

Michael V. Stanton

San Francisco Bay Area, CA

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EDUCATION AND TRAINING

Stanford University and Veterans Affairs Palo Alto Palo Alto, CA 2013 – 2016
Fellowship, Clinical and Research: Behavioral Medicine Focus

Stanford University Graduate School of Business Palo Alto, CA 2016
Graduate Certificate, Ignite Entrepreneurship Program,

Duke University Durham, NC GPA: 3.9 2013
Ph.D. and M.A. Clinical Psychology: Behavioral Medicine track

Veterans Affairs Palo Alto (Stanford University affiliate) Palo Alto, CA 2012 – 2013
Pre-doctoral Internship, Clinical Psychology: Behavioral Medicine Track

Brown University Providence, RI GPA: 3.8 2002
Honors: **Magna Cum Laude**
Bachelor of Arts: Double Major in Psychology & Africana Studies

School for International Training Dakar, Senegal 2001

Milton Academy Milton, MA 1998

LICENSURE AND CREDENTIALING

Licensed Psychologist, California PSY 27402 2015 – present

GRANTS AND FELLOWSHIPS

- CSU East Bay AI Workgroup (focus: development of LLM agents) \$1,000 2025
- Chancellor's Grant to Establish Black Student Success Program - \$300,000 2024 – 2025
- Editorial Fellowship, Health Psychology (APA journal) 2022 – 2023
- Grant Proposal Development (GPD) program, Cal State East Bay - \$7,000 approx. 2022 – 2023
- NIH NHLBI PRIDE Research in Implementation Science for Equity (RISE) Fellow 2022-2023
University of California, San Francisco - \$10,000
- CSR Student Researcher Training Program (SRTP) - \$4,800 2020
- Faculty Support Grant (FSG), CSU East Bay - \$7,000 2019
- Robert Wood Johnson Fellowship New Connections Network - \$5,000 2019
- Computing Community Consortium (CCC) Workshop on Sociotechnical Interventions for Health Disparity Reduction - \$5,000 2018
- Robert Wood Johnson Fellowship New Connections Network - \$5,000 2018
- National Institute of Health Summer Institute - \$20,000 2015
- National Register Credentialing Scholarship - \$1000 2015
- "Treating Chronic Pain in Gulf War Illness" CDMRP grant (15%) – \$603,663 2014
- Duke Endowment Fellowship - \$22,00 yearly for 5 years 2007 – 2012
- FHI Graduate Digital Scholarship Initiative seed grant - \$500 2011 – 2012
- Vienna, Austria International Summer Institute - \$1,710 2011
- Vienna, Austria International Summer Institute - \$1,710 2010
- Society of Multivariate Experimental Psychology Minority Fellowship - \$1,150 2010

- Quantitative Training Scholarship American Psychological Assoc. - \$1,500 2009
- Minority Initiative Scholarship. American Psychosomatic Society - \$1,500 2009
- U.S. Fulbright grant (w/competitive extension grant) - \$28,000 2005
- Verizon/GTE Fellowship - \$5,000 2000
- UTRA Brown University research grant - \$5,000 1999

HONORS

- Editorial Fellow, Health Psychology Journal, Division 38 APA 2023
- PRIDE – RISE NIH NHLBI Fellow 2021-2022
- 3rd prize and 2 honor citation posters American Psychosomatic Annual Meeting 2020
- Robert Wood Johnson TECHquality Health 2.0 program 2017
- Winner of Social Enterprise Alliance (Bay Area) Pitch Competition 2015
- Swami Kuvalyananda Research Scholarship Award 2015
- Intermediate Level - American Society of Clinical Hypnosis 2013
- Honorable Mention, National Science Foundation Graduate Fellowship 2008, 2009
- Honorable Mention, Ford Foundation Diversity Fellowship 2007, 2009

PUBLICATIONS

MENTORED STUDENT RESEARCH

- Moore, M. D., Ali, S., Burnich-Line, D., Gonzales, W., & Stanton, M. V. (2020). Stigma, Opioids, and Public Health Messaging: The Need to Disentangle Behavior From Identity. *American Journal of Public Health*, 110(6), 807-810. doi:10.2105/ajph.2020.305628
- Templeton, E. M., **Stanton, M. V.**, & Zaki, J. (2016). Social norms shift preferences for healthy and unhealthy foods. *PLoS ONE*, 11(11), e0166286.

PUBLICATIONS

- (I served as section chair on the paper).** Chung, S. T., Harrington, J., Kandula, N. R., Kershaw, K. N., Mongraw-Chaffin, M., Baah, F. O., ... & American Heart Association Council on Lifestyle and Cardiometabolic Health; Council on Cardiovascular and Stroke Nursing; Council on Clinical Cardiology; and Council on Quality of Care and Outcomes Research. (2026). Socioeconomic and Structural Barriers to Addressing Obesity in Communities: A Scientific Statement from the American Heart Association. *Circulation*.
- Baumer, Y., Tirado, B. A., Ortiz-Whittingham, L. R., Baez, A. S., Gutierrez-Huerta, C. A., Mendelsohn, L. G., ... & Powell-Wiley, T. M. (2025). Loneliness associates with endothelial dysfunction in a community-based cohort: a pilot study and translational approach. *npj Cardiovascular Health*, 2(1), 1-11. <https://doi.org/10.1038/s44325-025-00059-5>
- Sawyer, M., **Stanton, M. V.**, Southerland, A. C., Kelly, C. N., & Gutierrez, L. (2025). A Systematic Review Evaluating the Efficacy of Mindfulness-Based Interventions on Reducing Stress in Hispanic/Latino/a/x College Students. *Mindfulness*, 1-29.
- Mezuk, B., Sin, N. L., **Stanton, M. V.**, Szabo, Y. Z., Tomiyama, A. J. White, K. E. (2023). The American Psychosomatic Society Antiracism Task Force: Implementation, Activities, and Lessons Learned. *Psychosomatic Medicine*. Jul-Aug 01;85(6):466-473. doi: [10.1097/PSY.0000000000001222](https://doi.org/10.1097/PSY.0000000000001222)
- Jonassaint, C. R., O'Brien, J., Nardo, E., Feldman, R., **Stanton, M.**, DeCastro, L., & Abebe, K. Z. (2022). Prevalence of Substance Use Disorders in Sickle Cell Disease Compared to Other Chronic Conditions: a Population-Based Study of Black American Adults. *Journal of General Internal Medicine*, 10.1007/s11606-022-07786-w. Advance online publication. <https://doi.org/10.1007/s11606-022-07786-w>
- Stanton, M. V.**, Jones, A., & Shahani, D. (2022). Relationship among interpersonal stressors in adolescence, social support buffers, and obesity in adulthood 14 years later. *Health Psychology*, 41(12), 904. <https://doi.org/10.1037/hea0001223>
- Keng, S.-L. (co-first authors), **Stanton, M. V.**, (**co-first authors**) (2022). Haskins, L. B., Almenara, C. A., Ickovics,

- J., Jones, A., Grigsby-Toussaint, D., Agostini, M., Bélanger, J. J., Gützkow, B., Kreienkamp, J., Lemay, E. P., vanDellen, M. R., Abakoumkin, G., Khaiyom, J. H. A., Ahmedi, V., Akkas, H., Atta, M., Bagci, S. C., ... Leander, N. P. (2022). COVID-19 stressors and health behaviors: A multilevel longitudinal study across 86 countries. *Preventive Medicine Reports*, 27, 101764. <https://doi.org/10.1016/j.pmedr.2022.101764>
- Cuevas, A. G., **Stanton, M. V.**, Carvalho, K., Eckert, N., Ortiz, K., Assari, S., & Ransome, Y. (2021). Stressful Life Events and Obesity in the United States: The Role of Nativity and Length of Residence. *American Journal of Health Promotion*. <https://doi.org/10.1177/08901171211034410>
- Breland, J. Y., **Stanton, M. V.** (2021). Anti-Black racism and behavioral medicine: confronting the past to envision the future. *Translational Behavioral Medicine*. <https://doi.org/10.1093/tbm/ibab090>
- Bayley, P. J., Schulz-Heik, R. J., Cho, R., Mathersul, D., Collery, L., Shankar, K., Ashford, J. W., Jennings, J., Tang, J., Wong, M. S., Avery, T. J., **Stanton, M. V.**, Meyer, H., Friedman, M., Kim, S., Jo, B., Younger, J., Mathews, B., Majmundar, M., & Mahoney, L. (2020). Yoga is effective in treating symptoms of Gulf War illness: A randomized clinical trial. *Journal of Psychiatric Research*. <https://doi.org/10.1016/j.jpsychires.2020.11.024>
- Breland, J. Y., **Stanton, M. V.** (2020) Should we give up on motivational interviewing? Not so fast. *Heart*. 106, 409-410. doi: 10.1136/heartjnl-2019-316170
- Oppezzo M. A., **Stanton, M. V.**, Garcia, A., Rigdon, J., Berman, J. R., Gardner, C. D. (2019) To text or not to text: electronic message intervention to improve treatment adherence versus matched historical controls. *JMIR Mhealth Uhealth*. 7(4), e11720. URL: <https://mhealth.jmir.org/2019/4/e11720>. DOI: 10.2196/11720. PMID: 30964436
- Offringa, L. C., **Stanton, M. V.**, Hauser, M. E., & Gardner, C. D. (2018). Fruits and vegetables versus vegetables and fruits: rhyme and reason for word order in health messages. *American Journal of Lifestyle Medicine*. <https://doi.org/10.1177/1559827618769605>
- Schulz-Heik, R. J., Meyer, H., Mahoney, L., **Stanton, M. V.**, Cho, R. H., Moore-Downing, D. P., ... Bayley, P. J. (2017). Results from a clinical yoga program for veterans: yoga via telehealth provides comparable satisfaction and health improvements to in-person yoga. *BMC Complementary and Alternative Medicine*, 17, 198.
- Stanton, M. V.**, & Smith, J. A. (2017). Law, Stigma, and Meaning: Implications for obesity and HIV prevention. *The Journal of Law, Medicine & Ethics*, 45(4), 492–501. <https://doi.org/10.1177/1073110517750583>
- Stanton, M. V.**, et al. (2017). DIETFITS Study (Diet Intervention Examining The Factors Interacting with Treatment Success) – Study Design and Methods. *Contemporary Clinical Trials*. Feb; 53: 151-161.
- Stanton, M. V.**, Matsuura, J., Fairchild, J. K., Lohnberg, J. A., & Bayley, P. J. (2016). Mindfulness as a weight loss Treatment for veterans. *Frontiers in Nutrition*, 3, 30.
- Gardner, C. & **Stanton, M. V.** (2014) Digesting Dietary Data: Why are there so many contradictory nutrition studies, and how can they be improved? *The Scientist*. 28(6):30-31.
- Stanton, M. V.** (2012) Walking Barefoot: A Fulbrighter's Journey from Senegal to Duke. *International Psychology Bulletin*. 16(3):65-6.
- Stanton, M. V.**, Jonassaint, C. J., Bartholomew, F. B., Edwards, C., Richman, L., DeCastro, L., & Williams, R. B. (2010) The association of optimism and perceived discrimination with health care utilization in adults with sickle cell disease. *Journal of the National Medical Association*. 102(11):1056-63.
- Jonassaint, C. J., Jonassaint, J. C., **Stanton, M. V.**, DeCastro, L., & Royal, C. D. (2010) Clinical and sociodemographic factors predict coping styles among adults with sickle cell disease. *Journal of the National Medical Association*. Nov; 102(11): 1045-9.
- Stanton, M. V.**, Jonassaint, C. J., Williams, R. B., & James, S. A. (2010). Socioeconomic status moderates the association between John Henryism and NEO PI-R personality domains. *Psychosomatic Medicine*, 72(2):141-7.
- Whitfield, K., Jonassaint, C., Brandon, D., **Stanton, M.**, Sims, M., Bennett, G., Salva, J., & Edwards, C.L. (2010). Does coping mediate the relationship between personality and cardiovascular health in African Americans. *Journal of the National Medical Association*. 102(2):95-100.
- Belsky, J., Jonassaint, C., Pluess, M., **Stanton, M.**, Brummett, B., & Williams, R.B. (2009). Vulnerability genes or plasticity genes? *Molecular Psychiatry*. 14(8), 746-54.
- Nelson, T. F., Labrie, R. A., LaPlante, D. A., **Stanton, M.**, Shaffer, H.J., & Wechsler, H. (2007). Sports betting and other gambling in athletes, fans and other college students. *Research Quarterly for Exercise and Sport*, 78(4), 271-83.
- Shaffer, H. J., **Stanton, M. V.**, & Nelson, S. E. (2006). Trends in gambling studies research: Quantifying, categorizing,

- and describing citations. *Journal of Gambling Studies*, 22(4): 427-442.
- Shaffer, H. J., LaPlante, D. A., LaBrie, R. A., Kidman, R. C., Donato, A., & **Stanton, M. V.** (2004). Toward a syndrome model of addiction: Multiple manifestations, common etiology. *Harvard Review of Psychiatry*, 12(6): 367-374.
- Shaffer, H. J., LaBrie, R., LaPlante, D., Nelson, S. E., & **Stanton, M. V.** (2004). The road less travelled: Moving from distribution to determinants in the study of gambling epidemiology. *Canadian Journal of Psychiatry*, 49(8): 504-516.
- Wittenburg, K., Lanning T., Heinrichs M., & **Stanton, M.** (2001) Parallel bargains for consumer-based information exploration and choice. In *Proceedings of the ACM Symposium on User Interface Systems and Technology*, (UIST '01). Nov: 51-60.

PSYCORONA COLLABORATION PUBLICATIONS

- Wollast, R., Lüders, A., Nugier, A., Guimond, S., Phillips, J. B., Sutton, R. M., ... & Leander, N. P. (2025). Gender inequality and cultural values in explaining gender differences in positive and negative emotions: A comparison of 24 countries during the COVID-19 pandemic. *Current Psychology*, 1-19.
- Fisher, A. N., Ryan, M. K., Liao, Y. H., Mikołajczak, G., Riedijk, L., Leander, N. P., ... & Zúñiga, C. (2024). The precarity of progress: Implications of a shifting gendered division of labor for relationships and well-being as a function of country-level gender equality. *Sex Roles*, 90(5), 642-658.
- Abakoumkin, G., Tseliou, E., McCabe, K. O., Lemay, E. P., Stroebe, W., Agostini, M., ... & Leander, N. P. (2024). Conceptual replication and extension of health behavior theories' predictions in the context of COVID-19: Evidence across countries and over time. *Social and Personality Psychology Compass*, 18(2).
- Zúñiga, C., Agostini, M., Louis, W. R., Lemay, E., Bélanger, J. J., Gützkow, B., ... & PsyCorona Collaboration. (2024). Prosociality During COVID-19: Pathways Through Affect, Financial Stress, Well-being, and Collective Disempowerment across 39 Countries. *Universitas Psychologica*, 23.
- Han, Q., Zheng, B., Cristea, M., Agostini, M., Bélanger, J. J., Gützkow, B., ... & PsyCorona Collaboration. (2023). Trust in government regarding COVID-19 and its associations with preventive health behaviour and prosocial behaviour during the pandemic: a cross-sectional and longitudinal study. *Psychological Medicine*, 53(1), 149-159. <https://doi.org/10.1017/S0033291721001306>
- R., Lin, Y., El Helou, G., Agostini, M., Bélanger, J. J., ... & Wollast, R. (2023). Pandemic boredom: Little evidence that lockdown-related boredom affects risky public health behaviors across 116 countries. *Emotion*, 23(8), 2370.
- Enea, V., Eisenbeck, N., Carreno, D. F., Douglas, K. M., Sutton, R. M., Agostini, M., ... & Leander, N. P. (2023). Intentions to be vaccinated against COVID-19: The role of prosociality and conspiracy beliefs across 20 countries. *Health Communication*, 38(8), 1530-1539.
- Han, Q., Zheng, B., Leander, N. P., Agostini, M., Gützkow, B., Kreienkamp, J., ... & Bélanger, J. J. (2023). Impact of national pandemic lockdowns on perceived threat of immigrants: A natural quasi-experiment across 23 countries. *Social Psychological and Personality Science*, 14(7), 796-807.
- Douglas, K. M., Sutton, R. M., Van Lissa, C. J., Stroebe, W., Kreienkamp, J., Agostini, M., ... & Leander, N. P. (2023). Identifying important individual-and country-level predictors of conspiracy theorizing: A machine learning analysis. *European Journal of Social Psychology*, 53(6), 1191-1203.
- Resta, E., Mula, S., Baldner, C., Di Santo, D., Agostini, M., Bélanger, J. J., ... & Leander, N. P. (2022). 'We are all in the same boat': How societal discontent affects intention to help during the COVID-19 pandemic. *Journal of Community & Applied Social Psychology*, 32(2), 332-347.
- Van Breen, J. A., Kutlaca, M., Koç, Y., Jeronimus, B. F., Reitsema, A. M., Jovanović, V., ... & Leander, N. P. (2022). Lockdown lives: a longitudinal study of inter-relationships among feelings of loneliness, social contacts, and solidarity during the COVID-19 lockdown in early 2020. *Personality and Social Psychology Bulletin*, 48(9), 1315-1330.
- Van Lissa, C. J., Stroebe, W., Leander, N. P., Agostini, M., Draws, T., Grygoryshyn, A., ... & Bélanger, J. J. (2022). Using machine learning to identify important predictors of COVID-19 infection prevention behaviors during the early phase of the pandemic. *Patterns*, 3(4).
- Van Lissa, C. J., Stroebe, W., van Dellen, M. R., Leander, N. P., Agostini, M., Gützkow, B., ... & PsyCorona Collaboration. (2022). Early indicators of covid-19 infection prevention behaviors: Machine learning identifies

- personal and country-level factors. *Patterns*, 3.
- Mula, S., Di Santo, D., Resta, E., Bakhtiari, F., Baldner, C., Molinario, E., ... & Leander, N. P. (2022). Concern with COVID-19 pandemic threat and attitudes towards immigrants: The mediating effect of the desire for tightness. *Current Research in Ecological and Social Psychology*, 3, 100028.
- Schumpe, B. M., Van Lissa, C. J., Bélanger, J. J., Ruggeri, K., Mierau, J., Nisa, C. F., ... & Leander, N. P. (2022). Predictors of adherence to public health behaviors for fighting COVID-19 derived from longitudinal data. *Scientific Reports*, 12(1), 3824.
- Stroebe, W., Vandellen, M. R., Abakoumkin, G., Lemay Jr, E. P., Schiavone, W. M., Agostini, M., ... & Leander, N. P. (2021). Politicization of COVID-19 health-protective behaviors in the United States: Longitudinal and cross-national evidence. *PLoS one*, 16(10), e0256740.
- Nisa, C. F., Bélanger, **PsyCorona Collaboration** (2021). Lives versus Livelihoods? Perceived economic risk has a stronger association with support for COVID-19 preventive measures than perceived health risk. *Scientific Reports*, 11(1), [9669]. <https://doi.org/10.1038/s41598-021-88314-4>
- Han, Q., Zheng, B., Agostini, M., Bélanger, J. J., Gützkow, B., Kreienkamp, J., Reitsema, A. M., Breen, J. A. van, **PsyCorona Collaboration**, & Leander, N. P. (2021). Associations of risk perception of COVID-19 with emotion and mental health during the pandemic. *Journal of Affective Disorders*, 284, 247–255. <https://doi.org/10.1016/j.jad.2021.01.049>
- Romano, A., Spadaro, G., Balliet, D., Joireman, J., Van Lissa, C. J., Jin, S. Agostini, M., Bélanger, J.J., Gützkow, B., and **PsyCorona Collaboration**, & Leander, N. P. (2021). Cooperation and trust across societies during the COVID-19 pandemic. *Journal of Cross-Cultural Psychology*, 52(7), 622-642. <https://journals.sagepub.com/doi/full/10.1177/0022022120988913>
- Leander, N. P., Lemay, Edward P., Keller, A., & **PsyCorona Collaboration** (2020). Towards a globally collaborative behavioral science: An organizational model from pandemic psychology. *International Society for the Study of Behavioral Development: Bulletin*, 2 (78), 2-5. https://issbd.org/resources/files/Bulletins/JBD_44_6S_Combined.pdf
- Kreienkamp, J., Agostini, M., Krause, J., Leander, N. P., & **PsyCorona Collaboration** (2020). Psycorona: A World of Reactions to COVID-19. *APS Observer*, 33(9). <https://www.psychologicalscience.org/observer/psycorona-covid-19>
- Leander, N. P., Kreienkamp, J., Agostini, M., & **PsyCorona Collaboration** (2020). Mapping the moods of COVID-19: Global study uses data visualization to track psychological responses, identify targets for intervention. *Association for Psychological Science: Observer*. August 28, 2020 <https://www.psychologicalscience.org/observer/psycorona-covid-19>
- Jin, S., Balliet, D., Romano, A., Spadaro, G., van Lissa, C. J., Agostini, M., Bélanger, J. J., Gützkow, B., Kreienkamp, J., **PsyCorona Collaboration**, & Leander, N. P. (2021). Intergenerational conflicts of interest and prosocial behavior during the COVID-19 pandemic. *Personality and Individual Differences*, 171, 110535. <https://doi.org/10.1016/j.paid.2020.110535>

IN-PREPARATION PUBLICATIONS

- Abstract Accepted** for 2026 journal issue on AI, Health, and Behavior. Title - “Artificial Intelligence in Health Education, Behavior, and Public Health: Opportunities, Impacts, and Ethical Dimensions.”
- Stanton, M. V.** (co-first author), Keng, S.-L. (co-first author), Haskins, L., Almenara, C., Ickovics, J., Jones, A., Grigsby, D., Cuevas, A. the PsyCorona Collaboration, & Leander, P. Negative Emotions and Coping as Mediators underlying the Association between COVID-19 Stressors and Health Behaviors
- Moore, M. D., **Stanton, M. V.** Putting art back into the “art of medicine:” Why critical medical humanities should be a core requirement in clinical curriculum.
- Stanton, M.**, Soman, S., Waltzman, D., Sheng, T., Fairchild, J., Nechvatal, J., Furst, A., Adamson, M., Bayley, P. (in preparation). Obesity in veterans is associated with changes in hippocampal morphology.

POSTERS/PRESENTATIONS

MENTORED STUDENT RESEARCH

“A Systematic Review of Mindfulness-Based Interventions for Reducing Stress Among Hispanic and

- Latino/a/x College Students.” Annual Meeting of the American Psychosomatic Society. Brighton, UK. March 2024.
- “A Mixed Methods Study of Barriers and Facilitators to Mindfulness-Based Weight Loss among Latina Women.” Annual Meeting of the American Psychosomatic Society. Brighton, UK. March 2024.
- “Representation of Diverse Body Mannequins on Store Displays.” California State University, East Bay. Virtual Research Symposium at the Center for Student Research. April 2022.
- “COVID-19 Coping Mechanisms.” Center for Student Research. California State University East Bay. Virtual Research Symposium at the Center for Student Research. April 2021.
- Official Virtual Citation Winner 3rd Prize** - “Family stress in adolescence predicts adult obesity 14 years later.” Annual Meeting of the American Psychosomatic Society. Virtual. December 2020.
- Official Virtual Citation Selection Prize** - “Association between covid-19 stressors and health behaviors over time: negative emotions and coping as serial mediators.” Annual Meeting of the American Psychosomatic Society. Virtual. December 2020.
- “American Indian youth and obesity in California.” California State University, East Bay. Virtual Research Symposium at the Center for Student Research. Hayward, CA. April 2020.
- “Investigating which types of early life stress contribute to the development of adult obesity.” California State University, East Bay. Virtual Research Symposium at the Center for Student Research. Hayward, CA. April 2020.
- “A systematic review of interventions to increase empathy among medical school students.” Annual Meeting of the American Psychosomatic Society. Vancouver, Canada. March 2019.
- “Undergraduates, empathy, and the medical humanities: using art and literature to develop cognitive Empathy in pre-clinical education” Annual Meeting of the American Psychosomatic Society. Vancouver, Canada. March 2019.
- “Hillbilly heroin: stigma as a potential obstacle to addressing the opioid epidemic” Annual Meeting of the American Psychosomatic Society. Vancouver, Canada. March 2019.
- “Undergraduates, empathy, and the medical humanities: using art and literature to develop cognitive Empathy in the health sciences.” California State Polytechnic University. 20th Annual CSU Symposium on University Teaching. Pomona, CA. April 2018.
- “A systematic review of interventions to increase empathy among medical school students.” California State Polytechnic University. 20th Annual CSU Symposium on University Teaching. Pomona, CA. April 2018.
- “Stigma, meaning-making, and public policy.” California State University, East Bay. Research Symposium at the Center for Student Research. Hayward, CA. April 2017.

PRESENTATIONS

- Accepted** - “The Impact of Medicaid Behavioral Telehealth Policies on Substance Use Disorder Treatment in Health Care for the Homeless Programs.” Annual Meeting of the Society for Biopsychosocial Science and Medicine. Chicago, IL. March 2026.
- Accepted** - “Medicaid Telehealth Policy and Rural Health Equity: Impacts on Alcohol and Substance Use Disorder Treatment at Federally Qualified Health Centers in Rural Communities.” Annual Meeting of the Society for Biopsychosocial Science and Medicine. Chicago, IL. March 2026.
- Invited Symposium: “Racism and Health: Identifying Biological Mechanisms for Chronic Disease Disparities across the Lifespan.” Annual Meeting of the American Psychosomatic Society. Seattle, WA. March 2025.
- “Where Are We Now? Where Do We Go From Here?” Annual Meeting of the American Psychosomatic Society. Seattle, WA. March 2025.
- “Perceived Loneliness Associated with Endothelial Dysfunction in a Community-Based African American Cohort At Risk for Cardiovascular Disease: A Translational Approach.” Annual Meeting of the American Psychosomatic Society. Brighton, UK. March 2024.
- “The effects of a digital health intervention with coaching in migraine patients during the Covid-19 (SARS-coV-2) pandemic.” Annual Meeting of the American Psychosomatic Society. Brighton, UK. March 2024.
- “Anti-Black Racism and Behavioral Medicine: Confronting the Past to Envision the Future.” All Day Pre-

- Conference Workshop. Annual Meeting of the American Psychosomatic Society. Long Beach, CA. April 2022.
- “Anti-Black Racism and Behavioral Medicine: Confronting the Past to Envision the Future.” Harvard Medical School Division on Addictions. Invited Talk. February 2021.
- “Cerebrovascular and Pathological Findings In Police Chokehold Fatalities.” American Stroke Association International Stroke Conference 2021. Virtual Conference. February 2021.
- “Sometimes, you actually have to talk to people: Face-to-face communication” Center for Student Research. California State University, East Bay. Hayward, CA. November 2018.
- “Obesity is Associated with Age-Related Hippocampal Volume Reduction” University Library Lecture Series. Hayward, CA. September 2018.
- “The effect of a text message-based intervention on attendance, adherence, weight loss, and diet quality.” Annual Meeting of the Society of Behavioral Medicine. New Orleans, LA. April 2018.
- “Veteran obesity linked with age-related hippocampal volume reduction.” Annual Meeting of the American Psychosomatic Society. Seville, Spain. March 2017.
- “Stigma, meaning-making, and public health policy.” Annual Meeting of the American Psychosomatic Society. Seville, Spain. March 2017.
- “Obesity is associated with age-related hippocampal volume reduction.” Stanford University School of Medicine Neuroscience Forum. Stanford, CA. June 2016.
- “Behavioral medicine treatment for chronic pain.” WRIISC Veterans Affairs National Webinar Series. Palo Alto, CA (Nationally Televised). November 2015.
- “Preliminary results from a clinical yoga program for veterans: evidence for effectiveness in treating pain.” Symposium on Yoga Research. Stockbridge, MA. September 2015.
- “Obesity in veterans is associated with changes in hippocampal morphology.” Cognitive Neuroscience Society. San Francisco, CA. March 2015.
- “Mindfully eating, mindful living: combining mindfulness and cognitive behavioral therapy for weight Loss in veterans. Protocol overview and preliminary results.” 13th Annual Stanford Community Health Symposium. Stanford, CA. January 2015.
- “Behavioral medicine treatment for chronic pain.” WRIISC Veterans Affairs National Webinar Series. Palo Alto, CA (Nationally Televised). November 2014.
- “Adherence and differentiation issues with low-fat vs. Low-carb weight loss diets – limbo-titrate-quality.” The Obesity Society. Boston, MA. November 2014.
- “Weight loss on low-fat vs. Low-carbohydrate diets by insulin resistance status among overweight and obese Adults: a randomized pilot trial.” The Obesity Society. Boston, MA. November 2014.
- “Behavioral medicine chronic pain management.” Hand Surgery Conference, Stanford University School of Medicine. Stanford, CA. June 2014.
- “Self-regulatory theory and weight-loss maintenance.” Society of Behavioral Medicine. Philadelphia, PA. April 2014.
- “Socioeconomic stress by dopamine receptor 2 gene interactions in the development of obesity.” Society of Behavioral Medicine. San Francisco, CA. March 2013.
- “Reward regulating gene by environment interactions in the development of obesity.” Psychiatry Grand Rounds, VA Palo Alto Healthcare System. Palo Alto, CA. November 2012.
- “Perceived discrimination and optimism predict cardiovascular reactivity to anger recall in African Americans with sickle cell disease.” Society of Behavioral Medicine. New Orleans, LA. April 2012
- “Cardiovascular reactivity to anger recall predicts healthcare utilization in African Americans with sickle Cell disease.” Society of Behavioral Medicine. New Orleans, LA. April 2012.
- “Perceived discrimination, optimism and cynicism in African-American patients with sickle cell disease: i. Effects on cardiovascular reactivity to anger recall.” Am. Psychosomatic Society. Portland, OR, March 2010.
- “A biopsychosocial pathway linking discrimination, cardiovascular responses to stress, and health outcomes in sickle cell disease.” Duke University Graduate Research Conference. Durham, NC, March 2010.
- “Perceived discrimination, optimism, cynicism & cardiovascular reactivity to anger recall in African American Patients with sickle cell disease: ii. Clinical course.” Am. Psychosomatic Society. Portland, OR, Mar. 2010.
- “Socioeconomic status moderates the association between John Henryism and NEO PI-R personality domains.”

- American Psychological Association (QTUG). Toronto, Canada, August 2009.
- “Joint effects of functional polymorphisms of serotonin transporter and MAOA-UVNTR genes on hostility levels in men.” American Psychosomatic Society. Chicago, IL, March 2009.
- “Un nouveau modèle de syndrome de la dépendance.” XVIèmes Journées Médicales at Cheikh Anta Diop University. Dakar, Senegal, February 2006.
- “Trends in gambling studies research: quantifying, categorizing, and describing citations.” Harvard Medical School Department of Psychiatry poster session. Boston, MA, March 2005.
- “Parallel bargains for consumer-based information exploration and choice.” ACM Symposium on User Interface Systems and Technology. Orlando, Florida, Nov. 2001.
- “The effect of unpacking on typical and atypical probability judgments.” Brown University UTRA (research grant) poster session. Providence, RI, July 1999.

PROFESSIONAL EXPERIENCE

Health Sciences/Public Health Dept., California State University, East Bay Hayward, CA 9/15/2016–present
Associate Professor (Tenure-Track) and Psychologist for Post-Bac Program

- Serve on Department Retention, Tenure, and Promotion (RTP) committee
- Serve as Chair of Health Sciences Dept. Tenure-Track Search committee
- Manage own research lab w/5 students each year exploring stress, eating behavior and obesity.
- Publish scientific articles in leading academic journals.
- Present findings at leading domestic & international conferences.

CodeWalker Academy San Francisco, CA 2015 – 2018

Co-Founder and current Board Member

- Provided tech career coaching (resume, interview, network), skill acquisition, and portfolio building
- Pitched to investors, develop corporate partnerships, interview/hire employees.
- Taught weekend-long coding and emotional intelligence workshops to classes of 20+ students.
- Incorporated new business, file legal paperwork, and hold board meetings.

Stanford University/WRIISC VA Health Care System Palo Alto, CA 2013 – 2016

Postdoctoral Fellow

- Designed and executed study of mindfulness to treat weight loss among veterans.
- Investigated impact of genetics and environment on weight loss in 600-person Stanford study.
- Drafted grants, IRB applications, and published findings in top journals.
- Analyzed and code data programming, presented findings at international conferences.

U.S. Student Fulbright Grant (Full grant + extension grant) Senegal, West Africa 2006 – 2007

Researcher

- Translated (2 local languages) and adapted WHO surveys for use in urban and rural Senegal.
- Designed and implemented cross-cultural research methodology and data collection.
- Established partnerships with local NGO’s to gather research resources and published results.
- Conducted extensive online and on-site textual research in West Africa.

Somerville Homeless Coalition Somerville, MA 2007

Technical Coordinator

- Incorporated advanced computer technology into project operations.
- Integrated past accounting and development records into a more consolidated file system.

Harvard Medical School, Division on Addictions Boston, MA 2003 – 2005

Technical Research Coordinator

- Published 4 research manuscripts and monthly peer-reviewed articles in Harvard web journal.
- Created/maintained interactive public websites and designed innovative research technology.
- Submitted federal and institutional grant applications as well as IRB materials.
- Coded programming software for use in research projects (BLAISE, JavaScript...).
- Analyzed statistics and designed research incorporating innovative technology.

- Chatham Partners** Newton, MA 2002 – 2003
 Technical Research Analyst
- Served as key contact for Fortune 500 companies (e.g., Prudential, Citigroup, Deutsche Bank).
 - Led as Head Technology Manager in charge of troubleshooting all server, application, tech issues.
 - Calculated analytics to recommend direction of billion dollar investments.
 - Served as Company Purchaser in charge of negotiating and purchasing all supplies/new technology.
- Verizon Laboratories** Waltham, MA 2000
 User Experience (UX) Researcher
- Collaborated with Ph. D. programmers to create cutting-edge yet user-friendly web tool.
 - Constructed unique and specialized consumer product usability experiments.
 - Published analyses and findings in business journal.
- Simpli.Com (sold to NetZero™)** Providence, RI 1999-2000
 Independent Research Consultant
- Collaborated with professors and Ph.D. researchers to create first innovative search engine.
 - Designed programs to select specific data to import into search engine.
 - Company sold to NetZero for \$23.5 million.
- Brown University Cognitive Science Department** Providence, RI 1999
 Head Researcher
- Designed own research project on asymmetric dominance and decision-making.
 - Recruited and ran subjects on protocol.
 - Collected and analyzed data.
- Undergraduate Teaching and Research Assistantship (UTRA; competitive grant) 1999
- Designed research project on decision-making and probabilities and ran subjects.
 - Drafted presentation for poster session and presented findings.
- Research Assistant 1999
- Recruited and ran subjects on natural/unnatural categorization task.
 - Analyzed data and presented results to regular lab meetings.

TEACHING EXPERIENCE

Health Sciences/Public Health Dept., California State University, East Bay Hayward, CA 9/15/2016–present
 Associate Professor (Tenured)

- Teach 32 courses at CSUEB including 14 new course preparations
- Instruct classes of 15-200 students (e.g., Public Health, Health Behavior Theory, Multicultural Health).
- Adapt novel curricula, converting online to in-person class.
- Convert classes from quarter to semester. From Health Sciences Dept to Public Health Dept.
- Obtain state-of-the-art pedagogical training with HIP, ACUE, other teaching workshops.
- Develop novel Public Health and Psychology syllabi for the Health Sciences Dept.
- Mentor students on research projects focused on obesity and weight loss interventions.

Stanford University/ VA Health Care System Palo Alto, CA 2013 – 2016
 Postdoctoral Fellow

- Led monthly Stanford and VA Grand Rounds.
- Created and implemented Nationwide Veterans Affairs Continuing Education workshops/seminars.
- Supervised multiple Stanford/Palo Alto University psychology graduate students.
- Established and led many clinical groups on weight loss, mindfulness, and yoga.
- Gain teaching/supervision expertise through year-long specialized training.

VA Health Care System Palo Alto, CA 2012 – 2013
 Behavioral Medicine Resident

- Directed clinical groups on insomnia, severe mental illness, addiction, weight loss.
- Supervised Palo Alto University psychology graduate students.
- Presented monthly seminars in Behavioral Medicine and Inpatient Psychiatry.

Duke University Durham, NC

Buddhist Community (BCD)

2008 – 2012

Former President & Current Program Coordinator

- Innovated programming and coordinated lecture schedule and visiting speakers.
- Led regular lectures and guided meditations.

Trinity School - undergraduate

2008 – 2012

Guest Lecturer

- Designed lecture and presented for Duke University class.
- Classes include: Human Genetics, Indian Religions, Religious Traditions, Meditation.

Introductory Psychology

2010

Teaching Assistant

- Prepared and led lecture for 200+ students.
- Assisted development of course, graded tests and papers.

Advanced Developmental Psychology

2009

Teaching Assistant

- Crafted original curriculum and led own weekly 30-person section.
- Developed and graded tests, papers, and weekly assignments.

AVID/STEPS (College Prep for underserved minority high school students) Durham, NC 2007 – 2008

Course Designer and Lecturer

- Built school-based curriculum for guiding students in the college application process.
- Collaborated with teachers in creating lesson plans and directing classroom activities.

Kinkéliba NGO, <http://www.lekinkeliba.org> Senegal, West Africa

2005 – 2007

Special Projects Coordinator

- Spearheaded creation of 50-computer lab for under-served medical students.
- Treated range of patients as full time medical assistant at village medical center.
- Devised and administered community survey to determine village's mental health needs.

State Department Senegal, West Africa

2005 – 2007

Instructor

- Developed curriculum and instructed summer camp for high school Senegal
- Taught monthly lesson for Senegalese HS students throughout the year

Fundación Nueva Era Galápagos NGO Galapagos Islands

2005

Educator and Program Organizer

- Developed and taught advanced English Language and Yoga curriculum for children and adults.
- Created and instituted new orientation program for volunteer teachers.

Buckingham, Browne & Nichols Cambridge, MA

1998 – 1999

Counselor

- Initiated and taught drama curriculum to 1st-8th grade students.
- Supervised and instructed own 1st grade class.

CLINICAL EXPERIENCE

Health Sciences/Public Health Dept., California State University, East Bay Hayward, CA 9/15/2016–present

Associate Professor (Tenured) and Clinical Psychologist for Post-Bac Program

- Leads weekly Counseling Clinic for Post-Baccalaureate Pre-Medical students as Clinical Psychologist
- Counsels post students weekly on clinical and counseling concerns
- Develops and chooses mood, cognitive, etc. assessments to monitor condition
- Makes community referrals for further care

Stanford University/WRIISC VA Health Care System Palo Alto, CA	2013 – 2016
Postdoctoral Fellow	
<ul style="list-style-type: none"> • Implemented behavioral medicine interventions in Obesity and Weight Loss Surgery and War-Related Illness and Injury Clinics. • Supervised practicum students and post-doctoral clinicians in chronic pain interventions. • Conducted integrated clinical assessments on complex patients with multiple comorbidities. • Organized, recruit, and directed weekly patient group on mindfulness and eating. • Co-led various Complementary Medicine sessions (e.g., yoga, tai chi, mindfulness). 	
VA Palo Alto Health Care System Palo Alto, CA	2012 – 2013
Behavioral Medicine Resident	
<ul style="list-style-type: none"> • Assessed patient progress and provided treatment in diverse medical clinics, (e.g., Hepatitis C, Oncology, Smoking, Bariatric Surgery, Chronic Pain, Substance Dep.). • Provided evaluations and treatment for Inpatients and Homeless individually and in groups. • Gained advanced training in two yearlong weekly Medical and General Seminars. • Completed formal 6-month training in Acceptance and Commitment Therapy. 	
North Carolina Neuropsychiatry Raleigh, NC	2011 – present
<ul style="list-style-type: none"> • Administrated weekly neuropsychological assessments for diverse adult & child pts.: intelligence, cognitive, motor, clinical, memory, effort, visual-spatial, etc. • Compiled integrative neuropsychological reports for schools, doctor referral sources. • Gathered latest neuroscience literature and learned latest interpretation methodology. 	
Pain and Biofeedback Clinic at Duke Hospital Durham, NC	2010 – 2011
<ul style="list-style-type: none"> • Treated low-SES minority patients with CBT, biofeedback, coping skills, pain management. • Acquired comprehensive biofeedback protocol with advanced neurosensory equipment. • Drafted weekly integrative assessments for chronic opiate, spinal cord stimulator, implant evals. 	
CBT and DBT Clinic at Duke Hospital Durham, NC	2009 – 2010
<ul style="list-style-type: none"> • Treated 3+ regular anxiety, depression, & personality disorder patients over one year. • Obtained comprehensive CBT training including regular live supervision. • Acquired extensive DBT training including workshops, weekly team supervision. 	
Duke University Psychology Clinic Durham, NC	2008 – 2009
<ul style="list-style-type: none"> • Treated 3+ yearlong homo/heterosexual, single/married, w/children using CBT/psychodynamic. • Administered, interpreted, drafted comprehensive TAT, NEO, MMPI assessments. 	
Butler Hospital affiliate of Brown Medical School Providence, RI	2001 – 02, 03
Mental Health Worker	
<ul style="list-style-type: none"> • Managed direct care and conducted treatment of 10-40 weekly psychiatric patients. • Evaluated and documented standardized assessments and treatment progress. • Conducted BIWA and other standardized psychological assessments. • Attained certification in deescalating physically aggressive patients. 	

PROFESSIONAL ORGANIZATIONS

• Member of Leadership Council for American Psychosomatic Society	2023 – present
• Member of Program Committee for American Psychosomatic Society Annual Mtg.	2022 – present
• Consulting Editor for American Psychological Association Health Psychology Journal	2022 – present
• Member of Nominations Committee for Society of Behavioral Medicine	2021 – 2022
• Chair of Anti-Racism Task Force for American Psychosomatic Society	2021 – present
• Member of Social Media Taskforce for American Psychosomatic Society	2019 – present
• Robert Wood Johnson Foundation New Connections Program.	2017 – present
• Duke Alumni Association, Northern California	2018 – present
• Fulbright Association, Northern California Chapter	2016 – present

- Stanford Center for Population Health Sciences Member 2015 – present
- Ad-hoc Reviewer, Journal of International Neuropsychological Society 2021 – present
- Ad-hoc Reviewer, Personality and Social Psychology Bulletin 2021 – present
- Ad-hoc Reviewer, Preventive Medicine 2020 – present
- Ad-hoc Reviewer, General Hospital Psychiatry 2019– present
- Ad-hoc Reviewer, Journal of Applied Biobehavioral Research 2019– present
- Ad-hoc Reviewer, BMC Medical Research Methodology 2016 – present
- Ad-hoc Reviewer, Psychosomatic Medicine 2013 – present
- Ad-hoc Reviewer, International Journal of Behavioral Medicine 2011 – present
- Ad-hoc Reviewer, Journal of Economic Psychology 2010 – present
- Ad-hoc Reviewer, Journal of Black Psychology 2010 – present
- Member of Society of Behavioral Medicine 2011 – present
- Member of American Psychosomatic Society 2009 – present
- Member of American Psychological Association 2009 – present

ACADEMIC LEADERSHIP

- Retention, Tenure, Promotion Committee for Public Health Dept., CSU East Bay 2022 – present
- Tenure-Track Search Committee for Public Health Dept., CSU East Bay 2022 – present
- Chair of Tenure-Track Search Committee for Health Sciences Dept., CSU East Bay 2020 – 2021
- Information Technology Advisory Committee, CSU East Bay 2020 – 2021
- Faculty Fellow, Office of Diversity, CSU East Bay 2021 – 2022
- President’s Advisory Group on Repatriation of Indigenous Remains , CSU East Bay 2020 – 2021
- Native American Initiative Advisory Board, CSU East Bay 2019 – 2021
- Faculty Fellow, Office of Diversity, CSU East Bay 2019 – 2020
- Chair of Student Affairs Committee for Health Sciences Dept., CSU East Bay 2016 – 2020
- University Academic Senate, CSU East Bay 2018 – 2019
- Health Sciences Department Curriculum Committee 2016 – 2018
- Mentor for Entering Black Students, Kaleidoscope Program, CSU East Bay 2017 – 2018
- Faculty Sponsor, First 100 Days Teach-In, CSU East Bay 2017 – 2018
- Black Men’s Graduate & Professional Association. Duke University 2011 – 2012
- President’s Committee on Black Affairs. Duke University 2008 – 2012
- Board of Meditation and Buddhist Community at Duke. Duke University 2008 – 2012
- Executive Committee for Graduate Faculty. Duke University 2008 – 2009
- Black Graduate Student Association. Duke University 2008 – 2009
- Graduate & Professional Student Council. Duke University 2007 – 2009

PROFESSIONAL LEADERSHIP

- Consulting Editor for American Psychological Association Health Psychology Journal 2022 – present
- Planning Committee, National Academies of Sciences, Engineering, and Medicine 2023 – 2024
- Head Health Scientific Advisor, Chicago, IL 2018 – present
- Early Career Faculty Mentor, American Psychosomatic Society 2016 – present
- Fulbright Alumni Ambassador. U.S. Department of State. Washington, DC 2008 – present
- Grant Review Committee, Alameda County Dept of Public Health 2022 – 2022
- Habitual Health Ltd. Scientific Advisor, London, UK 2019 – 2020
- Official Fulbright Selection Committee. U.S. Dept. of State. Dakar, Senegal 2007 – 2008
- Official Fulbright Selection Committee. U.S. Dept. of State. Dakar, Senegal 2006 – 2007

INTERNATIONAL LANGUAGE SKILLS

- French: Fluent speaking, reading, writing, comprehension
- Spanish: Fluent speaking, reading, writing, comprehension
- Wolof: Fluent speaking, writing, comprehension

COMPUTER APPLICATIONS / SKILLS

- Statistical: SAS, SPSS, Mplus, R (SEM, factor analysis, path analysis), Excel with VB macros, Access.
- Research Methods: Endnote, Atlas.ti, Qualtrics, RefViz.
- Programming Languages: HTML, CSS, JavaScript, Basic Python, Unix shell, Official programmer for World Comorbidity Study (CIDI), Cardiff's Teleform, Blaise.
- Networking: Software/Hardware, email server configuration.
- Digital Audio Editing: Audacity, Cubase, Pro Tools.
- Design/Presentation: Photoshop, PageMaker, Adobe Suite GIMP.