

CURRICULUM VITAE**NAME:** Karen Miles Sheffield-Abdullah, PhD, RN, CNM**PHONE:** (919) 649-0971**ADDRESS:** 5010 Carrington Hall, Campus Box 7460
Chapel Hill, NC 27599**ORCID:** <https://orcid.org/my-orcid?orcid=0000-0001-5054-2885>**EDUCATION:**

| Degree | Institution & Location | Dates | Major |
|---------------|---------------------------------------------------------------------------------------------|--------------|--------------------------------------|
| Postdoctoral | The University of North Carolina <i>at</i> Chapel Hill, School of Medicine, Chapel Hill, NC | 2019-2021 | Complementary and Integrative Health |
| PhD | The University of North Carolina <i>at</i> Chapel Hill, School of Nursing, Chapel Hill, NC | 2013-2019 | Nursing |
| MSN | Yale University, School of Nursing, New Haven, CT | 2002-2005 | Nurse-Midwifery |
| BA | Connecticut College, New London, CT | 1990-1994 | Physics |

PROFESSIONAL EXPERIENCE:**ACADEMIC EMPLOYMENT:**

| Institution or Firm | Position/Rank | Dates |
|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|--------------|
| The University of North Carolina <i>at</i> Chapel Hill, School of Nursing, Chapel Hill, NC | Assistant Professor | 2021-present |
| The University of North Carolina <i>at</i> Chapel Hill, School of Medicine, Physical Medicine & Rehabilitation, Chapel Hill, NC | Postdoctoral Fellow | 2019-2021 |
| The University of North Carolina <i>at</i> Chapel Hill, School of Nursing, Office of Academic Affairs, Chapel Hill, NC | Teaching Assistant-Undergraduate Recruiter | 2014-2019 |
| The University of North Carolina <i>at</i> Chapel Hill, School of Nursing, Chapel Hill, NC | Clinical Instructor | 2010-2013 |
| Yale University, School of Nursing, New Haven, CT | Adjunct Faculty | 2008-2009 |

OTHER EMPLOYMENT:

| Institution or Firm | Position/Rank | Dates |
|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|--------------|
| The University of North Carolina at Chapel Hill, School of Nursing, Chapel Hill, NC | Certified Nurse-Midwife | 2021-present |
| The North Carolina Department of Health and Human Services, Women's Health Branch, Maternal Morbidity and Mortality Review Committee | Nurse Abstractor | 2019-2021 |
| Carolina Women's Health Center, Sanford, NC | Certified Nurse-Midwife | 2016-2017 |
| Magnolia Women's Health, Holly Springs, NC | Certified Nurse-Midwife | 2011-2014 |
| UNC Hospitals, Antepartum Unit, Chapel Hill, NC | Staff Nurse | 2010-2011 |
| Connecticut Multispecialty Group, Hartford, CT | Certified Nurse-Midwife, Director of Nurse-Midwifery | 2005-2009 |

LICENSURES and CERTIFICATIONS:

| | | | |
|-------------------------------|--------------------------------------------------------|--------------|------------------------------------|
| RN | North Carolina, License #235718 | 2009-present | Nursing |
| CNM | North Carolina, License #447 | 2009-present | Certified Nurse-Midwife |
| MBSR Instructor Certification | Brown University, Center for Mindfulness, Rhode Island | 2020-present | Mindfulness-Based Stress Reduction |

HONORS, AWARDS AND HONOR SOCIETY MEMBERSHIPS:

| Date | Award or Honor |
|-------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| 2023 | Fellow of American College of Nurse-Midwives |
| 2021, 2023 | National Institutes of Health Loan Repayment Program Awardee, Health Disparities, National Center for Complementary and Integrative Health |
| 2020 | Inaugural Fellow in Venture Catalyst Program at UNC Chapel Hill |
| 2019 | Carolina Postdoctoral Program for Faculty Diversity Fellowship |
| 2019 | Sigma Theta Tau International Rising Star of Scholarship and Research Award |
| 2018 | Sigma Theta Tau International Alpha Alpha Chapter Graduate Research Grant |
| 2017 | Hope James Foundation Dissertation Research Grant |
| 2016-2018 | Jonas Nurse Scholar Fellowship |
| 2016 | Great 100 Nurses Scholarship |
| 2016 | Elizabeth Scott Carrington Scholarship |
| 2015-2017 | UNC at Chapel Hill Ella Jean Lewis Nursing Scholarship |
| 2015-2016 | UNC at Chapel Hill Graduate School Doctoral Merit Assistantship in Nursing |

| | |
|------------|-------------------------------------------------------------------|
| 2015 | Sigma Theta Tau, Alpha Alpha Chapter Honor Society |
| 2013, 2014 | UNC at Chapel Hill James M. Johnston Graduate Nursing Scholarship |

BIBLIOGRAPHY AND PRODUCTS OF SCHOLARSHIP (as applicable):

Books and Chapters, including pages:

1. **Sheffield, K.M.** (2014). Step #10 A mother-friendly hospital, birth center, or home birth practice provides culturally competent care. In B. Hotelling, & H.G. Gordon (Eds). *How To Become Mother-Friendly: Policies and Procedures for Hospitals, Birth Centers, and Home Birth Practices*. Springer Publishing Co. New York, NY.
<https://doi.org/10.1891/9780826129772>

Refereed Papers/Articles

Legend: *data-based; † publication with student; ‡ senior author

1. *Scroggins, J.K., Gibson, A.N., Stuebe, A.M., **Sheffield-Abdullah, K.M.**, & Tully, K.P. (In Press). Postpartum hospital discharge transition: Birthing parent perspectives on supportive health care practices and areas for improvement. *Journal of Perinatal and Neonatal Nursing*.
2. *Quick-Graham, L., Jones, B., Moore-Patterson, R., ‡**Sheffield-Abdullah, K** (2023). A Closer Look at Preventable Pregnancy-associated Deaths Due to Opioid Overdose in North Carolina. *North Carolina Medical Journal*, 84(1). [doi:10.18043/001c.67782](https://doi.org/10.18043/001c.67782)
3. *Shafer, J., Gaylord, S., Faurot, K., Harr, E., Lathren, C., Roth, I., Giscombe, K., **Sheffield-Abdullah, K.**, Williams, S. (2022). Easing the Burden of Dementia Caregiving: Protocol Development for a Telephone delivered Mindfulness Intervention for Rural, African American Families. *Contemporary Clinical Trials Communications*.
4. *Hirschev, R., Conklin, J.L, **Sheffield-Abdullah, K.M.**, Nolan, T, Getachew, B., Guimond, E. (2022). Communication Between Black patients with Cancer and Their Clinicians: Exploring Factors That Influence Outcome Disparities. *Oncology Nursing Forum*.
5. * Teal, N.E., Appiagyei, A., **Sheffield-Abdullah, K.M.**, Manuck, T.A. (2022). Differences in disease severity and delivery gestational age between Black and White patients with hypertensive disorders of pregnancy. *Pregnancy Hypertension*, 28, 88-93.
<https://doi.org/10.1016/j.preghy.2022.03.001>
6. *Woods-Giscombe, C. L., Conklin, J., Dodd, A., Barthold, L., Perry, Y., Smith, R., Ikharo, E., **Sheffield-Abdullah, K.M.** (2022). Workplace meditation interventions for reducing psychological stress and other cardiovascular risk factors: Workplace wellness policy implications. *Current Reports*.
7. * Lathren, C., **Sheffield-Abdullah, K.M.**, Sloane, P.D., Bluth, K., v.T.S. Hickey, J., Wretman, C.J, Prochnow Phillips, L., Zimmerman, S. (2021). Certified nursing

- assistants' experiences with self-compassion training in the nursing home setting. *Geriatric Nursing*, 42(6), 1341-1348.
<https://doi.org/10.1016/j.gerinurse.2021.08.013>
8. ** **Sheffield-Abdullah, K. M.**, & Woods-Giscombe, C. L. (2021). Perceptions of superwoman schema and stress among African American women with pre-diabetes. *Archives of psychiatric nursing*, 35(1), 88–93.
<https://doi.org/10.1016/j.apnu.2020.09.011>
 9. * Manuck, T. A., Eaves, L. A., Rager, J. E., **Sheffield-Abdullah, K.**, & Fry, R. C. (2021). Nitric oxide-related gene and microRNA expression in peripheral blood in pregnancy vary by self-reported race. *Epigenetics*, 1–15. Advance online publication.
<https://doi.org/10.1080/15592294.2021.1957576>
 10. * Woods-Giscombe, C. L., Lobel, M., Zimmer, C., Brooks, J., **Sheffield-Abdullah, K.**, Bey, G., Bravo, L., Lackey, C., Smith, R., Frazier, T., & Muhirwa, A. (2021). Use of food to cope with culturally relevant stressful life events is associated with body mass index in African American women. *Nursing research*, 70 (5S Suppl2): S53-S62. PMID:34173375
<https://doi.org/10.1097/NNR.0000000000000532>
 11. Johnson, C. C., **Sheffield, K. M.**, & Brown, R. E. (2018). Mind-body therapies for African American women at risk for cardiometabolic disease: A systematic review. *Evidence-based complementary and alternative medicine: eCAM*, 2018, 5123217.
<https://doi.org/10.1155/2018/5123217>
 12. † **Sheffield, K. M.**, & Woods-Giscombé, C. L. (2016). Efficacy, feasibility, and acceptability of perinatal yoga on women's mental health and well-being: A systematic literature review. *Journal of holistic nursing: official journal of the American Holistic Nurses' Association*, 34(1), 64–79.
<https://doi.org/10.1177/0898010115577976>
 13. * Woods-Giscombé, C. L., Rowsey, P. J., Kneipp, S. M., Owens, C., **Sheffield, K.**, Galbraith, K., Hammad, S., Fowler, T., Hodges, E., Kowlowitz, V., & Alexander, G. R. (2015). Underrepresented students' perspectives on institutional climate during application and admission to nursing school: Implications for enhancing diversity and inclusion. *Journal of Nursing Education*, 54(5), 216-269. PMID: 25950361
<https://doi.org/10.3928/01484834-20150417-03>
 14. * Yohe, M. E., **Sheffield, K. M.**, & Mukerji, I. (2000). Solubility of fluoromethemoglobin S: effect of phosphate and temperature on polymerization. *Biophysical journal*, 78(6), 3218–3226.
[https://doi.org/10.1016/S0006-3495\(00\)76858-5](https://doi.org/10.1016/S0006-3495(00)76858-5)

In Press/Submitted

Legend: *data-based; † publication with student; ‡ senior author

1. Roth, I., Harr, E., Williams, S., Gaylord, S., **Sheffield-Abdullah, K.**, Shafer, J., Faurot, K. (under review). Engaging Stakeholders in Research on Mindfulness for Family Caregivers. *American Journal of Alzheimers Disease & Other Dementias*.
2. Teal, E.N, Daye, A., Menard, M.K, † **Sheffield-Abdullah, K.M.** (under review). Examining Black Birthing People's Experiences with Racism, Discrimination, and Contextualized Stress and Their Perspectives on Racial Concordance with Prenatal Providers. *Obstetrics & Gynecology*.
3. ** **Sheffield-Abdullah, K.M.**, Woods-Giscombé, C.L (revised and under review). Conversations about stress between perinatal African American women and their women's health care providers. *Qualitative Health Research*.

Refereed unpublished oral presentations and/or abstracts

Legend: *data-based; † publication with student; ‡ senior author

1. Simmons, E., **Sheffield-Abdullah, K.M.**, Austin, A., Mansfield, A., Singh, K., Wood, M. (2023, June) Identifying prenatal care initiation with midwives among pregnant people with and without chronic conditions in an administrative claims data source. Poster presentation at the annual meeting of the Society for Pediatric and Perinatal Epidemiologic Research. Portland, Oregon, United States.
2. Hirschey, R., Guimond, E., Getachew, B., **Sheffield-Abdullah, K.M.**, Conklin, J., Nolan, T. S., (2022, September) Systematic Review to Identify how Nurses May Improve Communication with Black Patients Living Beyond a Cancer Diagnosis [Poster presentation]. American Association of Cancer Research Conference on the Science of Cancer Health Disparities, Philadelphia, PA, United States.
3. Lathren, C. Faurot, K., Williams, S., Roth, I., Harr, E., Mason, R., **Sheffield-Abdullah, K.M.**, Barnhill, J., Gaylord, S. (2021, October). Feasibility and Preliminary Outcomes of a Telephone Delivered Mindfulness Intervention for Rural African American Families Caring for a Person with Dementia [Poster Presentation]. American Public Health Association Annual Meeting 2021.
4. * Teal, E. N., Appiagyeyi, A., **Sheffield-Abdullah, K.M.**, Manuck T.A. (2021, January). Racial and ethnic differences in delivery gestational age and disease severity among patients with hypertensive disorders of pregnancy Volume 224, Issue 2, Supplement, Pages S327-328, [Poster Presentation]. Society for Maternal Fetal Medicine 41st Annual Meeting: The Pregnancy Meeting. <https://doi.org/10.1016/j.ajog.2020.12.540>
5. * Stuebe A.M., Tully K.P., Gill C., Umstead K., **Sheffield-Abdullah, K.M.** (2021, January). Invited Virtual Panel. Re-engineering postnatal unit care and the transition home to reduce perinatal morbidity and mortality. Agency for Healthcare Research and Quality Patient Safety Learning Lab Network.
6. * ‡ **Sheffield, K.M.** (2018, March). Poster Discussion. Examining views of stress in African American women with prediabetes through the lens of superwoman schema:

Implications for the development of a culturally relevant mindfulness-based intervention. Poster presented at the 32nd Annual Conference for the Southern Nursing Research Society. Atlanta, GA.

7. ‡ **Sheffield, K.M.** (2015, March). Poster Presentation. Efficacy, feasibility, and acceptability of perinatal yoga on women's mental health and well-being: A systematic literature review. Poster presented at the University of North Carolina at Chapel Hill Academic Research Day. Chapel Hill, NC.
8. ‡ **Sheffield, K.M.** (2015, February). Poster Presentation. Efficacy, feasibility, and acceptability of perinatal yoga on women's mental health and well-being: A systematic literature review. Poster presented at the 29th Annual Conference for the Southern Nursing Research Society. Tampa, Florida.

Invited presentations

Legend: *data-based; † publication with student; ‡ senior author

1. **Sheffield-Abdullah, K.M.** (2023, April). Invited Speaker. National Perinatal Association 2023 Conference. Perinatal Mental Health in Black People: "Who's Talking and Who's Not". Chapel Hill, NC.
2. ***Sheffield-Abdullah, K.M.** (2023, April). Invited Closing Keynote Speaker. 2023 Nurse Practitioner Spring Symposium. "I see you" ... "I am here": Navigating This New World. Wilmington, NC
3. **Sheffield-Abdullah, K.M.** (2023, February). Invited Panelist. Black Maternal and Infant Health in NC. Webinar. NC Department of Health and Human Services. Online.
4. **Sheffield-Abdullah, K.M.** (2023, February). Invited Panelist. HBCU Health Equity Summit. North Carolina A&T. Greensboro, NC
5. ***Sheffield-Abdullah, K.M.** (2022, September). Invited Panelist. Suicide and Overdose: The Leading Cause of Death for New Mothers Webinar. Maternal Mental Health Leadership Alliance. Online.
<https://www.youtube.com/watch?v=OyXdwfdSuIo>
6. ***Sheffield-Abdullah, K.M.** (2022, July). Invited Opening Keynote Speaker. 35th Annual Postpartum Support International Conference. "I see you" and "I am here"... The Journey of Black Perinatal Mental Health. New Orleans, LA
7. ***Sheffield-Abdullah, K.M.** (2022, June). Invited Closing Keynote Speaker. 24th Nursing Network on Violence Against Women International Conference. "I see you" and "I am here": Addressing Stress and Anxiety in Black Perinatal Women. Durham, NC
8. **Sheffield-Abdullah, K.M.** (2022, January). Invited Panelist. Black Women's Health Imperative Webinar. The Path to Perinatal Mental Wellness: A Missing Link to Improving Black Maternal Health Outcomes. Washington, D.C. Online.
<https://www.youtube.com/watch?v=1LvAA9SrJME>

9. † **Sheffield, K.M.** (2021, October). Invited Virtual Keynote Speaker. Addressing Stress & Anxiety in Black Perinatal Women: A mindfulness approach. UNC School of Social Work in Partnership with the Wellness Committee. Chapel Hill, North Carolina.
10. † **Sheffield, K.M.** (2021, October). Invited Virtual Panelist. Careers in Maternal and Child Health: The Inside Scoop. American Public Health Association Annual Meeting & Expo. Creating the Healthiest Nation: Strengthening Social Connectedness. Denver, Colorado Online.
11. † **Sheffield, K.M.** (2021, August). Invited Virtual Webinar. Approaches to healing anxiety in women. Asia-Pacific Mindfulness Conference. Brahm Center, Singapore.
12. † **Sheffield, K.M.** (2021, August). Invited Virtual Workshop. Mindfulness Practices, Movements and What to Expect in Pregnancy. Asia-Pacific Mindfulness Conference. Brahm Center, Singapore.
13. *† **Sheffield, K.M.** (2021, April). Invited Guest Speaker. African American women's experiences of stress during the perinatal period and associations among psychological distress and mindfulness, self-compassion, and self-care. Perinatal Psychiatry Program's 2020-2021 Lecture Series on Diversity, Equity, and Inclusion in Maternal Mental Health. UNC School of Medicine, Department of Psychiatry.
14. † **Sheffield, K.M.** (2021, April). Invited Virtual Guest Facilitator. Women's Health Awareness 2021: Transforming Communities by Enhancing Women's Health. Race and Health: Changing the Narrative, Reaching for Equity. National Institute of Environmental Health Sciences (NIEHS), Clinical Research Branch, Office of Human Research and Community Engagement.
15. *† **Sheffield, K.M.** (2021, February). Invited Virtual Panel. African American women's experiences of stress during the perinatal period and associations among psychological distress and mindfulness, self-compassion, and self-care. Spring Series: Carolina Postdoctoral Program for Faculty Diversity hosted by Institute of African American Research.
16. *† **Sheffield, K.M.** (2020, October). Pre-recorded Podium Presentation. African American women's experiences of stress during the perinatal period and associations among psychological distress and mindfulness, self-compassion, and self-care. 40th International Marcé Society for Perinatal Mental Health, Iowa City, Iowa.
17. † **Sheffield, K.M.** (2019, July). Poster Presentation. Perspectives of Stress and Self-Care among Perinatal African American Women: Implications for a Mindfulness-Based Intervention. Presented at Sigma Theta Tau's 30th International Nursing Research Congress as a Rising Star in Research and Scholarship. Calgary, Canada.
18. † **Sheffield, K.M.** (2018, May). Podium Presentation. Health Disparities, Superwoman Schema, and Network Stress Among African American Women. Presented at March of Dimes North Carolina Preconception Health Campaign, Continuing Strides: Preconception Health's Journey to a Healthier North Carolina. Raleigh, NC.

19. † **Sheffield, K.M.** (2014, July). Invited speaker. Nurse-Midwifery: A call of the heart. University of North Carolina at Chapel Hill Summer Bridge Program. Chapel Hill, NC.
20. † **Sheffield, K.M.** (2013, 2014 September). Invited speaker. Nurse-Midwifery: A call of the heart. University of North Carolina at Chapel Hill Undergraduate Student Governance Council School of Nursing. Chapel Hill, NC

Digital Media

1. Who's making maternal mortality worse. Politico by Sarah Gardner on March 24, 2023. <https://www.politico.com/newsletters/women-rule/2023/03/24/whats-making-maternal-mortality-worse-00088721>
2. Health department medical detectives find 84% of U.S. maternal deaths are preventable. NPR by April Dembosky on October 21, 2022. <https://www.mprnews.org/story/2022/10/21/npr-maternal-mortality-childbirth-deaths-prevention>
3. Black Maternal Health: Stress and Anxiety in Black Pregnant Birthing Persons and Women and Impact in their Birth Outcomes. LoveBabz Love Talk with Babz Rawls-Ivy. WNHH Community Radio, April 26, 2022. <https://www.facebook.com/wnhhradio/videos/1026234128329823>
4. Mindfulness Matters™ Video Series. 4th Trimester Project. New Moms Health. Chapel Hill, North Carolina. October 6, 2021. <https://newmomhealth.com/selfcare/mindfulness>
5. Podcast with Maternal Health Learning and Innovation Center. The Stress of Being Black and Pregnant. Raleigh, North Carolina November, 2021. <https://www.youtube.com/watch?v=HjK6zQGEDMg>
6. MomsRising Instagram Live. Mindfulness & Meditation for Pregnancy, Breastfeeding and Beyond. August 4, 2021

Other novel forms of scholarship

1. **Sheffield-Abdullah, K.M.** (2022). Professional Profile 1.4 Certified Nurse Midwife in B. Black, Ch. 1 Nursing in Today's Evolving Health Care Environment, Professional Nursing: Concepts & Challenges, 10th edition, Elsevier
2. **Sheffield, K.M.** (2018, May) Podium Presentation. Health Disparities, Superwoman Schema, and Network Stress Among African American Women. Presented at March of Dimes North Carolina Preconception Health Campaign, Continuing Strides: Preconception Health's Journey to a Healthier North Carolina. Raleigh, NC. <https://www.youtube.com/watch?v=aT4AbbJGKmw>

TEACHING ACTIVITIES:

Courses Taught

| Course No. (Level) | Title | Role | Semester & Year | # of Credits | Total # students |
|---------------------------|-----------------------------------------------------------------------------|---------------------------------------|----------------------------|---------------------|-------------------------|
| N917 | Design, Measurement, and Analysis II: Explanatory and Predictive Research | Course Faculty | Spring 2023 | 4.0 | 4 |
| N916 | Design, Measurement, and Analysis I: Descriptive and Associational Research | Course Faculty | Fall 2022 | 4.0 | 6 |
| N917 | Design, Measurement, and Analysis II: Explanatory and Predictive Research | Course Faculty | Spring 2022 | 4.0 | 15 |
| N916 | Design, Measurement, and Analysis I: Descriptive and Associational Research | Course Faculty | Fall 2021 | 4.0 | 15 |
| N479 | Maternal and Child Health | Teaching Assistant/ Co-Coordinator | Spring 2019 | 2.0 | 104 |
| N811 | Selected Issues in Adult Health | Teaching Assistant | Fall 2018 | 1.25 | 40 |
| N479 | Maternal and Child Health | Teaching Assistant/ Co-Coordinator | Fall 2018 | 2.0 | 70 |
| N825 | Sexual & Reproductive Health | Teaching Assistant/ Co-Coordinator | Summer 2018 | 4.0 | 36 |

Student Research Supervision**PhD /Post-doctoral students (Current)**

| Student | Role (Advisor, Chair or Committee Member) | Dates |
|-----------------------------------------------------------------------------|--------------------------------------------------|--------------|
| Caroline Martineau, DNP Student, UNC Chapel Hill School of Nursing | DNP Committee Member | 2023-present |
| David Agor DNP Student, | DNP Committee Member | 2022-2023 |

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| UNC Chapel Hill School of Nursing | | |
| Charity Lackey PhD Student, UNC Chapel Hill School of Nursing | Dissertation Committee Member | 2022-2023 |
| Maedchen Goddard PhD Student, UNC Chapel Hill School of Nursing | Dissertation Committee Member | 2022-present |
| Raven Smith PhD Student, UNC Chapel Hill School of Nursing | Dissertation Committee Member | 2022-present |
| Elizabeth Simmons PhD Student, UNC Gillings School of Public Health | Dissertation Committee Member | 2021-present |
| Darchelle Excellent PhD Student, Duke University School of Nursing | Dissertation Committee Consultant | 2021-present |
| Dawna Jones, PhD Student, North Carolina A&T | Dissertation Committee Member | 2021-2023 |
| Kandyce Hylick, PhD Student, University of Georgia | Dissertation Committee Member | 2021- present |

PA Students (Current)

| Student | Role (Advisor, Chair or Committee Member) | Dates |
|-------------------------------------------------------------------------------|--------------------------------------------------|--------------|
| Micha Lanier, Physician Assistant Student, UNC School of Medicine | Mentor for Capstone Project | 2021-2022 |

MSN Students (Past)

| Student | Role (Chair/ Committee) | Project title | Dates |
|----------------------------------------------|------------------------------------|-----------------------------------------------------|--------------|
| Emily Nitau, UNC School of Nursing | Mentor | Perceived Benefits of Yoga in Perinatal Patients | 2016-2017 |
| Chantel Dawkins, UNC School of Nursing | Mentor | Perceived Benefits of Yoga in Perinatal Patients | 2016-2017 |

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|------------------------------------------------|---------------------|--------------------------------------------------------------------------------------|-----------|
| Lisa Shea Roberts, UNC School of Nursing | Committee Member | Pelvic Floor Muscle Training and Biofeedback to Prevent and Treat Incontinence | 2012-2013 |
|------------------------------------------------|---------------------|--------------------------------------------------------------------------------------|-----------|

Workshops/Continuing Education

| Course Title | Role | Date | Location | # Attendees |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-----------------------------|-----------------------------------|--------------------|
| Get That Grant, Kemi Doll, LLC | Attendee | October 2021- April 2022 | Online | 25 |
| Mixed Methods Research Camp: Integrating Qualitative and Quantitative Data Research Talk, Inc. | Attendee | November 2021 | Online | 30 |
| Summer Research Institute (SRI), Best Practices for Developing Fundable Behavioral Interventions Leveraging Human-Centered Design hosted by Johns Hopkins School of Nursing | Attendee | June 2020 | Online | 50 |
| Mindfulness Based Stress Reduction Teacher Training Residential Program, Brown University | Attendee | January 2020 | Ramapo, New Jersey | 25 |
| Clinical and Translational Research Course for PhD Students at the NIH Clinical Center | Attendee | July 2018 | Bethesda, Maryland | 20 |
| Summer Research Institute (SRI), Advanced Methods in Population-Based Health Disparities Research, hosted by the Center for Health Equity Research at the University of Pennsylvania's School of Nursing | Attendee | June 2015 | Philadelphia, Pennsylvania | 15 |
| 18 th Annual Research Institute: Mixed Methods Research hosted by Dr. Margarete Sandelowski | Attendee | June 2014 | Chapel Hill, North Carolina | 100 |

Training Grants

| Role | Title | Total Direct Amount (FTE if available) | Percent Effort | Agency | Dates |
|-------------|--------------|-------------------------------------------------------|---------------------------|---------------|--------------|
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|----------------------|-----------------------------------------------------------------|-----|------|----------------------------------------------------------|-----------|
| Postdoctoral Trainee | Research in Complementary, Alternative and Integrative Medicine | 1.0 | 100% | National Center for Complementary and Integrative Health | 2019-2021 |
| Predoctoral Trainee | Intervention for Preventing and Managing Chronic Illness | 1.0 | 100% | National Institute of Nursing Research | 2017-2018 |
| Predoctoral Trainee | Intervention for Preventing and Managing Chronic Illness | 1.0 | 100% | National Institute of Nursing Research | 2013-2015 |

Research Grants

Funded (Active)

| Role | Title, Grant number, PI(s) | Total Direct Amount (FTE if available) | Percent Effort | Agency | Dates |
|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|-----------------------|---------------------------------------------|------------------|
| Co-Director | BIRTH (Black and Indigenous midwives Rise to Transform reproductive Healthcare): An Education Mobility Pathway to Diversify the NC Nurse-Midwifery Workforce Co-Directors: K. Sheffield-Abdullah, R. Lanning | \$2,100,000 | 20% | The Duke Endowment | 7/1/2023-6/30/26 |
| Co-Principal Investigator | Diversifying the North Carolina Nurse-Midwifery Workforce, PI: R. Lanning | \$35,000 | 10% | North Carolina Area Health Education Center | 7/2022-7/2023 |
| Co-Investigator | Heal Us: Reimagining curricula for maternal health professionals, PI: A. Stuebe | \$2,600,000 | 15% | American Heart Association | 7/2022-6/2026 |

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| Co- Investigator | Re-engineering postnatal unit care and the transition home to reduce morbidity and mortality, 5R18HS027260, PI: A. Stuebe | \$2,108,546 | 5% | Agency for Healthcare Research and Quality | 9/2019-11/2023 |
| Co- Investigator | Understanding the relationship between Black perinatal women and their obstetric providers, PI: N. Teal | \$5000 | 0% | Dr. K. Menard | 4/2021-present |
| Co- Investigator | The HARMONY Study- A culturally relevant, randomized-controlled, stress management intervention to reduce cardiometabolic risk in African American women, 5R01MD015388, PI: C. Giscombe | \$3,100,000 (Total includes direct and indirect) | 3% | National Institute on Minority Health and Health Disparities (NIMHD) | 7/2020-2/2025 |
| Co- Investigator | Centering African American Families: Community-Engaged Co-Development of an Intervention to Promote Parent and Child Health in Early Childhood PI: M.White | | 0% | Duke Children's Health and Discovery Initiative (CHDI) | 7/2023-8/2025 |

Funded (Completed)

| Role | Title, Grant number, PI(s) | Total Direct Amount (FTE if available) | Percent Effort | Agency | Dates |
|---------------------|-------------------------------------------|----------------------------------------|----------------|--------------------|----------------|
| Co- Investigator | Easing the Burden of Dementia Caregiving: | \$271,981 | 0% | National Institute | 2/2019-12/2021 |

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| | A Telephone-delivered Mindfulness Intervention for Rural, African American Families, 5R21AG061728, PI: S. Gaylord | | | on Aging (NIA) | |
| Research Collaborator | Mindful Self-Compassion Training to Improve Retention, Job Satisfaction, and Attitudes toward Dementia among Long-term Care Nursing Assistants, 5R21AG058133, PI: P. Sloane | \$150,000 | 0% | National Institute on Aging (NIA) | 09/2018-06/2021 |

Under Review

| Role | Title | Total Direct Amount (FTE if available) | Percent Effort | Agency | Dates |
|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|-----------------------|----------------------------------------------------------|-------------------|
| Investigator | Thriving Hearts PI: A. Stuebe | \$21,000,000 | 5% | Patient-Centered Outcomes Research Institute | Submission 5/2023 |
| Co-Investigator | A multisite feasibility study of a mindfulness-based intervention to prevent depression among women with low-income and high body mass index PIs: D. Rubinov, E. Epel | \$1,048,890 | 15% | National Center for Complementary and Integrative Health | Submission 6/2023 |

PROFESSIONAL SERVICE:**Memberships and Positions Held in Professional Organizations**

| Organization | Role | Dates |
|------------------------------------|-------------|-----------------|
| American College of Nurse-Midwives | Member | 10/2022-present |

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| American Psychological Association, Maternal Mental Health Advisory Board | Member | 10/2022-present |
| American College of Obstetricians and Gynecologists and Centers for Disease Control: <i>Using MMRIA to Document Discrimination and Racism</i> (UMDDR) Working Group | Working Group Member | 1/2022-present |
| External Advisory Board, Brown University Mindfulness Center | Member | 2021-present |
| Society for Maternal Fetal Medicine | Member | 2020-present |
| NC Women of Color Research Network | Member | 2014-present |
| Southern Nursing Research Society | Member | 2014-2020 |
| Postpartum Support International | Member | 2014-present |
| American Nurses Association | Member | 2014-2022 |
| American Midwifery Certification Board | Member | 2005-present |

Consultations

| Organization/Project | Role | Dates |
|---------------------------------------------------------------------------------------|----------------|--------------|
| 4 th Trimester Project- NewMomHealth | Content Expert | 2021-present |
| National Institute for Environmental Health and Sciences- Mobile Health (mhealth) app | Collaborator | 2021-2022 |

Editorial Activities

| Journal | Role | Dates |
|-----------------------------------------|-------------------|--------------|
| SSM-Qualitative Research in Health | Reviewer | 2022-present |
| Qualitative Health Research | Reviewer | 2020-present |
| Research in Nursing & Health (RINAH) | Reviewer | 2020-present |
| Issues in Mental Health Nursing Journal | Mentored Reviewer | 2015-2018 |

Other (Grant Review Activities, Site Visits, Review Panels)

| Organization/Project | Role | Dates |
|-------------------------------------------------|----------------|----------------|
| Brain Canada Mental Health Research Program | Grant Reviewer | 11/2021 |
| Brown University, Reversibility Network Funding | Grant Reviewer | 9/2020-11/2020 |

UNIVERSITY SERVICE

School of Nursing Committees

| Committee | Role | Dates |
|---------------------------------------------------------------------|-------------|--------------|
| Columbia Street Lecture Series Committee | Member | 2022-present |
| Advisory Committee for Strategic Planning for UNC School of Nursing | Member | 2017-2018 |

Community Professional Service

| Organization/Activity | Role | Dates |
|------------------------------|-------------|--------------|
|------------------------------|-------------|--------------|

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|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|--------|
| Women's Health Awareness 2021: Transforming Communities by Enhancing Women's Health, Race and Health: Changing the Narrative, Reaching for Equity. National Institute of Environmental Health Sciences (NIEHS), Clinical Research Branch, Office of Human Research and Community Engagement | Invited Virtual Guest Facilitator | 4/2021 |
| North Carolina Area Health Education Centers 2017 Future Leaders in Health Care Conference | Guest Panelist | 5/2017 |

SUMMARIES

RESEARCH STATEMENT

My **research** focuses on the development of strategies to reduce the long-term health effects of psychological trauma, anxiety, and depression on women's health and birth outcomes. My specific interests include the bio-psycho-social benefits of self-compassion, mindfulness, and other mind-body therapies as adjuncts to conventional treatment modalities. The goal of my research is to conceptualize stress more comprehensively by including contextualized and network stress to identify mechanisms of action between stress experiences and neuroendocrine pathways that increase risk for adverse birth outcomes. This program of research will not only facilitate the development of culturally relevant interventions to reduce disparities in stress-related adverse outcomes in Black women, but also provide a platform to guide successful models for women's health care provision that incorporate stress management and improve wellness across the lifespan. I have a goal of developing and sustaining a funded program of research as an independent scientist, with funding from federal agencies (such as the National Institutes of Health), as well as foundations and international organizations that prioritize reduction of health inequities. I intend to disseminate my research in the form of peer-reviewed scientific publications and presentations.

TEACHING STATEMENT

I have been mentoring and/or co-mentoring undergraduate students, MSN, and PhD trainees within and outside the School of Nursing for the past 10 years. My **teaching** role spans the classroom and clinical settings and includes academic and research advisement. I have regularly been invited as a guest speaker regionally, nationally, and within the SON to instruct undergraduate and graduate students about women's sexual and reproductive health. My approach to clinical teaching is to guide learners to think critically and analytically across three learning domains: cognitive, affective, and psychomotor. I also incorporate novel and engaging technology as a core teaching method to increase rigor, relevance, and relationships as described by Oermann (2013). To achieve the best, lifelong, and meaningful outcomes for students, I align courses with the pedagogical theory of constructivism. This way, learners are assured active engagement as they create their own learning through interaction with others and with the environment. I encourage all voices and perspectives to be shared, heard, and valued in class to promote inclusivity. In addition, I seek feedback from students to improve courses and my own instruction.

My long-term instructional goal is to provide a rigorous and robust learning environment for

student learners in my area of research as well as help to attract and retain a diverse and talented group of future leaders and innovators in the health sciences. My plan is to also expand my teaching areas to include courses within the PhD division such as qualitative methodology and design. To further develop my own effectiveness in instructional design and delivery, I plan to regularly attend seminars on teaching methods provided by the institution and accordingly align, implement, and evaluate different technologies and instructional strategies with every learning experience.

SERVICE and ENGAGEMENT STATEMENT

My commitment to **service** includes getting involved with recruitment and retention efforts of underrepresented groups that have been initiated at the School of Nursing. I find this area of commitment to be critical in helping to ensure that our nursing workforce reflects the diversity of the patients whom we serve. My work with the Careers Beyond the Bedside—a HRSA funded program (Johnson Rowsey, PI) at UNC Chapel Hill School of Nursing—where I served as a focus group facilitator and co-writer of a manuscript that was accepted for publication to the *Journal of Nursing Education* is just one example of my commitment to the necessary work of inclusivity. To equip the future generation of nurses with the necessary tools to foster cultural humility and diversity, underrepresented minority groups (ethnic/racial, male, first time to college) must be recruited and retained in our schools of nursing. In fact, they must not only be recruited and retained but also, we educators must take the lead in demonstrating to our student body that patient care giving is not the domain of any one group. We all share in the well-being of the world's citizenry. I have a personal commitment in identifying and serving alongside those committees within the nursing school that are currently working to achieve the goal of inclusiveness.

I have a strong commitment to the health and wellness of Black women as evidenced by my scholarly work. Additionally, in my service activities, I engage annually with the National Institute of Environmental Health and Sciences and their Women's Health Awareness Day where I bring awareness to stress related health disparities and the application of mindfulness to address stress. I have also engaged in educating the Black community about health and wellness through my digital and social media presence. Most recently, with MomsRising, a transformative organization working to increase family economic security, end discrimination against women and mothers, and to build a nation where both businesses and families can thrive. This organization is powered by two separate organizations, MomsRising Together, a 501(c)(4) social welfare organization, and MomsRising Education Fund, a 501(c)(3) public charity. I was also an invited panelist on a webinar hosted by the Black Women's Health Imperative titled "The Path to Perinatal Mental Wellness: A Missing Link to Improving Black Maternal Health Outcomes" where the goal was to demystify perinatal mental health and mood disorders, discuss why Black birthing people are falling through the cracks for screening and care, and the path to wellness.

I have served as a nurse-abstractor on the North Carolina Maternal Mortality Review Committee (MMRC) and have expertise reviewing maternal opioid overdose cases. As a result of my significant contribution to that work, I was invited last year by ACOG and the CDC to serve on a working group to assist in the development of a tool to be used by MMRCs across the country to determine if discrimination, institutional racism, or interpersonal racism contributed to a pregnancy-related death. I have served as an expert panelist, amongst White House panelists, for

the Maternal Mental Health Leadership Alliance webinar on Maternal Suicide and Overdose. Shortly after this webinar, I was interviewed by NPR regarding the CDC announcement of maternal suicide and overdose as the leading cause of preventable pregnancy-related deaths in the United States. Most recently, I was invited by the American Psychological Association to serve on their Maternal Mental Health Advisory Board. I am currently a co-investigator on several research projects sponsored by AHRQ, AHA, NIMHD and NICHD.

Within my goals to engage in service at local, regional, national, and international levels, I specifically aim to influence healthcare quality and improvement through using my research to affect policy and the reduction of healthcare disparities.