

November 2022

# Rachel Woodson Goode, PhD, MPH, LCSW

## *Curriculum Vitae*

School of Social Work  
University of North Carolina at Chapel Hill  
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## EDUCATION

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

## PROFESSIONAL EXPERIENCE

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### *Academic Positions*

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

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## LICENSURE

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

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## 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**

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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, 5<sup>th</sup> 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**

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\*Denotes a student I personally mentored

1. 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*. Accepted for Publication.
2. **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.
3. **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.
4. 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.
5. **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>

6. 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>
7. **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>
8. **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>
9. 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>.
10. **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>.
11. **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
12. **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.
13. 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.
14. 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.

15. **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.
16. **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.
17. 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.
18. 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.
19. **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.
20. **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.
21. 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.
22. 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.
23. Tang, F., Choi, E., & **Goode, R.** (2013). Older Americans employment and retirement. *Ageing International*, 38, 82-94.

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#### PEER-REVIEWED MANUSCRIPTS UNDER REVIEW

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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. *International Journal of Eating Disorders*
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**

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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](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](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](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](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

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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

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### *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.

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## 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

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## 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

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## **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*

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## **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	<b>Member</b> , Personnel, Promotion, and Tenure Committee
2019	<b>Member</b> , Tate Chair Distinguished Professor Search Committee
2018-Present	<b>Member</b> , MSW Admissions Committee
2018-Present	<b>Member</b> , Diversity Committee
2018	<b>Presenter</b> , Doctoral Information Session
2018	<b>Member</b> , Research Associate Search Committee
2017	<b>Presenter</b> , 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	<b>Consultant</b> , UNC Weight Management Program, UNC Department of Family Medicine
2017-Present	<b>Consultant</b> , Village HeartBEAT, Office of Community Engagement, Mecklenburg Country Department of Public Health

### **MEDIA COVERAGE**

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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/>

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**

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- 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