

## ***Kofoworola D. A. Williams, PhD, MPH***

### **CONTACT INFORMATION**

#### Campus Address

Drexel University, Dornsife School of Public Health  
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### **EDUCATION**

- 2020 Ph.D in Social and Behavioral Sciences  
Virginia Commonwealth University (VCU); Richmond, VA  
Dissertation: A Theoretically Based Mixed Methods Approach to Examining Mental Health Disorders and Help-Seeking Behaviors among University-Enrolled African American Men  
Chair: Kellie Carlyle, PhD
- 2016 M.P.H. in Environmental and Occupational Health  
Drexel University; Philadelphia, PA  
Master's Project: Uninvolved Fathers: Examining Workplace Stress as it Relates to the Relational Health and Psychological Well-being of Fathers  
Advisor: Arthur Frank, MD, PhD  
Preceptor: Candace Robertson-James, DrPH
- 2014 Certificate in Global Health  
Syracuse University; Syracuse, NY  
Internship: Hopeprint Inc.
- 2013 B.S. in Biology  
Syracuse University; Syracuse, NY

### **SELECTED AWARDS, RECOGNITION & HONORS**

- 2022 Nominated Attendee, Scholars Network on Masculinity and the Well-Being of African American Men's Scholars and Scholarship on Black Men and Boys: Building the Third Wave Conference
- 2021 Nominated Attendee, APA's Summit on the Future of Education and Practice, Tech Pillar
- 2021 Scholar, NIMHD's Health Disparities Research Institute
- 2020 Graduate Student Travel Award, VCU's Department of Health Behavior and Policy (\$800)

- 2020 Graduate Student Travel Award, VCU's Graduate School (\$300)
- 2019 Dissertation Award, VCU's Department of Health Behavior and Policy (\$800)
- 2019 Graduate Student Travel Award, VCU's Department of Health Behavior and Policy (\$300)
- 2019 Graduate Student Travel Award, VCU's Graduate School (\$300)
- 2019 Professional Development Fund, Southern Regional Education Board (SREB) (\$300)
- 2016 SREB's Doctoral Scholar Program (Full tuition + stipend for three years)

## **PROFESSIONAL AFFILIATIONS**

- 2021- Interdisciplinary Association for Population Health Science (IAPHS); Member
- 2021- Association for Behavioral and Cognitive Therapies (ABCT); Member
- 2019- Society of Behavioral Medicine (SBM); Member

## **RESEARCH INTERESTS**

Black men, Traditionally excluded Populations, Mental Health, Social Media, Digital Technologies, Access, Health Disparities and Equity, User-centered Design

## **PROFESSIONAL APPOINTMENTS**

- 2022 Assistant Professor, FIRST Program, Department of Community Health and Prevention, Drexel University Dornsife School of Public Health
- 2020 NRSA T32 Postdoctoral Research Fellow, Feinberg School of Medicine, Center for Behavioral Intervention Technologies (CBITs), Northwestern University
  - Source: NIMH
  - Program Name: Multidisciplinary Training Program in Digital Mental Health

## **RESEARCH EXPERIENCE AND POSITIONS HELD**

### **Virginia Commonwealth University; Richmond, VA**

2018-2020

Dissertation Research, VCU School of Medicine Department of Health Behavior & Policy

Dissertation Chair: Kellie Carlyle, Ph.D.

- Designed and spearheaded a mixed-methods research study to examine the prevalence and correlates of anxiety and depressive symptoms among college students (N ~ 4700) and to identify the contextual factors that impact perceptions and likelihood of mental health-related help-seeking
- Developed surveys, recruitment/consent documents, and study protocols; successfully submitted an IRB protocol
- Enhanced skills in grant writing, resulting in the submission of a "highly significant" R36 training grant (scored but unfunded) to the National Institute of Mental Health

2019-2020

Volunteer Research Assistant, School of Medicine

Lab: OPT for Health Research Lab, Department of Health Behavior & Policy

PI: Jessica LaRose, Ph.D.

- Established a collaborative relationship with VCU medical campus faculty, providing research support for an ongoing study focused on obesity and cardiometabolic risk among emerging adult, African American women
- Assisted with orientation/consent visits and trained participants in the use of Illumivu, an ecological momentary assessment platform

2019-2020

Research Coordinator, Virginia Statewide Home Visiting Needs Assessment

Funder: Early Impact Virginia (VA)

- Established collaborative, ongoing relationship with community partners, Early Impact Virginia (VA)
- Assisted with qualitative data consulting planning for focus groups to be conducted with home visitors and supervisors
- Provided expertise on best practices for conducting qualitative research and assisted with strategic planning, ensuring actionable recommendations accurately address key occupational and health issues

2018-2019

Research Coordinator, College of Humanities and Sciences Dean's Seed Award

Title: #Social4Health: Promoting College Student Social and Mental Wellbeing using Social Media

PI: Jeanine Guidry, Ph.D.

- Established working academic collaborative relationships with Dr. Guidry and her team at VCU's department of public relations, focusing on social media and mental health among emerging adults
- Recruited, surveyed, and conducted semi-structured focus groups with VCU college students to examine social media use and its effect on individual mental well-being

2016-2020

Research Assistant, VCU School of Medicine Department of Health Behavior & Policy

Faculty Advisor: Kellie Carlyle, Ph.D.

- Demonstrated ability to conduct ethically sound research with community partners in clinical and academic settings and among individuals from underserved populations
- Refined practical skills, such as IRB protocol development and submission and collaboration and partnering in professional practice
- Mentored early stage doctoral and MPH students in Dr. Carlyle's lab
- Earned authorship on 3 poster and paper presentations at national and international conferences and 1 co-authored papers

**Drexel University; Philadelphia, PA**

2015

Global Health Integration Module and Field Practicum, Kartong, The Gambia

- Analyzed health system barriers to maternal and child health program implementation in an international setting
- Identified sources of evidence-based strategies for the design and evaluation of maternal and child health, health promotion, and disease prevention programs in sub-Saharan Africa

2014-2015

Research Assistant, Opening Doors to Diverse Populations Research Program

Faculty Mentor: Candace Robertson-James, DrPH

- Examined quantitative and qualitative data provided by the Philadelphia Health Management Corporation on neighborhood characteristics and individuals' exposures to resources and social and environmental determinants
- Investigated barriers and facilitators influencing male parental engagement and family and child development

**Syracuse University; Syracuse, NY**

2014

Grant and Research Intern, Hopeprint

- Developed a strategic plan for the Motherhood Project, including mission, vision, values and action steps, and gathered comprehensive research regarding motherhood and childbirth among refugee women
- Formulated a guide for services and resources available for expectant and actual refugee mothers in the city of Syracuse
- Collaborated with executive board members and other interns to seek and submit grant applications

**RESEARCH SUPPORT & GRANT ACTIVITY**

**Contributions to Funded Research**

2020-Present

K08 MH112878

Lattie (PI/primary mentor)

NIMH

Title: Expanding College Student Mental Health with Stress Management Mobile Technologies

Role: Assisted with data collection and analysis as well as manuscript preparation and dissemination of findings. Independently led a supplemental study focused on Black college men's mental health needs and the role of social media in mental health promotion.

### **Ongoing Research Support**

2020-Present

5T32MH115882-03

Mohr/Reddy (PIs)

NIMH

Title: Multidisciplinary Training Program in Digital Mental Health

The goal of this National Research Service Award T32 Postdoctoral Fellowship is to train postdoctoral researchers in mental health and human-computer interaction ensuring they improve and gain skills necessary to become independent investigators.

Role: Postdoctoral Research Fellow

### **Past Research Support**

Summer 2021

Source: Northwestern University's Office of Undergraduate Research

Name: The Undergraduate Research Assistant Program (URAP)

Title: Identifying the Role of Digital Health Technologies and Social Media in Mental Health Help-Seeking among College-attending Black Males

Status: Awarded (\$3500 + \$500 Honorarium)

2019-2020

Virginia General Assembly and Early Impact Virginia

Title: Virginia Home Visiting Needs Assessment for Early Impact Virginia: The Alliance for Early Childhood Home Visiting

The goal of this grant was to support the development and implementation of a needs assessment that will identify and understand strengths, needs and challenges impacting home visiting programs in Virginia and inform the strategic plan and growth plan for home visiting in the commonwealth of Virginia.

Role: Research Coordinator

### **Grant Writing Activity**

2021

1L60MH131150-01

Grant Name: NIH Loan Repayment Program (LRP), Health Disparities Research, NIMH

Title: Relevance and relatability: Examining the acceptability of social media and digital tools in supporting mental health needs of college-attending, Black men

Status: Awarded

2017

1R36MH118918-01

Source: NIH / NIMH

Grant Name: Mental Health Research Dissertation Grant to Enhance Workforce Diversity (R36)

Title: A Theoretically Based Mixed Methods Approach to Examining Mental Health Disorders and Help-Seeking Behaviors among University-Enrolled African American Men  
Status: Impact score – 39 (unfunded)

## SCHOLARLY ACTIVITY

### Peer Reviewed Publications

1. **Williams KDA**, Wijaya C, Stamatis CA, Abbott G, Lattie EG. Insights into needs and preferences for mental health support on social media and through mobile apps among Black male university students: Exploratory qualitative study. *JMIR Formative Research*. 2022: 6(8), e38716
2. **Williams KDA**, Dougherty SA, Lattie EG, Guidry JPD, Carlyle KE. Examining hashtag use of #blackboyjoy and #theblackmancan and related content on Instagram: Descriptive content analysis. *JMIR Formative Research*. 2022: 6(8), e34044
3. Stiles-Shields C, Cummings C, Montague E, Plevinsky JM, Psihogios AM, **Williams KDA**. A call to action: Using and extending human-centered design methodologies to improve mental and behavioral health equity. *Frontiers in Digital Health*. 2022: 4, 848052
4. **Williams KDA**, Dougherty SD, Utsey SO, LaRose JG, Carlyle KE. "Could be even worse in college": A qualitative exploration into the mental health of Black men on a college campus. *Journal of Racial and Ethnic Health Disparities*. 2022: 1-13
5. Cohen K, Hersch E, Saklecha A, **Williams KDA**, Tan Y, Lattie EG. Remote-delivered services during Covid-19: A mixed-methods survey of college counseling center clinicians. *Accepted for publication in the Journal of American College Health*.
6. Lattie EG, Cohen KA, Hersch E, **Williams KDA**, Kruzan KP, Maclver C, Hermes J, Maddi K, Kwasny M, Mohr DC. Uptake and effectiveness of a self-guided mobile app platform for college student mental health. *Internet Interventions*. 2022:27, 100493.
7. **Williams KDA**, Adkins AE, Kuo SI, LaRose JG, Utsey SO, Guidry JPD, Spit for Science Working Group, Dick D, Carlyle KE. Mental health disorder symptom prevalence and rates of help-seeking among university-enrolled, emerging adults. *Journal of American College Health*. 2021:1-8.
8. **Williams KDA**, Adkins AE, Kuo SI, LaRose JG, Utsey SO, Guidry JPD, Spit for Science Working Group, Dick D, Carlyle KE. Risk, protective, and associated factors of anxiety

and depressive symptoms and campus health services utilization among Black men on a college campus. *Journal of Racial and Ethnic Health Disparities*. 2021: 1-14

9. Carlyle KE, Guidry JPD, **Williams KDA**, Tabaac A, Perrin PB. Suicide conversations on Instagram: contagion or caring? *Journal of Communication in Healthcare*. 2018: 11(1), 12-18.

### **Manuscripts under Revise and Resubmit**

1. Kruzan K, **Williams KDA**, Meyerhoff J, Yoo D, O'Dwyer L, DeChoudhury M, Mohr D. Mental health interventions for young people delivered through social media and considerations for future work: a scoping review. *R&R at Internet Interventions*

### **Manuscripts in Progress**

1. **Williams KDA**, Dougherty SD, Utsey SO, LaRose JG, Adkins AE, Guidry JPD, Carlyle KE. Social ecological factors and help-seeking among college-attending, Black males: a qualitative study. *In Progress*.
2. **Williams KDA**, Brown KL, Wijaya C, Abbott G, Guidry JPD, Spit for Science Working. Social media utilization, effects, and preferred platforms among Black men in college. *In Progress*.

### **Conference Presentations**

1. Davis H, Duffecy JL, Knapp AA, Lattie EG, McCall T, **Williams KDA**. Prioritizing underserved and marginalized communities in the design of digital mental health interventions. Panel Discussion presentation at: *Association for Behavioral and Cognitive Therapies' (ABCT) 55th Annual Convention*; November 2021; New Orleans, LA.
2. Hersch E, Cohen K, **Williams KDA**, Saklecha A, Lattie EG. Benefits and challenges of remote-delivered college mental health services: a mixed-methods evaluation. Symposium presented at: *Association for Behavioral and Cognitive Therapies' (ABCT) 55th Annual Convention*; November 2021; New Orleans, LA.
3. Hersch E, Yang Y, McCall M, **Williams KDA**, Knapp A, Lattie EG. Increasing mental health service accessibility through digital tools: examining user perspectives and current technology use. Symposium presented at: *McLean Hospital Institute's 5th Annual Technology in Psychiatry Summit*, October 2021; Virtual.
4. **Williams KDA**, Adkins AE, Kuo SI, LaRose JG, Utsey SO, Guidry JPD, Carlyle KE. Examining risk, protective and associated factors of mental health symptoms and help-seeking among Black men on a college campus. Poster presented at: *Society of Behavioral Medicine's 42nd Annual Meeting*; April 2021; Virtual.
5. **Williams KDA**, Dougherty SD, Utsey SO, LaRose JG, Adkins AE, Guidry JPD, Carlyle KE. "But, internally, I just feel depressed": understanding social and contextual factors

impacting help-seeking for mental health symptoms among Black men in college. Poster presented at: *Anxiety and Depression Association of America's 2021 Annual Meeting*; March 2021; Virtual.

6. Cohen K, Hersch E, Winqvist N, Tan Y, **Williams KDA**, Lattie EG. Digital stress management interventions for college students: identifying changing user needs and goals during the covid-19 pandemic. Paper presented at: *Anxiety and Depression Association of America's 2021 Annual Meeting*; March 2021; Virtual.
7. **Williams KDA**, Adkins AE, Kuo SI, LaRose JG, Utsey SO, Guidry JPD, Spit for Science Working Group, Dick D, Carlyle KE. Examining the prevalence of mental health disorders and rates of help-seeking among university-enrolled, black men. Poster presented at: *41st Annual Meeting of the Society of Behavioral Medicine*; April 2020; San Francisco, CA.
8. **Williams KDA**, Dougherty SD, Guidry JPD, Carlyle KE. #theblackmancan #blackboyjoy: using social media to challenge perceptions of Black masculinity on instagram. Poster presented at: *DC Health Communication Conference*; April 2019; Fairfax, VA and *International Communication Association Conference*; May 2019; Washington, DC.
9. Guidry JPD, Johnson JA, Bodnar-Deren S, Carlyle KE, **Williams KDA**, Ksinan A, Dick D. #social4health: promoting college student social and mental wellbeing using social media. Poster presented at: *American Public Health Association Annual Meeting*; November 2019; Philadelphia, PA.
10. **Williams KDA**, Cottom T. Why are African American men lagging behind in online education enrollment? a review of sociological literature. Poster presented at: *Institute on Teaching and Mentoring*; December 2018; Washington, DC.
11. Dent R, Sawyer AN, Guidry JPD, **Williams KDA**. #blackmentalhealth on Instagram. Poster presented at: *American Public Health Association Annual Meeting*; November 2018; San Diego, CA.
12. Guidry JPD, Sawyer AN, Williams KDA, Carlyle KE. #notokay: stories about abuse on instagram and twitter: methods. Poster presented at: *DC Health Communication Conference*; April 2017; Fairfax, VA.
13. Guidry JPD, Orr CA, **Williams KDA**, Goyal M, Perrin P, Carlyle KE, Messner M. Suicide conversations on instagram: contagion or caring? Poster presented at: *Public Health Education and Health Promotion section at the American Public Health Association Annual Meeting*; October 2016; Denver, CO.



### **Selected Presentations and Invited Talks**

1. Alexander A, **Williams KDA**, Brown K, Leak T. Living while Black: Unveiling the daily impact of structural, personal, and vicarious racism. Panel presentation at: *Holy Names University's Criminology Club Seminar Series*; November 2021; Oakland, CA
2. **Williams KDA**. A path towards improving mental health among black men, emerging adults, and vulnerable populations: a research overview. Oral presentation at: *Northwestern University's Center for Behavioral Intervention Technologies' (CBITs) Digital Mental Health Seminar*; September 2020; Chicago, IL.
3. **Williams KDA**. Mental health disorders and rates of help-seeking among African American men in college: preliminary findings. Oral presentation at: *VCU's Department of Health Behavior and Policy's Research Seminar*; October 2019; Richmond, VA.

### **TEACHING POSITIONS & EXPERIENCE**

#### **Graduate Level**

- 2022 Co-Instructor; MTS 519: Responsible Conduct of Research, Northwestern University
- 2021 Panelist on Team science and working on interdisciplinary teams; Clinical Psychology Interprofessional Education Seminar, Northwestern University
- 2021 Co-Instructor; MTS 519: Responsible Conduct of Research, Northwestern University
- 2019 Guest Lecture on Social Cognitive Theory and Health Communication Theory; SBHD 605: Introduction to Social and Behavioral Health, VCU
- 2019 Teaching Assistant; SBHD 605: Introduction to Social and Behavioral Health, VCU
- 2019 Guest Lecture on Race, Gender, and Health; SBHD 630: Theoretical Foundations in Social and Behavioral Health, VCU
- 2017 Guest Lecture on Content Analysis; HCPR 732: Research Methods, VCU
- 2016 Teaching Assistant, Graduate Level: Introduction to Environmental and Occupational Health, Drexel University School of Public Health

#### **Undergraduate Level**

- 2019 Guest Lecture on Career Development; BIO 391/PSYC 494: Conducting and Understanding Research, VCU
- 2017 Guest Lecture on Diversity and Inclusion; North Carolina Central University

2013 Teaching Assistant; Undergraduate Level: Human Sexuality, Syracuse University College of Sports and Human Dynamics

### **MENTORING EXPERIENCE**

Summer 2021; Faculty Mentor

Program: The Undergraduate Research Assistant Program matches inexperienced undergraduate students with faculty mentors to expose students to research for the first time. Students work with faculty and carry out research training activities, gaining first-hand mentored knowledge of research practices in the faculty mentor's discipline.

2020-Present; Mentor

Program: The Graduate School's Diversity Peer Mentor Program is designed to help first-year, diverse PhD students become acclimated to Northwestern. TGS Diversity Peer Mentors serve as an additional resource to incoming PhD students and provide support, encouragement, and information as new students pursue their doctorate degree.

### **SERVICE**

Ad Hoc

2020; JMIR Mental Health

Abstracts

2020; Society of Behavioral Medicine's Annual Meeting Abstract Reviewer

2020; APHA's Annual Meeting and Expo Abstract Reviewer

Other

2018/2019; Graduate Student Proposal Reviewer; PSYC: 700 Grant Writing

### **OTHER WORK EXPERIENCE**

2019-2020; Graduate Student Associate, VCU Center for Teaching and Learning Excellence

2017; Summer Program Coordinator, Partnership for the Future, Glen Allen, VA

2016-2017; Exam Proctor, VCU School of Dentistry

2015-2016; Secretary, Drexel University's Environmental and Occupational Health Club

2016; Circulation Desk Assistant, Drexel University Hahnemann Library

2013-2014; Graduate Advisor, Syracuse University African Student Union

2011; Social Chair, Syracuse University Black Communications Society

### **SKILLS & CORE QUALIFICATIONS**

Research Quantitative and qualitative literature analyses, study design, data Cleaning, management, and analysis; mixed methods

Technical JMP Pro 12, statistical package for social sciences (spss; version 26 and Higher), maxqda, redcap, microsoft office, social media management, Ilumivu (ema)

Team-based	G suite and basecamp, project and data management
Communication	Grant proposal reviewing and writing, manuscript preparation, oral and Written, data dissemination
Competencies	Community engagement, cultural competency, health and mental health Disparities, social cultural awareness, digital health and mental health Equity
Language	English; basic speaking and translation competence in Yoruba