

Cheryl L. Woods Giscombé
SAMHSA/ANA Minority Fellowship Program
Postdoctoral Fellow (2007-2009)
FINAL REPORT

November 20, 2009

Overview

The purpose of this report is to describe and reflect upon my accomplishments as a participant (2007-2009) in the Substance Abuse and Mental Health Services Administration (SAMHSA) Minority Fellowship Program (MFP) at the American Nurses Association (ANA) and my future goals in the areas of research, teaching, and service. During my two years of participation as an MFP postdoctoral fellow, I have been able to build a foundation for my career in research and evidenced-based clinical practice to address and eliminate health disparities. Through support from the Minority Fellowship program, I was able to develop an NIH-funded program of research, and I completed the Psychiatric-Mental Health Clinical Nurse Specialist/Nurse Practitioner MSN program at The University of North Carolina at Chapel Hill. My MSN training in the area of advanced practice psychiatric and mental health nursing is a supplement to my doctoral research training in Social and Health Psychology. This combined training will enhance my clinical expertise in mental health disparities and better prepare me to make significant research contributions in this area. As an MFP fellow, I also gained valuable experience in five important areas of research: (a) conceptual development, (b) theory-based interventions (c) proposal development, (d) outcome focused/ applied research, and, (e) and research dissemination. I also gained valuable experience in transdisciplinary collaboration and contextual learning activities that strengthened my development of expertise in mental health. During the spring of 2009, I was a candidate for a tenure track assistant professor position at the UNC School of Nursing. I was successfully invited to join the faculty and, after completing the MSN coursework, I began serving in the position of “Visiting” Assistant Professor. I have subsequently been approved to begin a tenure-track Assistant Professor position starting January 1, 2010.

What follows is a detailed summary of my completed research activities during my tenure as an MFP postdoctoral fellow (10/1/07-9/29/09).

Post-doctoral Program Activities

I. Academic Training and Expertise Development

Coursework

I completed training in mental health assessment, intervention, and substance abuse treatment through coursework in the Clinical Nurse Specialist/Nurse Practitioner Master of Science in Nursing program. This training allowed me to strengthen my clinical expertise with a specific focus on addressing mental health disparities and enhancing the clinical translation of my research in this area.

Completed in 2007-2008

Grade

- | | |
|-----------------------------------------------------------------------|-----|
| • Psychiatric-Mental Health Nursing Advanced Assessment and Diagnosis | HP* |
| • Psychiatric-Mental Health Nursing Interventions with Individuals | HP |
| • Psychopharmacology for Advanced Nursing Practice | HP |
| • Pharmacotherapeutics for Advanced Nursing Practice | HP |
| • Pathophysiology for Advanced Nursing Practice | HP |
| • Health Promotion for Advanced Nursing Practice | HP |

Completed in 2008-2009

- | | |
|-----------------------------------------------------------------------|----|
| • Psychiatric-Mental Health Nursing Interventions for Groups | HP |
| • Psychiatric-Mental Health Nursing Interventions for Families | HP |
| • Psychiatric-Mental Health Nursing Interventions for the Underserved | HP |
| • Advanced Health Assessment and Diagnosis in Primary Care Nursing | HP |
| • Primary Care Management of Adults | P |

*HP = High Pass (Equivalent to “A” average), P = Pass (Equivalent to “B” average)

Substance Abuse Clinical Training and Experience

From September 2008 to July 2009, I gained clinical training in mental health and substance abuse treatment at Horizons, a residential substance abuse treatment program of the UNC Department of Obstetrics and Gynecology for women of child bearing age who need or want to stop or reduce their use of alcohol and/or drugs. **Please see the website for more information about this program.** <http://www.med.unc.edu/obgyn/horizons/about-us.htm>.

At Horizons, I gained valuable experience in group, family, and individual psychotherapy. I led and co-led a weekly process/psychoeducational group that focused on helping the women/mothers in the substance abuse treatment program obtain skills that facilitate healthy relationship building with their children. I also completed initial, substance abuse history, trauma, and parenting assessments. I also helped to co-create the curriculum for the parenting group, which included a structured assessment and mother-child psychotherapy schedule. This curriculum was based on the Nurturing Families Affected by Substance Abuse, Mental Illness and Trauma Program, which was created by the Institute for Health and Recovery. I am planning to take the ANCC Nurse Practitioner Certification exam in December 2009. Once certified, I have the opportunity to continue clinical practice with the Horizons substance abuse treatment program.

II. Research and Scholarship

My program of research focuses on social determinants of health in African Americans and African American women in particular. I am primarily interested in the relationship between psychological distress and health disparities. I utilize a sociohistorical lens and biopsychosocial framework to examine the influence of psychological distress on disease onset and the impact of distress on disease morbidity. In my research psychological distress involves perceived stress, anxiety, and depressive symptoms. Psychological distress can influence health outcomes in African Americans through various pathways including coping strategies that impact health behaviors (e.g., substance use/abuse, excessive or inadequate food intake, sedentary behavior, emotional suppression) and through physiological responses to stress (neuroendocrine, cardiovascular, immune pathways) that dysregulate allostasis.

Prior to becoming an MFP fellow, my doctoral and post-doctoral experiences allowed me to begin building the foundation for my career in research. My doctoral research on stress-related ethnic disparities in birth outcomes and my doctoral dissertation project, *The African American Women's Well-Being Study*, demonstrated that in order to understand the contribution of stress to health disparities in African Americans, it is important to move beyond generic definitions of stress (Giscombé & Lobel, 2005; Woods-Giscombé & Lobel, 2008). I received doctoral (American Psychological Association-Health Psychology Research Award) and post-doctoral funding (UNC SON T32 Grant T32NR007091, CIHDR Grant P20 NR8360). To date, I have published 2 manuscripts from my doctoral research. One paper, "Explaining Disproportionately High Rates of Adverse Birth Outcomes among African Americans: The Impact of Stress, Racism, and Related Factors in Pregnancy," is a literature review based on my doctoral qualifying exams. This paper was published in one of the most highly respected journals in the discipline of psychology, *Psychological Bulletin*. The other manuscript, "Race and Gender Matter: A Multidimensional Approach to Conceptualizing and Measuring Stress in African American Women" was published by the American Psychological Association journal, *Cultural Diversity and Ethnic Minority Psychology*.

The support from the Substance Abuse and Mental Health Services Administration Minority Fellowship Program at the American Nurses Association) between 2007 and 2009 contributed significantly to my further development as a research scholar and allowed me to gain experience in five important areas of research: (a) conceptual development, (b) theory-based interventions (c) proposal development, (d) outcome focused/ applied research, and (e) research dissemination.

A. Conceptual Development

SWS Framework. In order to study the influence of stress on health in African American women, it is necessary to move beyond generic definitions and operationalizations of stress (Woods-Giscombé & Lobel, 2008). My research focuses on developing culturally- and gender-relevant conceptualizations of stress in order to investigate causes of and solutions to stress-related health disparities in both mental and physical health. Since beginning the SAMHSA/ANA fellowship, I have continued to work on a theoretical framework called "Superwoman Schema" (SWS) to investigate the intersection of stress, strength, emotional suppression, and health in African American women.

Brief Description of SWS research project: Researchers have suggested that health disparities in African American women, including adverse birth outcomes, lupus, obesity, and untreated depression, can be explained by stress and coping. The Strong Black Woman/Superwoman role has been highlighted as a phenomenon influencing African American women's experiences and reports of stress. The purpose of this study was to develop a preliminary conceptual framework for Superwoman Schema (SWS) by exploring women's

descriptions of the Superwoman role; perceptions of contextual factors, benefits, and liabilities; and beliefs in how it influences health. Analysis of eight focus group discussions with demographically diverse African American women yielded themes characterizing the Superwoman role and personal or sociohistorical contextual factors. Participants reported that the Superwoman role had benefits (preservation of self and family or community) and liabilities (relationship strain, stress-related health behaviors, and stress embodiment). The SWS framework might be used to enhance future research on stress and African American women's health.

Completed 2007-2008

SWS Concept

During the *2007-2008 Academic Year*, I conducted in-depth analysis of the data from 8 qualitative focus groups (which involved coding over 40 pages of transcript per group). This analysis revealed 11 preliminary dimensions of Superwoman Schema, in addition to antecedents and health effects of this phenomenon.

SWS Instrument

During *2007-2008*, I developed a preliminary instrument with 11 dimensions and close to 200 items that came directly from the SWS qualitative data analysis. I conducted 2 additional focus groups to pilot test the instrument and obtain information about clarity, validity, and relevance from African American participants.

Completed 2008-2009

SWS Concept

During the *2008-2009 Academic Year*, I presented a paper based on findings from this research study at the first annual National Symposium on Health Disparities, which was sponsored by the National Institutes of Health and co-presented a poster at the Annual Meeting of the American Public Health Association. Subsequently, I have begun to collaborate with other investigators from across the country to develop research to examine how SWS relates to specific health conditions (including obesity, physical activity, and heart disease). Research on SWS is ongoing; I am currently preparing an abstract for the Annual Convention of the American Psychological Association on the contribution of SWS to underutilization of mental health services among African American women. A preliminary manuscript from the SWS research was submitted in December of 2008 to *Qualitative Health Research*. I received an invitation to resubmit a revised version of this manuscript in the summer of 2009. The revision was submitted in fall 2009, and I am currently waiting to receive additional feedback from the editors.

SWS Instrument

During the *2008-2009 Academic Year*, I re-analyzed this pilot data in order to refine the instrument and reduce the number of items. I am currently preparing the SWS instrument for field testing with colleagues from the University of North Carolina at Greensboro, the University of Illinois at Urbana-Champaign, and a doctoral student at the University of Michigan.

B. Intervention Research

Completed 2007-2009

The intervention research project in which I have been engaged is transdisciplinary, biobehavioral research with colleagues from the UNC School of Medicine and UNC School of Public Health to investigate the clinical effectiveness and cultural appropriateness of a biopsychosocial, stress management intervention to reduce risk for diabetes in a sample of pre-diabetic African American adults. This research has received pilot funding from the North Carolina Translational and Clinical Sciences Institute (2KR10816), and I share PI-ship with Dr. Susan Gaylord from the UNC School of Medicine on a related NIH/NCCAM-funded study, “A Mindfulness-based Intervention to Reduce Diabetes Risk in Pre-diabetic African-Americans” (Grant # 1R21AT004276-01A2). The NIH exploratory/developmental research project will examine the efficacy of a Mindfulness-Based Stress Reduction (MBSR) program for pre-diabetic African Americans. The study will test the effect of such a program on improvements in insulin resistance, insulin secretion, and glucose tolerance. It is also designed to explore mechanisms by which reduced stress may mediate the relationship between MBSR and improvements in glucose metabolism. The research team anticipates that lower stress levels will: (1) normalize hypothalamic-pituitary-adrenal axis stress reactivity; and (2) increase physical activity and reduce dietary fat consumption. Possible moderating factors in the pathway from MBSR to improved insulin sensitivity and glucose metabolism will be examined, including gender, income, education, and comorbidities. Possible mediating factors include diurnal cortisol patterns, perceived stress, distress, coping, quality of life, and health behaviors. A process measure will assess if the interventions are implemented as planned. A qualitative component will assess the acceptability and cultural relevance of MBSR for pre-diabetic African Americans.

New Proposal Development for Intervention Research

During the 2008-2009 academic year, I began working with Diane Rowley, MD, a faculty member in the UNC School of Public Health to develop a program of research to determine the efficacy of an intervention to reduce spontaneous preterm birth and to explain its mechanism of action, particularly among African American women. As the first step I worked with her to submit a proposal for R21 funding from NIH to conduct an exploratory study. The major aim of this study is to determine the most useful method of measuring maternal psychosocial stress as a risk factor for preterm birth among African American women. In the future we plan to design and conduct a series of studies to examine the potential of an intervention that will reduce psychosocial stress and preterm birth. The specific aims of this proposal are:

Aim 1. To determine the most useful instruments for measuring the association of maternal stress with gestation age and preterm birth among African American women.

Aim 2. To examine the association of race-gender stress with gestational age and PTB among African American women.

Aim 3. To determine if pregnancy stress and race-gender stress is best represented by a single multidimensional stress construct.

C. Applied Research

Completed in 2007-2008

The Superwoman Schema framework has implications for a variety of health outcomes in African American women (obesity, cardiovascular disease, health adherence). During the 2007-2008, I engaged in an opportunity to examine the role of superwoman schema in disparate rates of systemic lupus erythematosus (SLE). The prevalence of lupus in African American women is three times that of their European American counterparts. African American women are diagnosed with lupus at younger ages, experience more severe lupus-related morbidity, and have higher mortality rates. There is evidence that stress contributes to SLE morbidity (lupus flares), however there is a paucity of research on the contribution of stress to disparities in lupus. Almost no research has been done using culturally-relevant approaches to assessing stress in African American patients with lupus. My research will help to fill this gap, and my intention is for it to lead to the development of culturally-relevant and disease-specific mental health interventions for this chronic disease. In addition to assessing Superwoman Schema in lupus, I will examine other measures of distress including, depression and network stress, which involves assessing how the experience of stressful life events in family members and friends contributes to experiences and appraisals of stress in African American women. I met with investigators from UNC Chapel Hill and the Medical University of South Carolina to determine what variables should be used in the 10-year follow-up of the Carolina Lupus Study (CLU). I also planned with researchers how stress would be measured in the CLU study and the Systemic Lupus in Gullah Health (SLEIGH) study.

Completed in 2008-2009

During the 2008-2009 year, data collection for the 10-year follow-up began and is expected to continue through next year. The expected sample size is 300-400 participants. Further analysis of this and existing psychological distress data from the CLU study will be conducted after additional funding has been secured

D. Dissemination

During the MFP postdoctoral fellowship I successfully competed for funding from the National Institutes of Health and the North Carolina Translational and Clinical Sciences Institute, completed training in advanced clinical practice in Psychiatric and Mental Health Nursing (Completed August 2009), gained additional experience in qualitative and quantitative data analysis, and gained valuable experience in teaching and service. I was able to also begin dissemination of findings from my doctoral and postdoctoral research. Now that I have built a solid foundation for clinical practice in the areas of substance abuse and mental health, as well as a funded program of health disparities research, my goal is to focus more closely on excelling in the area of peer reviewed publications. What follows is what I have accomplished thus far and what I plan to achieve for the upcoming year.

Manuscripts

2007-2009

- Woods-Giscombé, C. L., & Lobel, M. (2008). Race and gender matter: A multidimensional approach to conceptualizing and measuring stress in African American women. *Cultural Diversity and Ethnic Minority Psychology, 14*, 173-182. (NOTE: This manuscript is the FEATURE ARTICLE for this APA Journal)
- Woods-Giscombé, C.L. Superwoman Schema: A qualitative investigation of stress, strength, survival, fundamental philanthropy, and emotional suppression in African American Women (Submitted, December 2009, invited revision submitted October 2009).
 - Woods-Giscombé, C.L. Superwoman Schema: A qualitative investigation of stress, strength, survival, fundamental philanthropy, and emotional suppression in African American Women. (**Invited revision submitted October 2009**).
- Woods-Giscombé, C. L., & Lobel, M. Stress and coping in pregnancy subsequent to miscarriage. (Submitted, July 2008).
 - Woods-Giscombé, C. L., & Lobel, M. Stress and coping in pregnancy subsequent to miscarriage. (**Invited revision to be submitted, December 4 2009**).
- Barksdale, D. J., Woods- Giscombé, C.L., et al. Psychological stress and cardiovascular reactivity during sleep in African American women (Under review).

Working papers.

- Woods-Giscombé, C. L., & Lobel, M. Do avoidant coping and using food to cope place African American women at greater risk for psychological distress?
- Woods-Giscombé, C. L., & Lobel, M. Whose problems are making me sick: The role of network stress in the lives of African American Women

- Woods-Giscombé, C. L., Black, A. R. Does “strength” contribute to patterns of mental health service utilization among African American women?
- Woods-Giscombé, Gaylord, Faurot, Mann. Mindfulness-Based Stress Reduction Research with African American populations: Issues of cultural sensitivity, sociohistorical factors, and religious congruence.
- Woods-Giscombé, Gaylord, Faurot, Mann. Meditation as a health intervention for African American adults: A qualitative descriptive report.
- Woods-Giscombé, C. L., Vines, A., Parks, C. The contribution of psychological stress to lupus disparities: A review and directions for future research.

Conference Presentations

Completed 2007-2008

- Woods-Giscombé, C. L. (2008, August 6 [Abstract Accepted]). *Superwoman schema and emotional suppression: Implications for physical and mental well-being of African American women*. Paper to be presented at the National Black Nurses Association Annual Convention, Las Vegas, Nevada.
- Woods-Giscombé, C. L. (2008, March 1). *Superwoman Schema and emotional suppression in African American women: Examining the contribution of cultural, historical, and interpersonal phenomena to current mental and physical health disparities*. Poster presented at the 22nd Annual William T. Small Minority Health Conference, Chapel Hill, NC.
- Barksdale, D.J., Giscombé, C. & Logan, J. (2008, February 23). *Stress, John Henryism and Cortisol Responses in Black Women*. Invited special plenary session presented at the 22nd SNRS Research Conference: Health Disparities Evidence into Action. (Selected as an Abstract of Excellence) Birmingham, Alabama.
- Gregory, S. S. (undergraduate mentee), & Woods-Giscombé, C. L. (2008, February 23). *Self-Actualization and purposefulness: An empowering approach to health promotion and health disparity interventions for African American women*. Poster presented at the annual convention of the Southern Nursing Research Society, Birmingham, Alabama.
- Woods-Giscombé, C. L. (2008, February 23). *Superwoman Schema: An asset or a vulnerability to health in African American women?* Paper presented at the 29th SNRS Research Conference: Health Disparities in Action, Birmingham, Alabama.
- Woods-Giscombé, C. L. (December, 2007, December 4). *Superwoman schema and emotional suppression in African American women: Lessons learned from a qualitative focus group study*. Paper presented at the Research Symposium for the University of North Carolina at Chapel Hill Center for Innovations in Health Disparity Research, Chapel Hill, North Carolina.

Completed 2008-2009

- Black, A. R., & **Giscombé, C. W.** (2009, November). *“Strong black woman” script (SBW-S): The influence of strength embodiment on African American maternal health*. Poster presented at the 137th Annual Meeting and Expo of the American Public Health Association. Philadelphia, PA.
- Barksdale, D. J., Logan, J., & **Woods-Giscombé, C. L.** (2009, February). *Psychosocial stress and nighttime blood pressure dipping in Black women*. Paper presented at the 23rd Southern Nurses Research Society Conference: Interdisciplinary Research: A Road More or Less Traveled. Baltimore, MD.
- **Woods-Giscombé, C.L.** (2008, December). *Superwoman Schema: An innovative approach to understanding health disparities in African American women*. Paper presented at the National Institutes of Health, National Health Disparities Symposium, National Harbor, Maryland.

III. Transdisciplinary Collaboration

Completed in 2007-2008 and 2008-2009

UNC School of Medicine, Program on Integrative Medicine (PIM)

As mentioned previously, I am partnering with Dr. Susan Gaylord, PIM Director, on an NIH-funded study to reduce diabetes risk among African Americans with pre-diabetes. This study focuses on the contributions of psychological/psychosocial variables to metabolic risk. This collaboration has helped me to become more proficient in all aspects of proposal preparation including communication with NIH program officials, co-writing the Background and Significance and the Research Design and Methods sections, conducting power and effect size calculations, selecting outcome measures, and responding to reviewer critiques. I played a primary role in organizing and managing the research team composed of an expert in integrative medicine, a neurologist, an internationally renowned diabetes expert, and an internationally renowned statistician. I attended seminars sponsored by PIM and collaborated on qualitative data collection to address cultural-sensitivity issues in planning our R21 proposal on mindfulness-based stress reduction in African Americans. As PI, I am learning an enormous amount about leadership and administration as I lead the research team with Dr. Gaylord. We are currently in the community engagement/recruitment phase of our project, which is funded through 2012.

Carolina Lupus Study (CLU) /Systemic Lupus in Gullah Health Study (SLEIGH)

As mentioned previously, I worked collaboratively with investigators from UNC Chapel Hill and the Medical University of South Carolina to study stress and mental health related factors in ethnic disparities in lupus. I am playing a role in contributing expertise in culturally-relevant stress conceptualization. Goals for the research project are to apply for funding to support analysis of data from the original and 10-year follow-up CLU dataset, prepare manuscripts, and contribute to the next research proposal for continued funding.

IV. Contextual Learning

Completed in 2007-2008

Faculty related activities

- Clinical Instructor – Psychiatric Mental Health Nursing
- Honors Project Advisor – UNC School of Nursing Honors Program
The research project was presented at the School of Nursing Undergraduate Research Symposium. As a result of this mentorship, the student was able to graduate with Honors from the UNC Chapel Hill School of Nursing.
- Attended faculty meetings for psychiatric-mental health division
- Served as faculty mentor for an underrepresented student in the Research Apprenticeship Program in Health Disparities Research. The undergraduate REAP student presented her research at SNRS.

MFP Activities

- Biweekly participation in the Statistics Study Groups
- 2007 Intensive Summer Institute – Silver Spring, Maryland: Theme “*Advancing Healthcare by Strengthening Policy through Research*” which included congressional visits to discuss mental health legislation, and also focus on Native American mental health; statistical training focused on Structural Equation Modeling in mental health research
- 2008 Intensive Winter Institute – Honolulu, Hawaii: Theme “*Exploring Hawai’i: It’s People, Culture, and Health Care.*” This institute provided training to broaden understanding of health disparities among various indigenous cultures, with specific focus on Native Hawaiian mental and physical health and health disparities, substance abuse treatment, biopsychosocial and psychocultural issues in mental health, implications for interventions, club house models, and integrative mental health care interventions. Statistical training focused on multiple regression and advanced structural equation modeling in mental health research

Completed 2008-2009

Faculty-related activities

- Participant, Nursing Education Educator Development Program, East Carolina University
- Candidate, tenure track assistant professor position at the UNC School of Nursing (Note: I was successfully invited to join the faculty at the UNC Chapel Hill School of Nursing. I am currently serving as a “visiting” professor, and I have been approved to begin a tenure-track Assistant Professor position starting January 1, 2010.
- In the fall of 2009, I was assigned to teach “Underserved Populations” in the Psychiatric-Mental Health Nurse Practitioner/Clinical Nurse Specialist program in spring 2010. I have spent the past few months preparing for this course. The MFP training experiences (e.g., Intensive Institutes) have contributed a great deal to my ability to make this a dynamic course. I look forward to teaching students about vulnerable populations and causes and solutions for mental health disparities.

MFP Activities

- Biweekly participation in the Statistics Study Groups
- 2008 Intensive Summer Institute – Las Vegas, Nevada: Theme – “*Collaborations and Conversations: Translations of Science to Service in Local and Global Communities.*” This institute provided training to broaden understanding of mental health policy and causes

and solutions for mental health disparities. Statistical training focused on instrument development and testing in mental health research

- 2009 Intensive Winter Institute – Miami, Florida: Theme - "*Uniting Science, Culture, and Practice to Transform Lives and Strengthen Communities*" This institute provided training to broaden understanding of Hispanic/Latino mental health research and health disparities, research design, univariate regression, and repeated measures analysis.

V. Seminars

Completed 2007-2008

- UNC School of Nursing Center for Innovations in Health Disparity Research (CIHDR) Seminar Series (Weekly/Biweekly Fall and Spring Semesters 2007-2008)
- UNC CIHDR Pilot Study Investigators Seminars (Monthly)
- UNC CIHDR Pilot Study Investigators Writing Retreat (June 2008)
- "Assessing and Changing Organizational Social Context for Effective Mental Health Services." (This April 2008 seminar was sponsored by the UNC/Duke Program in Mental Health Services and Systems Research and the UNC School of Social Work)
- UNC Minority Health Conference (February 2008)

Completed 2008-2009

- Attended, Black Women in the Academy Symposium, sponsored by the UNC Institute for African American Research
- Attended UNC Minority Health Seminar Series
- Participant, African American Research Working Group at UNC (monthly seminars)
- Participant, African American Studies Consortium at UNC

VI. Community-Based Activities

Completed 2007-2008

- Facilitator for community outreach project/support group in a local public housing community to address issues related to psychological distress in African American women
- Gave presentation on the topic of mental health and stress in the African American Community at the Annual Health Awareness Program sponsored by the Durham, North Carolina section of the National Council of Negro Women

Completed 2008-2009

- Gave presentation on the topic of mental health and mental illness stigma in the African American Community at the Annual Health Awareness Program sponsored by the Durham, North Carolina section of the National Council of Negro Women
- Participant, Aware for All, an event to raise public awareness about clinical trial participation
- Invited guest and presenter, North Carolina Central University Department of Psychology, "Returning to the Nest" (program to highlight the accomplishments of NCCU psychology department graduates who completed doctorate degrees; opportunity for doctorally-prepared alumni to network with and mentor current psychology undergraduate students).

VII. Additional Honors/Activities

Completed 2007-2008

- Ad hoc reviewer for *Social Science and Medicine*
- Nurses Educational Funds Society of Scholars
- Inducted into Sigma Theta Tau Honors Society
- Participant, NIH Loan Repayment Program
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Completed 2007-2008

- Ad hoc reviewer for *Social Science and Medicine*
- Ad hoc reviewer for *Research in Nursing and Health*
- Ad hoc reviewer for *Journal of Black Psychology*
- Ad hoc reviewer for *Qualitative Health Research*
- Participant, NIH Loan Repayment Program

Summary

I have received exceptional mentoring and training during SAMHSA MFP postdoctoral fellowship. I specifically gained experience in the areas of quantitative methods (e.g., structural equation modeling, analysis of variance, and multiple regression), qualitative methods (e.g. focus group research), instrument development, and proposal development which has enabled me to build a solid foundation for a productive career in academia. My preparation and experience in research, teaching, clinical practice and service will allow me to make scholarly contributions to the advancement of science and quality-driven health care delivery, which will benefit individuals and communities at local, national, and international levels. I have delineated my future academic goals below.

Goals for the Future

1. Continue to develop a scholarly program of **research** evidenced by:
 - 1.1. Successfully conducting the feasibility/exploratory (R21) research funded by NIH/NCCAM investigating MBSR in African Americans with pre-diabetes with plans for subsequently preparing a grant application for R01 funding.
 - 1.2. Developing the SWS instrument in order to empirically advance research on the SWS conceptual framework.
 - 1.2. Disseminating research findings in high-impact, peer-reviewed journals. I plan to submit at least 2 articles per year based on findings from the SWS research and the NC TraCS and NIH-funded research on MBSR in African Americans with pre-diabetes.
 - 1.3 Making at least one data-based paper presentation per year at regional, national, or international conferences.
 - 1.4. Continuing to establish and develop interdisciplinary collaborations to advance research on the eliminating health disparities.
2. Continue to develop competence in **teaching** as evidenced by:
 - 2.1. Receiving exceptional student, course, and peer evaluations.
 - 2.2. Completing a North Carolina Board of Nursing-approved certification program in nursing education.
 - 2.3. Mentoring students in the areas of professional practice, research, and leadership.
3. Continue to demonstrate a commitment to **service** to Nursing, the University, the profession, and the community (at local, state, national, and international levels) as evidenced by:
 - 3.1. Maintaining membership and active service in various professional organizations and increasing depth of involvement by serving on committees, with particular emphasis on areas related to advocacy and advancement of the broad profession of nursing and more specific areas, including advanced practice in psychiatric-mental health nursing and health disparities.
 - 3.2. Continuing editorial service to peer-reviewed scientific journals.
 - 3.3. Obtaining and maintaining credentials and licensure as a psychiatric-mental health nurse practitioner/clinical nurse specialist.
 - 3.4. Providing psychiatric-mental health care as a nurse practitioner/clinical nurse specialist to underserved groups (through agencies such as Horizons, a comprehensive gender specific treatment program for women who are in recovery).
 - 3.5. Maintaining service on departmental and university committees, with specific emphasis on issues related to education, diversity, research, and leadership within health and social science disciplines.

UPDATED CURRICULUM VITAE

***Highlighted items were accomplished during participation in the SAMHSA/ANA MFP program**

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LICENSURES and CERTIFICATIONS:

Registered Nurse – North Carolina
 Nonviolent Crisis Intervention Training Completion
 Suicide Prevention Training Completion

Education:

<u>Institution and Location</u>	<u>Degree</u>	<u>Dates</u>	<u>Major</u>
UNC – Chapel Hill Chapel Hill, NC Practitioner	MSN	2009	Psych/Mental Health Nurse
SUNY Psychology Stony Brook, NY	PH.D.	2005	Social/Health
SUNY Stony Brook, NY	M. A.	2001	Psychology
SUNY Stony Brook, NY	B. S.	2000	Nursing, cum laude
NC Central University Durham,	B. A.	1998	Psychology, summa cum laude

Postdoctoral Training

2007-2009 Substance Abuse and Mental Health Training/Research Fellowship
 Substance Abuse and Mental Health Services Admin. (SAMHSA)
 Minority Fellowship Program at the American Nurses Association
 UNC Chapel Hill School of Nursing
 Mentors: L. Beeber, M. Miles

2005-2007 Post doctoral Fellowship, UNC Chapel Hill School of Nursing
 NRSA/NIH/NINR Grant T32NR007091
 Interventions for Preventing Chronic Illness
 Mentors: L. Beeber, D. Barksdale

ACADEMIC EMPLOYMENT:

<u>Institution or Firm</u>	<u>Rank or Title</u>	<u>Dates</u>
University of North Carolina Chapel Hill, N. C.	Visiting Assistant Professor	2009-present
University of North Carolina Chapel Hill, N. C.	Summer Pre-Graduate Research Program Trainee	2007
University of North Carolina Chapel Hill, N. C.	Research Assistant	2005
National Institutes of Health/ National Institute on Aging	Intramural Research Trainee	1998
NIH Minority Access to Research Careers U*Star Program Durham, N. C.	Undergraduate Research Scholar	1996-1998
Duke University/NC Health Careers Access Clinical Work Study Program Durham, N. C.	Research Assistant	1996

NON-ACADEMIC EMPLOYMENT:

<u>Institution or firm</u>	<u>Rank or Title</u>	<u>Date</u>
UNC Hospital Chapel Hill, N.C.	Dept. of Neurosciences and Psychiatry Geriatric Psychiatric Nurse	12/04-08/05
Hospice Care Network Westbury, N. Y.	Hospice Admissions Nurse	04/03-03/04
South Nassau Communities Hospital Oceanside, NY	Psychiatric Mental Health Nurse	05/01-04/03
North Shore University Hospital Manhasset, NY	Med-Surgical Nurse	10/00/04/01

HONORS, AWARDS AND HONOR SOCIETY MEMBERSHIP

Date Award or Honor

- 2008 UNC Chapel Hill Graduate and Professional Student Federation Travel Award
2007 American Psychological Association Carolyn Payton Early Career Award
Sponsored by Division 35 (Society for the Psychology of Women), Section 1
(Psychology of Black Women)
2007 Nurse Educators of Tomorrow Scholarship Recipient (2007-2009)
2005 Award for Excellence in Research, Department of Psychology, Stony Brook University
2005 American Psychological Association Research Award in Health Psychology (Division 38)
2004 W. Burghardt Turner Summer Doctoral Research Award
2003 W. Burghardt Turner Summer Doctoral Research Award
2001 Nurses Educational Funds, M. Elizabeth Carnegie Scholarship for Doctoral Study
2000 Robert Harvey Scholarship, School of Nursing, SUNY Stony Brook
1998 W. Burghardt Turner Fellowship for Doctoral Study (1998-2005)
1998 State University of New York, Pre-Doctoral Fellow, SUNY Stony Brook
1995 University of Science and Technology Summer Study Abroad, Ghana, West Africa

PUBLICATIONS

Refereed Articles

- Woods-Giscombé, C. L., & Lobel, M.** (2008). Race and gender matter: A multidimensional approach to conceptualizing and measuring stress in African American women. *Cultural Diversity and Ethnic Minority Psychology, 14*, 173-182.
- Giscombé, C. L., & Lobel, M.** (2005). Explaining disproportionately high rates of adverse birth outcomes among African Americans: The impact of stress, racism, and related factors in pregnancy. *Psychological Bulletin, 131*, 662-683.

Manuscripts Submitted

- Woods-Giscombé, C. L., & Lobel, M.** Stress and coping in pregnancy subsequent to miscarriage. Revised manuscript submitted to *Research in Nursing and Health*. 2009.
- Woods-Giscombé, C.L.** Superwoman Schema: A framework to examine associations among stress, strength, emotional suppression and health among African American women. Submitted to *Qualitative Health Research*. 2008. (Under review after invited resubmission).
- Barksdale, D. J., **Woods-Giscombé, C. L.**, Logan, J. Stress, cortisol, and blood pressure dipping in Black women. Submitted to *Research in Nursing and Health*. 2009. (Under revision for invited resubmission).

Abstracts

Woods-Giscombé, C. L. (2008, February). Superwoman Schema: An asset or a vulnerability to health in African American women? [Abstract]. *Southern Online Journal of Nursing Research*, 8 (4).

Available online at:

http://snrs.org/publications/SOJNR_articles2/Vol08Num04W_Z.html#WoodsGiscombe

Giscombé, C. W. & Lobel, M. (2007, February). Stress, coping, and health in African American Women: Developing a model to examine the intersection of race, gender, and 'generic' stress. [Abstract]. *Southern Online Journal of Nursing Research*, 8 (2).

Available online at:

http://snrs.org/publications/SOJNR_articles2/Vol08Num02F_G.html#Giscombe

Barksdale, D.J., **Giscombé, C.** & Logan, J. (2008, February). *Stress, John Henryism and Cortisol Responses in Black Women*. Invited special plenary session presented at the 22nd Southern Nursing Research Society Research Conference: Health Disparities Evidence into Action. (Selected as an Abstract of Excellence) Birmingham, Alabama. [Abstract]. *Southern Online Journal of Nursing Research*, 8 (4).

Available online at:

http://snrs.org/publications/SOJNR_articles2/Vol08Num04B.html#barksdale

Dissertation

Giscombé, C. W. (2006). The association of race-related, gender-related, and generic stress with global distress and coping among African American women, *Dissertation Abstracts International*, 66 (9-B), 5139.

PROFESSIONAL PRESENTATIONS

Refereed

Black, A. R., & Giscombé, C. W. (2009, November). "Strong black woman" script (SBW-S): The influence of strength embodiment on African American maternal health. Poster presented at the 137th Annual Meeting and Expo of the American Public Health Association. Philadelphia, PA.

Barksdale, D. J., Logan, J., & **Woods-Giscombé, C. L.** (2009, February). *Psychosocial stress and nighttime blood pressure dipping in Black women*. Paper presented at the 23rd Southern Nurses Research Society Conference: Interdisciplinary Research: A Road More or Less Traveled. Baltimore, MD.

Woods-Giscombé, C.L. (2008, December). *Superwoman Schema: An innovative approach to understanding health disparities in African American women*. Paper presented at the National Institutes of Health, National Health Disparities Symposium, National Harbor, Maryland.

- Woods-Giscombé, C. L.** (2008, August). *Superwoman schema and emotional suppression: Implications for physical and mental well-being of African American women*. Paper presented at the National Black Nurses Association Annual Conference, Las Vegas, Nevada.
- Woods-Giscombé, C. L.** (2008, March). *Superwoman Schema and emotional suppression in African American women: Examining the contribution of cultural, historical, and interpersonal phenomena to current mental and physical health disparities*. Poster presented at the 22nd Annual William T. Small Minority Health Conference, Sponsored by the UNC School of Public Health, Chapel Hill, NC.
- Gregory, S. S. & **Woods-Giscombé, C. L.** (2008, February). *Self-Actualization and purposefulness: An empowering approach to health promotion and health disparity interventions for African American women*. Poster presented at the annual convention of the Southern Nursing Research Society, Birmingham, Alabama.
- Woods-Giscombé, C. L.** (2007, December). *Superwoman schema and emotional suppression in African American women: Lessons learned from a qualitative focus group study*. Paper presented at the Research Symposium for the University of North Carolina at Chapel Hill Center for Innovations in Health Disparity Research, Chapel Hill, North Carolina.
- Woods, S., **Woods-Giscombé, C.**, & Lobel, M. (2007, February). Unintended Pregnancy in Black Women: A mixed method study to inform family planning education and clinical practice. Poster presented at the 2007 Annual Conference of the Southern Nurses Research Society, Galveston, Texas.
- Giscombé, C.** & Lobel, M. (2006, November). *Obesity and Mental Health in African American women: Examining the role of psychological stress, obligation to be strong, and stress-related eating behavior*. Poster presented at the American Academy of Nursing 33rd Annual Meeting and Conference, Miami, Florida.
- Woods-Giscombé, C. L.** & Lobel, M. (2006, October). Understanding and reducing obesity among African American Women: The contribution of Social-Health Psychology and the Transactional Model of Stress and Coping. Poster presented at the NIH Conference on Understanding and Reducing Disparities in Health: Behavioral and Social Sciences Research Contributions, Bethesda, Maryland.
- Giscombé, C.** & Lobel, M. (2006, March). *The importance of using culturally-appropriate, multidimensional conceptualizations of stress and coping to examine the contribution of stress to health disparities in African American Women*. Paper presented at the 12th Annual Elizabeth Carnegie Research Conference. Health Care Disparities: Cultural Perspectives Across the Lifespan, Howard University, Washington, D.C.
- Steed, T., Peak, T. (Undergraduate Student Researchers); **Giscombé, C.**, & Lobel, M. (Volunteer Research Mentors). (2005, April). *Overweight and obesity among African American women: An examination of the contributions of psychological stress, eating as a coping strategy, and degree of body satisfaction*. North Carolina Psychological Foundation Poster Session, Chapel Hill, NC. Poster awarded Honorable Mention for student research.

Giscombé, C., & Lobel, M. (2003, March). *Explaining ethnic disparities in maternal-child health: The association of bacterial vaginosis with exposure to discrimination and other life stressors*. University of North Carolina at Chapel Hill School of Public Health's Minority Health Conference. Chapel Hill, NC.

Woods (Giscombé), C., Bragdon, E. E., Stanwyck, C. L., Adamian, M. S., & Light, K. C. (1997, October). *Increased life stress and blood pressure associated with job stress and interpersonal conflict*. Paper presented at the National Association of African-American Honors Programs Conference. Jackson, Mississippi.

Invited

Woods-Giscombé, C. L. (2007, January). *Stress and its Impact on Diabetes and Health*. *Integrative Diabetes Series*. Piedmont Health Services. Prospect Hill, North Carolina.

Giscombé, C. & Lobel, M. (2002, October). *Biosychosocial explanations for ethnic disparities in infant mortality, preterm delivery, and low birthweight*. Paper presented at the W. B. Burghardt Turner Fellowship Research Symposium, Stony Brook, NY.

Woods (Giscombé), C., Bragdon, E. E., Stanwyck, C. L., Adamian, M. S., & Light, K. C. (1997, October). *Increased life stress and blood pressure associated with job stress and interpersonal conflict*. Paper presented at the National Association of African-American Honors Programs Conference, Jackson, Mississippi.

Woods (Giscombé), C., McCrae, R., & Herbst, J., Berry, J., & Costa, P. (1998, August). *Comparing personality structures: The Temperament and Character Inventory and the Five Factor Model*. Poster presented at the National Institute on Aging Intramural Research Symposium. Baltimore, Maryland.

Woods (Giscombé), C., Bragdon, E. E., Stanwyck, C. L., Adamian, M. S., & Light, K. C. (1997, July). *Increased life stress and blood pressure associated with job stress and interpersonal conflict*. Poster presented at the University of North Carolina at Chapel Hill Summer Pre-Graduate Research Program Symposium.

RESEARCH ACTIVITIES:

Research Grants

Giscombé, C.L. Principal Investigator . An investigation of the acceptability and cultural relevance of meditation as a health intervention for African Americans. NC TraCS Institute Grant # 2KR10816 [2/01/2009 – 01/31/2010] \$2,000.

Giscombé, C. L. Principal Investigator (with Susan Gaylord, Principal Investigator). A mindfulness-based intervention to reduce diabetes risk in pre-diabetic African-Americans. National Institutes of Health/National Center on Complementary and Alternative Medicine. Grant # 1R21AT004276-01A2 [07/01/09-06/30/12]. \$400,000.

Giscombé, C. L., Pilot Study Principal Investigator. Superwoman Schema Emotional Suppression in African American Women. UNC School of Nursing Center for Innovation

in Health Disparities Research Margaret S. Miles, PhD, RN, Center Grant PI), Grant P20 NR8360, 7/1/06-6/30/08, \$10,000

Giscombé, C. L., Principal Investigator. African American Women’s Well-being Study. Funded by American Psychological Association Division 38 Research Award [03/01/05-06/22/05], W.B. Burghardt Dissertation Fellowship [06/01/04-06/01/05] Department of Psychology, Stony Brook University Dissertation Award 09/01/04-06/01/05]

Additional Research Projects

Research Collaborator, Carolina Lupus Study. Principal Investigator, Dale Sandler, 2008-2009

PROFESSIONAL MEMBERSHIPS, ACTIVITIES, AND SERVICE

Memberships and Positions Held in Professional Organization

<u>Organization</u>	<u>Role</u>	<u>Dates</u>
Nurses Educational Funds, Society of Scholars	Member	2008-2009
American Nurses Association	Member	2008-2009
Sigma Theta Tau	Member	2008-2009
National Black Nurses Association	Member	2007-2009
Southern Nursing Research Society	Member	2006-2009
American Psychological Association	Member	1998-2009
Psi Chi, Psychology Honors Society	Member	1997-2009

Policy and Advisory Board Membership

<u>Organization</u>	<u>Role</u>	<u>Dates</u>
W. Burghardt Turner Fellowship Advisory Board	Advisory Board Member	2002-2004

EDITORIAL ACTIVITIES

<u>Journals</u>	<u>Role</u>	<u>Dates</u>
Research in Nursing & Health	Reviewer	2009
Qualitative Health Research,	Reviewer	2009
Journal of Black Psychology,	Reviewer	2008-2009
Social Science & Medicine	Reviewer	2007-2009

UNIVERSITY SERVICE

School of Nursing Committees

Mentor, Research Apprenticeship and Enrichment Program	2006-2008
Deans Student Advisory Committee, UNC School of Nursing	2006

COMMUNITY PROFESSIONAL SERVICE

Mental Health Advocate, McDougald Terrace Family Life Center, Durham, North Carolina, facilitated support group, provided mental health education and support. 2007- 2008

Undergraduate/Graduate Student Research Mentor, North Carolina Central University, supervise research activities of undergraduate students. Introduce students to data management techniques, statistical analysis, literature reviews, hypotheses development, and the dissemination of research results, 2004-2007

Volunteer Community Health Educator and Seminar Leader, National Council of Negro Women, develop, lead and conduct health education seminars to members of the local community. Workshops and seminars have included the following topics: Mental Health and Mental Illness: What You need to Know, Diabetes Prevention, Stress and the Health of African Americans, Stress and Diabetes, 2007-present

Graduate Student Recruiter, SUNY Stony Brook. Attended graduate school fairs, disseminated information about various graduate school programs to potential students, advised potential students on graduate school application procedures, 2002-2003

Chairperson, E. Anthony Hurley Award Committee. Initiated and managed fundraising activities for undergraduate scholarship, 2001-2002

Turner/Advancement on Individual Merit Mentorship Program, SUNY Stony Brook. Undergraduate mentor, motivational speaker, workshop co-coordinator and facilitator to promote academic achievements of underrepresented students, 2000-2004

Legislative Advocate, Stony Brook Day at the New York State Capitol, visited the NY capitol in Albany and met with politicians to promote the nursing profession and advocate government intervention to alleviate the nursing shortage, 2000

Co-Chairperson, Clifton Woods, Jr. Endowed Memorial Scholarship, North Carolina Central University, Durham, North Carolina. Initiated and co-manage fundraising activities for undergraduate study abroad scholarship, 1997-present

Miss North Carolina Central University served as official student representative, university ambassador, and student body spokesperson, raised funds for North Carolina Central University scholarship fund and Duke University Sickle Cell Foundation, volunteered with and developed enrichment activities for elementary students at Burton Geo Magnet Center School in Durham, planned and directed major student body events including NCCU coronation, Miss NCCU Competition and Pageant, Little Miss/Little Mr. NCCU, 1997-1998

Committee Member, North Carolina Central University Student Alumni Association founding member, organized leadership seminars, student appreciation programming, encouraged NCCU undergraduates to become active members of the Alumni Association, 1996-1998

Group Counseling Leader, Shepard Magnet School Student Counseling Center, Durham, NC. Mentored middle school boys and girls and led group discussions geared toward addressing

issues specific to adolescent development and maturation. Supervisor: George Cliette, Ph.D. 1996-1997

Student Congressperson, North Carolina Central University Student Government 1994-1998

Member, Shepard House Restoration Committee participated in planning strategies for fundraising activities to rehabilitate the home of NCCU Founder, Dr. James E. Shepard and Annie Day Shepard, 1994-1995

Tutor, Embody Black Foundation, mentor to elementary students in Durham, NC 1994-1995

President, Harambee, (1993-1994). Community service organization at the North Carolina School of Science and Mathematics. Also served as coordinator of community service events, in 1993 served as director of the Lorraine Hansberry's, "A Raisin in the Sun" sponsored by the organization and performed at NCSSM. Chairperson of Senior Class Trip. 1992-1994

Junior Class Representative, North Carolina School of Science and Mathematics Student Government Association, 1992-1993

Tutor, Walltown Community Center, Durham North Carolina, mentor to elementary students 1993-1994

TEACHING ACTIVITIES

Courses Taught

School of Nursing, UNC Chapel Hill, Chapel Hill, NC

Course No and Title	Role	Year	Semester	No of Credits	No of Students
N691 Honors Project	Honors Project Supervisor	2008	Spring	3	1
N699 Advanced Practicum in Nursing	Research Supervisor	2007	Fall	1	1
N366 Health Assessment	Laboratory Instructor	2007	Summer	6	29
N477 Psychiatric Mental Health Nursing	Clinical Instructor	2007	Fall	2	8

Department of Psychology, Stony Brook University, Stony Brook, NY

Course No and Title	Role	Year	Semester	No of Credits	No of Students
Psy346 Health Psychology	Instructor	2004	Summer	3	30
Psy240 Social Psychology	Teaching Assistant, Workshop Leader	2002	Spring	3	100
Psy345 Personality	Instructor	2002	Summer	3	30

Psychology					
Psy347 Psychology of Women	Instructor, Guest Lecturer	2001	Fall	3	100
Psy230 Survey in Abnormal & Clinical Psychology	Guest Lecturer	2001	Spring	3	100
Psy230 Survey in Abnormal & Clinical Psychology	Teaching Assistant & Guest Lecturer	2000	Fall	3	100
Psy220 Survey in Developmental Psychology	Teaching Assistant & Guest Lecturer	1999	Fall	3	100
Psy220 Survey in Abnormal & Clinical Psychology	Teaching Assistant	1998	Fall	3	100

State University of New York at Old Westbury, Old Westbury, NY`

Course No and Title	Role	Year	Semester	No of Credits	No of Students
HS4631 Mental Health	Instructor	2004	Summer	3	20

Consultant

Teneka Stead, Master's Student at NCCU, (2006-2007). *The Investigation of Social and Demographic Determinants of Stress in Middle Class African American Women.*

ADD OTHER CONSULTATION ACTIVITIES WSSU

Student Research Advising:

UNC Chapel Hill, Chapel Hill, NC

- 2008 Shailia Gregory, Undergraduate Honors Thesis
- 2008 Honors, Honors Project Advisor (Shalia S. Gregory, Spring)
- 2007 Advanced Practicum in Nursing, Research Project Mentor (Fall)