pittsburgh
- *Retirement Transition, Volunteer Engagement and Physical Health*, Steven D. Manners Faculty Development Award, University of Pittsburgh; F. Tang, PI

Non-Academic/Clinical Positions

- 2022 **Associate Director of Research and Quality Improvement**
UNC Weight Management Program
- 2015 **Part-Time Counselor**
University of Pittsburgh Counseling Center, Pittsburgh, PA
- 2012-2013 **Licensed Clinical Social Worker/Counselor**
Mount Ararat Counseling Center, Pittsburgh, PA
- 2006-2011 **Intake Coordinator/Senior Staff Member**
University of Pittsburgh Counseling Center, Pittsburgh, PA
- 2006-2007 **Licensed Social Worker**
Pittsburgh Pastoral Institute, Pittsburgh, PA
- 2005 **Social Work Intern**
Pittsburgh Pastoral Institute, Pittsburgh, PA

- 2005 **Social Work Intern**
Three Rivers Adoption Council, Pittsburgh, PA
- 2004-2006 **Teacher**

The Pittsburgh Project, Pittsburgh, PA
- 2003-2004 **Corps Member**
City Year, Chicago, IL (AmeriCorps National Service)

LICENSURE

- 2006-Present Licensed Clinical Social Worker, Pennsylvania, #CW016024

ACADEMIC AND PROFESSIONAL HONORS

- 2022 **Deborah Padgett Early Career Award**
Society of Social Work and Research
- 2021-2023 **Scholar**
Institute for Implementation Science Scholars (IS-2), Washington
University, St. Louis
- 2020-2021 **Scholar**
NHLBI-Sponsored PRIDE—Research in Implementation Science for
Equity Program, University of California, San Francisco
- 2020 **Junior Faculty Development Award**
Office of Executive Vice Chancellor and Provost, UNC-Chapel Hill
- 2018 **Outstanding Dissertation Award**
Society of Behavioral Medicine
- 2016 **Pre-Doctoral Fellowship**, Provost Development Fund
University of Pittsburgh
- 2015 **National Heart, Lung, and Blood Institute Pre-Doctoral Fellow**,
Ruth Kirschstein National Research Service Award (F31-NIH)
- 2014 **Karen S. Peterson Award in Women’s Health**
Graduate School of Public Health, University of Pittsburgh
- 2014 **Early Career Investigator Travel Award**
The Obesity Society
- 2013 **Non-Traditional Student Award**
Alpha Kappa Alpha Sorority, Inc.

- 2013 **Joseph and Helen Eaton Emerging Scholars Scholarship**
School of Social Work, University of Pittsburgh
- 2012 **Environmental Fellow**, Albert Schweitzer Fellowship
- 2012 **Conference Scholarship**
Duke Center for Spirituality, Theology, and Health, Duke University
- 2004 **Oprah Civic Leadership Award**
City Year Chicago

BOOK CHAPTERS

1. **Goode, R.W.**, Yu, Y. & Burke, L.E. (2018). *Obesity*. In M. Hillard, K. A. Rickert, J. Ockene, & L. Pbert (Eds.), *Handbook of Health Behavior Change, 5th edition* (pp. 381-404). New York, NY: Springer Publishing Company.
2. Tang, F., Choi, E., & **Goode, R.** (2012). Older Americans' employment and retirement. In A. Mui, N. Morrow-Howell, & P. Du. (Eds.), *The Global Development of Productive Aging: Toward Evidence-Based Practice and Policy* (pp. 153-167). Beijing, China: Peking University Press.

PEER-REVIEWED PUBLICATIONS

*Denotes a student I personally mentored

1. **Goode, R.W.**, Godoy, S*., Wolfe, H*., Olson, K*., Agbozo, B*., Mueller, A*., Noem, T*., Peat, C., Thornton, L., Watson, H., & Bulik, C (2022). Perceptions and Experiences of Eating Disorder Treatment in the First Year of COVID-19: A Longitudinal Qualitative Study. *International Journal of Eating Disorders*. Accepted for publication.
2. Thompson, K., Hedlund. E., Sun, Q., Peat. C., **Goode, R.W.**, Termoshuizen, J., Thornton, L., Berg, S., van Furth, E., Birgegard, A., Bulik, C., Watson, H (2022). Course and Predictors of Eating Disorder Symptoms in the First Year of the COVID-19 Pandemic. *International Journal of Eating Disorders*. Article first published online December 12, 2022. <https://doi.org/10.1002/eat.23870>
3. **Goode, R.W.**, Godoy, S*., Chapman, M., Day, S., & Jensen, T (2022). The Impact of COVID-19 on Life Stressors among Essential Workers of Color: A Latent Class Analysis. *Journal of Society of Social Work and Research*. Accepted for publication.
4. **Goode, R.W.**, Webster, C. K., Gwira, R. (2022). A Review of Binge Eating Disorder in Black Women: Treatment Recommendations and Healthcare Implications. *Current Psychiatry Reports*. Article first published online November 12, 2022. <https://doi.org/10.1007/s11920-022-01383-8>
5. Termoshuizen, J., Sun, Q., Borg, S., Mantilla, E., **Goode, R.W.**, Peat, C., Thornton, L., Watson, H., van Furth, E., Biregegard A., & Bulik, C (2022). Longer-term Impact of COVID-19 on Eating Disorders in the United States, Netherlands, and Sweden.

International Journal of Eating Disorders. Article first published online October 13, 2022. <https://doi.org/10.1002/eat.23824>

6. **Goode, R.W.**, Malian, H.*, Samuel-Hodge, C., Noem, T.*, Coan, D.*, Takbajouah, M.*, Bahena, L.*, & Bulik, C (2022). The Impact of COVID-19 on Black Women who Binge Eat: A Qualitative Study. *Eating and Weight Disorders*. Article first published online September 4, 2022. DOI: <https://doi.org/10.1007/s40519-022-01472-w>
7. MacDermond, C., Pettie, C., Carrino, E., Cruz Garcia, S., Padalecki, S., Finch, J.E., Sanzari, C., Kennedy, H. L., Pawar, P., Mcgough, M. M., Iwashita, A., Takbajouah, M., Coan, D., Szakasits, L., **Goode, R.W.**, Wu, Y., Reyes-Rodriguez, M. L., Trujillo, E. M., Kennedy, M., Cleland, L., Jordan, J., Maguire, S., Guintivano, J. D., Giusti-Rodriguez, P., Baker, J., Thornton, L., & Bulik, C. M. (2022). Recommendations to Encourage Participation of Individuals from Diverse Backgrounds in Psychiatric Genetic Studies. *Neuropsychiatric Genetics*. Article first published online July 4, 2022. <https://doi.org/10.1002/ajmg.b.32906>
8. **Goode, R.W.**, Godoy, S.*, Goings, T.C., & Chapman, M (2022). Necessary, Yet Mistreated: The Lived Experiences of Black Women Essential Workers in Dual Pandemics of Racism and COVID-19. *Journal of Ethnic & Cultural Diversity in Social Work*. Article first published online May 27, 2022. DOI: <https://doi.org/10.1080/15313204.2022.2081642>
9. **Goode, R.W.**, Watson, H., Masa, R., & Bulik, C. (2021). Prevalence and contributing factors to obesity and recurrent binge eating among Black adults with food insufficiency. *Journal of Eating Disorders*. Article first published online November 25, 2021. DOI: <https://doi.org/10.1186/s40337-021-00509-2>
10. Burke, L.E., Kline, C.E., Mendez, D.D., Shiffman, S., Chasens, E., Zheng, Y., Imes, C., Caijta, M., Ewing, L., **Goode, R.W.**, Mattos, M., Karuki, J., Kriska, A. & Rathburn, S. (2021). Nightly variation in sleep influences self-efficacy for adhering to a healthy lifestyle. *International Journal of Behavioral Medicine*. Article first published online September 3, 2021. DOI: <https://doi.org/10.1007/s12529-021-10022-0>.
11. **Goode, R.W.**, *Cowell, M., *McMillian, D., Van Deirse, T. & *Cooper-Lewter, C. (2020) Preparing social workers to confront social injustice and oppression: Evaluating social work education. *Social Work*. Article first published online on August 13, 2020. <https://doi.org/10.1093/sw/swaa018>.
12. **Goode, R.W.**, *Cowell, M., Mazzeo, S.E., *Cooper-Lewter, C.A., *Forte, A., *Olaiya, O., & Bulik, C (2020). Binge eating and binge-eating disorder in Black women: A systematic review. *International Journal of Eating Disorders*, 53(4):491-507. doi: <https://doi.org/10.1002/eat.23217>, PMID: 31922293
13. **Goode, R.W.**, Kalarchian, M.A., Craighead, L., Conroy, M., Gary-Webb, T.L., Bennett, E., Cowell, M. & Burke, L.E. (2020). Perceptions and experiences of appetite awareness training among African-American women who binge eat. *Eating and Weight Disorders*, 25:275-281. doi: 10.1007/s40519-018-0577-z, PMID: 30221323.
14. Imes, C.C., Zheng, Y, Mendez, D.D., Rockette-Wagner, B., Mattos, M.K., **Goode, R.W.**, Sereika, S.M., Burke, L.E. (2018). Group-based trajectory analysis of physical activity

- change in a U.S. weight loss intervention. *Journal of Physical Activity and Health*, 12, 1-7. doi: <https://doi.org/10.1123/jpah.2017-0484>, PMID: 30314417.
15. Zheng, Y., Danford, C., Terry, M., Ewing, L., **Goode, R.W.**, and Burke, L.E (2018). Experiences of daily weighing during a 12-month weight loss program. *Western Journal of Nursing*, 40, 462-480. DOI: <https://doi.org/10.1177/0193945916683399>, PMID: 28322640.
 16. **Goode, R.W.**, Kalarchian, M.A., Craighead, L., Conroy, M.B., Wallace, J., Eack, S. & Burke, L.E. (2018). The feasibility of a binge eating intervention in Black women with obesity. *Eating Behaviors*, 29, 83-90. DOI: <https://doi.org/10.1016/j.eatbeh.2018.03.005>, PMID: 29549863.
 17. **Goode, R.W.**, Styn, M.A., Mendez, D.D, and Gary-Webb, T (2017). African-Americans in standard behavioral treatment for obesity, 2001-2015: What have we learned? *Western Journal of Nursing*, 39, 1045-1069. doi: 10.1177/0193945917692115, PMID: 28322668.
 18. Zheng, Y., Sereika, S. M., Danford, C. A., Imes, C. C., **Goode, R.W.**, Mancino, J., & Burke, L. E. (2017). Trajectories of weight change and predictors over 18-month weight loss treatment. *Journal of Nursing Scholarship*, 49, 177-184. doi: 10.1111/jnu.12283. PMID: 28152263.
 19. Mendez, D.D., Gary-Webb, T., **Goode, R.W.**, Zheng, Y., Imes, C., Fabio, A., Duell, J., & Burke, L.E. (2016). Neighborhood factors and six-month weight change among overweight individuals in a weight loss intervention. *Preventive Medicine Reports*, 4, 569-573. doi: 10.1016/j.pmedr.2016.10.004, PMID: 27818916.
 20. **Goode, R.W.**, Ye, L., Zheng, Y., Ma, Q., Sereika, S.M., & Burke, L.E (2016). The impact of racial and socio-economic disparities on binge eating and self-efficacy among adults in a behavioral weight loss trial, *Health and Social Work*, 41, e60-e67. doi: 10.1016/j.eatbeh.2015.11.009. PMID: 26609668.
 21. **Goode, R.W.**, Ye, L., Sereika, S., Zheng, Y., Mattos, M., Acharya, S., Ewing, L., Danford, C., Hu, L., Imes, C; Chasens, E., Osier, N., Mancino, J., Burke, L.E. (2016). Socio-demographic, anthropometric, and psychosocial predictors of attrition across behavioral weight-loss trials. *Eating Behaviors*, 20, 27-33. doi: 10.1016/j.eatbeh.2015.11.009. PMID: 26609668.
 22. Burke, L E., Ewing, L, Ye, L., Styn, M., Zheng, Y., Music, E., Loar, I., Mancino, J., Imes, C., Hu, L., **Goode, R.W.**, and Sereika, S. (2015). The SELF Trial: A self-efficacy based behavioral intervention trial for weight loss maintenance. *Obesity*, 23, 2175-82. doi: 10.1002/oby.21238, PMID: 26381151.
 23. Ameba, E., Ye, L., Sereika, S., Styn, M., Acharya, S., Sevick, M., Ewing, L., Conroy, M., Glanz, K., Zheng, Y., **Goode, R.**, Mattos, M., Burke, L E (2013). The use of mHealth to deliver tailored messages reduces reported energy and fat intake. *Journal of Cardiovascular Nursing*, 30, 35. doi: 10.1097/JCN.0000000000000120, PMID: 24434827.

24. Tang, F., Choi, E., & **Goode, R.** (2013). Older Americans employment and retirement. *Ageing International*, 38, 82-94.

PEER-REVIEWED MANUSCRIPTS UNDER REVIEW

1. **Goode, R.W.**, Bardone-Cone, A., Malian, H., Coan, D., Noem, T., & Tate, D. Improving body image and Binge Eating in Black Women through Appetite Self-Regulation and Lifestyle Modification: A Pilot Study. *Clinical Obesity*.
2. Collins, S., **Goode, R.W.**, LaRose, J., & Hines, A. Associations among weight control behavior, household SNAP participation, and markers of cardiometabolic health in young adulthood: Evidence from the ADD Health Study. *Nutrients*.
3. **Goode, R.W.**, Godoy, S., Wolfe, H., Peat, C., Thornton, L., & Bulik, C. Perceptions and Experiences of Eating Disorder Treatment in the First Year of COVID-19. *Eating Behaviors*
4. Godoy, S*, Dukes, L., Chapman, M., Day, S., **Goode, R.W.** You have to Continue Doing the Work: Black Women Essential Workers Coping Amidst Dual Pandemics of Racism and COVID-19. *Qualitative Social Work*

PUBLISHED ABSTRACTS

1. **Goode, R.W.**, Li, Q., Liu, Y., & Zheng, Y. (2019). The impact of childhood trauma on binge eating and obesity in African-Americans. *Annals of Behavioral Medicine*, 53 (Suppl 1), S631. Paper presented at the 40th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington, DC.
2. **Goode, R.W.**, Kalarchian, M.A., Conroy, M.B., Craighead, L., Sereika, S., Mos, M., Zheng, Y., Mancino, J., & Burke, L.E. (2017). Feasibility of an appetite awareness intervention to reduce cardiovascular disease risk factors and binge eating in African-American women with obesity. *Circulation*, 135 (Suppl), AMP004. Moderated poster presented at meeting of American Health Association's Epidemiology and Lifestyle Cardiometabolic Health Councils, Portland, OR
http://circ.ahajournals.org/content/135/Suppl_1/AMP004/tab-article-info
3. Imes, C.C., Zheng, Y., Lu, H., Mendez, D.D., **Goode, R.W.**, Mattos, M., . . . Burke, L.E. (2016). Patterns of change in step count during the first 12 months of a weight loss intervention: A group-based trajectory analysis. *Circulation*, 133(Suppl), AP130. Poster session presented at the meeting of American Heart Association's Epidemiology and Lifestyle and Cardiometabolic Health Councils, Phoenix, AZ.
http://circ.ahajournals.org/content/133/Suppl_1/AP130.abstract?sid=997da98f-3999-47d6-8a56-9cf45d88c0b6
4. Mendez, D.D., Rathbun, S.L., Ma, Q., **Goode, R.W.**, Zheng, Y., Mattos, M., . . . Burke, L.E. (2016). Neighborhood grocery store density is associated with daily self-efficacy among individuals enrolled in a behavioral weight loss intervention study. *Circulation*, 133(Suppl), A40. Oral presentation at the meeting of American Heart Association's Epidemiology and Lifestyle and Cardiometabolic Health Councils, Phoenix, AZ.

http://circ.ahajournals.org/content/133/Suppl_1/A40.abstract?sid=997da98f-3999-47d6-8a56-9cf45d88c0b6

5. Zheng, Y., Sereika, S.M., Ewing, L., Danford, C.A., Terry, M., Imes, C., **Goode, R.W.**, Mendez, D., Mattos, M., Hu, L., Ran, S., Burke, L.E. (2016). Is self-efficacy associated with patterns of self-weighing behavior? *Circulation*, 133 (Suppl). AP245. Poster session presented at the meeting of American Heart Association's Epidemiology and Lifestyle and Cardiometabolic Health Councils, Phoenix, AZ.
http://circ.ahajournals.org/content/133/Suppl_1/AP245.short
6. **Goode, R.W.**, Ma, Q., Sereika, S.M., Hu, L., Mancino, J.M., Mattos, M.K., Burke, L.E. (2016). Black-white differences in self-efficacy and weight change in a 12-month behavioral weight loss program. *Annals of Behavioral Medicine*, 50 (Suppl 1), S183, Paper session 27. Paper presented at the 37th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington, DC.
7. Zheng, Y., Terry, M., Danford, C., Ewing, L., Sereika, S.M., **Goode, R.W.**, Burke, L.E. (2016). Experiences of daily weighing during a 12-month weight loss program. *Annals of Behavioral Medicine*, 50(Suppl 1), S261. Paper presented at the 37th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington, DC.
8. Hu, L., Ma, Q., Sereika, S.M., Imes, C.C., Zheng, Y., Mattos, M.K., Sun, R., **Goode, R.W.**, Mancino, J., Yu, Y., Burke, L. E. (2016). Using smartphone self-monitoring app improves weight loss in a 12-month behavioral weight loss trial. *Annals of Behavioral Medicine*, 50 (Suppl 1), S24. Paper presented at the 37th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington, DC.
9. Mattos, M.K., Ma, Q., Sereika, S.M., Imes, C.C., Hu, L., Mancino, J.M., **Goode, R.W.**, Devlin, M., Sun, R., Burke, L.E. (2016). Change in health literacy in a 12-week mhealth weight loss treatment pilot feasibility study. *Annals of Behavioral Medicine*, 50(Suppl 1), S259. Paper presented at the 37th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington, DC.

COMMUNITY MAGAZINE ARTICLES

1. **Goode, R.W.** (2015, Aug). What's Eating You? Understanding How our Emotions Impact our Relationship with Food. *The Mount*, 26-27.
2. **Goode, R.W.** (2015, Jul). Seven Steps to Losing that Weight for the Last Time. *The Mount*, 24-25.
3. **Goode, R.W.** (2015, Jun). What Does Your Excess Weight Mean? *The Mount*, 30.
4. **Goode, R.W.** (2015, May). Digging Deeper for Lasting Weight Loss. *The Mount*, 26-27.

5. **Goode, R.W.** (2014, Jan). Making My List of Things to Lose Weight. *The Mount*, 23.

PRESENTATIONS

Peer-Reviewed Conference Presentations

1. Takbajouah, M. & **Goode, R.W.** (2022). The Impact of COVID-19 on Black Women who Binge Eat. Poster presentation at the Society of Behavioral Medicine, Baltimore, MD.
2. Termorshuizen, J.D., Mantilla, E. F., Peat, C., MacDermod, C.M., Harper, L. E., Watson, H., Flatt, R., vanBree, E., **Goode, R.W.**, Abbaspour, A., Thornton, L.M., Biregard, A., van Furth, E. F., & Bulik, C.M. (2021). One year of COVID-19: How has this affected individuals with an eating disorder. Virtual poster presentation at the 2021 Eating Disorders Research Society Annual Meeting.
3. Forte, A. McBride, M., Johnson, T., Gibbs, D., & **Goode, R.W.** (2021). Exploring the Relationship Between the Built Food Environment and Obesity Among African Americans: A Systematic Review. Virtual Poster presentation at the Annual Meeting of the Society for Social Work and Research.
4. **Goode, R.W.**, Masa, R., & Forte, A. (2020). Examining the Relationship Between Food Insecurity, Binge Eating and Obesity in a Nationally-Representative Sample of Black Americans. Oral presentation at the Annual Meeting of the Society for Social Work and Research, Washington, DC.
5. **Goode, R.W.**, Cowell, M., Van Deirse, T., McMillian, D. (2018). Confronting Oppression and Social Injustice in the Age of Trump: Are Our MSW Students Prepared? Oral presentation at the Council for Social Work Education Annual Meeting, Orlando, FL.
6. **Goode, R.W.**, Terry, M.A., Gary-Webb, T., & Burke, L.E. (2018). Appetite Awareness Treatment to Prevent Obesity in African-American Women. Oral presentation at the Annual Meeting of the Society for Social Work and Research, Washington, DC.
7. Zheng, Y., Sereika, S.M., Ma, Q., Imes, C., Yu, Y., Sun, R., Mancino, J., **Goode, R.W.**, Burke, L. E. (2017). Patterns of Total and Saturated Fat Consumption and their Associations with Weight Changes over a 12-month Weight Loss Study. Poster presented at the 38th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington, DC.
8. **Goode, R.W.**, Kalarchian, M.A., Conroy, M., Craighead, L., Wallace, J., Jackson Foster, L., and Burke, L.E. (2016). The Feasibility of a Binge Eating Intervention in Overweight and Obese African-American Women. Poster presented at the African-American Collaborative Obesity Research Network Biennial Meeting, Philadelphia, PA.
9. **Goode, R.W.** & Joseph. A.A. (2015). From Practitioner to Social Work Scientist: Preparation and Socialization among Doctoral Students. Oral presentation at the Council for Social Work Education, Denver, CO.

10. Burke, L.E., Ewing, L.J., Ye, L., Styn, M., Zheng, Y., Music, E., Loar, I., Mancino, J., Imes, C., Hu, L., **Goode, R.W.**, Danford, C., and Sereika, S (2015). The SELF Trial: A Self-Efficacy-Based Behavioral Intervention Trial for Weight Loss Maintenance. Oral presentation at the Society for Behavioral Medicine, San Antonio, TX.
11. Mendez, D., Ewing, L., Zheng, Y., Imes, C., **Goode, R.W.**, Mancino, J., Music, E., and Burke, L.E (2015). Neighborhood Environments and Weight Change among Individuals Participating in a Weight Loss Intervention. Poster presented at the EPI/Lifestyle Scientific Sessions of the American Heart Association, Baltimore, MD.
12. **Goode, R.W.**, Ye, L., Sereika, S., Zheng, Y., Danford, C., and Burke, L.E (2015). The Impact of Racial and Socio-economic Disparities on Binge Eating and Self-Efficacy among Adults in a Behavioral Weight Loss Study. Oral presentation at the Society for Social Work Research Annual Meeting, New Orleans, LA.
13. Burke, L.E., Ye, L., Zheng, Y., Imes, C., Danford, C., Hu, L., **Goode, R.W.**, Mattos, M., Chuang, Y., and Ewing, L (2014). How Does Self-Monitoring With A Mobile Device Affect Weight Loss Over The Holidays? Poster presented at The Obesity Society, Boston, MA.
14. Zheng, Y., Sereika, S., Danford, C., Ye, L., **Goode, R.W.**, Mancino, J., Ewing, L., and Burke, L.E (2014). Dual trajectories of Weight Change and Adherence to Treatment Regimen during a 24-month Weight-Loss Study. Poster presented at The Obesity Society, Boston, MA.
15. **Goode, R.W.**, Ye, L., Sereika, S., Zheng, Y., Danford, C., Acharya, S., Imes, C., Ewing, L., Mancino, J., Hu, L., Mattos, M., & Burke, L.E (2014). Baseline Socio-demographic, Anthropometric, and Psychosocial Predictors of Attrition across Behavioral Weight Loss Trials. Poster presented at The Obesity Society, Boston, MA.
16. **Goode, R.W.**, Ye, L., Styn, M., Copeland, V., & Burke, L (2013). Socioeconomic Predictors of Adherence in Two Standard Behavioral Treatment Trials. Poster presented at the Society of Behavioral Medicine 2013 Annual Scientific Conference, San Francisco, CA.
17. **Goode, R.W.**, Zheng, Y., Sereika, S., Styn, M., & Burke, L (2013). Examination of Psychometric Properties of the Hunger Satiety Scale. Poster presented at the Society of Behavioral Medicine 2013 Annual Scientific Conference, San Francisco, CA.
18. Zheng, Y., **Goode, R.W.**, Sereika, S., Styn, M., Ye, L., & Burke, L (2013). Psychometric properties of the Barriers to Healthy Eating Scale. Poster presented at the Society of Behavioral Medicine 2013 Annual Scientific Conference, San Francisco, CA.
19. **Goode, R.W.** & Copeland, V. (2013). Stress, Spirituality, & Self-Care: Exploring the Relationship Overweight & Obese African-American Women Have with Food. Oral Paper presented at the Society for Social Work Research Annual Meeting, San Diego, CA.

20. **Goode, R.W.**, Nguyen, N., Petracchi, H (2012). Signature Pedagogy: Addressing The Unique Challenges Facing International Students in Field Education. Roundtable presented at the Council for Social Work Education Annual Meeting, Washington, DC
21. **Goode, R.W.**, Ye, L., Styn, M. A., Copeland, B. C., Burke, L.E. (2012). Socioeconomic Status as a Predictor of Adherence in Standard Behavioral Weight Loss Treatment Trials. Poster presented at the University of Pittsburgh Cancer Institute Scientific Retreat Satellite Conference, Greensburg, PA.
22. **Goode, R.W.** (2012). Developing Weight-Loss Interventions for African-American Women in Spiritual Settings. Poster presented at the University of Pittsburgh Health Sciences, Health Disparities Poster Competition, Pittsburgh, PA.

Invited Presentations

1. **Goode, R.W.** (2022). *Appetite Awareness for Binge and Overeating*. Invited presentation for the Greensboro AHEC Clinical Lecture Series, Virtual.
2. **Goode, R.W.** (2022). *Necessary, Yet Mistreated: The Lived Experiences of Black Women Essential Workers in Dual Pandemics of COVID-19 and Racism*. Invited presentation for the Race, Racial Equity, and Racism Symposium, University of North Carolina at Chapel Hill.
3. **Goode, R.W.** (2022). *Improving Behavioral Treatments of Obesity for Binge and Emotional Eaters: An Opportunity for Precision Medicine*. Invited presentation for the UNC Nutrition Research Institute Seminar Series.
4. **Goode, R.W.** (2022). *Fresh Strategies for Weight Loss Maintenance*. Invited presentation for the UNC Nutrition Research Institute Appetite for Life Seminar Series.
5. **Goode, R.W.** (2022). *Coping Amidst COVID-19 as BIPOC*. Invited presentation for GSDI and INSPIRED Lab Research Series.
6. **Goode, R.W.**, Levinson, C., & Eyre, R. (2021). *Understanding Barriers to Diagnosis and Treatment/Patient Engagement and Primary Care Physician Education*. Invited presentation for the Fall 2021 Virtual National Eating Disorders Association Conference.
7. **Goode, R.W.** (2021). *Applying for Training Grants*. Invited Presentation for the Behavior Change Rounds, Society of Behavioral Medicine.
8. **Goode, R.W.** (2021). *Appetite Awareness for Binge and Overeating*. Invited presentation for the Wake AHEC Clinical Lecture Series, Virtual.
9. **Goode, R.W.** (2021). *Shattering the Stereotypes: Improving our Understanding of Eating Disorders in Black American Women*. Invited Presentation for National Center of Excellence in Eating Disorders (NCEED), UNC-Chapel Hill.

10. **Goode, R.W.**, Krukowski, B., & Lydecker, J., (2020). *Conducting Eating and Weight Disorder Research Amid a Pandemic*. Invited Presentation for the Behavior Change Rounds, Society of Behavioral Medicine
11. **Goode, R.W.** (2020). *Diversity in Eating Disorders Research*. Invited Presentation for the WELL Lab, Department of Psychology, Drexel University.
12. **Goode, R.W.** (2020). *Reducing Binge Eating to Prevent Weight Gain in Black Women*. Invited presentation for 2020 NORC Pilot and Feasibility Program Symposium, Gillings School of Public Health, UNC-Chapel Hill. *Cancelled due to COVID-19 pandemic.
13. Rodríguez, M.L. & **Goode, R.W.** (2019). *Culturally Competent Care for Eating Disorders in Diverse Populations*. Invited webinar presentation for the Academy for Eating Disorders, Reston, VA.
14. **Goode, R.W.** (2019). *Teaching our Students from the Obama and Trump Era: Are we Prepared?* Invited presentation for the 2019 Field Education Appreciation Conference, School of Social Work, UNC-Chapel Hill.
15. **Goode, R.W.** (2019). *Appetite Awareness Training for Binge and Overeating*. Invited presentation for the Northwest AHEC Clinical Lecture Series, Winston-Salem, NC.
16. **Goode, R.W.** (2018). *Confronting Oppression in the Age of Trump: Preparing our MSW Students to Fight Social Injustice*. Invited presentation for the 2018 Faculty Retreat, School of Social Work, UNC-Chapel Hill.
17. **Goode, R.W.** (2018). *Making Small Choices that Lead to Academic and Personal Success*. Invited presentation for Foundation for Academic Minority Excellence College Tour, School of Social Work, UNC-Chapel Hill.
18. **Goode, R.W.** (2016). *Steps for Building Cross-Cultural Relationships*. Invited presentation at Aliquippa Impact Ministry, Aliquippa, PA.
19. **Goode, R.W.** (2016). *Managing Stress and Emotion-Related Eating*. Invited presentation at the Rodman Street Baptist Church, Pittsburgh, PA.
20. **Goode, R.W.** (2015). *Race, Prejudice, and the City*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.
21. **Goode, R.W.** (2015). *Setting a Foundation to Develop Weight Gain Prevention Interventions for African-American Women*. Invited presentation at the Center for Health Equity Research and Promotion, Veterans Health Care System, Pittsburgh, PA.
22. **Goode, R.W.** (2014). *Race, Prejudice, and the City*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.

23. **Goode, R.W.** (2013). *Race, Prejudice, and the City*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.
24. **Goode, R.W.** (2013). *Laying a Foundation for Permanent Weight Loss*. Invited presentation at Mount Ararat Baptist Church, Pittsburgh, PA.
25. **Goode, R.W.** (2012). *Race, Prejudice, and the City*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.
26. **Goode, R.W.** (2012). *The Choice for Weight Loss*. Invited Presentation at Mount Ararat Baptist Church, Pittsburgh, PA.
27. **Goode, R.W.** (2011). *Understanding your Racial Identity and Privilege*. Invited presentation at the Sarah Heinz House, Pittsburgh, PA.
28. **Goode, R.W.** (2011). *Race, Prejudice, and the City*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.
29. **Goode, R.W.** (2010). *Healthy Romantic Relationships*. Invited presentation at Date Fest, University of Pittsburgh.
30. **Goode, R.W.** (2010). *Losing It for Life: Ending your Struggle with Food and Weight Loss Through Christ*. Invited presentation at Mount Ararat Baptist Church, Pittsburgh, PA.
31. **Goode, R.W.** (2010). *Conversations about Race, Ethnicity, and the City*. Invited presentation at The Pittsburgh Project, Pittsburgh, PA.
32. **Goode, R.W.** (2010). *A Gift of Gold: Learning from the Obstacles in Life*. Invited presentation at the School of Engineering, University of Pittsburgh, Pittsburgh, PA.
33. **Goode, R.W.** (2009). *Understanding Race, Prejudice, and White Privilege*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.
34. **Goode, R.W.** (2008). *Race, Prejudice, and the City*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.
35. **Goode, R.W.** (2008). *Relationships Between Black Women and Conversations about Mental Health*. Invited presentation at the Alpha Kappa Alpha Sorority, University of Pittsburgh, Pittsburgh, PA.
36. **Goode, R.W.** (2008). *Incorporating Spirituality in Assessment*. Invited presentation at University Counseling Center, University of Pittsburgh, Pittsburgh, PA.
37. **Goode, R.W.** (2007). *Understanding Race, Prejudice, and White Privilege*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.

38. **Goode, R.W.** (2007). *Appropriate Boundaries in Romantic Relationships*. Invited presentation at University Counseling Center, University of Pittsburgh, Pittsburgh, PA.

39. **Goode, R.W.** (2006). *Race, Prejudice, and the City*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.

TEACHING EXPERIENCE

Instructor

Implementing Evidence-Informed Practice with Individuals, Families, and Groups, School of Social Work, University of North Carolina at Chapel Hill, MSW, Spring 2018, 2019, 2020, 2021

Social Work Practice with Individuals, Families, and Groups, School of Social Work, University of North Carolina at Chapel Hill, MSW, Fall 2017, 2018, 2020

Generalist Foundations of Social Work Practice, School of Social Work, University of Pittsburgh, MSW, Fall, 2008, 2009, 2010

Mental Health Peer Education, Psychology Internship, Undergraduate, University Counseling Center, University of Pittsburgh, 2008-2010

Field Instructor, University of Pittsburgh Counseling Center, MSW, 2007-2010

Graduate Teaching Assistant

Grief and Loss, MSW, Spring 2014

Generalist Foundations of Social Work Practice, MSW, Fall 2013

Guest Lecturer

Child and Adolescent Mental Health, School of Social Work, University of North Carolina at Chapel Hill, Fall 2021, Fall 2022

Nutritional Epidemiology for Master's Students, Gillings School of Public Health, University of North Carolina at Chapel Hill, Spring 2021, Spring 2022

Program Planning and Proposal Writing, Graduate School of Public Health, University of Pittsburgh, Spring 2017

Introduction to Research on Disparities in Healthcare, Institute for Clinical Research Education, University of Pittsburgh, Fall 2016

Foundations of Social Work with Diverse Populations, School of Social Work, University of Pittsburgh, Fall 2011

RESEARCH GRANT FUNDING

Current

2021-2024 American Diabetes Association
Improving Appetite Self-Regulation in African Americans with Type 2 Diabetes, #11-21-ICTSHD-12
Role: **PI**; Award Amount: \$598,728

2021-2026 National Institute of Diabetes and Digestive and Kidney Diseases, NIH

Developing a Culturally Relevant Digital Health Intervention To Treat Binge Eating and Obesity, K23DK129832

Role: **PI**; Award Amount: \$886,966

2018-2023
Substance Abuse and Mental Health Services Administration
National Center of Excellence for Eating Disorders
Eating Disorders Information and Training Network (EDIT-NET): Leveraging Innovative Technology to Educate and Train the Next Generation of Healthcare Providers and Public Stakeholders, H79SM081924 (PI: Christine Peat)
Role: **Key Content Expert**; Award Amount: \$3,723,472

Completed

2020-2022
National Heart, Lung, and Blood Institute, NIH
UCSF Research in Implementation Science for Equity (RISE-2), NIH 5R25HL126146-06
Role: **PI Subcontract**; Award Amount: \$12,420

2021-2022
UNC-Chapel Hill, Office of Research Development
Improving Appetite Self-Regulation in Patients with Obesity: A Feasibility Study
Role: **PI**; Award Amount: \$18,500

2021-2022
Center for Health Promotion and Disease Prevention
UNC-Chapel Hill
If You Build It, She Will Come: Design and Development of a Digital Health Intervention to Treat Binge Eating and Obesity in Black Women
Role: **PI**; Award Amount: \$5,000

2019-2021
National Eating Disorders Association
Preventing Binge Eating Disorder among Black Women in Primary Care
Role: **PI**; Award Amount: \$50,000

2020
North Carolina Policy Collaborative
Essential Women of Color: Coping with COVID-19
Role: **Co-PI** (with Drs. T. Goings and M. Chapman); Award Amount: \$100,000

2020
UNC Junior Faculty Development Award
Examining Food Insecurity, Binge Eating, and Obesity in SNAP Recipients
Role: **PI**; Award Amount: \$10,000

2018-2020
NIDDK Nutrition and Obesity Research Center, UNC-Chapel Hill
Reducing Binge Eating to Prevent Weight Gain in Black Women: A Pilot Study, NIH, P30DK056350

Role: **Study PI**; Award Amount: \$39,997

2018-2020 University Research Council, UNC-Chapel Hill
Exploring the “Why” Behind the Binge Eating Behaviors of Black Women: A Qualitative Study
Role: **PI**; Award Amount: \$6,427

2015-2017 NHLBI Ruth L. Kirschstein National Research Service Award (F31)
The Feasibility of a Binge Eating Intervention in Overweight African-American Women, NIH, 1F31HL126425.
Role: **PI**; Award Amount: \$79,084

2015-2016 Amy Roberts Research Award
Magee Women’s Research Institute, Pittsburgh, PA
The Feasibility of a Binge Eating Intervention in Overweight African-American Women
Role: **PI**; Award Amount: \$5,000

PROFESSIONAL SERVICE AND AFFILIATIONS

Society of Social Work Research
Society of Behavioral Medicine
Council for Social Work Education
Council for Black Health

Academic Journal Reviewer

International Journal of Eating Disorders
Obesity
Health Education and Behavior
Eating Behaviors
Journal of Healthcare for the Poor and Underserved
Journal of Adolescent Health
Health and Social Work
Women & Therapy

SERVICE

Service to National Professional Organizations and Agencies

2020-2021 **Member**, Program Committee, Society of Behavioral Medicine
2018-Present **Reviewer**, Outstanding Doctoral Dissertation Award, Society of Social Work and Research

Service to the School of Social Work, University of North Carolina at Chapel Hill

2022-2023 **Member**, Faculty Search Committee
2022 **Member**, Carolina Postdoctoral Program for Faculty Diversity Search Committee
2020-2021 **Co-Chair**, Personnel, Promotion, and Tenure Committee

2019-2020	Member , Personnel, Promotion, and Tenure Committee
2019	Member , Tate Chair Distinguished Professor Search Committee
2018-Present	Member , MSW Admissions Committee
2018-Present	Member , Diversity Committee
2018	Presenter , Doctoral Information Session
2018	Member , Research Associate Search Committee
2017	Presenter , MSW Information Session

Student Advising

Dissertation Committee Membership

2021-Present	Rhyan Vereen
2022-Present	Rebecca Gwira

Supervisor, Honors Thesis Advisor

2021-2022	Amoli Kothari
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Supervisor, PhD Students' Research Assistantships

2020-Present	Sarah Godoy
2019-2020	Alexandria Forte

Graduate Research Assistants

2022-2023	Katie Olson
2021-2023	Hannah Wolfe
2021-2022	Taylor Noem
2021-2022	Bridgette Ngbozo
2020-2021	Megan Crowley
2020-2021	Su Cho
2020-2021	Hannah Malian
2019-2020	Oona-Ife Olaiya
2018-2019	Courtney Cooper-Lewter
2017-2019	Mariah Cowell

Service to the State of North Carolina

2017-Present	Consultant , UNC Weight Management Program, UNC Department of Family Medicine
2017-Present	Consultant , Village HeartBEAT, Office of Community Engagement, Mecklenburg Country Department of Public Health

MEDIA COVERAGE

Broom, D. (2022, November 2). 9 investigates diabetes and its connection to eating disorders in Black women. *WSOC-TV*. <https://www.wsocTV.com/news/local/diabetes-its-connection-with-hidden-risks/5VVJ4WCQLFCCPOBQYMYHOQ57PY/>

Durham, A. (2022, October 28). Eating disorders in the Black community are more common than you think. *The Seattle Times*, <https://seattlemedium.com/eating-disorders-in-the-black-community-are-more-common-than-you-think/>

Fleming, L. (2022, February 23). We need to talk about eating disorders in the Black community. *VeryWell Mind*. <https://www.verywellmind.com/eating-disorders-are-taboo-among-black-americans-5219451>

Giorgis, H. (2021, September 17). What makes a Black woman real? *The Atlantic*. <https://www.theatlantic.com/culture/archive/2021/09/what-stories-about-botched-plastic-surgery-miss/620069/>

Johnson, A. (2016, February 26). Pitt Student Conducts Study on Black Women's Eating Habits. *The Pittsburgh Courier*, <http://newpittsburghcourieronline.com/2016/02/26/pitt-student-conducts-study-on-black-womens-eating-habits/>

SELECTED PROFESSIONAL TRAINING

- 2019 **Optimization of Behavioral, Biobehavioral, and Biomedical Interventions**, OBSSR, NIH, Bethesda, MD
- 2016 **Advanced Grant Writing**, Institute for Clinical Research Education, University of Pittsburgh
- 2016 **Focus Group Data Analysis**, Graduate School of Public Health, University of Pittsburgh
- 2015 **Analysis of Cohort Studies**, Graduate School of Public Health, University of Pittsburgh
- 2015 **Obesity Clinical Trial Methods**, School of Nursing, University of Pittsburgh, PA
- 2015 **Introduction to Community-Partnered Research Ethics**, Children's Hospital of Pittsburgh, Pittsburgh, PA
- 2015 **Introduction to RedCap: A Secure Web-based Application for Clinical Trial Data Collection**, University of Pittsburgh, PA
- 2014 **Public Health Program Planning and Proposal Writing**, Graduate School of Public Health, University of Pittsburgh, PA
- 2012 **A Classroom of Difference (anti-racism and anti-bias training)**, Anti-Defamation League, Pittsburgh, PA
- 2011 **Hierarchical Linear Modeling**, School of Education, University of Pittsburgh