

September 3, 2021

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
(919) 962-6429
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: <i>Direct Practice</i> |
| BA | 2003 | Wheaton College (IL) Major(s): Communication Psychology |

PROFESSIONAL EXPERIENCE

Academic Positions

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|--------------|---|
| 2021-Present | Visiting Faculty Fellow , Nutrition and 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

- 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
- 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

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

1. 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>.
2. **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>.
3. **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
4. **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.
5. 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.
6. 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.
7. **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.

8. **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.
9. 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.
10. 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.
11. **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.
12. **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.
13. 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.
14. 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.
15. 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.**, Watson, H., Masa, R., Bulik, C. Prevalence and contributing factors to obesity and binge eating among Black Americans experiencing food insecurity. *Journal of Eating Disorders*.
2. **Goode, R.W.**, Bardone-Cone, A., Malian, H., Coan, D. & Tate, D. Improving body image and Binge Eating in Black Women through Appetite Self-Regulation and Lifestyle Modification: A Pilot Study. *Journal of Black Psychology*.

3. **Goode, R.W.**, Godoy, S., Goings, T.C., & Chapman, M. 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*.

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., Mattos, 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. 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.
2. 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.
3. **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.
 4. **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.
 5. **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.
 6. 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.
 7. **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.
 8. **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.
 9. 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.
 10. 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.
 11. **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.

12. 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.
13. 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.
14. **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.
15. **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.
16. **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.
17. 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.
18. **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.
19. **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
20. **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.
21. **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.**, 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.
2. **Goode, R.W.** (2021). *Applying for Training Grants*. Invited Presentation for the Behavior Change Rounds, Society of Behavioral Medicine.
3. **Goode, R.W.** (2021). *Appetite Awareness for Binge and Overeating*. Invited presentation for the Wake AHEC Clinical Lecture Series, Virtual.
4. **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.
5. **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
6. **Goode, R.W.** (2020). *Diversity in Eating Disorders Research*. Invited Presentation for the WELL Lab, Department of Psychology, Drexel University.
7. **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.
8. 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.
9. **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.
10. **Goode, R.W.** (2019). *Appetite Awareness Training for Binge and Overeating*. Invited presentation for the Northwest AHEC Clinical Lecture Series, Winston-Salem, NC.
11. **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.
12. **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.
13. **Goode, R.W.** (2016). *Steps for Building Cross-Cultural Relationships*. Invited presentation at Aliquippa Impact Ministry, Aliquippa, PA.

14. **Goode, R.W.** (2016). *Managing Stress and Emotion-Related Eating*. Invited presentation at the Rodman Street Baptist Church, Pittsburgh, PA.
15. **Goode, R.W.** (2015). *Race, Prejudice, and the City*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.
16. **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.
17. **Goode, R.W.** (2014). *Race, Prejudice, and the City*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.
18. **Goode, R.W.** (2013). *Race, Prejudice, and the City*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.
19. **Goode, R.W.** (2013). *Laying a Foundation for Permanent Weight Loss*. Invited presentation at Mount Ararat Baptist Church, Pittsburgh, PA.
20. **Goode, R.W.** (2012). *Race, Prejudice, and the City*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.
21. **Goode, R.W.** (2012). *The Choice for Weight Loss*. Invited Presentation at Mount Ararat Baptist Church, Pittsburgh, PA.
22. **Goode, R.W.** (2011). *Understanding your Racial Identity and Privilege*. Invited presentation at the Sarah Heinz House, Pittsburgh, PA.
23. **Goode, R.W.** (2011). *Race, Prejudice, and the City*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.
24. **Goode, R.W.** (2010). *Healthy Romantic Relationships*. Invited presentation at Date Fest, University of Pittsburgh.
25. **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.
26. **Goode, R.W.** (2010). *Conversations about Race, Ethnicity, and the City*. Invited presentation at The Pittsburgh Project, Pittsburgh, PA.
27. **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.
28. **Goode, R.W.** (2009). *Understanding Race, Prejudice, and White Privilege*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.

29. **Goode, R.W.** (2008). *Race, Prejudice, and the City*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.
30. **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.
31. **Goode, R.W.** (2008). *Incorporating Spirituality in Assessment*. Invited presentation at University Counseling Center, University of Pittsburgh, Pittsburgh, PA.
32. **Goode, R.W.** (2007). *Understanding Race, Prejudice, and White Privilege*. Invited presentation at Aliquippa Impact Ministries, Aliquippa, PA.
33. **Goode, R.W.** (2007). *Appropriate Boundaries in Romantic Relationships*. Invited presentation at University Counseling Center, University of Pittsburgh, Pittsburgh, PA.
34. **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, UNC-Chapel Hill, MSW, Spring 2018, 2019, 2020, 2021

Social Work Practice with Individuals, Families, and Groups, School of Social Work, UNC-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

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

Under Review

2021-2024 American Diabetes Association
Improving Appetite Self-Regulation in African Americans with Type 2 Diabetes
Role: **PI**; Requested Amount: \$598,728

Current

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

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

Completed

- 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

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

PhD

2020-Present Sarah Godoy
2019-2020 Alexandria Forte

Graduate Research Assistants

MSW

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

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