10/2025

Rachel Woodson Goode, PhD, MPH, LCSW
Curriculum Vitae

School of Social Work
University of North Carolina at Chapel Hill
325 Pittsboro Street, CB #3550
Chapel Hill, NC 27599
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rwgoode@email.unc.edu

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: *Direct Practice*
BA	2003	**Wheaton College (IL)** Major(s): Communication Psychology

PROFESSIONAL EXPERIENCE

Academic Positions

2024-Present	**Associate Professor (with tenure),** School of Social Work, University of North Carolina at Chapel Hill, Chapel Hill, NC
2022-Present	**Associate Professor,** UNC Nutrition Research Institute, University of North Carolina at Chapel Hill, Kannapolis, NC
2020-Present	**Adjunct Assistant Professor,** Center of Excellence for Eating Disorders, Department of Psychiatry, School of Medicine, University of North Carolina at Chapel Hill, Chapel Hill, NC
2017-2024	**Assistant Professor (tenure-track),** School of Social Work, University of North Carolina at Chapel Hill, Chapel Hill, NC
2008-2010	**Adjunct Professor,** School of Social Work, University of Pittsburgh, Pittsburgh, PA
2007-2010	**Field Instructor,** School of Social Work, University of Pittsburgh, Pittsburgh, PA

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, Pittsburgh, PA
Sponsors: Lora E. Burke and Melissa A. Kalarchian

2015 **Focus Group Leader,** Qualitative Data Analysis Program, University Center for Urban Research, University of Pittsburgh, Pittsburgh, PA

2012-2013 **Graduate Research Assistant,** School of Social Work, University of Pittsburgh, Pittsburgh, PA

- *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, Pittsburgh, PA

- *Retirement Transition, Volunteer Engagement and Physical Health*, Steven D. Manners Faculty Development Award, University of Pittsburgh; F. Tang, PI

Non-Academic/Clinical Positions

2023-Present **Licensed Clinical Social Worker,** Rachel W. Goode Consulting and Counseling

2018-2024 **Key Content Expert**, National Center of Eating Disorder Excellence, University of North Carolina at Chapel Hill, Chapel Hill, NC

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

2009-Present	Licensed Clinical Social Worker, Pennsylvania, #CW016204
2023-Present	Licensed Clinical Social Worker, North Carolina, #CO16383

ACADEMIC AND PROFESSIONAL HONORS

2023	**Deborah Padgett Early Career Award** Society of Social Work and Research
2022	**Excellence in Research Faculty Award** UNC School of Social Work
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. Robles, J., Matthes, K.E., Vu, M., Torres, S., Alexander, R., **Goode, R.W.,** Campos, A.P (2025). Pozole, Patasca, and more: Lessons in Representation, Trust and Diversity from Hispanic Research Recruitment. Article accepted for publication. *Journal of Immigrant and Minority Health*.
2. **Goode, R.W.,** Harper-Cooks, T., Campos, A. P., Matthes, K., Robles, J., Calderon, C., Chen Lee, M., Robinson, M., & Alexander, R. (2025). An Expansion of Weight Neutrality to Include Body Autonomy and Harm Reduction: Striving for Health Equity. *Journal of the Academy of Nutrition and Dietetics*. Article first published online August 11, 2025: DOI: 10.1016/j.jand.2025.08.001
3. Godoy, S., Chapman, M, Jensen, T., Bath, E., Abrams, L., **Goode, R.W.,** Hall, W. (2025). Heterogeneity in Family Dynamics Among Adolescents Engaging in High-Risk Sexual

Behaviors: A Latent Class Analysis. *Frontiers in Public Health*. DOI: 10.3389/fpubh.2025.1602085

4. Campos, A. P., Robles, J., Matthes, K., Vu, M., Alexander, R., **Goode, R. W.** (2025). Factors Influencing Health-Related Practices among Hispanic Parents: A Formative Study to Inform Childhood Obesity Prevention. *Children,* 12(7): 887. DOI: 10.3390/children12070887

5. **Goode, R.W.,** Blackman-Carr, L., Harper-Cooks, T., Xu, Y., Wilhoit-Reeves, S., Alexander, R., Campos, A., Robles, J., & Tate, D. F. (2025). Preventing Weight Gain in Adults who Emotionally Eat: An Open Pilot. *Eating Behaviors*. Article first published online February 20, 2025. DOI: https://doi.org/10.1016/j.eatbeh.2025.101960

6. *Vereen, R., Hall, M., Dillman Carpenter, F., **Goode, R. W**., Noar, S., Lazard, A. (2024). The Impact of Culturally Informed Messages to Reduce Sugar-Sweetened Beverage Consumption: An Experiment Among Black Women in the United States. *PLOS ONE.* Article first published online November 26, 2024. DOI: https://doi.org/10.1371/journal.pone.0312361

7. Costello, K., Birgerard, A., Borg, S., Thornton, L., Thompson, K.A., Hedlund, E., Peat, C., **Goode, R. W.**, Termorshuizen, J., Forsen Mantilla, E., van Furth, E., Bulik, C., Watson, H. (2024). Mental health after COVID-19 death-related loss in individuals with eating disorders: A multi-country nested matched case-control study. *International Journal of Eating Disorders*. Article first published online December 6, 2024. http://doi.org/10.1002/eat.24347

8. *Godoy, S., Hall, W., Bath, E., Abrams, L., **Goode, R.W.**, Jensen, T, Chapman, M (2024). Children's pathways into commercial sexual exploitation in the United States: A Systematic Review. *Trauma, Violence, Abuse*. Article first published online November 21, 2024. https://doi.org/10.1177/15248380241297420

9. Campos, A. P., Robles, J., Matthes, K., Alexander, R., & **Goode, R.W.** (2024). Parenting practices to prevent childhood obesity among Hispanic Families: A Systematic Literature Review. *Childhood Obesity*. Article first published online October 24, 2024. DOI: https://doi.org/10.1089/chi.2024.0311

10. Ware, O., Neukrug, H., & **Goode, R.W.** (2024). Mental health facilities with eating disorder treatment programs and substance use disorder treatment in the United States. *Eating Disorders: The Journal of Treatment & Prevention*. DOI: 10.1080/10640266.2024.2310345

11. Goings, T.C., Martinez, A., Joseph, P. L., **Goode, R.W.,** Bauer, D (2023). Parenting, peers, and alcohol use initiation among Black, White, and Black-White Adolescents: Using discrete-time survival analysis. *Journal of Psychoactive Drugs*. Article first published online December 24, 2023. DOI: https://doi.org/10.1080/02791072.2023.2297193

12. **Goode, R.W.,** Wilfred, S.A., & Reyes-Rodríguez, M.L (2023). From disparities to equity: Striving for more in our treatments for feeding and eating disorders. *Trends in Molecular Medicine*. Article first published online December 21, 2023. DOI: https://doi.org/10.1016/j.molmed.2023.11.015

13. **Goode, R.W.**, Bardone-Cone, A., Wilhoit-Reeves, S., Williams, L., Malian, H., Coan, D*., & Tate, D. (2023). Creating an appetite awareness and lifestyle modification intervention for Black women at risk for binge eating disorder: A pilot open trial. *Clinical Obesity*. 13(6), e12613. PMID: 37501401 DOI: **https://doi.org/10.1111/cob.12613**

14. Volpe, V., Ross, J., Collins, A., Spivey, B., Watson-Singleton, N., **Goode, R.W.**, Hoggard, L., & Giscombe, C. W. (2023). Gendered racial microagressions and emotional eating for Black young adult women: The mediating roles of superwomen schema and self-compassion. *Psychology of Women Quarterly,* 48(1), 93-107. DOI: https://doi.org/10.1177/03616843231182913

15. Chapman, M., Jensen, T., Godoy, S., Day, S., **Goode, R.W.** (2023). Coping behaviors in response to the COVID-19 pandemic among essential workers of color: Latent classes and covariates. *Journal of Human Rights and Social Work*, 8, 316–326. DOI: https://doi.org/10.1007/s41134-023-00250-7

16. **Goode, R.W,** Godoy, S*., Olson, K., Berg, S., Agbozo, B., Gwira, R., Xu, Y., Wolfe, H., Bhutani, J. & Alexander, R. (2023). If I start panicking over having enough, then I start eating too much": Understanding the eating behaviors of SNAP recipients in larger bodies during COVID-19. *Eating Behaviors,* 49, 101741. PMID: 37229948. DOI: https://doi.org/10.1016/j.eatbeh.2023.101741.

17. Godoy, S*., Dukes, L*., Chapman, M., Day, S., **Goode, R.W.** (2023). "You have to continue doing the work": Black women essential workers coping amidst dual pandemics of racism and COVID-19. *Qualitative Social Work,* 23(3), 515-536. DOI: https://doi.org/10.1177/14733250231167822

18. **Goode, R.W**., Godoy, S.*, Chapman, M., Day, S., & Jensen, T (2023). 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,* 14(1), 5-28, DOI: https://www.journals.uchicago.edu/doi/10.1086/723608

19. **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,* 56(1):247-256. PMID: 36574733 PMC9880652. DOI: https://doi.org/10.1002/eat.23888

20. 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,* 56(1), 151-168. PMID: 36508290. PMC9877876. DOI: https://doi.org/10.1002/eat.23870

21. **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*, 24, 757–766. PMID: 36370263. PMC9789195. DOI: https://doi.org/10.1007/s11920-022-01383-8

22. Termoshuizen, J., Sun, Q., Borg, S., Mantilla, E., **Goode, R.W.,** Peat, C., Thornton, L.M., Watson, H., van Furth, E., Biregegard A., & Bulik, C.M. (2022). Longer-term impact of COVID-19 on eating disorders in the United States, Netherlands, and Sweden. *International Journal of Eating Disorders,* 56(1), 80-90. PMID: 36237128. PMC9851943. DOI: https://doi.org/10.1002/eat.23824

23. **Goode, R.W.,** Malian, H.*, Samuel-Hodge, C., Noem, T.*, Coan, D.*, Takbajouah, M.*, Bahena, L.*, & Bulik, C.M. (2022). The impact of COVID-19 on Black women who binge eat: A qualitative study. *Eating and Weight Disorders,* 56(1), 80-90. PMID: 36237128. PMC9851943. DOI: https://doi.org/10.1007/s40519-022-01472-w

24. 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., Truijillo, E. M., Kennedy, M., Cleland, L., Jordan, J., Maguire, S., Guintivano, J.D., Giusti-Rodriguez, P., Baker, J., Thornton, L.M., & Bulik, C.M. (2022). Recommendations to encourage participation of individuals from diverse backgrounds in psychiatric genetic studies. *Neuropsychiatric Genetics,* 189(5), 163-173. PMID: 35785430. PMC9542122. DOI: https://doi.org/10.1002/ajmg.b.32906

25. **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* 31(3–5), 263–274. DOI: https://doi.org/10.1080/15313204.2022.2081642

26. **Goode, R.W**., Watson, H., Masa, R., & Bulik, C.M. (2021). Prevalence and contributing factors to obesity and recurrent binge eating among Black adults with food insufficiency. *Journal of Eating Disorders,* 9(1), 154. PMID: 34823600. PMC8620158 DOI: https://doi.org/10.1186/s40337-021-00509-2

27. 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,* 29, 377–386. PMID: 34478106. PMC10061542. DOI: https://doi.org/10.1007/s12529-021-10022-0.

28. **Goode, R.W**., *Cowell, M., *McMillian, D., Van Deinse, T. & *Cooper-Lewter, C. (2020) Preparing social workers to confront social injustice and oppression: Evaluating social work education. *Social Work, 66(1), 39-48.* DOI: https://doi.org/10.1093/sw/swaa018.

29. **Goode, R.W.**, *Cowell, M., Mazzeo, S.E., *Cooper-Lewter, C.A., *Forte, A., *Olaiya, O., & Bulik, C.M. (2020). Binge eating and binge-eating disorder in Black women: A systematic review. *International Journal of Eating Disorders, 53(4):491-507.* PMID:

31922293. PMC8010989. PMID: 31922293. PMC8010989.
DOI: https://doi.org/10.1002/eat.23217

30. **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. PMID: 30221323. PMC6420865. DOI: https://doi.org/10.1007/s40519-018-0577-z.

31. 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. PMID: 30314417. DOI: https://doi.org/10.1123/jpah.2017-0484,

32. 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. PMID: 28322640
DOI: https://doi.org/10.1177/0193945916683399.

33. **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. PMID: 29549863. PMC5935580. DOI: https://doi.org/10.1016/j.eatbeh.2018.03.005.

34. **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. https://doi.org/10.1177/0193945917692115.

35. 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. https://doi.org/10.1111/jnu.12283.

36. Mendez, D.D., Gary-Webb, T., **Goode, R.W**., Zheng, Y., Imes, C., Fabio, A., Duelll, 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. PMID: 27818916. DOI: 10.1016/j.pmedr.2016.10.004.

37. **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. PMID: 26609668. DOI: 10.1016/j.eatbeh.2015.11.009..

38. **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. PMID: 26609668.
DOI: 10.1016/j.eatbeh.2015.11.009.

39. 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. PMID: 26381151. DOI: 10.1002/oby.21238.

40. Ameba, E., Ye, L., Sereika, S., Styn, M., Acharya, S., Sevick, M., Ewing, L., Conroy, M., Glanz, K., Zheng, Y., **Goode, R.W.**, 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. PMID: 24434827. DOI: 10.1097/JCN.0000000000000120,

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

PEER-REVIEWED MANUSCRIPTS UNDER REVIEW

1. 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.

PUBLISHED ABSTRACTS

1. Campos, A. P., Robles, J., Matthes, K. E., Alexander, R. C., & **Goode, R. W.** (2024). Parenting Practices and Child Obesity Prevention Among Hispanic Families: A Systematic Literature Review. *Current Developments in Nutrition*, *8*. https://doi.org/10.1016/j.cdnut.2024.103238

2. Alexander, R. C., Harper-Cooks, T., Robles, J., Campos, A. P., Matthes, K. E., Palacios, J. E., & **Goode, R. W**. (2024). Examining the mHealth Needs for Nutrition Monitoring in Black Women Who Binge Eat. *Current Developments in Nutrition*, *8*. https://doi.org/10.1016/j.cdnut.2024.102420

3. Alexander, R., Harper-Cooks, T., Godoy, S., Wolfe, H., & **Goode, R.W** (2024**)**. Enhancing Diabetes Self-Management Education—Perspectives of Patients and Primary Care Providers on Influencing Factors of Binge Eating in Black Adults with Type 2 Diabetes. *Diabetes*, 73(Supplement_1): 1826-LB. https://doi.org/10.2337/db24-1826-LB

4. **Goode, R.W,** Blackman Carr, L., Harper, T., Tate, D. (2023). Pilot of an Appetite Awareness Training intervention to improve weight loss maintenance for racially diverse adults with emotional eating. Annals of Behavioral Medicine, 57 (Suppl 1): S475. Paper presentation at the Society for Behavioral Medicine Annual Meeting, Phoenix, AZ. https://doi.org/10.1093/abm/kaad011

5. **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.

6. **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

7. 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

8. 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

9. 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

10. **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.

11. 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.

12. 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.

13. 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. Robinson, M., and **Goode, R.W.** (2024). "Won't Kill Me, Throw The Hammer Down and We'll Be Free": How John Henryism Shapes Chronic Health Conditions Among African American and Caribbean Black Women. Paper presentation at the 2024 Society for Social Work and Research Conference, Washington, DC.

2. **Goode, R.W.,** Alexander, R., Burke, L.E. (2023). Reducing Emotional Eating in Black Women with Obesity: The APPETITE Study. Poster presentation at *The Obesity Society* Annual Conference, Dallas, TX.

3. **Goode, R.W.,** Godoy, S., Harper. T., & Alexander. R (2023). Facilitators to Binge Eating in Black Adults with Type 2 Diabetes. Poster presentation at the 2023 Eating Disorders Research Society, Boston, MA.

4. Godoy, S., Wolfe, H.…**Goode, R.W.,** Peat, C. (2023). Understanding Experiences and Perspectives of Primary Care Providers on Using Screening, Brief Intervention, and Referral to Treatment for Eating Disorders. Poster presentation at the 2023 Eating Disorders Research Society, Boston, MA.

5. **Goode, R.W.,** Harper, T., White, J., Bulik, C. **(**2023). Recruiting Black Americans into Psychiatric Genetic Studies for Eating Disorders: Reflections from a Community Feedback Group (2023). Poster presentation at the 2023 International Conference on Eating Disorders, Washington, DC.

6. **Goode, R.W.,** Blackman Carr, L., Harper, T., Tate, D. (2023). Pilot of an Appetite Awareness Training Intervention to Improve Weight Loss Maintenance for Racially Diverse Adults with Emotional Eating. Paper presentation at the Society for Behavioral Medicine Annual Meeting, Phoenix, AZ.

7. **Goode, R.W.,** Chapman, M., Godoy, S., Day, S., & Jensen, T. (2023). Food Insecurity, COVID-19 Anxiety, and Perceived Stress as Correlates of Binge Eating Among Essential Workers of Color (2023). Paper presentation at the Society for Social Work and Research Annual Meeting, Phoenix, AZ.

8. Godoy, S., Chapman, M., **Goode, R.W**., Day, S., Jensen, T. (2023). A Latent Class Analysis of Coping Behaviors in Response to the COVID-19 Pandemic among Essential Workers of Color. Paper presentation at the Society for Social Work and Research Annual Meeting, Phoenix, AZ.

9. **Goode, R.W.,** Godoy, S., Chapman, M., Day, S., & Jensen, T. (2023). The Impact of Life Stressors Associated with the COVID-19 Pandemic among Essential Workers of Color. Paper presentation at the Society for Social Work and Research Annual Meeting, Phoenix, AZ.

10. **Goode, R.W**., Dukes, L., Godoy, S., Goings, T.C., Chapman, M. (2023). Necessary, Yet Mistreated: A Qualitative Study of Black Women Essential Workers Coping amidst COVID-19. Paper presentation at the Society for Social Work and Research Annual Meeting, Phoenix, AZ.

11. **Goode, R.W.,** Godoy, S., Wolfe, H., Olson, K., Agbozo, B., Mueller, A., Noem, T., Malian, H., Peat, C., Watson, H., Thornton, L., Gwira, R., & Bulik, C (2022). Perceptions and Experiences of Eating Disorder Treatment in the First Year of COVID-19: A Longitudinal Qualitative Analysis. Poster presentation at the Eating Disorders Research Society, Philadelphia, PA.

12. 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.

13. 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.

14. 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.

15. **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.

16. **Goode, R.W.,** Cowell, M., Van Deinse, 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.

17. **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.

18. 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.

19. **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.

20. **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.

21. 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.

22. 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.

23. **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.

24. 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.

25. 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.

26. **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.

27. **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.

28. **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.

29. 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.

30. **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.

31. **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.

32. **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.

33. **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.** (2024). *Eating Disorders in Black Americans: A Journey to Health Equity*. Invited presentation at the International Association of Eating Disorder Professionals National Meeting. Orlando, FL.

2. **Goode, R.W.** (2024). *Nourishing Your Mind: The Link Between Nutrition and Mental Health*. Invited virtual presentation at the Heels Care Mental Health Symposium, UNC-Chapel Hill.

3. **Goode, R.W.** (2023). *Moving Toward Equity in Obesity Treatment Outcomes in Black Women: Exploring the Role of Binge and Emotional Eating.* Invited Presentation at the Social Behavioral Health Research Group, North Carolina State University.

4. **Goode, R.W.** (2023). *No Longer Invisible: Shedding Light on Eating Disorders in Black and Brown Women*. Invited presentation for the Schubert Center at Case Western University.

5. **Goode, R.W.** (2023). *Moving Toward Equity in Obesity Treatment Outcomes for Black Women: Exploring the Role of Binge and Emotional Eating*. Invited presentation for the NIDDK Obesity Research Speaker Series.

6. **Goode, R.W.** (2023). *Navigating Eating Disorders in your Patients with Type 2 Diabetes*. Invited presentation for the National Center of Excellence in Eating Disorders.

7. **Goode, R.W.** (2023). *Key Perspectives in Nutrition for Women's Health: Moving Toward Equity in Obesity Treatments for Black Women*. Invited presentation for the UNC Women's Health Multidisciplinary Consortium

8. **Goode, R.W.** (2022). *Clinical Trials for Eating Disorders: Best Practices for Setting Up, recruiting for, and Successfully Running a Clinical Trial*. Invited Presentation for the Eating Disorders Research Society Annual Conference, Philadelphia, PA.

9. **Goode, R.W.** (2023). *Improving Health Equity in Treatments for Obesity in Black Americans*. Invited presentation for the UNC Health Equity Symposium.

10. **Goode, R.W.** (2022). *"No More Secrets:" Shedding Light on Eating Disorders in the African American Community*. Online Training for the Missouri Eating Disorders Council.

11. **Goode, R.W.** (2022). Dismantling Weight Stigma in Primary Care. Invited Presentation for the Obesity Clinical Fellows Conference, Raleigh, NC.

12. **Goode, R.W.** (2022). *Binge Eating Behaviors Among Black Patients with Type 2 Diabetes*. Invited Presentation for the Wake Forest Endocrine Grand Rounds. Virtual Presentation.

13. **Goode, R.W.** (2022). *Appetite Awareness for Binge and Overeating*. Invited presentation for the Greensboro AHEC Clinical Lecture Series, Virtual.

14. **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.

15. **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.

16. **Goode, R.W.** (2022). *Fresh Strategies for Weight Loss Maintenance*. Invited presentation for the UNC Nutrition Research Institute Appetite for Life Seminar Series.

17. **Goode, R.W.** (2022). *Coping Amidst COVID-19 as BIPOC*. Invited presentation for GSDI and INSPIRED Lab Research Series.

18. **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.

19. **Goode, R.W.** (2021). *Applying for Training Grants*. Invited Presentation for the Behavior Change Rounds, Society of Behavioral Medicine.

20. **Goode, R.W.** (2021). *Appetite Awareness for Binge and Overeating*. Invited presentation for the Wake AHEC Clinical Lecture Series, Virtual.

21. **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.

22. **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

23. **Goode, R.W.** (2020). *Diversity in Eating Disorders Research*. Invited Presentation for the WELL Lab, Department of Psychology, Drexel University.

24. **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.*

25. 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.

26. **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.

27. **Goode, R.W.** (2019). *Appetite Awareness Training for Binge and Overeating*. Invited presentation for the Northwest AHEC Clinical Lecture Series, Winston-Salem, NC.

28. **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.

29. **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.

30. **Goode, R.W.** (2016). Steps for *Building Cross-Cultural Relationships*. Invited presentation at Aliquippa Impact Ministry, Aliquippa, PA.

31. **Goode, R.W.** (2016). *Managing Stress and Emotion-Related Eating*. Invited presentation at the Rodman Street Baptist Church, Pittsburgh, PA.

32. **Goode, R.W.** (2015). *Race, Prejudice, and the City*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.

33. **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.

34. **Goode, R.W.** (2014). *Race, Prejudice, and the City*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.

35. **Goode, R.W.** (2013). *Race, Prejudice, and the City*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.

36. **Goode, R.W.** (2013). *Laying a Foundation for Permanent Weight Loss*. Invited presentation at Mount Ararat Baptist Church, Pittsburgh, PA.

37. **Goode, R.W.** (2012). *Race, Prejudice, and the City*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.

38. **Goode, R.W. (**2012). *The Choice for Weight Loss*. Invited Presentation at Mount Ararat Baptist Church, Pittsburgh, PA.

39. **Goode, R.W.** (2011). *Understanding your Racial Identity and Privilege*. Invited presentation at the Sarah Heinz House, Pittsburgh, PA.

40. **Goode, R.W.** (2011). *Race, Prejudice, and the City*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.

41. **Goode, R.W.** (2010). *Healthy Romantic Relationships.* Invited presentation at Date Fest, University of Pittsburgh.

42. **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.

43. **Goode, R.W.** (2010). *Conversations about Race, Ethnicity, and the City*. Invited presentation at The Pittsburgh Project, Pittsburgh, PA.

44. **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.

45. **Goode, R.W.** (2009). *Understanding Race, Prejudice, and White Privilege*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.

46. **Goode, R.W.** (2008). *Race, Prejudice, and the City*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.

47. **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.

48. **Goode, R.W.** (2008). *Incorporating Spirituality in Assessment*. Invited presentation at University Counseling Center, University of Pittsburgh, Pittsburgh, PA.

49. **Goode, R.W.** (2007). *Understanding Race, Prejudice, and White Privilege*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.

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

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

TEACHING EXPERIENCE

Instructor

Qualitative Analysis, School of Social Work, University of North Carolina at Chapel Hill, PhD students, Spring 2024

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 Global Public Health, University of North Carolina at Chapel Hill, Spring 2021, Spring 2022, Spring 2023
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

2025-2030	American Diabetes Association *Preventing Type 2 Diabetes in Black Emergent Adults Who Binge Eat*, #1-25-ACE-37 Role: **PI**; Award Amount: $1,672,000
2021-2025	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

Completed

2018-2024	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*, H79 SM081924 (PI: Christine Peat) Role: **Key Content Expert;** Award Amount: $3,723,472
2023-2024	Human Resources and Services Administration (HRSA)

	Quality Improvement Fund-Maternal Health (QIF), CW Community Healthcare Center, Q8MCS49111 Role: **Consultant**; Award Amount: $2,000,000
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 AFFLIATIONS

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

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

2022-Present Grant Reviewer, **American Diabetes Association**
2022-Present Early Career Reviewer, **National Institutes of Health**
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

2023-2024 **Member,** Wellness Committee
2022-2024 **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

Scholar Advising

Supervisor, Postdoctoral Scholars

2025-Present Rebecca Gwira, PhD, UNC Center for Excellence in Eating Disorders
2024-2025 Candice Alick, PhD, SPLENDOR-NC
2023-2025 Paola Campos, PhD, UNC Nutrition Research Institute
2022-2024 Millicent Robinson, PhD, Carolina Postdoctoral Program for Faculty Diversity

Dissertation Committee Membership

2023-2024 Sarah Godoy
2021-2023 Rhyan Vereen
2022-2024 Rebecca Gwira

Supervisor, Honors Thesis Advisor

2021-2022 Amoli Kothari

Supervisor, PhD Students' Research Assistantships

2020-Present Sarah Godoy
2019-2020 Alexandria Forte

Graduate Research Assistants

2023-Present Michelle Lee
2023-Present Claudia Calderon
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

Undergraduate Research Assistants

2023-Present Wehazit Mussie
2024-2025 Irene Wang
2024-2025 Aaliyah Goodman
2024-2025 Trilla Teague
2022-2023 Arsema Temesgen
2022-2023 Julian Robles
2022-2023 Yiwen Xu
2021-2023 Sophia Berg

2021-2023 Abigail Mueller
2021-2022 Danielle Coan

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

Jagoo, K. (2023, September 13). BIPOC LGBTQIA+ Deserve Care for Eating Disorders. PRISM. https://prismreports.org/2023/09/13/bipoc-lgbtq-communities-deserve-care-eating-disorders/

Blum, D. (2023, May 31). The most common eating disorders in the U.S. is also the Least Understood. *The New York Times*. https://www.nytimes.com/2023/05/31/well/mind/binge-eating-disorder-symptoms-treatment.html

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

2024 **Enhanced Cognitive-Behavioral Therapy for Eating Disorders**, Academy of Eating Disorders

2023 **Thorp Faculty Engaged Scholars,** University of North Carolina at Chapel Hill

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