

## CURRICULUM VITAE

### Claire Adams Spears, Ph.D.

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#### TITLE AND AFFILIATION

Associate Professor, Dept. of Health Policy & Behavioral Sciences  
Director, GSU Mindful Living Lab  
Affiliate Faculty, GSU Adult Literacy Research Center  
School of Public Health, Georgia State University, Atlanta, GA, 2020-present

#### PREVIOUS ACADEMIC APPOINTMENTS

Assistant Professor, Department of Health Policy & Behavioral Sciences  
School of Public Health, Georgia State University, Atlanta, GA, 2016-2020

Assistant Professor, Department of Psychology  
Director, CUA Mindful Living Lab  
The Catholic University of America, Washington, DC, 2013-2016

Instructor, Department of Health Disparities Research, The University of Texas MD Anderson Cancer Center, Houston, TX, 2012-2013

#### LICENSURE

Licensed Psychologist (License No. PSY1000859), District of Columbia, 2013-present

#### CITIZENSHIP

United States

#### OFFICE ADDRESS

Georgia State University School of Public Health  
Urban Life Suite 612, Atlanta, GA 30303  
Office Phone: 404.413.9335; Email: cspears@gsu.edu

#### EDUCATION

##### Degree-Granting Education

Louisiana State University, Baton Rouge, LA, Ph.D., 2011, Clinical Psychology  
(APA-Accredited), Minor in Behavioral Medicine

Wake Forest University, Winston-Salem, NC, M.A., 2006, Psychology

Furman University, Greenville, SC, B.S., 2004, Psychology and French, Magna Cum Laude

##### Post-Graduate Training

Faculty Fellow of the Duncan Family Institute for Cancer Prevention and Risk Assessment,  
The University of Texas MD Anderson Cancer Center, Houston, TX, 2012-2013

Cancer Prevention Research Postdoctoral Fellowship (National Cancer Institute  
R25-T CA57730), Department of Health Disparities Research, The University of Texas MD  
Anderson Cancer Center, Houston, TX, 2011-2012

Community Based Participatory Research Trainee, Latinos Contra el Cancer Community Networks Program Center, National Cancer Institute (U54CA153505; PIs: David Wetter, Maria E. Fernandez, Lovell Jones), 2011-2013

Clinical Internship (APA-Accredited), Clinical Psychology Residency Training Consortium, University of Mississippi Medical Center/ Veterans Affairs Medical Center, Jackson, MS, 2010-2011

Clinical Research Trainee, Program of Excellence in Practice and Dissemination of Motivational Interviewing, National Institute on Drug Abuse, R25DA026637-01, (PI: Schumacher). University of Mississippi Medical Center, Jackson, MS, 2010-2011

## HONORS AND AWARDS

Delta Omega Honorary Society in Public Health, inducted 2020

Outstanding Faculty Award, Georgia State University School of Public Health, 2018-2019

Early Career Award, Complementary and Integrative Medicine Special Interest Group of the Society of Behavioral Medicine, 2017

Scholarship to attend the NCI/CRUK “Knowledge Integration across Health Domains, Professions, and Nations to Advance Cancer Prevention” Sandpit, April 2017

Scholarship to attend the NIH OBSSR/NHLBI Summer Institute on Randomized Behavioral Clinical Trials, July 2016

Senior Investigator, Mind and Life Summer Research Institute, June 2015

Scholarship to attend the NIH Advanced Training Institute on Health Behavior Theory, University of Wisconsin, July 2012

Faculty Fellowship in Cancer Prevention, Duncan Family Institute for Cancer Prevention and Risk Assessment, 2012-2013

The Federation of American Societies for Experimental Biology/Maximizing Access to Research Careers Program Travel Award for the National Institute of General Medical Sciences Workshop for Postdocs Transitioning to Independent Scientific Positions, 2012

American Psychological Association Dissertation Research Award, 2010

Certification, Tobacco Treatment Specialist, ACT Center for Tobacco Treatment, Education, and Research, University of Mississippi Medical Center, 2008

Louisiana State University Graduate Student Travel Award, 2007-2009

Elected Graduate Student Representative, Clinical Training Committee, Louisiana State University, 2007-2008

Scholarship and Graduate Assistantship, Louisiana State University, 2006-2010

Wake Forest University Alumni Travel Award, 2006

Wake Forest University Summer Research Fellowship, 2005

Scholarship and Graduate Assistantship, Wake Forest University, 2004-2006

Phi Beta Kappa Honor Society, inducted 2004

Burts Scholar in Psychology Award, Furman University, 2004

Furman Advantage Research Fellow, 2002

Furman Tradition and Furman Scholars scholarships, Furman University, 2000-2004

## GRANT ACTIVITIES

### Current Grants and Contracts

*Project Title:* Mindfulness-based Smoking Cessation Enhanced with Mobile Technology for Low-Income Smokers

*Funding Agency:* National Cancer Institute (R01 CA237004)

*Principal Investigator:* Claire A. Spears, Ph.D.

*Role:* Principal Investigator

*Total Award:* \$3,149,187

*Funding Period:* May 1, 2019 – April 30, 2024

*Project Title:* Smokers' Decision-Making about Tobacco Use: The Interplay of Affective and Cognitive Factors with Product Characteristics

*Funding Agency:* National Cancer Institute/FDA (R01 CA235719)

*Co-Principal Investigators:* Terry Pechacek, Ph.D. and Scott Weaver, Ph.D.

*Role:* Co-Investigator

*Total Award:* \$3,184,579

*Funding Period:* September 19, 2019 – August 31, 2024

*Project Title:* Mindfulness-Based Addiction Treatment Delivered Through Mobile Technology for Low-Income Smokers

*Funding Agency:* National Institute on Drug Abuse (R34 DA049208)

*Principal Investigator:* Claire A. Spears, Ph.D.

*Role:* Principal Investigator

*Total Award:* \$718,233

*Funding Period:* July 1, 2020 – June 30, 2023

*Project Title:* Cultural Adaptation and Evaluation of mHealth Interventions for Smoking Cessation in China and Vietnam

*Funding Agency:* Fogarty International Center (R01 TW010666)

*Principal Investigators:* Michael P. Eriksen, Sc.D. and Jidong Huang, Ph.D.

*Role:* Co-Investigator

*Total Award:* \$1,423,295

*Funding Period:* August 22, 2017 – June 30, 2022

*Project Title:* Sympatho-inhibition with Mindfulness in Chronic Kidney Disease  
*Funding Agency:* National Center for Complementary and Integrative Health (R61 AT010457)  
*Principal Investigator:* Jeanie Park, MD  
*Role:* Co-Investigator/Site PI  
*Total Award:* \$946,087 (GSU subaward \$62,924)  
*Funding Period:* September 1, 2019 – August 31, 2021 (This is an R61/R33 phased award. If R33 phase is funded pending NCCIH administrative review, project would continue 2021-2024)

*Project Title:* Pilot Evaluation of a Mobile Health Intervention for Smoking Cessation in Rural and Urban Georgia  
*Funding Agency:* Augusta University and Georgia State University Seed Award Program for Collaborative Clinical & Translational Research  
*Co-Principal Investigators:* Claire A. Spears, Ph.D. and Martha S. Tingen, Ph.D.  
*Role:* Principal Investigator  
*Total Award:* \$50,000  
*Funding Period:* July 1, 2020 – June 30, 2021

*Project Title:* Enhancing mHealth Application Interventions in Sanitation in Salvador  
*Funding Agency:* Georgia State University (Faculty International Partnership Engagement Grant)  
*Principal Investigator:* Christine Stauber, Ph.D.  
*Role:* Co-Investigator  
*Total Award:* \$3,500  
*Funding Period:* July 2020 – June 2021

*Project Title:* Assess and Monitor IQOS Marketing and Promotion in Atlanta  
*Funding Agency:* National Cancer Institute/FDA (administrative supplement to R01CA194681)  
*Principal Investigator:* Jidong Huang, Ph.D.  
*Role:* Co-Investigator  
*Total Award:* \$368,291  
*Funding Period:* September 1, 2019 – August 31, 2020

*Project Title:* Early Adopters of IQOS in Atlanta: Knowledge, Perceptions, Reasons and Patterns of Use  
*Funding Agency:* National Institute on Drug Abuse/FDA (admin supplement to R01DA047397)  
*Principal Investigators:* Lucy Popova, Ph.D. and David Ashley, Ph.D.  
*Role:* Co-Investigator  
*Total Award:* \$303,211  
*Funding Period:* September 1, 2019 – August 31, 2020

*Project Title:* My ESSENCE: Mindfulness to Reduce Stress, Improve Sleep, and Reduce Cardiovascular Risk in African Americans with Type 2 Diabetes  
*Funding Agency:* National Heart, Lung, and Blood Institute (K01HL149775)  
*Principal Investigator:* Alana Biggers, MD  
*Role:* Consultant  
*Funding Period:* February 2020 – January 2025

*Project Title:* Exploring the Uptake and Potential Efficacy of Brief Mindfulness Meditation for Underserved Female Tobacco Smokers  
*Funding Agency:* Mind and Life Institute (Varela Grant)  
*Principal Investigator:* Samantha Davis, MPH  
*Role:* Consultant

*Funding Period:* January 2019 – January 2021

**Completed Grants and Contracts**

*Project Title:* Using Mobile Technology to Understand and Encourage Mindfulness for Smoking Cessation

*Funding Agency:* National Center for Complementary and Integrative Health (K23 AT008442)

*Principal Investigator:* Claire A. Spears, Ph.D.

*Role:* Principal Investigator

*Total Award:* \$626,949

*Funding Period:* September 1, 2014 – November 30, 2019

*Project Title:* Monitoring the Rollout of IQOS in Atlanta to Provide Timely Data on Marketing and Early Adopters of the Tobacco Heating System

*Funding Agency:* Robert Wood Johnson Foundation

*Principal Investigator:* Lucy Popova, Ph.D.

*Role:* Co-Investigator

*Total Award:* \$358,678

*Funding Period:* August 15, 2019 – August 14, 2020

*Project Title:* Project HATCH (Staying Healthy After Childbirth): Cross-national study to support smoking abstinence and inter-related cancer-prevention behaviors among postpartum women.

*Funding Agency:* Cancer Research UK (Cancer Prevention Innovation Grant)

*Principal Investigator:* Caitlin Notley, Ph.D.

*Role:* Co-Investigator

*Total Award:* £40,000

*Funding Period:* August 2017 – October 2019

*Project Title:* Understanding Novel Tobacco Product Use among Low-Income Smokers: A Mixed-Methods Study with Ecological Momentary Assessment

*Funding Agency:* Georgia State University (Research Initiation Grant)

*Principal Investigator:* Claire A. Spears, Ph.D.

*Role:* Principal Investigator

*Total Award:* \$19,990

*Funding Period:* July 1, 2018 – June 30, 2019

*Project Title:* Stress and Stress Management for Adult Learners in Literacy Programs

*Funding Agency:* Georgia State University Adult Literacy Research Center (ALRC)

*Co-Principal Investigators:* Kenneth G. Rice, Ph.D., Claire A. Spears, Ph.D., Sarah E. Carlson, Ph.D., & Daphne Greenberg, Ph.D.

*Role:* Co-Principal Investigator

*Total Award:* \$5,000

*Funding Period:* July 1, 2018 – June 30, 2019

*Project Title:* Adults' Perceptions of Risks Associated with Children Ingesting Nicotine E-liquids

*Funding Agency:* National Institute on Drug Abuse (Tobacco Center of Regulatory Science [TCORS] graduate student award funded under parent grant P50DA036128)

*Principal Investigator:* Michael Eriksen, Sc.D. (Student PI: Catherine B. Kemp, BSN, MHA)

*Role:* Faculty Advisor

*Funding Period:* July 1, 2017 – August 31, 2017

*Project Title:* Mindfulness-based Strategies for NCI Web and Text Smoking Cessation Materials  
*Funding Agency:* ICF Consulting (NCI Flow through)  
*Type:* Contract  
*Role:* Consultant (developed mindfulness content for the National Cancer Institute’s text messaging and web-based programs [SmokefreeTXT, Smokefree Women, Smokefree Teen])  
*Funding Period:* May 20, 2014 – July 31, 2014

*Project Title:* The Effects of Loving-Kindness Meditation on Implicit Racial Bias  
*Funding Agency:* Psi Chi International Honor Society in Psychology  
*Type:* Mamie Phipps Clark Research Grant  
*Co-Principal Investigators:* Rokas Perskaudas, B.A. and Claire A. Spears, Ph.D.  
*Role:* Co-Principal Investigator and Mentor to graduate student  
*Funding Period:* Academic year 2014 – 2015

*Project Title:* Mindfulness-based Strategies for Improving Cancer Risk Behaviors  
*Funding Agency:* Duncan Family Institute for Cancer Prevention and Risk Assessment  
*Type:* Faculty Fellowship  
*Principal Investigator:* Claire E. Adams, Ph.D.  
*Role:* Recipient of Faculty Fellowship  
*Funding Period:* June 1, 2012 – July 31, 2013

*Project Title:* Effects of Mindfulness on Smoking and Other Health Risk Behaviors: Evaluating a Moderated Mediation Model  
*Funding Agency:* National Cancer Institute (R25-T CA57730)  
*Type:* R25-T Postdoctoral Fellowship in Cancer Prevention Research  
*Principal Investigator:* Shine Chang, Ph.D.  
*Role:* Recipient of Postdoctoral Fellowship  
*Funding Period:* January 1, 2012 – May 31, 2012

## PUBLICATIONS

\*Denotes student/trainee co-author.

### Peer-Reviewed Journal Articles (N = 69)

1. Biggers, A., **Spears, C. A.**, Sanders, K., Ong, J., Sharp, L. K., & Gerber, B. S. (in press). Moving the needle: Promoting mindfulness in African American communities. *Mindfulness*.
2. Ashley, D. L., **Spears, C. A.**, Weaver, S. R., Huang, J., & Eriksen, M. P. (in press). E-cigarettes: How can they help smokers quit without addicting a new generation? *Preventive Medicine*.
3. Notley, C., Ward, E., Kassianos, A. P., Kurti, A., Mitchell, F., Nostikasari, D., Payton, J., & **Spears, C. A.** (in press). Negotiating cancer preventative health behaviours and adapting to motherhood: The role of technology in supporting positive health behaviours. *International Journal of Qualitative Studies on Health and Well-being*.
4. Alqahtani, S., Cooper, B., **Spears, C. A.**, Wright, C., & Shannahan, J. (in press). Electronic nicotine delivery system-induced alterations in oral health via saliva assessment. *Experimental Biology and Medicine*.
5. \*Churchill, V., Weaver, S. R., **Spears, C. A.**, Huang, J., \*Massey, Z., \*Fairman, R., Pechacek, T. F., Ashley, D. L., & Popova, L. (in press). IQOS debut in the United States: Phillip Morris International’s heated tobacco device introduced in Atlanta, GA. *Tobacco Control*.

6. **Spears, C. A.**, \*Jones, D. M., Weaver, S. R., \*Yang, B., Pechacek, T. F., Eriksen, M. P. (2020). Use of and perceptions about electronic nicotine delivery systems (ENDS) among people with mental health conditions or serious psychological distress, 2018. *Drug and Alcohol Dependence*, 212, 108049.
7. \*Lotfalian, S., **Spears, C. A.**, & Juliano, L. M. (2020). The effects of mindfulness-based yogic breathing on craving, affect, and smoking behavior. *Psychology of Addictive Behaviors*, 34(2):351-359.
8. \*Do, V., **Spears, C. A.**, Hoang, M. V., Huang, J., Redmon, P. B., Nguyen, L. X., & Eriksen, M. P. (2020). Perceptions about mindfulness and text messaging for smoking cessation in Vietnam: Results from a qualitative study. *JMIR mHealth and uHealth*, 8(6):e17337.
9. **Spears, C. A.**, Abroms, L., Glass, C. R., Hedeker, D., Eriksen, M. P., \*Cottrell-Daniels, C., Tran, B. Q., & Wetter, D. W. (2019). Mindfulness-based smoking cessation enhanced with mobile technology (iQuit Mindfully): Pilot randomized controlled trial. *JMIR mHealth and uHealth*, 7(6): e13059.
10. **Spears, C. A.**, Li, L., Wu, C., Vinci, C., Heppner, W. L., Hoover, D. S., Lam, C., & Wetter, D. W. (2019). Mechanisms linking mindfulness and early smoking abstinence: An ecological momentary assessment study. *Psychology of Addictive Behaviors*, 33, 197-207.
11. **Spears, C. A.** (2019). Mindfulness-based interventions for addictions among diverse and underserved populations. *Current Opinion in Psychology*, 30, 11-16.
12. **Spears, C. A.**, \*Jones, D. M., Weaver, S. R., \*Yang, B., Pechacek, T. F., Eriksen, M. P. (2019). Electronic nicotine delivery system (ENDS) use in relation to mental health conditions, past-month serious psychological distress, and cigarette smoking status, 2017. *Addiction*, 114, 315-325.
13. **Spears, C. A.**<sup>^</sup>, \*Jones, D. M.<sup>^</sup>, Weaver, S. R., Huang, J., \*Yang, B., Pechacek, T. F., & Eriksen, M. P. (2019). Sociodemographic correlates of electronic nicotine delivery systems (ENDS) use in the United States, 2016-2017. *American Journal of Public Health*, 109: 1224-1232. (^ denotes joint first authorship)
14. **Spears, C. A.**, \*Bell, S. A., \*Scarlett, C. A., \*Anderson, N. K., \*Cottrell-Daniels, C., \*Lotfalian, S., \*Bandlamudi, M., \*Sigurdardottir, A., \*Grant, A., \*Carter, B. P., Abroms, L. C., & Wetter, D. W. (2019). Text messaging to enhance mindfulness-based smoking cessation treatment: Program development through qualitative research. *JMIR mHealth and uHealth*, 7(1): e11246.
15. **Spears, C. A.**, \*Jones, D. M., Pechacek, T. F., & Ashley, D. L. (2019). Use of other combustible tobacco products among priority populations of smokers: Implications for U.S. tobacco regulatory policy. *Addictive Behaviors*, 93, 194-197.
16. Glass, C. R., **Spears, C. A.**, \*Perskaudas, R., & Kaufman, K. A. (2019). Mindful sport performance enhancement: Randomized controlled trial of a mental training program with collegiate athletes. *Journal of Clinical Sport Psychology*, 13, 609-628.
17. Hoover, D. S., **Spears, C. A.**, Vidrine, D. J., Walker, J. L., Shih, T., Wetter, D. W., Elting, L. S., Ramondetta, L. M., Li, Y., Gillaspay, S. R., & Vidrine, J. I. (2019). Smoking cessation treatment needs of low SES cervical cancer survivors. *American Journal of Health Behavior*, 43: 606-620.
18. \*Houston, A. J., Hoover, D. S., Correa-Fernández, V., Strong, L. L., Heppner, W. L., Vinci, C., Wetter, D. W., **Spears, C. A.**, & Castro, Y. (2019). Associations of health literacy with acculturation among Latino adults. *Health Literacy Research and Practice*, 3(2): e81-e89.
19. Kassianos, A., Ward, E., Rojas-Garcia, A., Kurti, A., Mitchell, F., Nostikasari, D., Payton, J., Saadi, J., **Spears, C. A.**, & Notley, C. (2019). A systematic review and meta-analysis of

behaviour change techniques in interventions initiated after pregnancy to promote breastfeeding amongst postpartum women. *Health Psychology Review*, 13: 344-372.

20. **Spears, C. A.**, \*Jones, D. M., Weaver, S. R., Pechacek, T. F., Eriksen, M. P. (2018). Motives and perceptions regarding electronic nicotine delivery systems (ENDS) use among adults with mental health conditions. *Addictive Behaviors*, 80, 102-109.
21. \*Yang, B., **Spears, C. A.**, & Popova, L. (2018). Psychological distress and responses to comparative risk messages about electronic and combusted cigarettes. *Addictive Behaviors*, 91, 141-148.
22. Popova, L., Majeed, M., \*Owusu, D., **Spears, C. A.**, & Ashley, A. L. (2018). Who are the smokers who never plan to quit and what do they think about the risks of using tobacco products? *Addictive Behaviors*, 87, 62-68.
23. \*Kemp, C. B., **Spears, C. A.**, Pechacek, T. F., Eriksen, M. P. (2018). Adults' perceptions of nicotine harm to children. *Pediatrics*, 142(2), e20180051.
24. **Spears, C. A.**, Hedeker, D., Li, L., Wu, C., \*Anderson, N. K., \*Houchins, S. C., Vinci, C., Hoover, D. S., Vidrine, J. I., Cinciripini, P. M., Waters, A. J., & Wetter, D. W. (2017). Mechanisms underlying mindfulness-based addiction treatment versus cognitive behavioral therapy and usual care for smoking cessation. *Journal of Consulting and Clinical Psychology*, 85, 1029-1040.
25. **Spears, C. A.**, \*Houchins, S. C., \*Bamatter, W. P., Barrueco, S., Hoover, D. S., & \*Perskaudas, R. (2017). Perceptions of mindfulness in a low-income, primarily African American treatment-seeking sample. *Mindfulness*, 8, 1532-1543.
26. **Spears, C. A.**, \*Jones, D. M., Weaver, S. R., Pechacek, T. F., Eriksen, M. P. (2017). Use of electronic nicotine delivery systems among adults with mental health conditions, 2015. *International Journal of Environmental Research and Public Health*, 14, 10.
27. Vinci, C., Guo, L., **Spears, C. A.**, Li, L., Correa-Fernandez, V., Etcheverry, P. E., Lam, C. Y., Hoover, D. S., & Wetter, D. W. (2017). Socioeconomic indicators as predictors of smoking cessation among Spanish-speaking Mexican Americans. *Ethnicity and Health*. doi: 10.1080/13557858.2017.1373074.
28. \*Mistretta, E. G., Glass, C. R., **Spears, C. A.**, \*Perskaudas, R., Kaufman, K. A., & \*Hoyer, D. (2017). Collegiate athletes' expectations and experiences with mindful sport performance enhancement. *Journal of Clinical Sport Psychology*, 11, 201-221.
29. Vinci, C., Li, L., Wu, C., Lam, C. Y., Guo, L., Correa-Fernandez, V., **Spears, C. A.**, Hoover, D. S., Etcheverry, P. E., & Wetter, D. W. (2017). The association of positive emotion and first lapse: An ecological momentary assessment study. *Health Psychology*, 36, 1038-1046.
30. Vinci, C., **Spears, C. A.**, \*Peltier, M. R., & Copeland, A. L. (2016). Facets of mindfulness mediate the relationship between depressive symptoms and smoking behavior. *Mindfulness*, 7, 1408-1415.
31. Vidrine, J. I., **Spears, C. A.**, Heppner, W., Reitzel, L. R., Marcus, M. T., Cinciripini, P. M., Waters, A. J., Li, Y., Nguyen, N. T. T., Cao, Y., Tindle, H. A., Fine, M., Safranek, L. V., & Wetter, D. W. (2016). Efficacy of mindfulness-based addiction treatment (MBAT) for smoking cessation: A randomized clinical trial. *Journal of Consulting and Clinical Psychology*, 84, 824-838.
32. Strong, L. R., Hoover, D. S., Heredia, N. I., Krasny, S. E., **Spears, C. A.**, Correa-Fernández, V., Wetter, D. W., & Fernandez, M. E. (2016). Perspectives of Mexican-origin smokers on healthy eating and physical activity. *Health Education Research*, 31, 465-477.



33. Heppner, W. L., **Spears, C. A.**, Correa-Fernandez, V., Castro, Y., Li, Y., Guo, B., Reitzel, L. R., Vidrine, J. I., Mazas, C. A., Cofita-Woerpel, L., Cinciripini, P. M., Ahluwalia, J. S., & Wetter, D. W. (2016). Dispositional mindfulness predicts enhanced smoking cessation and smoking lapse recovery. *Annals of Behavioral Medicine*, *50*, 337-347. (^ denotes joint first authorship)
34. Vinci, C., **Spears, C. A.**, \*Peltier, M. R., & Copeland, A. L. (2016). Drinking motives mediate the relationship between facets of mindfulness and problematic alcohol use. *Mindfulness*, *7*, 754-763.
35. Copeland, A. L., **Spears, C. A.**, Baillie, L. E., & McVay, M. A. (2016). Fear of fatness and drive for thinness in predicting smoking status in college women. *Addictive Behaviors*, *54*, 1-6.
36. **Spears, C. A.**, \*Houchins, S., Stewart, D. W., Chen, M., Correa-Fernandez, V., Cano, M. A., Heppner, W. L., Vidrine, J. I., & Wetter, D. W. (2015). Nonjudging facet of mindfulness predicts enhanced smoking cessation in Hispanics. *Psychology of Addictive Behaviors*, *29*, 918-923.
37. **Adams, C. E.**, Cano, M. A., Heppner, W. L., Stewart, D. W., Correa-Fernández, V., Vidrine, J. I., Li, Y., Cinciripini, P. M., Ahluwalia, J. S., & Wetter, D. W. (2015). Testing a moderated mediation model of mindfulness, psychosocial stress, and alcohol use among African American smokers. *Mindfulness*, *6*, 315-325.
38. Hoover, D. S., Vidrine, J. I., Shete, S., **Spears, C. A.**, Cano, M. A., Correa-Fernández, V., Wetter, D. W., & McNeill, L. H. (2015) Health literacy, smoking, and health indicators in African American adults. *Journal of Health Communication*, *20* (Suppl. 2), 24-33.
39. Copeland, A. L., McVay, M. A., Martin, P. D., Baillie, L. E., **Spears, C. A.**, Rash, C. J., Kendzor, D. E., & Geiselman, P. J. (2015). Smoking cessation and weight gain prevention program for postmenopausal, weight-concerned women: A pilot study. *Eating Behaviors*, *18*, 107-114.
40. Castro, Y., Fernández, M. E., Strong, L. L., Stewart, D., Hernandez Robles, E., Krasny, S., Heredia, N., **Spears, C. A.**, Correa-Fernández, V., Eakin, E. G., Resnicow, K., Basen-Engquist, K. B., & Wetter, D. W. (2015). Adaptation of a counseling intervention to address multiple cancer risk factors among overweight/obese Latino smokers. *Health Education & Behavior*, *42*, 65-72.
41. **Adams, C. E.**, McVay, M.A., Stewart, D. W., Vinci, C., Kinsaul, J., Benitez, L., & Copeland, A.L. (2014). Mindfulness ameliorates the relationship between weight concerns and smoking in female smokers. *Mindfulness*, *5*, 179-185.
42. **Adams, C. E.**, Chen, M., Guo, L., Lam, C. Y., Stewart, D. W., Correa-Fernández, V., Cano, M. A., Heppner, W. L., Vidrine, J. I., Li, Y., Ahluwalia, J. S., Cinciripini, P. M., & Wetter, D. W. (2014). Mindfulness predicts lower affective volatility among African Americans during smoking cessation. *Psychology of Addictive Behaviors*, *28*, 580-585
43. Kendzor, D. E., Businelle, M. S., Reitzel, L. R., Castro, Y., Vidrine, J. I., Mazas, C. A., Cinciripini, P. M., Lam, C. Y., **Adams, C. E.**, Correa-Fernandez, V., Cano, M. A., & Wetter, D. W. (2014). The influence of discrimination on smoking cessation among Latinos. *Drug and Alcohol Dependence*, *136*, 143-148.
44. Cuevas, A. G., Reitzel, L. R., **Adams, C. E.**, Cao, Y., Nguyen, N., Wetter, D. W., Watkins, K. L., Regan, S. D., & McNeill, L. H. (2014). Discrimination, affect, and cancer risk factors among African Americans. *American Journal of Health Behavior*, *38*, 31-41.
45. Stewart, D. W., Reitzel, L. R., Correa-Fernandez, V., Cano, M. A., **Adams, C. E.**, Cao, Y., Li, Y., Waters, A. J., Wetter, D. W., & Vidrine, J. I. (2014). Social support mediates the association

between health literacy and depression among racially/ethnically diverse smokers with low socioeconomic status. *Journal of Behavioral Medicine*, 37, 1169-1179.

46. Cano, M. A., Lam, C. Y., **Adams, C. E.**, Correa-Fernández, V., Stewart, D. W., Chen, M., McClure, J. B., Cinciripini, P. M., Wetter, D. W. (2014). Positive smoking outcome expectancies mediate the association between negative affect and smoking urge among women during a quit attempt. *Experimental and Clinical Psychopharmacology*, 22, 332-340.
47. Stewart, D. W., Cano, M. A., Correa-Fernández, V., **Spears, C. A.**, Li, Y., Waters, A. J., Wetter, D. W., & Vidrine, J. I. (2014). Lower health literacy predicts smoking relapse among racially/ethnically diverse smokers with low socioeconomic status. *BMC Public Health*, 14, 716.
48. **Adams, C. E.**, Benitez, L., Kinsaul, J., McVay, M.A., Barbry, A., Thibodeaux, A., & Copeland, A.L. (2013). Effects of brief mindfulness instructions on reactions to body image stimuli among female smokers: An experimental study. *Nicotine and Tobacco Research*, 15, 376-384.
49. Stewart, D. W., **Adams, C. E.**, Cano, M., Correa-Fernandez, V., Li, Y., Waters, A., Wetter, D. W., & Vidrine, J. I. (2013). Associations between health literacy and established predictors of smoking cessation. *American Journal of Public Health*, 103, e43-e49.
50. Stewart, D. W., Vinci, C., **Adams, C. E.**, Cohen, A. S., & Copeland, A. L. (2013). Smoking topography and outcome expectancies among individuals with schizotypy. *Psychiatry Research*. 205, 205-212.
51. Cuevas, A. G., Reitzel, L. R., Cao, Y., Nguyen, N., Wetter, D. W., **Adams, C. E.**, Watkins, K. L., Regan, S. D., & McNeill, L. H. (2013). Mediators of discrimination and self-rated health among African Americans. *American Journal of Health Behavior*, 37, 745-754.
52. **Adams, C. E.**, Rash, C. J., Burke, R. S., & Parker, J. D. (2012). Contingency management for patients with co-occurring disorders: Evaluation of a case study and recommendations for practitioners. *Case Reports in Psychiatry*. Epub doi: 10.1155/2012/731638.
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69. Leary, M. R., **Adams, C. E.**, & Tate, E. B. (2006). Hypo-egoic self-regulation: Exercising self-control by diminishing the influence of the self. *Journal of Personality, 74*, 1803-1831.

### Book Chapters

Heppner, W. L., **Spears, C. A.**, Vidrine, J. I., & Wetter, D. W. (2015). Mindfulness and emotion regulation. In B. D. Ostafin, M. D. Robinson, & B. P. Meier (Eds.), *Handbook of mindfulness and self-regulation* (pp. 107-120). New York: Springer.

**Adams, C. E.**, Heppner, W. L., \*Houchins, S., Stewart, D. W., Vidrine, J. I., & Wetter, D. W. (2014). Mindfulness meditation and addictive behaviors. In N. Singh (Ed.), *The psychology of meditation* (Chapter 14, pp. 311-343). Hauppauge, NY: Nova Science Publishers.

Leary, M. R., **Adams, C. E.**, & Tate, E. B. (2010). Hypoegoic self-regulation. In R. H. Hoyle (Ed.), *Handbook of personality and self-regulation*. Hoboken, NJ: Blackwell.

### Invited Article

**Spears, C. A.**, \*Houchins, S. C., \*Bamatter, W., \*Hirschhorn, E., \*McMorran, K., \*Anderson, N. K., \*Perskudas, R., & \*Raymond, R. (2014). Mindfulness-based treatment for addictions in

underserved populations. *The Addictions Newsletter (Publication of the American Psychological Association Division 50), Fall/Winter*, 30-32.

**U.S. Food and Drug Administration (FDA) Docket Submission:**

*Docket Number:* FDA-2017-N-6189

*Docket Title:* Tobacco Product Standard for Nicotine Level of Combusted Cigarettes\*

*Action:* Advance notice of proposed rulemaking

*Authors:* Claire A. Spears, Ph.D., Dina M. Jones, MPH

\*Confidential Comment submitted May 2018

**Published Government Document**

Myers, V. H., Brantley, P. J., Barbera, B. L., & Adams, C. E. (2008). *Four-year Follow-up Bariatric Study Data Collection*. Manuscript prepared for The Louisiana Office of Group Benefits and published by the Louisiana State Legislature.

**Manuscripts Under Review**

\*Cottrell-Daniels, C., \*Jones, D. M., \*Bell, S. A., \*Bandlamudi, M., & **Spears, C. A.** (under review). *Mindfulness and mobile health for quitting smoking: A qualitative study among predominantly low-income, African American adults.*

Culbreth, R., **Spears, C. A.**, Brandenberger, K., Feresin, R., Self-Brown, S., Goodfellow, L., Swahn, M. H., & Gardenhire, D. (under review). *Dual use of electronic cigarettes and traditional cigarettes among adults in the National Longitudinal Study of Adolescent to Adult Health.*

\*Hopkins, P. D., **Spears, C. A.**, Hoover, D. S., Li, L., \*Cambron, C., \*Potter L. N., Cinciripini, P. M., Lam, C. Y., & Wetter, D. W. (under review). *Trajectories of motivation and self-efficacy during a smoking quit attempt: An ecological momentary assessment study.*

\*Osborne, M., Weeks, E. A., Whitaker, D. J., **Spears, C. A.**, Kegler, M. C., & Self-Brown, S. (under review). *Tobacco use and home safety hazards in a sample of child welfare-involved caregivers.*

Rice, K. G., Greenberg, D., **Spears, C. A.**, Carlson, S., Aiello, M., & Duran, B. (under review). *Psychological stress, coping, and distress in adult learners with low literacy.*

**PRESENTATIONS AT PROFESSIONAL CONFERENCES (Past 5 Years [N=58]; Total N=98)**

\*Denotes student/trainee co-author.

Culbreth, R., **Spears, C.A.**, Swahn, M.H., & Gardenhire, D. (May, 2020). Dual use of electronic cigarettes and traditional cigarettes among adults in the National Longitudinal Study of Adolescent to Adult Health. Poster accepted for presentation at the annual meeting of the Society for Prevention Research, Washington, D.C.

\*Scarlett, C.A., \*Strosnider, C.L., \*Luong, J., \*Hanks, K., Owen-Smith, A., Ross, K.M., & **Spears, C.A.** *Inclusion of Minorities and Low-SES Individuals in Mindfulness-Based Interventions for Weight Loss: A Systematic Review.* (April, 2020). Poster accepted for presentation at the annual meeting of the Society of Behavioral Medicine, San Francisco, CA.

\*Do, V., **Spears, C. A.**, Hoang, M. V., Huang, J., Redmon, P. B., Nguyen, L. X., & Eriksen, M. P. (March, 2020). *Perceptions about mindfulness-based smoking cessation SMS text-messaging among Vietnamese smokers: Results from a qualitative study*. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco.

\*Cottrell-Daniels, C., \*Jones, D. M., \*Elahi, H., \*Strosnider, C., \*Luong, J., Weaver, S. R., Pechacek, T. F., & **Spears, C. A.** (March, 2020). *Qualitative Study of Experiences with ENDS use among Low-Income Smokers*. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco.

\*Feng, Y., Zheng, P., Huang, J., **Spears, C. A.**, Redmon, P., & Eriksen, M. P. (March, 2020). *Development and Pilot Testing of a WeChat Smoking Cessation Intervention for Chinese Male Smokers*. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, New Orleans, LA.

\*Mhende, J., Bell, S. A., \*Cottrell-Daniels, C., \*Luong, J., \*Streiff, M., \*Strosnider, C., \*Do., V., \*Ogrodnick, M., \*Oliver, C., & **Spears, C. A.** (2020). *iQuit iText: Refining a Mindfulness-Based mHealth Smoking Cessation Intervention*. Poster presented at the GSU mHealth Research Collaborative Symposium, Atlanta, GA.

\*Cottrell-Daniels, C. & **Spears, C. A.** (November, 2019). *Does Between-Session Mindfulness Practice Predict Smoking Cessation and Psychosocial Outcomes?* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

\*Feng, Y., Zheng, P., Huang, J., **Spears, C. A.**, Redmon, P., & Eriksen, M. P. (April, 2019). *A Qualitative Study of Attitudes towards Mobile Health Smoking Cessation Intervention among Chinese Male Smokers*. Poster presented at the 23<sup>rd</sup> International Union for Health Promotion and Education World Conference on Health Promotion, Rotorua, Aotearoa New Zealand.

Goeke-Morey, M., Wagner, B., **Spears, C. A.**, \*Anderson, N., \*Ramsey, K., \*Connors, A., & \*Lynn, B. (March, 2019). *The Mindful Family: A Qualitative Analysis of Family Mindfulness Practice*. Poster presented at the biennial meeting of the Society for Research in Child Development, Baltimore, MD.

\*Kemp, C. B., **Spears, C. A.**, Ashley, D., & Pechacek, T. F. (February, 2019). *Adults' Harm Perceptions of Children Being Exposed to Nicotine E-Liquids*. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, San Francisco, CA.

\*Kemp, C. B., **Spears, C. A.**, Ashley, D., & Pechacek, T. F. (February, 2019). *Adults' Awareness of Nicotine E-Liquid Handling Practices in Homes with Young Children*. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, San Francisco, CA.

\*Scarlett, C. A., \*Elahi, H., \*Strosnider, C., \*Grant, A., \*Bell, S. A., \*Carter, B. P., \*Bandlamudi, M., \*Cottrell-Daniels, C., & **Spears, C. A.** (November, 2018). *Qualitative Study of Mindfulness-based Smoking Cessation Treatment among Racially/Ethnically Diverse Adults*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Hoover, D. S., **Spears, C. A.**, Nguyen, N., Piñeiro, B., McNeill, L. H., Wetter, D. W., & Vidrine J. I. (November, 2018). *Implementation of Ask-Advise-Connect in a Federally Qualified Health*

*Center: A Mixed Methods Evaluation Using the RE-AIM Framework.* Poster presented at the annual meeting of the American Public Health Association, San Diego, CA.

\*Cottrell-Daniels, C., \*Bell, S. A., \*Bandlamudi, M., \*Jones, D., \*Sigurdardottir, A., & **Spears, C. A.** (October, 2018). *Qualitative Study of Text Messaging for Smoking Cessation in Low-Income Adults.* Poster presented at the 2018 International Cancer Education Conference, Atlanta, GA. [2<sup>nd</sup> Place, Best Poster Presentation Award]

Notley, C., Kassianos, A., Kurti, A., Mitchell, F., Nostikasari, D., Payton, J., **Spears, C. A.**, & Ward, E. (September, 2018). *Project HATCH – Staying Healthy after Childbirth: Developing the Evidence Base for Supporting Smoking Relapse Prevention Postpartum Alongside Other Cancer Preventative Behaviors.* Symposium presented at the annual meeting of the Society for Research on Nicotine and Tobacco Europe (SRNT – E), Munich, Germany.

Kassianos, A., Ward, E., Rojas-Garcia, A., Saadi, J., **Spears, C. A.**, Mitchell, F., Nostikasari, D., Payton, J., & Notley, C. (August, 2018). *A Systematic Review of Breastfeeding Interventions among Postpartum Women Using the Behaviour Change Techniques Taxonomy.* Poster presented at the annual conference of the European Health Psychology Society, Galway, Ireland.

**Spears, C. A.**, Li, L., Wu, C., Guo, L., Vinci, C., Heppner, W. L., Hoover, D. S., Lam, C., & Wetter, D. W. (April, 2018). *Real-time Mechanisms Linking Mindfulness with Quitting Smoking: An Ecological Momentary Assessment Study.* Oral presentation at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA.

**Spears, C. A.**, \*Carter, B. P., \*Bell, S. A., \*Bandlamudi, M., \*Scarlett, C. A., \*Grant, A., Abrams, L., & Wetter, D. W. (April, 2018). *Experiences with Text Messaging for Smoking Cessation among Low-Income, Primarily African American Smokers.* In S. M. Christy (Chair), *Using mHealth and eHealth Interventions to Reduce Health Disparities: From Cancer Prevention to Cancer Survivorship.* Symposium presentation at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA.

**Spears, C. A.**, Dannenfelser, M. A., \*Bell, S. A., \*Carter, B. P., \*Scarlett, C. A., & Wetter, D. W. (April, 2018). *Mindfulness-based Smoking Cessation among Predominantly Low-Income, African American Smokers.* Poster presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA.

Vinci, C., **Spears, C. A.**, & Copeland, A. L. (April, 2018). *Predictors of Response to a Brief Mindfulness Intervention among Problematic Alcohol Users.* Poster presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA.

\*Bandlamudi, M., \*Grant, A., \*Cottrell-Daniels, C., & **Spears, C. A.** (April, 2018). *Who is Most Likely to Practice Mindfulness? Associations between Demographic Characteristics and Mindfulness Practices.* Poster presented at the Georgia State Undergraduate Research Conference, Atlanta, GA.

**Spears, C. A.**, Li, L., Vinci, C., Lam, C., & Wetter, D. W. (February, 2018). *Dynamic Patterns of Self-efficacy and Quitting Smoking: An Ecological Momentary Assessment Study.* Oral presentation at the annual meeting of the Society for Research on Nicotine and Tobacco, Baltimore, MD.

**Spears, C. A.,** \*Carter, B. P., \*Bell, S. A., \*Scarlett, C. A., Abroms, L., & Wetter, D. W. (February, 2018). *Development and Evaluation of Mindfulness-Based Smoking Cessation Treatment Enhanced with Mobile Technology*. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Baltimore, MD.

\*Kemp, C. B., **Spears, C. A.,** Pechacek, T. F., Eriksen, M. P. (February, 2018). *Do adults' perceptions of nicotine harm to children vary by individual characteristics? Results of a nationally representative survey*. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Baltimore, MD.

Ward, E., Nostikasari, D., Kurti, A., Kassianos, A., Payton, J., **Spears, C. A.,** Mitchell, F., & Notley, C. (February, 2018). *Staying Healthy After Childbirth (Project HATCH) – A Theory-based Survey of UK and USA HCPS views on the promotion of smoking cessation and interrelated cancer preventative behaviours postpartum*. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Baltimore, MD.

**Spears, C.A.,** \*Carter, B. P., \*Bell, S. A., \*Scarlett, C. A., Abroms, L., & Wetter, D. W. (November, 2017). *User Experiences with Text Messaging for Smoking Cessation*. In D. J. Whitaker (Chair), *Using Technology to Advance Public Health Interventions*. Symposium presented at the annual meeting of the American Public Health Association, Atlanta, GA.

\*Perskaudas, R., Glass, C. R., **Spears, C. A.,** & Kaufman, K. A. (November, 2017). *Effects of Adherence to Mindful Sport Performance Enhancement on Psychological and Sport Outcomes in Collegiate Athletes*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Popova, L., \*Majeed, B., \*Owusu, D., **Spears, C. A.,** & Ashley, D. L. (October, 2017). *Who Are the Inveterate Smokers?* Poster presented at the Fall 2017 NIH/FDA Tobacco Regulatory Science Grantee Meeting, Bethesda, Maryland.

Housten, A. J., Hoover, D. S., Correa-Fernández, V., Strong, L. L., Heppner, W. L., Vinci, C., Wetter, D. W., **Spears, C.A.,** & Castro, Y. (October, 2017). *Associations of Health Literacy with Acculturation among Latino Adults*. Poster presented at the Health Literacy Annual Research Conference and the International Conference on Communication in Healthcare, Baltimore, MD.

Glass, C. R., **Spears, C. A.,** \*Perskaudas, R., & Kaufman, K. A. (October, 2017). *Mindful Sport Performance Enhancement: A Randomized Controlled Trial with Collegiate Athletes*. Lecture presented at the annual meeting of the Association for Applied Sport Psychology, Orlando, FL.

\*Raymond, R., \*Anderson, N. K., \*Heryak, R., Glass, C. R., **Spears, C. A.** (August, 2017). *Effects of a Brief Self-Compassion Intervention on Daily Mood: An Experience Sampling Study*. Poster presented at the annual convention of the American Psychological Association, Washington, DC.

**Spears, C. A.,** Guo, L., Li, L., Vinci, C., Heppner, W. L., Hoover, D. S., & Wetter, D. W. (March, 2017). *An Ecological Momentary Assessment Study of Mechanisms Linking Mindfulness and Smoking Cessation*. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Florence, Italy.

**Spears, C. A.,** \*Anderson, N. K., \*Lotfalian, S., Abroms, L., & Wetter, D. W. (March, 2017). *Qualitative Study of Text Messaging for Smoking Cessation*. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.

Shallcross, A., J., Kinser, P. A., & **Spears, C. A.** (March, 2017). Complementary and Integrative Medicine SiG Presents: Research Buzz: Speed Research Bio Presentations and Interactive Meet and Greet. Presentations to promote research networking at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.

\*Houchins, S. C., \*Raymond, R., \*Taleon, A., \*Gill, K. E., \*Perskaudas, R., \*Casey, K., & **Spears, C. A.** (October, 2016). *Effects of Mindfulness versus Loving-Kindness Meditation on Emotions and Sympathetic Nervous System Activity*. Poster presented at the Association for Behavioral and Cognitive Therapies, New York, NY.

\*Anderson, N. K., \*Raymond, R., \*Heryak, R. E., Glass, C. R., & **Spears, C. A.** (October, 2016). *A Randomized Controlled Trial of a Brief Self-Compassion Intervention for College Students*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

\*Lotfalian, S., Wiseblatt, A., **Spears, C. A.**, & Juliano, L. M. (October, 2016). *A laboratory study of the effects of brief mindful breathing on cravings, affect, and smoking behavior*. Poster presented at the Association for Behavioral and Cognitive Therapies, New York, NY.

\*Interrante, M. K., \*Houchins, S., Glass, C. R., & **Spears, C. A.** (October, 2016). *Effects of Brief Meditative Interventions on State Self-Esteem*. Poster presented at the Association for Behavioral and Cognitive Therapies, New York, NY.

\*Perskaudas, R., \*Anderson, N. K., \*Arieta, M., \*Interrante, M. K., \*Broshek, C., \*Heryak, R., \*Houchins, S., \*Schmitt, A., & **Spears, C. A.** (October, 2016). *You, Yourself, and Others: Associations among Self-Compassion, Psychological Functioning, and Implicit Racial Bias*. Poster presented at the Association for Behavioral and Cognitive Therapies, New York, NY.

\*Mistretta, E., G., \*Hoyer, D., Glass, C. R., & **Spears, C. A.**, \*Perskaudas, R., \*Interrante, M. K., & Kaufman, K. A. (October, 2016). *Expectations, Outcomes, and Helpfulness of Mindful Sport Performance Enhancement for Collegiate Athletes*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Hoover, D. S., Correa-Fernández, V., Strong, L. L., Heppner, W. L., Vinci, C., Wetter, D. W., **Spears, C. A.**, & Castro, Y. (June, 2016). *Associations of Spanish-Language Health Literacy with Problematic Alcohol Use among Latino Adults*. Paper presented at the annual meeting of the National Hispanic Science Network, Palm Springs, CA.

Vinci, C., **Spears, C. A.**, Peltier, M. R., & Copeland, A. L. (June, 2016). *Facets of Mindfulness Mediate the Relationship between Depressive Symptoms and Smoking Expectancies*. Poster presented at the 2016 annual meeting of the College on Problems of Drug Dependence, Palm Springs, CA.

\*Interrante, M. K., **Spears, C. A.**, Glass, C. R., \*Perskaudas, R., & Kaufman, K. A. (April, 2016). *Mindfulness as a Moderator of the Association between Stress and Alcohol Use in Collegiate Athletes*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.

\*Houchins, S. C., \*Raymond, R., \*Taleon, A., \*Gill, K. E., \*Perskaudas, R., \*Casey, K., & **Spears, C. A.** (April 2016). *Facets of Mindfulness, Self-compassion, and Eating Behavior*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.



\*Mistretta, E. G., Kaufman, K. A., Glass, C. R., & **Spears, C. A.** (April, 2016). *Mindful Sport Performance Enhancement for High School Athletes*. Poster presented at the annual meeting of the Northeast Atlantic Sport Psychology Conference, Philadelphia, PA.

\*Hoyer, D. J., Glass, C. R., **Spears, C. A.**, & Kaufman, K. (April, 2016). *Mindful Sport Performance Enhancement for Division III Collegiate Coaches: A Pilot Study*. Poster presented at the annual meeting of the Northeast Atlantic Sport Psychology Conference, Philadelphia, PA.

\*Heryak, R. E., \*Perskaudas, R., \*Casey, K. A., \*Broshek, C. E., \*Schmitt, A., \*Arieta, M. L., \*Interrante, M. K., & **Spears, C. A.** (April, 2016). *Associations between Psychological Distress and Specific Aspects of Mindful Eating among College Students*. Poster presented at Catholic University Research Day, Washington, DC.

**Spears, C. A.**, Hedeker, D., Li, L., Vinci, C., Hoover, D. S., Vidrine, J. I., & Wetter, D. W. (March, 2016). *Mechanisms Underlying a Mindfulness-Based Addiction Treatment for Smoking Cessation*. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Chicago, IL.

Vinci, C., Li, L., **Spears, C. A.**, Wu, C., Lam, C. Y., Correa-Fernandez, V., Etcheverry, P. E., Hoover, D. S., & Wetter, D. W. (March, 2016). *Positive Affect Predicts Next-day Smoking Lapse as Determined by Ecological Momentary Assessment*. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, Chicago, IL.

**Spears, C. A.**, \*Houchins, S., \*Bamatter, W., Barrueco, S., Stewart, D. W., & \*Perskaudas, R. (November, 2015). *Qualitative Study of Mindfulness in a Low-income, Primarily African American Clinical Sample*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Vinci, C., **Spears, C. A.**, Peltier, M. R., & Copeland A. L. (November, 2015). *Drinking Motives Mediate the Relationship between Facets of Mindfulness and Problematic Alcohol Use Differentially for Men and Women*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

**Spears, C. A.**, Glass, C. R., \*Perskaudas, R., Kaufman, K. A., \*Messersmith, P., \*Kelly, M. C., & \*Interrante, M. K. (November, 2015). *Evaluation of Mindful Sport Performance Enhancement for Improving Psychological Functioning in Collegiate Athletes*. Poster presented at the Association for Behavioral and Cognitive Therapies, Chicago, IL.

\*Perskaudas, R., Glass, C. R., **Spears, C. A.**, Kaufman, K. A., \*Waldron, J., \*Rizkalla, M., & \*Aguado, C. (November, 2015). *Facets of Mindfulness and Psychological Health in Athletes: Implications for Mindfulness Interventions*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

\*Raymond, R., \*Anderson, N. K., \*Hirschhorn, E. W., **Spears, C. A.**, Glass, C. R., & Arnkoff, D. B. (November, 2015). *Correlates of Self-compassion in a Sample of Meditation Practitioners*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Vinci, C. Peltier, M. R., **Spears, C. A.**, & Copeland, A. L. (June, 2015). *Acceptance as a Relevant Mindfulness Facet for Cigarette Smokers*. Poster presented at the annual meeting of the College on Problems of Drug Dependence, Phoenix, AZ.

\*Arieta, M. L., \*Perskaudas, R., \*Taleon, A. A., \*Heryak, R. E., \*Casey, K. A., \*Broshek, C. E., \*Travaline, M., & **Spears, C. A.** (April, 2015). *Facets of Mindfulness and Psychological Health among College Students*. Poster presented at the annual Catholic University Psychology Department Research Symposium, Washington, DC.

\*Interrante, M. K., Glass, C., **Spears, C. A.**, and \*Perskaudas, R (March, 2015). *Motives for Drinking and Psychological Distress in Collegiate Athletes*. Poster presented at the Northeast Atlantic Sport Psychology Conference, Philadelphia, PA.

\*Rizkalla, M., \*Aguado, C., \*Waldron, J., **Spears, C. A.**, Glass, C. R., \*Interrante, M. K., & \*Perskaudas, R (March, 2015). *Flow And Sport Anxiety among Collegiate Athletes*. Poster presented at the Northeast Atlantic Sport Psychology Conference, Philadelphia, PA.

[Presentations prior to 2015 not shown]

## TEACHING

### Formal Courses Taught

#### **Georgia State University, Atlanta, GA**

Advanced Research Methods (PH 9140, graduate level), Fall 2019 and Fall 2020

Directed Reading, Risk Perceptions and Health Behavior (PH 8910, graduate level), Summer 2020

Directed Reading, Psychosocial Factors Related to Tobacco Use among African American Youth and Young Adults (PH 8910, graduate level), Summer 2020

Doctoral Research Seminar I and II (PH 9180 and 9181, graduate level), Fall 2018 and Spring 2019

Directed Reading, Mindfulness and Health Behaviors (PH 8910, graduate level), Summer 2018

Social and Behavioral Aspects of Public Health (PH 7140, graduate level), Spring and Fall 2017

#### **The Catholic University of America, Washington, DC**

Health Psychology (PSY 619, graduate level), Spring 2016

Psychopathology (PSY 813, graduate level), Fall 2013; Fall 2014; Fall 2015

Health Psychology (PSY 383, undergraduate level), Spring 2015

Abnormal Psychology (PSY 380, undergraduate level), Spring 2014

Individual Psychotherapy Practicum (PSY 908, graduate level), Spring 2014

#### **Louisiana State University, Baton Rouge, LA**

Research Methods in Psychology Laboratory (PSY 2017, undergraduate level), 2006 – 2007

#### **Wake Forest University, Winston-Salem, NC**

Research Methods in Psychology Laboratory (PSY 211 and PSY 312, undergraduate level), 2004 – 2006

**Doctoral Dissertation Committees**

Cherell Cottrell-Daniels, MPH (Georgia State University PhD defense expected 2021; “Use of Non-Cigarette Combustible Tobacco among African American Adolescents, Young Adults, and Adults: Examination of Risk and Protective Factors,” Role: Chair)

Dina M. Jones, Ph.D., MPH (Georgia State University, 2019; “Racial Discrimination, Stress, and Substance Use among African American Young Adults,” Role: Chair)

Catherine B. Kemp, Ph.D., BSN, MHA (Georgia State University, 2018; “Adults’ Perceptions of Risks Associated with Children Ingesting Nicotine E-liquids,” Role: Committee Member)

Wendy Bamatter, Ph.D. (Catholic University, 2017; “Mindfulness Interventions among Latina Immigrant Women: A Mixed Methods Investigation,” Role: Committee Member)

Katherine Brazaitis, Ph.D. (Catholic University, 2015; “The Use of Clinical Risk Assessment Coding Systems with Suicidal Soldiers,” Role: Committee Member)

**MA/MPH Thesis/Capstone Committees**

Tina Gardner, MPH (Georgia State University, 2020; Role: Committee Member)

Hallie Andrews, MPH (Georgia State University, 2020; Role: Committee Member)

Hala Elahi, MPH (Georgia State University, 2019; Role: Co-Chair)

Charlayne Scarlett, MPH (Georgia State University, 2018; Role: Chair)

James Kasper, MPH (Georgia State University, 2018; Role: Committee Member)

Brittani Carter, MPH (Georgia State University, 2017; Winner of 2017 GSU Master’s Level 3-Minute Thesis Competition; Role: Chair)

Sadaf Lotfalian, M.A. (Catholic University, 2017; Role: Primary Advisor)

Rokas Perskaudas, M.A. (Catholic University, 2017; Role: Primary Advisor)

Natalie Anderson, M.A. (Catholic University, 2016; Role: Primary Advisor)

Rick Raymond, M.A. (Catholic University, 2016; Role: Primary Advisor)

Sean Houchins, M.A. (Catholic University, 2015; Role: Primary Advisor)

**Other Formal Teaching**

Targeting Tobacco Use in Underserved Populations. Invited Lecture, Georgia State University Department of Psychology, Health Psychology course, Atlanta, GA, February 2020.

Mobile Health in Research. Invited Lecture, Nursing PhD Intensive Sessions, Byrdine F. Lewis College of Nursing and Health Professions, Georgia State University, Atlanta, GA, January 2020.

Developing and Piloting an Intervention. Invited Lectures, Georgia State University School of Public Health, Fundamentals of Clinical Trials course, Atlanta, GA, October 2018 and 2016.

Mindfulness and Public Health. Invited Lecture, Georgia State University School of Public Health, Social and Behavioral Aspects of Public Health course, Atlanta, GA, March 2018.

Tobacco Use and Vulnerable Populations. Seminar presented to the Georgia State University Tobacco Center of Regulatory Science (GSU TCORS), Atlanta, GA, February 2018.

Stress... And What to Do About It. Invited Workshop co-presented with Dr. Daphne Greenberg, Dr. Kenneth Rice, and Dr. Sarah Carlson as part of GSU Adult Literacy Research Center, Literacy Action, Atlanta, GA, January 2018.

Work-Life Balance – Could Mindfulness Help? Invited Lecture, Georgia State University School of Public Health, Ph.D. Student Seminar, Atlanta, GA, September 2017.

Mindfulness and Mobile Technology for Health Promotion in Underserved Populations. Invited Lecture, Georgia State University Byrdine F. Lewis School of Nursing and Health Professions, Atlanta, GA, February 2017.

Mindfulness, Stress, and Your Health. Invited Lecture, Catholic University Women in Science Series, Washington, DC, May 2016.

Emerging Strategies for Targeting Health Risk Behaviors in Underserved Populations. Invited lecture, Georgia State University School of Public Health, Atlanta, GA, January 2016.

Mindfulness-based Approaches for Managing Stress. Invited lecture sponsored by the Campus Wellness Committee, Catholic University, Washington, DC, December 2015.

Grant Writing Seminar. Invited speaker, School of Social Service, Catholic University, Washington, DC, March 2015.

Using Mindfulness-based Strategies with Diverse Populations. Invited lecture, Saint Luke Institute, Silver Spring, MD, February 2015.

*[Other formal teaching prior to 2015 not shown]*

#### **PROFESSIONAL MEMBERSHIPS**

American Public Health Association, 2012-2014; 2017-present

Society of Behavioral Medicine, 2005-present

Society for Research on Nicotine and Tobacco, 2005-present

Association for Behavioral and Cognitive Therapies, 2007-present

American Psychological Association, 2004-present; Member of Division 38 (Health Psychology),  
Division 50 (Addictions)

Psi Chi National Honor Society for Psychology, 2001-present

#### **EDITORIAL AND REVIEW ACTIVITIES**

##### **Editorial Board**

*Mindfulness*

##### **Review Board**

*American Journal of Health Behavior*

##### **Grant Review**

Interventions to Prevent and Treat Addictions (IPTA) Study Section, National Institutes of Health, October 2020

Strategies to Improve Health Outcomes and to Reduce Disparities in Rural Populations (R01), National Institute of Nursing Research, March 2020

Exploratory Clinical Trials of Mind and Body Interventions (R34 and U01), National Center for Complementary and Integrative Health (NCCIH), July 2018 and December 2019

U.S. Department of Veteran Affairs Rehabilitation Research and Development Service,  
Behavioral Health & Community Reintegration (SPiRE scientific proposals),  
October 2018

National Cancer Institute Special Emphasis Panel, SBIR Program Topic 378 (Mobile Application  
for Surveillance of Post-Radiation Therapy Health-Related Quality of Life), March 2018

American Psychological Association (APA) Dissertation Research Award Grants,  
September 2017

**Ad-Hoc Journal Reviewer**

<i>Addictive Behaviors</i>	<i>Health Education &amp; Behavior</i>
<i>American Journal on Addictions</i>	<i>Health Education Research</i>
<i>American Journal of Preventive Medicine</i>	<i>International Journal of Behavioral Medicine</i>
<i>American Journal of Public Health</i>	<i>Journal of Addiction</i>
<i>Annals of Behavioral Medicine</i>	<i>Journal of Behavioral Health Services &amp; Research</i>
<i>Annals of Epidemiology</i>	<i>Journal of Consulting and Clinical Psychology</i>
<i>Appetite</i>	<i>Journal of Contextual Behavioral Science</i>
<i>BMC Complementary &amp; Alternative Medicine</i>	<i>Journal of Personality</i>
<i>BMC Public Health</i>	<i>Journal of Physical Activity and Health</i>
<i>Child Maltreatment</i>	<i>Journal of Smoking Cessation</i>
<i>Depression and Anxiety</i>	<i>Mindfulness</i>
<i>Drug and Alcohol Dependence</i>	<i>Nicotine &amp; Tobacco Research</i>
<i>Eating Behaviors</i>	<i>Psychoneuroendocrinology</i>
<i>Ethnicity and Health</i>	

**Other Editorial and Review Activities**

Guest Editor, Special Issue, “Frontiers in Mindfulness and other Complementary & Integrative  
Approaches in Behavioral Medicine,” *Translational Behavioral Medicine: Practice, Policy,  
Research*

Reviewer, Society for Research on Nicotine and Tobacco (SRNT) Research Abstracts

Reviewer, Association for Behavioral and Cognitive Therapy (ABCT) Research Abstracts

Reviewer, ABCT Mindfulness and Acceptance Special Interest Group Research Abstracts

Reviewer, American Public Health Association (APHA) Cancer Forum Research Abstracts

**PROFESSIONAL SERVICE**

**Internal Service, Georgia State University**

Faculty Member, Promotion & Tenure Manual Committee, School of Public Health, 2020-present

Faculty Member, Ph.D. Comprehensive Examination Committee, School of Public Health,  
2020-present

Faculty Member, DrPH Comprehensive Examination Committee, School of Public Health,  
2020-present

Faculty Representative for Department of Health Policy & Behavioral Sciences, Ph.D. Program  
Committee, School of Public Health, 2019-present

Founder and Co-Chair, GSU Mobile Health Research Collaborative (university-wide), 2018-  
present

Faculty Member, Student Activity Fee Committee (university-wide), 2017-present

Faculty Representative for Division of Health Promotion & Behavior, Ph.D. Program Committee, School of Public Health, 2016-2018

Faculty Member, Faculty Affairs Committee, School of Public Health, 2016-present

Faculty Member, Ph.D. Admissions Committee, School of Public Health, 2016-2017

Faculty Member, MPH Admissions Committee, School of Public Health, 2016-2018, 2020

Faculty Mentor, GSU Undergraduate Assistantship Program, 2018-present

Mentor, GSU Faculty Mentoring Program for Visiting International Scholars, 2019-2020

### **External Service**

Member of Roster of Experts on Digital Health, World Health Organization, 2019-present

Topic Chair, Tobacco Control and Nicotine-Related Behavior, Society of Behavioral Medicine, 2019-present

Member, Live Healthy DeKalb Coalition, DeKalb County Board of Health, 2019-present

Co-Chair, Society of Behavioral Medicine Complementary and Integrative Medicine Special Interest Group, 2018-2020

Data and Safety Monitoring Board Member for NIH/NIDA-funded clinical trial, “Technology-Based Prevention for Adolescent Substance Use, Sexual Assault, and Sexual Risk in Primary Care” (K23DA042935, PI: Amanda Gilmore, Ph.D.), 2020-present

Data and Safety Monitoring Board Member for NIH/NCCIH-funded clinical trial, “Feasibility of the Mindfulness-Based Stress Reduction Intervention for Black Women Living with HIV” (K23AT010567, PI: Crystal Chapman Lambert, Ph.D.), 2019-present

Independent Monitoring Committee Member for NIH/NCCIH-funded clinical trial, “A Telephone-Delivered Mindfulness Intervention for Patients with Comorbid Depression and Chronic Disease” (K23AT009208; PI: Amanda Shallcross, ND, MPH), 2018-present

Program Committee, Association for Behavioral and Cognitive Therapies, 2013-present

Updated: August 14, 2020