

## CURRICULUM VITAE

### A. EDUCATIONAL BACKGROUND

**2012-2014 T32 Postdoctoral Research Fellow**

Department of Preventive Medicine  
Feinberg School of Medicine  
Northwestern University: Chicago, Illinois  
Research Mentor: Dr. Mercedes R. Carnethon

**2006 – 2012 Doctor of Philosophy (Ph.D.)**

Major: Social Psychology  
Minor: Neuropsychology  
Psychology Department  
Howard University: Washington D.C.  
Dissertation Title: “Does state mindfulness influence the effects of hostility, cultural mistrust, and racial socialization on coping strategy preference among African American college students across types of stressful situations?”  
Dissertation Chair: Dr. Lloyd R. Sloan

**2006 – 2010 Master of Science (M.S.)**

Major: Psychology  
Psychology Department  
Howard University: Washington D.C.  
Thesis Title: “Optimism, hostility, social support, racism and religiosity as predictors of perceived stress among African American college students.”  
Thesis Chair: Dr. Lloyd R. Sloan

**2002 – 2006 Bachelor of Science (B.S.)**

Major: Psychology  
Minor: Radio, TV, Film  
Psychology Department  
Howard University: Washington D.C.  
Honors: Phi Beta Kappa, Summa Cum Laude  
Senior Thesis Title: “Gender differences in dating violence among African American college students.”  
Academic Advisor: Dr. Dominicus So

### B. RESEARCH EXPERIENCE

**2016-** **Study Coordinator, Chicago Healthy Eating Environments and Resources Study, Northwestern University Feinberg School of Medicine: Chicago, IL.** Conduct health interviews, health interviewer training, and manage recruitment efforts for a community-based epidemiological study.

- 2014-** **Research Associate, Scientific Careers and Research Development Group, Northwestern University Feinberg School of Medicine: Chicago, IL.** Qualitatively research the group dynamics, communication styles, and the interpersonal and motivational factors that influence the career-decision making process for underrepresented minorities in biomedical sciences. Key tasks include qualitative interviewing, coding and analyses, social identity-based workshop facilitation, and curricular development. NVIVO analysis software was utilized.
- 2014-** **Co-founder, Beneath The Façade.** Develops the vision and content for Beneath The Façade, a website that serves as a digital community and psycho-educational resource for African American women coping with gendered racism and stereotypes in the workplace.  
[www.beneaththefacade.org](http://www.beneaththefacade.org)
- 2014-** **Associate Project Director, Urban Mindfulness and Addictions Research Program, Chicago State University: Chicago IL.** Develop fidelity rubrics, train and evaluate the session facilitators, and conduct statistical analyses for randomized controlled trial intervention. SPSS analysis software was utilized.
- 2012-2014** **Cardiovascular Epidemiology and Prevention Postdoctoral Fellow, Department of Preventive Medicine, Northwestern University Feinberg School of Medicine: Chicago, IL.** Conducted epidemiological research on the psychosocial factors of cardiovascular-related health behaviors (sedentary behaviors, eating behaviors, and health care use) and metabolic disorders. Stata analysis software was utilized.
- 2006-2013** **Researcher, Psychology Department, Howard University: Washington D.C.** Conducted research on coping strategies and various psychosocial factors that impact the stress and health behaviors of African Americans. SPSS analysis software was utilized.
- 2011-2012** **Lab Manager, COPE Lab, Psychology Department, Howard University: Washington D.C.** Managed and trained ten undergraduate students who collected data in a lab that investigated mindfulness' influence on mistrustful dispositions and coping strategy preference.
- 2012** **Behavioral Intervention Intern, Diabetes Treatment Center, Howard University: Washington D.C.** Evaluated the effectiveness of a diabetes self-management program. Tasks included tracking the goals of behavior change through follow-up phone calls and visits with the patients, data entry, and writing reports. Clinipro electronic medical record system was utilized.
- 2010-2012** **Researcher, Department of Prevention and Community Health, George Washington University: Washington D.C.** Evaluated the effectiveness of Capital Cares, a youth suicide prevention program and public health campaign funded by the Department of Mental Health in Washington DC. Tasks included data entry using Excel, creation of summary reports, and web survey development and management.
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### **C. TEACHING EXPERIENCE**

- 2014-2016**            **Instructor, Psychology Department, Chicago State University: Chicago, IL.** Taught “Fundamentals of Statistical Methods” to undergraduate health science and psychology students. Topics include: descriptive statistics correlation, t-tests, and analysis of variance. Course Number PSYC 4190 PSYC 3500
- 2013**                    **Undergraduate Research Mentor, Department of Preventive Medicine, Northwestern University Feinberg School of Medicine: Chicago, IL.** Organized the research agendas for three undergraduate researchers and mentored them as they completed various aspects of epidemiology research including: literature reviews, data collection, data entry, scientific writing, and presentations.
- 2006-2012**            **Instructor, NIMH Research Training Seminar, Psychology Department, Howard University: Washington D.C.** Responsibilities included creating course materials and curriculum; and mentoring students throughout their undergraduate research appointments. Topics included GRE preparation, scientific writing, research methodology, and preparing a competitive graduate school application. Course Number: PSYCH 193
- 2010-2011**            **Guest Lecturer, Psychology Department, Howard University: Washington D.C.** Taught a range of topics during undergraduate social psychology courses including: social cognition, social influence, and prosocial behaviors. Course Number: PSYCH 125

### **D. CONSULTING EXPERIENCE**

- 2016**                    **Health Interviewer, Department of Preventive Medicine, Northwestern University Feinberg School of Medicine: Chicago, IL.** Collect survey and physiological data among women in a community-based sample.
- 2016**                    **Proposal Writer, Programs and Training, Black Women’s Health Imperative: Washington DC.** Researched, co-wrote, and edited health-related proposals.
- 2014**                    **Consultant, Urban Mindfulness and Addictions Research Program, Chicago State University: Chicago, IL.** Provide technical assistance and qualitative data collection for a mindfulness-based substance abuse intervention.

### **E. HONORS AND AWARDS**

- 2017**                    Invited Speaker, RISE Seminar, Spelman College
- 2016**                    Invited Speaker, Mindfulness and Diversity Conference, Stony Brook University

2014	Finalist at the Northwestern University Lewis Landsberg Research Day
2014	Northwestern University Postdoctoral Affairs Travel Grant
2014	American Heart Association Minority Travel Grant
2013	CDC Minority Travel Award Recipient, American Heart Association 10-day Epidemiology Seminar on Epidemiology and Prevention of Cardiovascular Disease
2013	American Heart Association 10-Day Seminar on the Epidemiology and Prevention of Cardiovascular Disease Fellow
2011-2012	National Institute of Mental Health (NIMH-COR) Graduate School Fellow
2008-2011	Howard University Frederick Douglas Scholarship; full tuition and stipend
2006-2008	Ronald E. McNair Graduate School Fellow; full tuition and stipend
2006-	Phi Beta Kappa Honors Society

## **F. POPULAR MEDIA BIBLIOGRAPHY**

**Womack, V.Y.** (April 17, 2016). Respectability politics are making black Americans sick. *Quartz*. <http://qz.com/663520/respectability-politics-are-making-black-americans-sick/>

**Womack, V.Y.** (March 27, 2015). A movement against racism should be a movement for mental health. *TIME*. <http://time.com/3761684/movement-against-racism-mental-health/>

## **G. SCHOLARLY BIBLIOGRAPHY**

**Womack, V.Y.** Sloan, L.R. (2017). The Association of Mindfulness and Racial Socialization Messages on Approach-Oriented Coping Strategies among African Americans. *Journal of Black Studies*.

**Womack, V.Y.**, De Chavez, P., Siddique, J., Loucks, E.B., Puterman, E., Albrecht, S., Redmond, N., Durant, N., Williams, D., Carnethon, M.R. (2016). A Longitudinal Relationship between Depressive Symptoms and Development of Metabolic Syndrome: the Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Psychosomatic Medicine*, 78(7), 867-873.

Orneilas, I.J., Gallo, L.C., Salgado, H., **Womack, V.Y.**, Penedo, F.J. (2015). Binge Drinking and Perceived Ethnic Discrimination among Hispanics/Latinos: Results from the Hispanic Community Health Study/Study of Latinos Sociocultural Ancillary (HCHS/SOL) Study. *Journal of Ethnicity in Substance Abuse*, 15(3), 223-239.

Nuñez, A., González, P., Talavera, G. A., Sanchez-Johnsen, L., Roesch, S. C., Davis, S. M., Arguelles, W., **Womack, V. Y.**, Ostrovsky, N. W., Ojeda, L., Penedo, F. J., & Gallo, L. C. (2015). Machismo, Marianismo, and Negative Cognitive-Emotional Factors: Findings from the Hispanic Community Health Study/Study of Latinos Sociocultural Ancillary Study. *Journal of Latina/o Psychology*, 4(4), 202.

**Womack, V.Y.** & Carnethon, M.R. (2015). Comment on Tovote et al. Individual Mindfulness-Based Cognitive Therapy and Cognitive Behavior Therapy for Treating Depressive Symptoms in Patients With Diabetes: Results of a Randomized Controlled Trial. *Diabetes Care*, 38:e49-e50.

**Womack, V.Y.**, Ning, H., Lewis, C.E., Loucks, E.B., Puterman, E., Reis, J., Siddique, J., Sternfeld, B., Van Horn, L., Carnethon, M.R. (2014). The association of discriminatory experiences on sedentary behaviors: the Coronary Artery Development in Young Adults (CARDIA) Study. *American Journal of Health Behaviors*. 38(5):641-649.

**Womack, V.Y.**, Onyango, L., Campbell, P.B., McGee, R. (under review) Being the Only: Black Women Biomedical Graduate Student Perceptions of Climate and Coping.

**Womack, V.Y.**, Carrion, V., Penedo, F.J., Gonzalez, P., Cai, J., Giachello, A.L., Davis, S.M., Daviglius, M.R., Carnethon, M.R. (under review). Association of marital status and on health care use among Latino Hispanic/Latino adults: Results from HCHS/SOL.

### **Abstracts**

**Womack, V.Y.** Onyango, L.A., Campbell, P.B. McGee R. (2017). Being the Only: Black Women Biomedical Graduate Student Perceptions of Climate and Coping. Paper presented at the Understanding Interventions that Broaden Participation in Science Careers Conference, San Antonio, TX.

**Womack, V.Y.**, Williams, S.N., Thakore, B.K., Onyango, L.A., Wood, C., Ingram, S., Fry, C., Wecker, L., McGee, R. (2017). Promoting success through diverse career coaching groups: The ASPET Mentoring Network. Paper presented at the Understanding Interventions that Broaden Participation in Science Careers Conference, San Antonio, TX.

McGee, R., **Womack, V.Y.** Thakore, B. Williams, S., Onyango, L., Ingram, S., Fry, C. and Wecker, L. (2016). Promoting Success Through Diverse Career Coaching Groups: Expansion to a Scientific Society. Poster presented at the GREAT Group and GRAND Professional Development Conference, Rosemont, IL.

Dickens, D. & **Womack, V.Y.** (2016.) Beneath The Façade: The Psycho-educational website for Professional Black Women. Paper presented at the Society for the Psychological Study of Social Issues Conference, Minneapolis, MN.

**Womack, V.Y.**, Onyango, L., Campbell, P.B., McGee, R. (2016). Being the Only: Black Women Biomedical Graduate Student Perceptions of Climate and Coping. Paper presented at the Conference on Evidence –Based Innovations to Support Women in Biomedical Research Careers, Bethesda, MD.

Byars-Winston, A., McGee, R., Quinn, S., Thomas, S., Saetermoe, C., Butz, A., **Womack, V.Y.**, Utzerath, E. (2016). Promoting Culturally Aware Mentoring and The NRMN Initiative. Paper presented at the Keeping Our Faculty of Color Symposium, Minneapolis, MN.

**Womack, V.Y.** and Dickens, D. (2016). Beneath The Façade: The Psycho-educational website for Professional Black Women. Paper presented at The Association of Black Psychologists Midwestern Regional Conference, Chicago, IL.

**Womack, V.Y.**, Williams, S.N., Thakore, B.K., Onyango, L.A., McGee, R. (2016). Facilitation Style and 'Safe Space' Development during a Coaching Intervention for Biomedical PhD Students: The Academy for Future Science Faculty. Paper presented at Understanding Interventions that Broaden Participation in Science Careers Conference, Philadelphia, PA.

Wood, C.V., **Womack, V.Y.**, Thakore, B., Jones, R., McGee, R. (2016). Qualitative Interviewing: from Design to Detail. Workshop presented at Understanding Interventions that Broaden Participation in Science Careers Conference, Philadelphia, PA.

**Womack, V.Y.**, Williams, S.N., Thakore, B.K., Onyango, L.A. McGee R. (2015). Perceived Academic Career Coach Effectiveness by Coaching Style among Biomedical PhD Students. Paper presented at Understanding Interventions that Broaden Participation in Science Careers Conference, San Diego, CA.

**Womack, V.Y.**, Montag, S.E., De Chavez P., Carnethon, M.R. (2015). Association of Mindfulness and Stress with Sleep: Chicago Area Sleep Study. Poster presented at the Lewis Landsberg Research Day, Chicago, IL.

Lyons, L., Cantrell, W.D., **Womack, V.Y.** (2015). Mindfulness based relapse prevention for male, drug-using jail inmates. Poster presented at the American Public Health Association, Chicago, IL.

**Womack, V.Y.**, De Chavez, P., Kershaw K.N., Carnethon, M.R. (2014). The Prevalence of Comorbid Depression & Diabetes across Racial/Ethnic Backgrounds: The National Health and Nutrition Examination Study. Poster presented at the Lewis Landsberg Research Day, Chicago, IL.

**Womack, V.Y.**, De Chavez, P., Penedo, F.J., Gonzalez, P., Ojeda, L., Ostfeld, R., Cai, J., Davis, S.M., Gallo, L.C., Giachello, A.L., Carnethon, M.R. (2014). Association of Martial Status with Health Care Use among Hispanic/Latino Adults: Results from the HCHS/SOL SocioCultural Ancillary Study. Paper presented at the National Heart, Lung, and Blood Institute Trainee Session, San Francisco, CA.

**Womack, V.Y.**, De Chavez, P., Penedo, F.J., Gonzalez, P., Ojeda, L., Ostfeld, R., Cai, J., Davis, S.M., Gallo, L.C., Giachello, A.L., Carnethon, M.R. (2014). Association of Martial Status with Health Care Use among Hispanic/Latino Adults: Results from the HCHS/SOL SocioCultural Ancillary Study. Poster presented at the American Heart Association Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2014 Scientific Sessions, San Francisco, CA.

**Womack, V.Y.**, De Chavez, P., Kershaw K.N., Carnethon, M.R. (2014). The Prevalence of Comorbid Depression & Diabetes across Racial/Ethnic Backgrounds: The National Health and Nutrition Examination Study. Poster presented at the American Heart Association Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2014 Scientific Sessions, San Francisco, CA.

Carnethon, M.R. De Chavez, P.J., Rasmussen-Torvik, L.J., **Womack V.Y.**, Kershaw, K.N. (2014). Trends in diabetes by socioeconomic status between 1999-2010: National Health and Nutrition Examination Surveys. Poster presented at the American Heart Association Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2014 Scientific Sessions, San Francisco, CA.

**Womack, V.Y.** & Sloan, L.R. (2014). Mindfulness moderates race-related stress' negative impact on binge-eating among African American college students. Poster presented at the Society of Personality and Social Psychology Conference, Austin, TX.

**Womack, V.Y.**, De Chavez, P., Siddique, J., Loucks, E.B., Puterman, E., Albrecht, S., Redmond, N., Durant, N., Williams, D., Carnethon, M.R. (2013). Associations of depressive symptoms with metabolic syndrome: the Coronary Artery Risk Development in Young Adults (CARDIA) Study. Poster presented at the American Heart Association Scientific Sessions, Dallas, TX.

**Womack, V.** & Sloan, L.R. (2013). Mindfulness and racial socialization messages predict active coping among African American college students. Poster presented at the World Congress on Positive Psychology, Los Angeles, CA.

**Womack, V.** & Sloan, L.R. (2013). Racial socialization messages moderate the influence of state mindfulness and race-related stressors on coping strategy preferences. Poster presented at the World Congress on Adolescent Health, Istanbul, Turkey.

**Womack, V.** & Sloan, L.R. (2013). The effect of state mindfulness on coping strategy preferences in race-related stressful situations. Poster presented at the Hawaii International Conference on Social Science, Honolulu, HI.

**Womack, V.** & Sloan, L.R. (2013). Mindfulness counteracts the negative relationship between hostility and behavioral disengagement coping. Paper presented at the Midwestern Psychological Association Conference, Chicago, IL.

**Womack, V.**, Puterman, E., Van Horn, L., Siddique, J., Loucks, EB., Sternfeld, B. & Carnethon, M. (2013). Association of discriminatory experiences on sedentary behaviors: the coronary artery risk development in young adults study (CARDIA). Poster presented at the American Heart Association Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2013 Scientific Sessions, New Orleans, LA.

**Womack, V.** & Sloan, L.R. (2013). Cultural pride reinforcement racial socialization messages moderate the influence of state mindfulness and race-related stressors on coping strategy preference. Poster presented at the Society of Personality and Social Psychology, New Orleans, LA.

**Womack, V.** & Sloan, L.R. (2012). Mindful acceptance can counteract the deleterious relationship between hostility and perceived stress. Poster presented at the Society of Behavioral Medicine Conference, New Orleans, LA.

**Womack, V.** & Sloan, L.R. (2012). High trait mindfulness reduces the counterproductive relationship between high hostility and low active coping with stress. Poster presented at the Society of Personality and Social Psychology Conference, San Diego, CA.

## **H. SERVICE**

### **Service**

**2017**                      Invited Speaker, Polished Pebbles Mentoring Group, Chicago, IL

- 2016-** Member, Diversity Fellowship Selection Committee, Northwestern University Graduate School, Chicago, IL
- 2016-** Member, Chicago State University Mindfulness Curricular Development and Programming Committee
- 2016** Evaluation Advisor, I Grow Chicago, Chicago, IL
- 2016** Invited Speaker, Counseling Department, Chicago State University, Chicago, IL
- 2016** Invited Workshop Facilitator, Center for the Advancement of Teaching and Faculty Development, Xavier University, New Orleans, LA
- 2016** Invited Speaker, American Society for Pharmacology and Experimental Therapeutics (ASPET) Annual Meeting, San Diego, CA
- 2016** Member, Planning Committee, Mindfulness & Diversity: A Research Forum to Enhance Awareness and Improve Minority Health at Stony Brook and Beyond
- 2016** Chief Reviewer, CARDIA Presentations & Publications Committee, Coronary Artery Risk Development in Young Adults (CARDIA) Study.
- 2016** Proposal Reviewer, APA Division 45 Research Conference, American Psychological Association
- 2016** Research Advisor, Northwestern Medical Scholars Program, Chicago, IL
- 2015-** Member, Board of Directors, Positive Responsible Educated Talented Truthful Young Women (P.R.E.T.T.Y.)
- 2015-** Member, Cultural Awareness Module Working Group, National Research Mentoring Network (NRMN)
- 2015** Member, Selection Committee, National Black Graduate Students in Psychology Conference (BGSPC)
- 2015** Invited Speaker, Society for Advancement of Hispanics/Chicanos and Native Americans in Science (SACNAS) Chicago Symposium, Chicago, IL
- 2015** Invited Speaker, Daughters and Sons Go To Work Day, Northwestern University, Chicago, IL.
- 2015** Invited Workshop Facilitator, The Women's Center, Northwestern University, Chicago, IL
- 2015** Member, Health Committee, Montessori School of Englewood, Chicago, IL



- 2014** Chief Reviewer, CARDIA Presentations & Publications Committee, Coronary Artery Risk Development in Young Adults (CARDIA) Study.
- 2014** Faculty, National Black Graduate Conference in Psychology (BGSPC), Washington D.C.
- 2014** Invited Speaker, Daughters and Sons Go To Work Day, Northwestern University, Chicago, IL.
- 2013-** Reviewer, *The Journal of the Academy of Nutrition and Dietetics*.
- 2013** Reviewer, *Stress and Health*.
- 2013** Research Mentor, Summer Research Opportunity Program (SROP), Northwestern University Feinberg School of Medicine, Chicago, IL.
- 2013** Invited Speaker, Daughters and Sons Go To Work Day, Northwestern University, Chicago, IL.
- 2012-** Affiliated Investigator, Hispanic Community Health Study/Study of Latinos (SOL)
- 2012-** Affiliated Investigator, Chicago Area Sleep Study (CASS)
- 2012-** Member, CARDIA Psychosocial Working Group, Coronary Artery Risk Development in Young Adults (CARDIA) Study.

**Professional Affiliations**

- 2017-** Osher Center for Integrative Medicine, Northwestern University
- 2015-** Institute for Public Health and Medicine, Northwestern University
- 2012-2014** American Heart Association
- 2011-2012** American Psychological Association
- 2011-2014** Society of Behavioral Medicine
- 2010-2013** Midwestern Psychological Association