

Umelo A. Ugwoaba

CONTACT INFORMATION

Department of Clinical & Health Psychology
College of Public Health & Health Professions
University of Florida
Gainesville, FL 32610
Email: uugwoaba@php.ufl.edu

EDUCATION

University of Florida Gainesville, FL

- Doctor of Philosophy in Clinical Psychology Present
 - Concentration in Medical/Health Psychology
 - Primary Mentor: Kathryn M. Ross, Ph.D. M.P.H.
- Master of Public Health in Epidemiology Expected August 2022
 - Mentor: Simone Marini
- Master of Science in Psychology May 2020
 - Thesis: Exploring the Association Between Temptation, Hunger, and Dietary Adherence

University of Washington Seattle, WA

- Bachelor of Science in Psychology June 2014

RESEARCH EXPERIENCE

Health Promotion Lab

Graduate Research Assistant

University of Florida
June 2018 – Present

- Principal Investigator: Kathryn Ross, Ph.D. M.P.H.
- Recruited, scheduled, and served as a graduate-level interventionist for behavioral weight loss programs

Early Childhood Cognition Lab

Research Assistant

University of Washington
September 2013 – September 2014

- Principal Investigator: Jessica Sommerville Ph.D.
- Recruited, scheduled, managed data, and assisted in running participants for projects investigating social and moral cognition and behavior in infants.
- Served as a live and reliability coder for preferential looking tasks in study sessions exploring the development of fairness concerns in infancy.

CLINICAL EXPERIENCE

University of Florida Psychology Specialties

Gainesville, FL

Advanced Practicum in Presurgical Assessment (Bariatric) August 2021 – December 2021

Supervisor: Allison Holgerson, Ph.D., ABBP

- Conducted outpatient pre-surgical evaluations for candidates for bariatric surgery (Roux-en-Y gastric bypass, sleeve gastrectomy, lap band removal, and/or surgical revision).

Advanced Practicum in Behavioral Sleep Medicine January 2021 – April 2021

Supervisor: Jessica Payne-Murphy, Ph.D.

- Conducted diagnostic interviews with adult outpatients with a variety of sleep disorders, including insomnia, sleep apnea, delayed sleep phase syndrome, shift work, and hypnotic dependence.

Advanced Practicum in Chronic Pain August 2020 – December 2020

Supervisor: Lori Waxenberg, Ph.D., ABBP

- Conducted outpatient pre-surgical evaluations for candidates for a spinal cord stimulator.
- Conducted intakes for patients seeking therapy for a variety of pain conditions, including back pain, limb pain, facial pain, and fibromyalgia.

Practicum in Medical/Health Psychology Assessment April 2020 – July 2020

Chronic Pain

Supervisor: Lori Waxenberg, Ph.D., ABBP

Behavioral Sleep Medicine

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

Practicum in General Mental Health Assessment January 2020 – March 2020

Supervisor: Patricia Durning, Ph.D.

- Conducted therapy intakes for adults with general mental health concerns, primarily anxiety and depression.

Practicum in Pediatric/Child Assessment September 2019 – January 2020

Supervisor: Brenda Wiens, Ph.D.

- Conducted educational and psychological assessment for pediatric outpatients presenting with a variety of concerns, primarily autism spectrum disorder, attention-deficit/hyperactivity disorder, and anxiety.

Practicum in Adult Neuropsychological Assessment July 2019 – September 2019

Supervisor: Erika Cascio, Psy.D.

- Conducted outpatient neuropsychological assessments for adults presenting with a variety of concerns, including anxiety, depression, post-traumatic stress disorder, bipolar disorder, and attention-deficit/hyperactivity disorder.

CLINICAL COURSES & WORKSHOPS

ACT 1: An Introduction to Acceptance and Commitment Therapy

June 2020

Instructor: Matthew Boone, LCSW

- Attended an approximately 8-hour online course centered on the main principles of ACT, including both intellectual and experiential techniques to increase psychological flexibility.

HONORS AND AWARDS

Florida Education Fund

McKnight Doctoral Fellow

Tampa, FL

August 2018 – July 2022

Office of Graduate Diversity Initiatives University of Florida

Board of Education Fellow

Gainesville, FL

June 2018 – August 2018

PROFESSIONAL EXPERIENCE

University of Washington Sports Medicine

Athletic Training Intern

Seattle, WA

August 2013 – July 2015

- Worked with certified athletic trainers and team physicians to provide first aid, injury prevention, management, and rehabilitation services for Division I collegiate athletes.
- Served as a medical liaison during appointments with team physicians.

PROFESSIONAL MEMBERSHIPS

American Psychological Association

2019 – Present

Society of Behavioral Medicine

2018 – Present

INTERNATIONAL EXPERIENCE

Peace Corps Indonesia

English Language Instructor

Ponorogo, East Java

June 2016 – June 2018

Language and Culture Training – Peace Corps Indonesia

March 2016 – May 2016

LEADERSHIP/MENTORSHIP

University of Florida Keys to Success Mentorship Program

Mentor

April 2021 – Present

Gainesville, FL

- Served as a mentor in a program designed to provide support for Black pre-health undergraduate students.

Peace Corps Indonesia Inclusion, Diversity, Equity, Acceptance (IDEA) Committee

Founding Member

2018

- Worked with two other Peace Corps Volunteers to form a committee to provide support for volunteers of varying races, ethnicities, ages, genders, beliefs, and abilities.

Allied Within Diversity Conference

Surabaya, East Java

Organizer/Facilitator

2018

- Worked with other Peace Corps Volunteers to facilitate a conference for volunteers, Peace Corps staff, and host country nationals designed to address the unique challenges faced by volunteers of color in Indonesia.

Girls Leading Our World (**GLOW**)/Boys Respecting Others (**BRO**) **Camp** Madiun, East Java

Organizer/Facilitator

April 2018

GLOW/BRO Leadership Camp

Ponorogo, East Java

Organizer/Facilitator

March 2017

African Students Association

University of Washington

Campus Outreach Coordinator

2013 – 2014

- Collaborated with other officers to plan weekly meetings
- Served as a link between ASA and other organizations on campus
- Organized and took part in the 12th and 13th annual Afro-Caribbean Night
- Previous Position: Member 2012-2013

VOLUNTEER EXPERIENCE

Literacy Source Community Center

Fremont, WA

ESL Tutor

September 2015 – March 2016

- Generated and taught sessions aimed at improving English language skills
- Emphasized pronunciation and reading comprehension

Program Support

September 2014 – September 2015

- Answered phone and performed other administrative tasks
- Attended to questions from students and volunteer instructors

ESL Instructor

March 2014 – June 2014

- Taught an intermediate ESL class for recent immigrants and other adults looking to improve their English language skills
 - Course material included life skills and basic computer literacy
- Attended training sessions on understanding adult learners, lesson planning, and best teaching practices

LANGUAGES

Fluent: English, Indonesian

PANELS

Black American RPCV Panel – February 17, 2021. University of Florida

- Presented on a panel and addressed questions from prospective volunteers about considerations for Black Americans serving abroad as Peace Corps Volunteers.

Education and Youth Development Panel – November 18, 2020. 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 8, 2020. 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 transitioning between America and country of service at the beginning and conclusion of service.

PUBLISHED MANUSCRIPTS

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>

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>

OTHER PUBLICATIONS AND PRESENTATIONS

Ugwoaba, U.A., Carpenter, C.A., Bauman, V., Eastman A., Brockmann, A.N., Scarlett, C.A., Arroyo, K.M., & Ross, K.M. (April, 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.

Arroyo, K.M., **Ugwoaba, U.A.**, Brockmann, A.N., Carpenter C.A., Bauman, V., Eastman, A., Scarlett, C.A., & Ross, K.M. (April, 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.

Scarlett, C.A., Bauman, V., Brockmann, A.N., **Ugwoaba, U.A.**, Eastman, A., Arroyo, K.M., Carpenter, C.A., & Ross, K. M. (April, 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 2021 Annual Meeting of the Society of Behavioral Medicine, Virtual Conference

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. (April 2021). *Annals of Behavioral Medicine*, 55, S97. Presented as a Virtual Research Spotlight at the 2021 Annual Meeting of the Society of Behavioral Medicine, Virtual Conference

Ugwoaba, U. A., & Ross, K. M. *Exploring the association between temptation, hunger, and dietary adherence.* Paper presented at February 2020 McKnight Mid-Year Conference

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).

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).

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).

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).

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).

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).

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, February 6). *Associations between impulsivity, implicit food attitudes, and behavioral weight management program outcomes.* Poster presented at the University of Florida's Public Health and Health Professions Research Day, Gainesville, FL.

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,

April 4). Association between hunger, temptation, and making eating choices consistent with weight loss goals. Poster presented at the University of Florida Public Health and Health Professions Research Day, Gainesville, FL.

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 2019 Society of Behavioral Medicine meeting, Washington, DC.

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 2019 Society of Behavioral Medicine meeting, Washington, DC.

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 2019 Society of Behavioral Medicine meeting, Washington, DC.

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 2019 Society of Behavioral Medicine meeting, Washington, DC.

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 2019 Society of Behavioral Medicine meeting, Washington, DC.

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 2019 Society of Behavioral Medicine meeting, Washington, DC.

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 2019 Society of Behavioral Medicine meeting, Washington, DC.