

**CAROLINE V. KELLER, MPH**  
Curriculum Vitae

**CONTACT INFORMATION**

The University of Alabama at Birmingham  
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**EDUCATION**

- 2015 - 2016      **Masters of Public Health**  
Specialization: Health Behavior  
University of Alabama at Birmingham, Birmingham, AL
- 2010 - 2014      **Bachelor of Arts**  
Major: Psychology  
Bowling Green State University, Bowling Green, OH

**RESEARCH INTERESTS**

Eating behaviors, disordered eating, health behavior change, executive function, behavioral intervention, health promotion, healthcare disparities.

**RESEARCH EXPERIENCE**

09/17 –  
Current

**Researcher III**

REACH Lab, Division of Gastroenterology, Hepatology and Nutrition, Department of Pediatrics, School of Medicine, University of Alabama at Birmingham

Principal Investigator: Marissa Gowey, PhD

Responsibilities for all studies

- Prepare and maintain all IRB documentation
- Conduct and manage various methods of recruitment including, in-clinic utilizing iConnect (Children's of Alabama electronic medical record), flyers, internet postings, radio commercials and by building relationships with clinics/doctors and community organizations for referrals
- Complete and manage parent and child assessment visits involving anthropometric measurements, DXA scan, blood draw, executive function assessments (NIH Toolbox, BRIEF-A, BRIEF 2) and survey completion
- Create and manage recruitment tracking system
- Manage databases, summarize and analyze data
- Partner with university financial officers on fiscal management of grants
- Maintain petty cash and ClinCard accounts for participant incentives
- Train and manage activities of graduate and undergraduate lab members on skills pertaining to research study recruitment, screening of participants, performing assessment visits and overall project management

- Create and maintain electronic questionnaires in Qualtrics
- Assist with dissemination of research findings through manuscript reviews, poster presentations, and assisting with manuscript writing.

*Identifying cardiometabolic biomarkers of executive dysfunction in children*

- Prepare blood serum for assay

*Addressing Healthcare Disparities in Pediatric Obesity Treatment: Development of a Novel, Patient-Centered Intervention Targeting Executive Function*

- Organize and co-lead focus group
- Conduct individual interviews with parents and kids
- Assist with acceptance based behavioral treatment manual creation and organization

*Using Executive Function to Predict Outcomes and Adherence in Family-Based Behavioral Weight Management*

- Organize and implement 6 month family based behavioral intervention for pediatric overweight or obesity
- Lead parent group involving
- Manage weekly measurements of parent and child height and weight
- Complete reminder calls for weekly sessions
- Shop for and prepare weekly snacks
- Complete absence calls and phone sessions with participants unable to attend
- Organize, lead and assist with family-based behavioral treatment group sessions
- Provide feedback on parent and child self-monitoring of diet and physical activity

07/16 –  
08/17

**Research Specialist**

Division of Preventive Medicine, School of Medicine, University of Alabama at Birmingham

Principal Investigator: Gareth Dutton, PhD

*Primary Care Obesity Management in the Southeast*

- Assisted with development of intervention materials for peer coach led and self-directed weight management programs
- Compiled and formatted outcome measure forms
- Maintained communication history of potential and enrolled participants
- Managed appointment schedule for orientation, screening and baseline visits
- Performed orientation/screening appointments
- Completed collection of baseline anthropometric/psychosocial measurements including EuroQOL, PROMIS physical and social functioning, PHQ-8, Paffenbarger Physical Activity Questionnaire, healthcare utilization questionnaires, TSQM, TBQ, side effects, self-efficacy for healthy eating and physical activity, social support and perceived stress
- Organized and managed participant files
- Maintained positive relationships with key stakeholders such as clinics where intervention is being implemented
- Completed data entry and management in RedCap
- Assisted with ordering and preparing participant incentives
- Recruited participants by distributing contact cards to partnering primary care offices

*Fixed Versus Variable Energy Reduction during Behavioral Obesity Treatment*

- Assist with the organization of and preparation for weekly behavioral obesity interventions including participant materials, calorie goals, attendance and weight tracking.
- Measured participant's weight status (kg) at weekly meetings

05/16 –  
12/16

**Graduate Student Research Assistant**

Department of Health Behavior, School of Public Health, University of Alabama at Birmingham

Principal Investigator: Dorothy Pekmezi, PhD

*IVR-Supported Interventions for Cancer Prevention in the Deep South*

- Completed baseline and follow up visits which involved reviewing the consent form, completing a 6 Minute Walk Test, anthropometric measures, and demographic, technology, social support for exercise, outcome expectations, physical activity enjoyment and self-efficacy for exercise surveys
- Delivered orientation presentation to potential participants
- Assist with participant recruitment

*Physical Activity to Reduce Cancer Risk and Related Health Disparities*

- Conducted in-person, audio recorded program evaluations with participants post-intervention

09/14 –  
08/15

**Research Assistant**

Wellness Institute, Cleveland Clinic Foundation

Principal Investigator: Maladin Golobic, MD, PhD & Adam Bernstein, MD

*The Honor Project: Cooking and Nutrition Education for Newly Diagnosed Diabetics*

- Drafted the recruitment letter and consent form
- Formatted questionnaires and screening forms
- Organized and completed a mass mailing of recruitment letters
- Screened potential participants over the phone
- Prepared cooking and nutrition course materials
- Organized participant handbooks
- Assist with the organization of research team meetings

01/12 –  
06/13

**Undergraduate Research Assistant**

Healthy Living Research Group, Department of Psychology, Bowling Green State University

Principal Investigator: Robert Carels, PhD, MBA

*Randomized Trial Comparing Two Approaches to Weight Loss*

- Completed phone screener with potential participants
- Maintained recruitment tracking spreadsheet
- Assisted with participant recruitment by hanging flyers around the campus and neighboring communities

*Associations between Evaluation Anxiety, Cognitive Interference and Performance on Working Memory Tasks*

- Completed assessment visits including: reviewing consent form, height and weight measurement, BMI calculation and discussion, and administration of attention/memory tasks to research participants

*Stereotypical Portrayals of Obesity and the Expression of Implicit Weight Bias*

- Completed assessment visits including: reviewing consent form, play short portrayals of obesity video, and debrief after assessment to ensure distress level was low and provide necessary resources

## PROFESSIONAL TRAINING

### Summer 2019 **Eating Disorders Workshop**

Maternal & Child Health Nutrition Training Program Collaborative, University of Alabama at Birmingham

- One and a half day workshop for interdisciplinary healthcare professionals that aimed to advance access to care for all persons affected by eating disorders through the promotion of evidence-based identification, diagnosis, and treatment of eating disorders for all persons.

### Fall 2018 **Motivational Interviewing Training Workshop**

Maternal & Child Health Nutrition Training Program Collaborative, University of Alabama at Birmingham

- The workshop introduced participants to basic skills of Motivational Interviewing as well as new concepts for the evidence-based practice.

### Spring 2018 **Data Management Training**

Center for Clinical and Translational Sciences, University of Alabama at Birmingham

- This three part training addressed the basics of data management including creating and maintaining a data management plan, metadata, and version control.

### Fall 2017 **Research Training Program**

Center for Clinical and Translational Sciences, University of Alabama at Birmingham

- This program provides training in the skills required to excel in today's active clinical research environment. Attendees are provided with the basics of implementing and managing a clinical study or trial with an emphasis on Good Clinical Practices, research compliance, and project management.

## MANUSCRIPTS

1. Gowe, M.A., Prendergast, K., Dowla, S., Keller, C.V., Noel, G., & Dutton, G.R. Executive function as a predictor of behavioral treatment response in obesity. *To be submitted to Current Obesity Reports.*
2. Prendergast, K.L., Gowe, M.A., Barnes, M.J., Keller,C.V., Horne, C., and Young J.N. Treating Anxiety and Depression in Inflammatory Bowel Disease. *To be submitted to Health Psychology Reviews.*

## POSTERS

1. Keller, C. (2016). IVR Supported Interventions for Cancer Prevention in the Deep South. Poster presented at Cancer Research Experiences for Students (CaRES) Poster Presentation Day, School of Public Health, University of Alabama at Birmingham.
2. Keller, C., & Gowey, M.A. (2018). Utilizing Physician Referrals to Increase Community Engagement of School-Aged Children and their Parents in a Family-Based Behavioral Treatment for Pediatric Overweight/Obesity. Poster presented at the 2018 Community Engagement Institute, Birmingham, AL.
3. Keller, C., Prendergast, K., & Gowey, M.A. (2019). Parent and Child Executive Functioning in Relation to Child Food Responsiveness and Satiety Responsiveness. Poster presented at the Society of Pediatric Psychology Annual Conference, New Orleans, LA.
4. Prendergast, K., Keller, C., Dowla, S., & Gowey, M.A. (2019). Identifying potential biomarkers of cognitive dysfunction in pediatric obesity: Associations between cognitive function, fasting glucose, and cortisol. Colleague's poster presented at the Society of Pediatric Psychology Annual Conference, New Orleans, LA.
5. Keller, C., Dutton, G.R., & Gowey, M.A. (2019). Psychological Functioning in Adults with Clinically Significant Weight Loss via Behavioral Treatment. Abstract accepted for poster presentation at ObesityWeek in Las Vegas, NV.

## PROFESSIONAL SOCIETIES

2018	Society for Pediatric Psychology Obesity Special Interest Group
2018	Society for Health Psychology
2018	Academy for Eating Disorders Weight Stigma and Social Justice Special Interest Group

## INTERNSHIPS, LEADERSHIP & VOLUNTEER ACTIVITIES

09/19	<b>Volunteer</b> Take a Child (& Teen) to the Doctor Day, City of Birmingham Mayor's Office, Division of Youth Services <ul style="list-style-type: none"><li>• Organized and implemented a table at the event. Shared kid friendly, healthy snack recipes, MyPlate educational material, snack samples and current research opportunities.</li></ul>
08/19	<b>Volunteer</b> City of Alabaster Health Fair, Alabaster, AL <ul style="list-style-type: none"><li>• Assisted with a break out session designed to provide parents and children with kid friendly healthy snack recipes, MyPlate educational material, snack samples and physical activity ideas.</li></ul>
08/19	<b>Volunteer</b> Community Advisory Board Meeting, UAB Diabetes Research Center's Intervention & Translational Core

- Networked and took notes on advisory board feedback to mentor's presentation on current research projects and how to foster relationships in the surrounding community for recruitment, implementation and dissemination.

08/13 –  
06/14

### **Suicide Prevention Program Facilitator**

Counseling Center, Bowling Green State University

- Ran and facilitated one/two hour suicide prevention training programs on campus titled 'Start the Conversation'.
- Program was funded by a multidisciplinary grant awarded to the BGSU Counseling Center, Wellness Connection, and Department of Theatre and Film from the Substance Abuse and Mental Health Services Administration.

01/14 –  
06/14

### **Community Outreach Assistant**

Counseling Center, Bowling Green State University

- Fostered and maintained the relationship between the Counseling Center and campus community through social media activity and campus event attendance.

06/13 –  
08/13

### **Student Intern**

Suicide Prevention Program, Student Counseling Center, Bowling Green State University

Principal Investigator: Faith Yingling, PhD

- Assisted with the Suicide Prevention grant by creating and sharing social media posts and organizing/setting up materials for campus events.

08/12 –  
05/13

### **President**

Student Wellness Network, Bowling Green State University

- Led members of student organization to organize, implement and evaluate health and wellness programming on campus. Examples of events included Talk Sex with the Student Wellness Network, World Aids Day Health Fair, Erase the Stigma on Mental Health and Eating Disorders Awareness Week.
- Lead organizer for a diversity event that had an attendance of over three hundred students.

08/12

### **Moderator**

Talk Sex with the Student Wellness Network, Bowling Green State University

- Led organization and moderated a sexual health education panel discussion with over 100 undergraduate students in attendance.

08/11-  
05/12

### **Secretary**

Student Wellness Network, Bowling Green State University

- Took detailed minutes during weekly meetings and disseminated them to the members of the student organization.

03/11-  
05/13

### **Peer Educator**

Wellness Connection, Bowling Green State University

- Delivered presentations to students on health and wellness topics such as nutrition, sexual health, sexual assault, physical activity, and stress management.

- Selected as a BACCHUS General Assembly attendee November 2011 & 2012 to represent Bowling Green's Peer Education program at a national conference.

02/11-  
02/14

**Panel Member**

Erase the Stigma, National Eating Disorders Awareness Week, Student Wellness Network, Bowling Green State University

- Participated as a panel member for a discussion on the stigma of mental health.

**HONORS & AWARDS**

2018

**Outstanding Poster Award, 3<sup>rd</sup> Place Ribbon**

Poster Presentation, Community Engagement Institute, Center for Clinical and Translational Science, University of Alabama at Birmingham

- Poster Title: 'Utilizing Physician Referrals to Increase Community Engagement of School-Aged Children and their Parents in a Family-Based Behavioral Treatment for Pediatric Overweight/Obesity'

2015

**School of Public Health Deans Scholarship**

National Alumni Society, University of Alabama at Birmingham

- Scholarship provided through funds from the UAB National Alumni Society and recipient is an incoming student selected by the Dean of the School of Public Health.

2012

**Outstanding Peer Education Program Award**

Erase the Stigma, National Eating Disorders Awareness Week, BACCHUS General Assembly, Washington, DC

- Award given to a nominated program that shows creativity and overall effectiveness in campus awareness and education. I was a part of organizing, promoting and running this event and wrote the nomination essay.