

Umelo A. Ugwoaba

CONTACT INFORMATION

Department of Clinical & Health Psychology
College of Public Health & Health Professions
University of Florida
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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 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

University of Florida

Graduate Research Assistant

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

University of Washington

Research Assistant

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

Practicum in Medical/Health Psychology Assessment

April 2020 – July 2020

Chronic Pain

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.

Behavioral Sleep Medicine

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.

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

Tampa, FL

McKnight Doctoral Fellow

August 2018 – July 2022

Office of Graduate Diversity Initiatives University of Florida

Gainesville, FL

Board of Education Fellow

June 2018 – August 2018

PROFESSIONAL EXPERIENCE

University of Washington Sports Medicine

Seattle, WA

Athletic Training Intern

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 Ponorogo, East Java
English Language Instructor June 2016 – June 2018

Language and Culture Training – Peace Corps Indonesia March 2016 – May 2016

LEADERSHIP

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 others 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

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.

PUBLICATIONS AND PRESENTATIONS

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.