

# Umelo A. Ugwoaba, M.S., M.P.H.

UNIVERSITY OF FLORIDA, DEPARTMENT OF CLINICAL AND HEALTH PSYCHOLOGY  
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## EDUCATION AND EMPLOYMENT

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- Ph.D., Psychology, Primary Concentration: Clinical Psychology** Anticipated: 2024  
**Secondary Concentration: Clinical Health Psychology**  
 University of Florida, Gainesville, FL  
 Mentor: Kathryn Ross, Ph.D., M.P.H.  
*Dissertation: Development and Validation of a Meal Planning Questionnaire for Adults with Obesity Involved in Behavioral Weight Loss Treatment*
- Master of Public Health, Epidemiology** 2020-2022  
 University of Florida, Gainesville, FL  
 Mentor: Simone Marini, Ph.D.  
*Capstone: Behavioral Weight Loss Success: Android vs. iOS*
- Master of Science, Psychology** 2018-2020  
 Area of Concentration: Clinical Health  
 University of Florida, Gainesville, FL  
 Mentor: Kathryn Ross, Ph.D., M.P.H.  
*Thesis: Exploring the Association between Temptation, Hunger, and Dietary Adherence*
- United States Peace Corps Volunteer** 2016-2018  
 Sectors: Education, Leadership, Youth Development  
 Ponorogo, East Java, Indonesia
- Athletic Training Intern** 2013-2015  
 University of Washington Sports Medicine, Seattle, WA
- Bachelor of Science, Psychology** 2010-2014  
 University of Washington, Seattle, WA

## HONORS AND AWARDS

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- Florida Education Fund McKnight Doctoral Fellowship 2018-Present  
 UF Office of Research Travel Award 2023  
 UF Center for Integrative Cardiovascular and Metabolic Disease Travel Award 2023  
 Florida Education Fund Conference Travel Award 2019, 2022, 2023  
 UF Graduate Student Council Travel Award 2022  
 UF Clinical & Health Psychology Travel Award 2019, 2022  
 UF Office of Graduate Diversity Initiatives Board of Education Fellowship 2018

## RESEARCH EXPERIENCE

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### Health Promotion Lab

Graduate Research Assistant, *University of Florida*

July 2018-Present

Mentor: Kathryn Ross, Ph.D., M.P.H.

Create and contribute to posters for presentation at upcoming national conferences. Conduct literature searches and write, edit, and revise manuscripts for submission to peer-reviewed journals.

### R01DK119244: Support and Tracking to Achieve Results (STAR)

August 2019-Present

Principal Investigator: Kathryn Ross, Ph.D., M.P.H.

*Objective*: This is a randomized controlled trial assessing the impact of phone-based extended care delivered on an ADAPTIVE (when participants are at "high risk" for weight regain as assessed by a predictive algorithm) vs. STATIC (gold standard, once-per-month frequency) schedule on weight loss maintenance.

*Role*: Contribute to completion of the study through participant recruitment (using remote and community-based methods), assessment, retention, and data management (including preparation of actigraphy data for analysis). Serve as an interventionist for 10 groups (of 9-18 participants) receiving a 16-week behavioral weight loss program based on the Diabetes Prevention Program, and for 46 participants (receiving either monthly or adaptive individual extended-care support sessions) across two 20-month, smartphone-based extended-care programs.

### Smartphone Maintenance Study

August 2019-December 2019

Principal Investigator: Kathryn Ross, Ph.D., M.P.H.

*Objective*: This study aimed to solicit feedback from participants regarding usability and acceptability of a smartphone application, and to provide data to identify proximal predictors of weight changes. Results of this study were used to support a new randomized control trial testing a novel weight maintenance intervention versus a traditional extended-care program.

*Role*: Screened potential participants and conducted six semi-structured interviews soliciting target user feedback on a novel smartphone application for promoting long-term weight loss maintenance

### Early Childhood Cognition Lab

Research Assistant, *University of Washington*

September 2013-September 2014

Mentor: Jessica Sommerville, Ph.D.

*Role*: Recruited, scheduled, managed data, and facilitated participant visits for projects investigating social and moral cognition and behavior in infants. Served as a live and reliability coder during preferential looking tasks for studies investigating the development of fairness concerns in infancy.

## RESEARCH WORKSHOPS

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### Statistical Horizons: Scale Construction and Development

March 2022

Instructor: Deborah Bandalos, Ph.D.

Attended a three-day workshop centered on the development and evaluation of attitude, personality, opinion, and other noncognitive scales for use in research studies.

## **LEADERSHIP AND SERVICE**

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<b>Mentor</b> , Keys to Success UF Health Science Center	2021-2022
<b>Member</b> , Student Handbook Committee UF Department of Clinical & Health Psychology	2022
<b>Participant</b> , Catalyst – LeaderShape UF David & Wanda Brown Center for Leadership and Service	2021
<b>Student Representative</b> , Curriculum Committee UF Department of Clinical & Health Psychology	2020-2021
<b>ACT/SAT Tutor</b> , Mount Carmel Baptist Church Gainesville, FL	2019
<b>Organizer/Facilitator</b> , Allied Within Diversity Conference Surabaya, East Java, Indonesia	2018
<b>Organizer/Facilitator</b> , Girls Leading Our World/Boys Respecting Others Camp Madiun, East Java, Indonesia	2018
<b>Founding Member</b> , Inclusion, Diversity, Equity, Acceptance (IDEA) Committee Peace Corps Indonesia	2018
<b>Organizer/Facilitator</b> , Girls Leading Our World/Boys Respecting Others Camp Ponorogo, East Java	2017
<b>Facilitator</b> , Healthy Lifestyle Camp Jaboncillo, Manabi, Ecuador	2016
<b>Tutor, ESL Instructor, Program Support</b> , Literacy Source Community Center Fremont, WA	2014-2016
<b>Campus Outreach Coordinator</b> , African Students Association University of Washington	2013-2014

## **TEACHING EXPERIENCE**

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<b>Guest Lecturer</b> , University of Florida <i>Psychological Treatment (CLP6407)</i> Facilitated role-playing and answered questions regarding motivational interviewing for first-year students in clinical and health psychology.	2022, 2023
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- Guest Lecturer**, University of Florida 2022  
*Introduction to Health Psychology (CLP4314)*  
 Delivered lecture on obesity and associated health conditions to undergraduate course.
- Panel Speaker**, University of Florida 2020  
*Clinical Psychological Assessment (CLP6430)*  
 Presented on various clinical practicum experiences available at the University of Florida for second-year students in clinical and health psychology.
- Resource Volunteer**, Kediri, East Java 2017  
*Resilience*  
 Delivered lecture on resilience and the cycle of vulnerability and adjustment for a new cohort of Peace Corps trainees during their pre-service training.
- Instructor**, SMPN 2 Ngrayun 2016-2018  
*English*  
 Taught English language skills at a rural Javanese middle school with Indonesian counterparts.

## INVITED PANELS

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- Black American Returned Peace Corps Volunteer Panel** February 2021  
 International Center, University of Florida  
 Presented and addressed questions from prospective volunteers about considerations for Black Americans serving abroad as Peace Corps Volunteers.
- Education and Youth Development Panel** November 2020  
 International Center, University of Florida  
 Presented on the technical aspects of serving as a Peace Corps Volunteer in the Education and Youth Development sectors.
- Peace Corps East Asia Panel** April 2020  
 International Center, University of Florida  
 Presented about living as a Peace Corps Volunteer in Indonesia, addressed questions from prospective volunteers about Peace Corps opportunities, challenges, benefits, and considerations regarding the transition into and back from service.

## SUPERVISED ADVANCED PRACTICUM EXPERIENCE

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- Rehabilitation** August 2022-Present  
 UF Health Rehabilitation Hospital, Gainesville, FL  
Supervisor: Dahomey Abanishe, Ph.D.  
 Conduct inpatient neurobehavioral examinations for adults in an effort to promote healing and recovery (from stroke, traumatic brain injury, spinal cord injury, amputation, burns, joint replacement). Focus on quantification of patients' mood, adjustment coping strategies, mental status, neurobehavioral bases of behavior and readiness for discharge. Complete assessment

reports and provide diagnostic and treatment plan feedback. Provide follow-up interventions to address maladaptive coping for a range of cognitive and physical presenting concerns.

### **Neuropsychological Assessment**

May 2022-August 2022

UF Health Psychology Specialties Clinic, Gainesville, FL

Supervisor: Duane Dede, Ph.D.

Conducted comprehensive clinical interviews and neuropsychological assessments for adults with neurocognitive disorders, epilepsy, traumatic brain injuries, and learning disabilities. Administered, scored, and interpreted neuropsychological tests of intellectual functioning, academic achievement, memory, cognitive functioning, motor skills, and psychosocial functioning. Completed integrated reports to provide a diagnostic summary, interpretive feedback, and treatment recommendations.

### **Psycho-Oncology**

May 2022-August 2022

UF Health Psychology Specialties Clinic, Gainesville, FL

Supervisor: Deidre Pereira, Ph.D., ABPP

Conducted outpatient diagnostic interviews with adults affected by cancer with diversity in cancer type, stage, treatment status, and survivorship phase. Patients presented with predominantly moderate-to-severe mental and behavioral health concerns. Completed assessment reports and provided diagnostic and treatment plan feedback.

### **Solid Organ and Bone Marrow Transplant**

January 2022-April 2022

UF Health Shands Hospital, Gainesville, FL

Supervisors: Glenn Ashkanazi, Ph.D., Olivia Suddarth Psy.D.

Conducted inpatient evaluations for adults with a variety of presenting concerns who required transplantation of either bone marrow (e.g., blood-based cancers), or solid organs (e.g., heart, lung, liver, kidney-pancreas), for survival or improvement in quality of life. Evaluated for psychosocial concerns that may impact transplant outcomes, such as substance use, medical adherence, and psychopathology. Performed psychosocial interviews with family and caregivers and provided brief supportive therapy if indicated. Completed assessment reports.

### **Bariatric Surgery**

August 2021-December 2021

UF Health Psychology Specialties Clinic, Gainesville, FL

Supervisor: Allison Holgerson, Ph.D., ABPP

Conducted outpatient evaluations for adult and adolescent candidates for bariatric surgery (Roux-en-Y gastric bypass, sleeve gastrectomy, lap band removal, and/or surgical revision) and non-surgical weight loss. Evaluated for psychosocial concerns that may impact post-surgical outcomes, such as substance use, medical adherence, and psychopathology. Completed assessment reports and provided diagnostic and treatment plan feedback.

### **Behavioral Sleep Medicine**

January 2021-April 2021

UF Health Psychology Specialties Clinic, Gainesville, FL

Supervisor: Jessica Payne-Murphy, Ph.D., ABPP

Conducted outpatient diagnostic interviews with adults and adolescents with sleep disorders (e.g., insomnia, sleep apnea, restless legs syndrome, narcolepsy). Delivered short-term Cognitive

Behavioral Therapy for Insomnia (CBTi). Completed assessment reports and provided diagnostic and treatment plan feedback.

### **Chronic Pain**

August 2020-December 2020

UF Health Psychology Specialties Clinic, Gainesville, FL

Supervisor: Lori Waxenberg, Ph.D., ABPP

Conducted comprehensive outpatient psychodiagnostic assessments with adult patients presenting with a variety of pain concerns (e.g., back, limb, gastrointestinal, headache, pelvic, rheumatological pain). Conducted pre-surgical psychological evaluations for spinal cord stimulator candidates. Completed assessment reports and provided diagnostic and treatment plan feedback.

## **SUPERVISED PRACTICUM EXPERIENCE**

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### **Intervention**

July 2019-Present

UF Health Psychology Specialties Clinic, Gainesville, FL

Supervisors: Allison Holgerson, Ph.D., ABPP; Jessica Payne-Murphy, Ph.D., ABPP; Deidre Pereira, Ph.D., ABPP; Lori Waxenberg, Ph.D., ABPP; Duane Dede, Ph.D.; and William Perlstein, Ph.D.

Conduct case conceptualization and individual therapy in a hospital-based outpatient psychology clinic with adults for: depression, anxiety, chronic pain, insomnia, obesity adjustment disorders, and difficulties coping with medical illnesses. Evidence-based treatment approaches: Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Cognitive Processing Therapy (CPT), CBTi, CBT for pain management, CBT for ADHD, and behavioral interventions.

### **Chronic Pain**

April 2020-July 2020

UF Health Psychology Specialties Clinic, Gainesville, FL

Supervisor: Lori Waxenberg, Ph.D., ABPP

Conducted comprehensive, outpatient evaluations for adults with pain concerns. Conducted pre-surgical evaluations for spinal cord stimulator candidates. Completed assessment reports and provided feedback to patients regarding diagnoses and treatment plans.

### **Behavioral Sleep Medicine**

April 2020-July 2020

UF Health Psychology Specialties Clinic, Gainesville, FL

Supervisor: Jessica Payne-Murphy, Ph.D., ABPP

Conducted comprehensive, outpatient evaluations for adults with sleep disorders. Completed assessment reports and provided feedback to patients regarding diagnoses and treatment plans.

### **General Adult Mental Health**

January 2020-March 2020

UF Health Psychology Specialties Clinic, Gainesville, FL

Supervisor: Patricia Durning, Ph.D.

Conducted psychodiagnostic interviews with adults with mental health concerns (e.g., anxiety, depression, adjustment to medical conditions). Administered, scored, and interpreted results of psychological questionnaires. Completed assessment reports and provided diagnostic and treatment plan feedback.

**Child Psychological Assessment**

September 2019-January 2020

UF Health Psychology Specialties Clinic, Gainesville, FL

Supervisor: Brenda Wiens, Ph.D.

Conducted comprehensive psychological assessments for children and adolescents with various concerns (e.g., neurodevelopmental disorders, specific learning disorders, mood disorders).

Administered, scored, and interpreted psychological tests of intellectual and cognitive functioning, academic achievement, development, and emotional and behavioral functioning.

Completed integrated reports to provide a diagnostic summary, interpretive feedback, and treatment recommendations.

**Neuropsychological Assessment**

July 2019-September 2019

UF Health Psychology Specialties Clinic, Gainesville, FL

Supervisor: Erika Cascio, Psy.D.

Conducted outpatient neuropsychological assessments for patients across the adult lifespan with various concerns, including anxiety, depression, post-traumatic stress disorder, bipolar disorder, and attention-deficit/hyperactivity disorder. Administered, scored, and interpreted neuropsychological tests of intellectual functioning, academic achievement, memory, cognitive functioning, motor skills, and psychosocial functioning. Completed integrated reports to provide a diagnostic summary, interpretive feedback, and treatment recommendations.

**CLINICAL WORKSHOPS**

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**Praxis ACT Basics**

June 2020

Instructor: Matthew Boone, LCSW

Attended an 8-hour online course centered on the fundamental aspects of Acceptance and Commitment Therapy, consisting of intellectual and experiential techniques designed to increase psychological flexibility.

**LOCAL PRESENTATIONS**

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1. **Ugwoaba, U.A.**, *Behavioral Weight Loss Success: Android vs. iOS*. Paper presented at UF College of Public Health and Health Professions July 2022 Public Health Day
2. **Ugwoaba, U. A.**, & Ross, K. M. *Exploring the association between temptation, hunger, and dietary adherence*. Paper presented at February 2020 McKnight Mid-Year Conference

**PEER-REVIEWED PUBLICATIONS**

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1. Ugwoaba, U. A., Carpenter, C. A., Arroyo, K. M., Scarlett, C. A., & Ross, K. M. (2023). Hunger, temptation, and dietary adherence during weight management. *Eating Behaviors*, 50, 101754. <https://doi.org/10.1016/j.eatbeh.2023.101754>
2. Carpenter, C. A., **Ugwoaba, U. A.**, Cardel, M. I., & Ross, K. M. (2022). Using self-monitoring technology for nutritional counseling and weight management. *Digital Health*, 8, 20552076221102776. <https://doi.org/10.1177/20552076221102774>

3. Dixon, B. N., **Ugwoaba, U. A.**, Brockmann, A. N., & Ross, K. M. (2021). Associations between the built environment and dietary intake, physical activity, and obesity: A scoping review of reviews. *Obesity Reviews*, 22(4), e13171. <https://doi.org/10.1111/obr.13171>
4. Ross, K. M., Eastman, A., **Ugwoaba, U. A.**, Demos, K. E., Lillis, J., & Wing, R. R. (2020). Food reward sensitivity, impulsivity, and weight change during and after a 3-month weight loss program. *PLOS ONE*, 15(12), e0243530. <https://doi.org/10.1371/journal.pone.0243530>

## **PUBLISHED ABSTRACTS AND PRESENTATIONS**

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1. **Ugwoaba, U. A.**, Brockmann, A. N., Arroyo, K. M., Swanson, T. N., Barrett K. L., Shankar, M. N., Marini, S., & Ross, K. M. (2023). Behavioral weight loss success: Android vs. iOS. *Annals of Behavioral Medicine*, 57, S201. Poster presented at the 44th Annual Meeting of the Society of Behavioral Medicine, Phoenix, AZ.
2. Barrett K. L., **Ugwoaba, U. A.**, Swanson, T. N., Brockmann, A. N., Arroyo, K. M., Shankar, M. N., & Ross, K. M. (2023). Association between alcohol consumption on weight loss in adults with obesity completing a behavioral weight loss program. *Annals of Behavioral Medicine*, 57, S200. Poster presented at the 44th Annual Meeting of the Society of Behavioral Medicine, Phoenix, AZ.
3. Shankar, M. N., **Ugwoaba, U. A.**, Brockmann, A. N., Arroyo, K. M., Swanson, T. N., Barrett K. L., & Ross, K. M. (2023). Impact of COVID-19 pandemic and transition to remote recruitment methods in an ongoing weight management clinical trial. *Annals of Behavioral Medicine*, 57, S193. Poster presented at the 44th Annual Meeting of the Society of Behavioral Medicine, Phoenix, AZ.
4. Swanson, T. N., Brockmann, A. N., **Ugwoaba, U. A.**, Arroyo, K. M., Barrett K. L., Shankar, M. N., & Ross, K. M. (2023). Does the early bird really catch the worm? Associations between chronotype and weight loss during a weight loss intervention. *Annals of Behavioral Medicine*, 57, S318. Poster presented at the 44th Annual Meeting of the Society of Behavioral Medicine, Phoenix, AZ.
5. **Ugwoaba, U. A.**, Carpenter, C. A., Bauman, V., Brockmann, A. N., Arroyo, K., Swanson, T., Shankar, M. N., & Ross, K. M. (2022). Pretreatment weight change does not predict weight outcomes of a behavioral weight loss program. *Annals of Behavioral Medicine*, 56, S529. Poster presented at the 43rd Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD.
6. Arroyo, K., **Ugwoaba, U. A.**, Brockmann, A. N., Carpenter, C. A., Bauman, V., Eastman, A., Swanson, T., & Ross, K. M. (2022). Demographic characteristics do not predict individual benefit from self-monitoring during a behavioral weight loss program. *Annals of Behavioral Medicine*, 56, S249. Poster presented at the 43rd Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD.
7. Brockmann, A. N., **Ugwoaba, U. A.**, Arroyo, K., Swanson, T., Carpenter, C. A., Shankar, M. N., & Ross, K. M. (2022). Associations between change in motives for consuming palatable foods and weight change during a behavioral weight loss program. *Annals of Behavioral Medicine*, 56, S118. Poster presented at the 43rd Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD.
8. Bauman, V., Eastman, A., **Ugwoaba, U. A.**, Brockmann, A. N., Swanson, T., Arroyo, K., Ross, K. M., & Perri, M. G. (2022). Acceptability of an acceptance-based behavioral weight-loss intervention for adults living in rural areas. *Annals of Behavioral Medicine*, 56, S38.



- Poster presented at the 43rd Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD.
9. Carpenter, C. A., Arroyo, K., Brockmann, A. N., **Ugwoaba, U. A.**, Swanson, T., Shankar, M. N., & Ross, K. M. (2022). Health risk behaviors and weight loss outcomes for shift workers enrolled in a behavioral weight loss program. *Annals of Behavioral Medicine*, *56*, S302. Poster presented at the 43rd Annual Meeting of the Society of Behavioral Medicine, Baltimore, MD.
  10. **Ugwoaba, U. A.**, Carpenter, C.A., Bauman, V., Eastman A., Brockmann, A.N., Scarlett, C.A., Arroyo, K.M., & Ross, K.M. (2021). Development of a meal planning questionnaire: Preliminary validation and descriptive statistics. *Annals of Behavioral Medicine*, *55*, S145. Presented as a Virtual Research Spotlight at the 42nd Annual Meeting of the Society of Behavioral Medicine, Virtual Conference.
  11. Arroyo, K.M., **Ugwoaba, U. A.**, Brockmann, A.N., Carpenter C.A., Bauman, V., Eastman, A. Scarlett, C.A., & Ross, K.M. (2021). Examining individual variability in days of self-monitoring and weight loss. *Annals of Behavioral Medicine*, *55*, S197. Presented as a Virtual Research Spotlight at the 42nd Annual Meeting of the Society of Behavioral Medicine, Virtual Conference.
  12. Scarlett, C.A., Bauman, V., Brockmann, A.N., **Ugwoaba, U. A.**, Eastman, A., Arroyo, K.M., Carpenter, C.A., & Ross, K. M. (2021). Associations between changes in weight, fitness, and health-related QOL during and after a behavioral intervention for obesity. *Annals of Behavioral Medicine*, *55*, S65. Presented as a Virtual Research Spotlight at the 42nd Annual Meeting of the Society of Behavioral Medicine, Virtual Conference
  13. Carpenter, C.A., Brockmann, A.N., Eastman, A., Scarlett, C.A., **Ugwoaba, U. A.**, Ross, K.M. Change in Objectively Measured Physical Activity and Sedentary Behavior During a 6-month Weight Management Program. (2021). *Annals of Behavioral Medicine*, *55*, S97. Presented as a Virtual Research Spotlight at the 42nd Annual Meeting of the Society of Behavioral Medicine, Virtual Conference
  14. **Ugwoaba, U. A.**, Dixon, B. N., Eastman, A., Brockmann, A. N., Scarlett, C. A., Bauman, V., Shankar, M. N., Perri, M. G., & Ross, K. M. (2020). Associations between impulsivity, implicit food attitudes, and behavioral weight management program outcomes. *Annals of Behavioral Medicine*, *54*, S778. Poster accepted for presentation at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference canceled due to COVID-19). Poster presented at the University of Florida's Public Health and Health Professions Research Day, February 6, 2020 Gainesville, FL.
  15. Dixon, B. N., Eastman, A., **Ugwoaba, U. A.**, Brockmann, A., Scarlett, C. A., Bauman, V., Shankar, M. N., Perri, M. G., & Ross, K. M. (2020). Does Where You Live Matter? The Built Environment and Intervention-Related Changes among Rural Adults with Obesity. *Annals of Behavioral Medicine*, *54*, S441. Paper presentation accepted for the annual meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference canceled due to COVID-19).
  16. Bauman, V., Shankar, M. N., Dixon B.N., **Ugwoaba, U. A.**, Brockmann, A.N., Eastman, A., Scarlett, C.A., Ross, K.M., & Perri, M.G. (2020). Behavioral weight-loss programs with extended care lead to long-term improvements in glycemic control. *Annals of Behavioral Medicine*, *54*, S489. Paper presentation accepted for the annual meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference canceled due to COVID-19).

17. Brockmann, A. B., Eastman, A., Dixon, B. N., **Ugwoaba, U. A.**, Scarlett, C. A., Bauman, V., Shankar, M. N., Perri, M. G. & Ross, K. M. (2020). Consistency of self-weighing, rather than frequency, may be key for promoting weight loss maintenance. *Annals of Behavioral Medicine*, 54, S490. Paper presentation accepted for the annual meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference canceled due to COVID-19).
18. Eastman, A., Bauman, V., Dixon, B.N., **Ugwoaba, U. A.**, Brockmann, A.N., Scarlett, C.A., Shankar, M.N., Perri, M.G., & Ross, K.M. (2020). Acceptance-based behavioral treatments for weight management: A systematic review. *Annals of Behavioral Medicine*, 54, S782. Poster accepted for presentation at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA, United States. (Conference canceled due to COVID-19).
19. Shankar, M.N., Bauman, V., Brockmann, A.N., **Ugwoaba, U. A.**, Scarlett, C.A., Eastman, A., Dixon, B.N., Ross, K.M., & Perri, M.G. (2020). Extended Care for Obesity Management: Effects of Matching Participants to Their Treatment Preference for Follow-up Care. *Annals of Behavioral Medicine*, 54, S622. Poster accepted for presentation at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference canceled due to COVID-19).
20. **Ugwoaba, U. A.**, Eastman, A. J., Dixon, B. N., Brockmann, A. N., Gordon, E. L., Bauman, V., Shankar, M. N., Dixon, B., Brockmann, A. N., Eastman, A., Perri, M. G., & Ross, K. M. (2019). Association between hunger, temptation, and making eating choices consistent with weight loss goals. *Annals of Behavioral Medicine*, 53, S630. Poster presented at the 40th Annual Meeting of the Society of Behavioral Medicine, Washington, DC. Poster presented at the University of Florida Public Health and Health Professions Research Day, April 4, 2019, Gainesville, FL.
21. Gordon, E. L., Bauman, V., Shankar, M. N., Dixon, B. N., **Ugwoaba, U. A.**, Brockmann, A. N., Eastman, A. J., Ross, K. M., & Perri, M. G. (2019). Validation of the Yale Food Addiction Scale in a sample of U.S. adults seeking behavioral treatment for obesity. *Annals of Behavioral Medicine*, 53, S635. Poster presented at the 40th Annual Meeting of the Society of Behavioral Medicine, Washington, DC.
22. Bauman, V., Gordon, E. L., Shankar, M. N., Dixon, B., **Ugwoaba, U. A.**, Eastman, A., Perri, M. G., Ross, K. M., & Brockmann, A. N., (2019). Effect of behavioral weight loss treatment dose on clinically significant improvements in glycemic control. *Annals of Behavioral Medicine*, 53, S41. Poster presented at the 40th Annual Meeting of the Society of Behavioral Medicine, Washington, DC.
23. Shankar, M. N., Bauman, V., Durning, P. E., Gordon, E. L., Dixon, B. N., Eastman, A. J., Brockmann, A. N., **Ugwoaba, U. A.**, Ross, K. M., & Perri, M. G. (2019). Sensitivity of the Rapid Eating Assessment for Participants- Short version to change during behavioral weight-loss treatment. *Annals of Behavioral Medicine*, 53, S337. Poster presented at the 40th Annual Meeting of the Society of Behavioral Medicine, Washington, DC.
24. Eastman, A. J., Dixon, B. N., **Ugwoaba, U. A.**, Brockmann, A. N., Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & Ross, K. M. (2019). Impact of phone coaching on engagement with digital tools for self-monitoring caloric intake, weight, and physical activity. *Annals of Behavioral Medicine*, 53, S793. Poster presented at the 40th Annual Meeting of the Society of Behavioral Medicine, Washington, DC.
25. Dixon, B. N., Eastman, A. J., **Ugwoaba, U. A.**, Brockmann, A. N., Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & Ross, K. M. (2019). What happens after the intervention ends? Post-treatment trajectories of self-monitoring. *Annals of Behavioral Medicine*, 53,

S630. Poster presented at the 40th Annual Meeting of the Society of Behavioral Medicine, Washington, DC.

26. Brockmann, A. N., Eastman, A. J., Dixon, B. N., **Ugwoaba, U. A.**, Gordon, E. L., Bauman, V., Shankar, M. N., Perri, M. G., & Ross, K. M. (2019). Is it really a two-way street? Bidirectional association between exercise and stress in adults with overweight and obesity. *Annals of Behavioral Medicine*, 53, S223. Paper presented at the 40th Annual Meeting of the Society of Behavioral Medicine, Washington, DC.

## **PROFESSIONAL AFFILIATIONS**

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Society of Behavioral Medicine	2018-Present
American Psychological Association	2019-Present