

# KOFOWOROLA D. A. WILLIAMS, PHD, MPH

## CONTACT INFORMATION

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### Campus Address

Drexel University  
Dornsife School of Public Health  
Nesbitt Hall  
Department of Community Health and Prevention  
3215 Market Street, Office 452  
Philadelphia, PA 19104

### Office Contact Methods

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Phone: 267-359-6084 / 6109 (fax)

### Social Media Contact Methods

Twitter: @DrKofo\_DAW  
LinkedIn: www.linkedin.com/in/kofodawilliams

## ACADEMIC APPOINTMENT

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### Assistant Professor (tenure-track)

2022 – Present

#### FIRST Program

Drexel University; Philadelphia, PA  
Dornsife School of Public Health, Department of Community Health and Prevention

## EDUCATION AND TRAINING

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### NRSA T32 Postdoctoral Research Fellow

2020-2022

Northwestern University; Chicago, IL  
Feinberg School of Medicine, Center for Behavioral Intervention Technologies (CBITs)  
NIMH, Multidisciplinary Training Program in Digital Mental Health

### Ph.D. in Social and Behavioral Sciences

2020

Virginia Commonwealth University; Richmond, VA  
School of Medicine, Department of Health Behavior and Policy  
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

### M.P.H. in Environmental and Occupational Health

2016

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

### Certificate in Global Health

2014

### B.S. in Biology

2013

Syracuse University; Syracuse, NY  
Internship: Hopeprint Inc.

## RESEARCH STATEMENT

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I am a mental health disparities investigator with an extensive background in public health and health behavior change theory. My research program emphasizes the design, testing, evaluation, and adaptation of scalable, technology-based interventions that improve mental health outcomes and access to quality, mental health care for traditionally excluded populations. My methodological background is presently rooted in qualitative and mixed methods with an eye towards human-centered approaches.

## RESEARCH SUPPORT & GRANT ACTIVITY

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### Submitted

2L60MH131150; NIMH 2023  
Health Disparities Research  
NIH Loan Repayment Program (LRP)  
Title: *Relevance and relatability: Examining the acceptability of social media and digital tools in supporting mental health needs of college-attending, Black men.*  
Role: PI

### Current

1U24NR021014-01; NINR 2023-Present  
Title: *Advancing Health Equity Through Innovative Community Capacity Building, Data Science & Delivering Community-Centered Structural Interventions & Outcomes: Drexel's ComPASS Coordinating Center (C3)*  
Role: Co-I  
Status: Awarded (5 years)

1L60MH131150-01; NIMH 2022-Present  
Health Disparities Research LRP  
NIH Loan Repayment Program  
Title: *Relevance and relatability: Examining the acceptability of social media and digital tools in supporting mental health needs of college-attending, Black men*  
Role: PI  
Status: Awarded (2 years)

### Contributions to Funded Research (completed)

K08 MH112878; NIMH 2020-2022  
PI/primary mentor: Emily Lattie  
Title: *Expanding College Student Mental Health with Stress Management Mobile Technologies*  
Role: Postdoctoral Research Fellow

5T32MH115882-03; NIMH 2020-2022  
PIs: David Mohr and Madhu Reddy  
Title: *Multidisciplinary Training Program in Digital Mental Health*  
Role: Postdoctoral Research Fellow

## Grant Writing Activity

- L60MH127592, NIMH 2020  
Health Disparities Research LRP  
Title: *Relevance and relatability: Examining the acceptability of social media and digital tools in supporting mental health needs of college-attending, Black men*  
Status: Not Awarded
- 1R36MH118918-01, NIMH 2017  
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)

## Other Research Support (completed)

- Northwestern University's Office of Undergraduate Research Name: The Summer 2021  
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*  
Role: Faculty Mentor  
Status: Awarded (\$3500 + \$500 Honorarium)
- Virginia General Assembly and Early Impact Virginia 2019-2020  
Title: *Virginia Home Visiting Needs Assessment for Early Impact Virginia: The Alliance for Early Childhood Home Visiting*  
Role: Research Coordinator

## PUBLICATIONS

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### Peer-reviewed

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. *Internet Interventions*. 2022: 30, 100578
2. 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
3. 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
4. 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

5. 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
6. 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*.
7. Lattie EG, Cohen KA, Hersch E, Williams KDA, Kruzan KP, MacIver 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.
8. 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.
9. 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
10. 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.

### **Under review**

1. Coyne SM, Escobar-Viera C, Bekaluc MA, Charmaraman L, Primacke B, Reem MAS, Valkenburg P, Williams KDA. Social Media and Youth Mental Health: A Departure from the Status Quo. *Handbook of Children and Youth Studies*

### **In preparation**

1. Williams KDA, Kruzan KP. What evidence-based, digital mental health interventions have focused on Black youth and young adults? A scoping review.
2. Williams KDA, Brown KL, Wijaya C, Valdez L, Abbott G, Guidry JPD, Spit for Science Working. Social media utilization, effects, and preferred platforms among Black men in college.
3. 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.

### **CONFERENCE PRESENTATIONS**

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1. Cohen K, Toner E, Williams KDA, Jasman M. Leveraging Technology and Data to Improve College and University Communities' Wellbeing. Symposium presented at: 2023 Association of Psychological Sciences Convention; May 2023; Washington, DC.

2. Stiles-Shield C, Psihogios AM, Williams KDA, Vajravelu, ME. Human-Centered Design Methodologies to Improve Health Equity and Engage Underserved Young People in Digital Health Interventions. Symposium presented at: The International Society for Research on Internet Interventions 11th Scientific Meeting; November 2022, Pittsburgh, PA
3. 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.
4. 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.
5. 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.
6. 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.
7. 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.
8. 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.
9. 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.
10. 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.
11. 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.

12. 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.
13. 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.
14. 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.
15. 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**

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1. Williams KDA. Towards Equitable Design: What We Know and Need to Address about Mental Health Prevention among #blackboysandmen. Presented at the Center Seminar Series at Harvard University's Lee Kum Sheung Center for Health and Happiness; February 2024; Boston, MA
2. Williams KDA. Stakeholder Engagement Panel presented at: UCSF's Promoting Research in Social Media and Health Symposium (PRISM) Conference; November 2022; San Francisco, CA
3. Williams KDA. Invited Panelist on Team science and working on interdisciplinary teams; Clinical Psychology Interprofessional Education Seminar, Northwestern University; 2021; Chicago, IL.
4. 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.
5. 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.
6. 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.

### **RESEARCH EXPERIENCE AND POSITIONS HELD**

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Volunteer Research Assistant	School of Medicine Lab: OPT for Health Research Lab, Department of Health Behavior & Policy PI: Jessica LaRose, Ph.D.	2019-2020
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Research Coordinator	Virginia Statewide Home Visiting Needs Assessment Funder: Early Impact Virginia (VA)	2019-2020
Research Coordinator	College of Humanities and Sciences Dean's Seed Award <i>Title: #Social4Health: Promoting College Student Social and Mental Wellbeing using Social Media</i> PI: Jeanine Guidry, Ph.D.	2018-2019
Research Assistant	VCU School of Medicine Department of Health Behavior & Policy Faculty Advisor: Kellie Carlyle, Ph.D.	2016-2020
MPH Student Attendee	Global Health Integration Module and Field Practicum Kartong, The Gambia	2015
Research Assistant	Opening Doors to Diverse Populations Research Program Faculty Mentor: Candace Robertson-James, DrPH	2014-2015
Grant and Research Intern	Hopeprint, Inc.	2014

## **TEACHING POSITIONS & EXPERIENCE**

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### **As Faculty**

Instructor; CHP 503: Multi-method Data Analysis in Community Health and Prevention, Department of Community Health and Prevention, Dornsife School of Public Health, Drexel University, Philadelphia, PA, Spring 2023, 2024

### **Graduate Level**

Co-Instructor; MTS 519: Responsible Conduct of Research, Department of Media, Technology & Society, School of Communication, Northwestern University, Spring 2021, 2022

Teaching Assistant and Guest Lecture on Social Cognitive Theory and Health Communication Theory; SBHD 605: Introduction to Social and Behavioral Health, Department of Health Behavior and Policy, School of Medicine, Virginia Commonwealth University, Spring 2019

Guest Lecture on Race, Gender, and Health; SBHD 630: Theoretical Foundations in Social and Behavioral Health, Department of Health Behavior and Policy, School of Medicine, Virginia Commonwealth University, Spring 2019

Guest Lecture on Content Analysis; HCPR 732: Research Methods, Department of Health Behavior and Policy, School of Medicine, Virginia Commonwealth University, Spring 2017

Teaching Assistant, EOH 510 (current course number): Introduction to Environmental and Occupational Health, Department of Environmental and Occupational Health, School of Public Health, Drexel University, Philadelphia, PA, Winter 2016

## **Undergraduate Level**

Guest Lecture on Career Development; BIO 391/PSYC 494: Conducting and Understanding Research, College Behavioral and Emotional Health Institute, Psychology Department Virginia Commonwealth University, 2019, 2020

Guest Lecture on Diversity and Inclusion; North Carolina Central University, 2017

Teaching Assistant; HFS 388: Human Sexuality, Department of Human Development and Family Science, David B. Falk College of Sport and Human Dynamics, Syracuse University College of Sports and Human Dynamics, 2013

## **MENTORSHIP**

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### **Drexel University, Philadelphia, PA**

#### **MPH Faculty Mentor**

Shiraz Mumtaz, MD/MPH(c)  
Gloria Zacharias, MPH(c)

2023-Present

#### **Dissertation Committee Member**

Maddy Finkelstein, PhD(c), Community Health and Prevention  
Kate Fox, DrPH(c), Health Management and Policy

2023-Present

### **Northwestern University, Chicago, IL**

#### **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.

Summer 2021

#### **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.

2020



## SELECTED AWARDS, RECOGNITION & HONORS

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Faculty Fellow, Drexel FIRST (Faculty Institutional Recruitment for Sustainable Transformation) Program, NIH Grant No. U54CA267735-02	2022 – Present
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	2022
Nominated Attendee, APA’s Summit on the Future of Education and Practice, Tech Pillar	2021
Scholar, NIMHD’s Health Disparities Research Institute	2021
Graduate Student Travel Award, VCU’s Department of Health Behavior and Policy (\$800)	2020
Graduate Student Travel Award, VCU’s Graduate School (\$300)	2020
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)	2019
SREB’s Doctoral Scholar Program (Full tuition + stipend for three years)	2016

## PROFESSIONAL SERVICE

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### Professional Affiliations (member)

	Joined
Association for Psychological Sciences (APS)	2023
Interdisciplinary Association for Population Health Science (IAPHIS)	2021
Association for Behavioral and Cognitive Therapies (ABCT)	2021
Society of Behavioral Medicine (SBM)	2019

### Ad Hoc Reviewer

BMJ Open	2024
Society of Behavioral Medicine’s Annual Meeting Abstract Reviewer	2020 - Present
APHA's Annual Meeting and Expo Abstract Reviewer	2020
JMIR Mental Health Abstracts	2020

### Reviewer, Other

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

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Co-Lead, Department Seminar Community Health and Prevention, Dornsife School of Public Health Drexel University	2023-Present
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