

SOPHIA C. GARBARINO, MPH

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EDUCATION

Emory University, Atlanta, GA

Doctor of Philosophy in Behavioral, Social, and Health Education Sciences

Expected start Aug. 2024

Advisor: Jessica Sales, PhD

Master of Public Health in Behavioral, Social, and Health Education Sciences

Aug. 2022–May 2024

Certificate in Maternal and Child Health

GPA: 3.99 / 4.0

Thesis: Exploring providers' experiences with and perceptions of contraception guidelines implementation in Georgia Title X settings: A qualitative study

Committee: Jessica Sales, PhD (chair) and Elizabeth Walker, PhD, MPH, MAT (member)

Stony Brook University, Stony Brook, NY

Aug. 2019–May 2022

Bachelor of Arts in Women's and Gender Studies; Sociology

Specialization in Gender, Sexuality and Public Health

Minor in Health, Medicine, and Society

GPA: 3.94 / 4.0

Sociology Honors Thesis: Gendered death through the life cycle: Women's status predicts maternal, infant, and child mortality rates in Sub-Saharan Africa

Advisor: John Shandra, PhD

Gender Studies Capstone: The Labor of delivering gender: A case study in integrating gender and sexuality studies into medical education at Stony Brook University

Advisor: Liz Montegary, PhD

RESEARCH EXPERIENCE

Rollins School of Public Health, Emory University, Atlanta, GA

Mar. 2023–Present

Graduate Research Assistant

- Co-authored a descriptive manuscript on violent experiences among people living with HIV
- Co-designed a survey assessing violence screening implementation in Ryan White-funded clinics and community-based organizations across the U.S. Southeast as part of a mixed methods, multi-aim implementation study
- Built, piloted, and implemented the survey using Alchemer
- Developed a comprehensive codebook for the survey in Microsoft Excel
- Clean and deidentify focus group and key informant interview transcripts

Centers for Disease Control and Prevention, Atlanta, GA

Oct. 2022–May 2024

Graduate Research Assistant

- Co-author two systematic reviews on safety and efficacy of contraception
- Authored a 20+ page report and PowerPoint presentation on using social, behavioral, and implementation science theories to improve the dissemination and implementation of contraception guidelines
- Update [CDC's national contraception guidelines for healthcare providers](#)
- Retrieve, screen, and organize 5000+ abstracts and articles using PubMed, Covidence, DocExpress, and EndNote
- Provide technical assistance to the World Health Organization (WHO) on global contraception guidelines
- Cleaned, coded, and analyzed 75+ page conference transcripts using thematic analysis

Wisconsin Department of Health Services, Madison, WI

Jun. 2023–Aug. 2023

Title V Intern

- Co-authored a 20+ report and one-pager infographics on social connections in Wisconsin using state performance measures and survey data collected from local and tribal health agencies
- Conducted a literature review on how social connectedness impacts health and well-being

- Created a quarterly data template that Wisconsin's state Title V team will use for updating local and tribal health agencies on social connections-related activity and partnerships
- Presented findings to key stakeholders from local and tribal health agencies

Laboratory for Clinical Affective Neuroscience, Stony Brook University, Stony Brook, NY

Sep. 2019–Feb. 2022

Undergraduate Research Assistant

- Scheduled and tracked recruitment of 400+ participants across three clinical psychology studies via phone call, text, and email using Google Calendar, Google Sheets, RippleScience, and LifeData
- Managed 5,000+ confidential records in five databases including REDCap and Excel
- Collected clinical EEG, biological, and survey data independently and in teams
- Processed EEG and heart rate data in BrainVision Analyzer and QRSTool with detail-oriented efficiency
- Trained 10+ RAs in daily lab operations after elevating to an advanced paid role in less than one year
- Updated databases regularly to improve usability and quality control

MAJOR RESEARCH PROJECTS

Rollins School of Public Health, Emory University, Atlanta, GA

Program Evaluation Class Project

Jan. 2024–May 2024

- Designed and conducted a program evaluation of the Emory Office of Well-Being (EmWELL) Microgrant Program in a team of five students
- Built and collected primary data using a short survey instrument to assess grantees' program satisfaction and project progress six months after fund disbursement
- Presented findings to key partners/stakeholders in a written report, infographic, and PowerPoint

Master of Public Health Thesis

Apr. 2023–Mar. 2024

- Designed and conducted a dual grant-funded qualitative study on the CDC's US contraceptive guidelines (USCG) implementation in Georgia Title X-funded settings
- Applied intersectionality and the Consolidated Framework for Implementation Research to explore factors relating to USCG dissemination and uptake among healthcare providers
- Coded and analyzed 20 interview transcripts in Dedoose
- Interviewed 20 local contraceptive care providers on their perspectives of individual and organizational factors that may impact USCG implementation
- Authored a narrative review on contraception care equity and the importance of clinical practice guidelines
- Submitted abstracts to present at two major public health conferences in Fall 2024

Community Assessment Class Project

Aug. 2023–Dec. 2023

- Designed and conducted a community assessment of wheelchair accessibility needs and assets at Grady Women's Health Center (GWHC) in a team of six students
- Interviewed eight clinical staff about their experiences with and attitudes toward caring for patients who use wheelchairs at GWHC
- Triangulated qualitative findings with windshield survey data and wheelchair accessibility literature
- Communicated and coordinated with physician partners at GWHC
- Presented findings in a 50+ page community assessment report and PowerPoint presentation

Qualitative Methods Class Project

Jan. 2023–May 2023

- Assessed areas of improvement for the dissemination and implementation of CDC's national contraception guidelines for healthcare providers
- Interviewed three healthcare providers about their experiences using and attitudes toward the guidelines
- Coded and analyzed interview transcripts in MAXQDA
- Presented findings in a manuscript-style paper

Quantitative Data Analysis Class Project

Jan. 2023–May 2023

- Explored the relationship between fathers' mental health status and child emotionality and shyness
- Performed multiple linear regressions in SAS 9.4 using Future of Families and Child Wellbeing Study data
- Conducted a literature review on parental mental health and child development
- Presented findings in a conference-style poster presentation

Statistical Methods I Lab Project

Aug. 2022–Dec. 2022

- Investigated the relationship between gender, white blood cell count, and medical history using a large dataset
- Recoded continuous variables as categorical, cleaned data, and conducted a two-sample t-test and Chi-Square test using SAS 9.4
- Presented findings in a brief, manuscript-style paper

Stony Brook University, Stony Brook, NY

Sociology Honors Thesis

Jan. 2021–May 2022

- Examined gender-related determinants of maternal, infant, and child mortality rates in 46 low- and middle-income nations in Sub-Saharan Africa
- Performed partial regressions in SPSS using publicly available data from the World Bank and Freedom House
- Presented findings at a local poster symposium and in a manuscript-style, 30+ page paper

Women's and Gender Studies Capstone

Aug. 2021–Dec. 2021

- Explored gender- and sexuality-related practices in SRH clinical education using qualitative methods
- Interviewed six faculty healthcare providers on their experiences with DEI in school and clinical practice
- Presented findings at a local poster symposium and in a manuscript-style, 20+ page paper

Psychology Independent Research Project

Jan. 2021–May 2021

- Investigated the association between adolescent peer relationships and mental health during the early COVID-19 pandemic using quantitative survey dataset
- Performed partial correlations and ANOVA tests in SPSS
- Presented findings in a poster, self-published *Brooklogue* article, and department conference PowerPoint

PUBLICATIONS

Manuscripts In Preparation

1. **Garbarino, S.C.**, Walker, E.R., Kottke, M.J., Mekonen, H., & Sales, J.M. Title X provider experiences with and perceptions of contraception guidelines implementation in Georgia: A qualitative study. [In preparation].
2. **Garbarino, S.C.**, Walker, E.R., Kottke, M.J., & Sales, J.M. Using the Consolidated Framework for Implementation Research to understand contraception guidelines implementation in Georgia Title X settings. [In preparation].
3. Kapp, N., Tepper, N.K., Nguyen, A.T., Curtis, K.M., **Garbarino, S.C.**, Kortsmit, K., & Whiteman, M.K. Safety of hormonal contraception among women with liver disease: An updated systematic review. [In preparation].
4. Tufa, T.H., Snyder, E., Wolderufael, M., **Garbarino, S.C.**, Steyn, P., & Zapata, L.B. Safety of non-pharmacological interventions to ease IUD placement: A systematic review. [In preparation].

Published

5. Sales, J.M., Anderson, K.M., Livingston, M.D., **Garbarino, S.**, Hadera, S., Rose, E.S., Carlson, M.S., & Kalokhe, A.S. (2024). Experiences of childhood, intimate partner, non-partner, and hate crime-related violence among a sample of people living with HIV in the epicenter of the U.S. HIV Epidemic. *Frontiers in Public Health*, 12. <https://doi.org/10.3389/fpubh.2024.1331855>
6. **Garbarino, S.C.** (2020, December 5). There are good reasons to put pronouns in your social media profiles [op-ed]. *Connecticut Post*. <https://www.ctpost.com/opinion/article/Opinion-There-are-good-reasons-to-put-pronouns-15778394.php>

PRESENTATIONS

Under Review or In Preparation

1. **Garbarino, S.C.**, Walker, E.R., Kottke, M.J., & Sales, J.M. *Increasing contraception guidelines uptake among Georgia Title X providers: A formative qualitative study* [Abstract]. Society of Family Planning 2024 Annual Meeting, Detroit, MI. [Under review, submitted March 2024].

2. **Garbarino, S.C.**, Walker, E.R., Williams, P., & Sales, J.M. (2024, October 27). *Exploring providers' experiences with and perceptions of contraception guidelines implementation in Georgia title x settings: A qualitative study* [Poster]. American Public Health Association 2024 Annual Meeting & Expo, Minneapolis, MN. [Accepted, in preparation].
3. **Garbarino, S.C.** (2024, September 29). *Leveraging providers' needs and preferences to increase contraception guidelines uptake in Georgia Title X settings* [PowerPoint]. Georgia Family Planning System 2024 Annual Meeting, Atlanta, GA. [Invited, in preparation].

Posters

4. **Garbarino, S.C.** (2024, April 15). *An evaluation of CDC's efforts to disseminate and implement the US Contraception Guidelines, 2010-2022* [Poster]. 2024 Outstanding Applied Practice Experience Award Symposium, Rollins School of Public Health, Emory University, Atlanta, GA.
5. **Garbarino, S.C.** (2022, May 3). *Gendered death through the life cycle: Women's status predicts maternal, infant, and child mortality rates in Sub-Saharan Africa* [Poster]. Stony Brook University Undergraduate Research and Creative Activities [URECA] Spring Symposium, Stony Brook, NY.
6. **Garbarino, S.C.** (2022, May 3). *The labor of delivering gender: A case study in integrating gender and sexuality studies into medical education at Stony Brook University* [Poster]. Stony Brook University URECA Spring Symposium, Stony Brook, NY.
7. **Garbarino, S.C.** (2021, May 5). *Adolescent peer relationships and mental health during the COVID-19 pandemic* [Virtual poster]. Stony Brook University URECA Spring Symposium, Stony Brook, NY.

PowerPoints

8. **Garbarino, S.C.** (2024, May 8). *Exploring providers' experiences with and perceptions of contraception guidelines implementation in Georgia title x settings: A qualitative study* [PowerPoint]. Charles C. Shepard Award Finalists Symposium, Rollins School of Public Health, Emory University, Atlanta, GA.
9. **Garbarino, S.C.** (2022, October 13). *Socialization of gender* [Guest lecture and PowerPoint]. SOC 101 Introduction to Sociology, Emory College of Arts and Sciences, Atlanta, GA.
10. **Garbarino, S.C.** (2021, May 5). *Adolescent peer relationships and mental health during the COVID-19 pandemic* [PowerPoint]. Stony Brook University Psychology Department Conference, Stony Brook, NY.

GRANT FUNDING

1. Mini-Grant for Community-Engaged Student Research (\$1,000) Oct. 2023–Apr. 2024
Emory Prevention Research Center, Emory University
A qualitative study of US Contraception Guidelines implementation in Georgia Title X settings
This grant supported my MPH thesis, which explored healthcare providers' experiences with and attitudes toward CDC's US Contraception Guidelines in Georgia Title X clinical settings.
2. Health Equity Research & Practice Award (\$500) Oct. 2023–Apr. 2024
Department of Behavioral, Social, and Health Education Sciences, Emory University
A qualitative study of US Contraception Guidelines implementation in Georgia Title X settings
This grant supported my MPH thesis.
3. Belonging & Community Justice Mini Grant (\$200) Mar. 2023
Student Fund for Inclusivity and Belonging, Emory University
SEX-cessible: Educating Emory students about disability and sexual health
Secured on behalf of the Emory Reproductive Health Association (ERHA), this grant provided supplemental funding for an event fostering inclusive discussions on disability and sexual health for about 50 students.

4. Undergraduate Research and Creative Activities Small Grant (\$300) Jul. 2020–Apr. 2022
Division of Undergraduate Education, Stony Brook University
Brooklogue: Stony Brook University Undergraduate Journal for Humanities and Social Sciences
 This grant established Stony Brook University’s first undergraduate journal dedicated to humanities and social sciences. The journal disseminates student work, provides professional development opportunities, and helps students gain experience in academic publishing.

HONORS AND AWARDS

Emory University

Laney Graduate School Fellowship (\$2,500/year)	Aug. 2024–May 2029
Rollins Pathway Award (\$25,000)	Aug. 2022–May 2024
Rollins Earn and Learn Award (\$12,000)	Aug. 2022–May 2024
Charles C. Shepard Award	May 2024
Delta Omega Honorary Society in Public Health	Apr. 2024
Leadership, Engagement, and Development Award	Apr. 2024
Graduate Student Organization of the Year	Apr. 2024
Outstanding Applied Practice Experience Award	Dec. 2023

Stony Brook University

Presidential Merit Scholarship (100% tuition)	Aug. 2019–May 2022
Dean’s List	Aug. 2019–May 2022
University Scholars Honors Program	Aug. 2019–May 2022
Summa cum laude	May 2022
Activism and Academic Excellence Award	May 2022
Jesse Tepper Award (\$1,500)	May 2022
Upstander Award	May 2022
Phi Beta Kappa Honor Society	Apr. 2022
Academic Achievement Award	Mar. 2022

Other

Membership Scholarship (Society of Family Planning)	May 2024-Oct. 2025
Helen P. Cleary Scholarship (Society for Public Health Education)	Nov. 2023

TEACHING EXPERIENCE

Emory University, Atlanta, GA

Health Professions Readiness Education Program (HealthPREP) Facilitator and Mentor Apr. 2024–Present

- HealthPREP (Summer 2024, 25 undergraduate/post-baccalaureate/post-master’s students, hybrid)
- Co-design curriculum for HealthPREP, Emory’s 8-week summer program for students from underrepresented backgrounds interested in pursuing health-related graduate studies
- Co-instruct and co-facilitate activities for biweekly HealthPREP sessions on public health topics including qualitative methodology, literature reviews, and evaluation
- Mentor five students interested in health-related professions, including resume review, networking, and developing professional skills
- Evaluate HealthPREP curriculum and activities after the program concludes in Jul. 2024

Graduate Teaching Assistant

- BSHES 500: Behavioral and Social Sciences in Public Health (Fall 2023, 100 graduate students, online)
- SOC 101: Introduction to Sociology (Spring 2024/Fall 2022, 120 undergraduate students, in person and online)
- SOC 389: Special Topics in Sociology: Work and Occupations (Spring 2023, 60 undergraduate students, in person)

Stony Brook University, Stony Brook, NY

University Scholars Honors Program Fellow

Spring 2020–Spring 2022

- Completed a one-semester training course in DEI-centered educational practices
- Spearheaded a Scholars Advisory Board initiative to encourage student volunteering in the community
- Developed interactive weekly lessons about campus resources, transition to college, health, and DEI

Undergraduate Teaching Assistant

- SOC 248: Social Problems in Global Perspective (Fall 2021, 300 undergraduate students, online)
- SOC/WST 247: Sociology of Gender (Spring 2021, 200 undergraduate students, online)
- SCH 101: Introduction to Stony Brook (Fall 2020, 20 undergraduate students, in person)

ADDITIONAL EXPERIENCE

Emory Reproductive Health Association, Emory University, Atlanta, GA

Jan. 2023–Dec. 2023

Treasurer

- Awarded Graduate Student Organization of the Year, recognizing our contributions to the Emory community
- Secured \$200 grant to support a sexual health and disability education event
- Managed \$17,000+ budget and all supply orders using Google Sheets and Campus Labs
- Planned student-focused events promoting sexual and reproductive health, justice, and education
- Collaborated with Emory offices and student organizations on events, tabling, and community outreach

Undergraduate Student Government, Stony Brook University, Stony Brook, NY

Jan. 2022–May 2022

Director of Diversity, Equity, and Inclusion (DEI) Affairs

- Authored USG's first-ever annual DEI report about funding, events, initiatives, and advocacy work
- Organized Stony Brook's first-ever Interfaith Gala, a student-focused event promoting spiritual/religious DEI
- Hosted four podcast episodes on Instagram interviewing faculty and students about DEI topics
- Developed DEI-related Instagram posts using Canva (Black History Month, Lunar New Year, International Women's Day, Sexual Assault Awareness Month, Asian American and Pacific Islander Heritage Month)

Center for Prevention and Outreach, Stony Brook University, Stony Brook, NY

Jun. 2021–May 2022

Green Dot Peer Educator

- Educated 75+ students about sexual and interpersonal violence (SIPV) via virtual workshops
- Created social media content promoting SIPV awareness and Sexual Assault Awareness Month using Canva
- Led students in an annual Walk of Hope to raise suicide awareness

The Center for Family Justice, Bridgeport, CT

Jun. 2021–Aug. 2021

Camp HOPE Intern

- Completed 40+ hour certification about SIPV advocacy and laws in CT
- Prepared mental/physical health educational resources for Camp HOPE campers (ages 7 - 17)
- Researched disproportionate rates of SIPV in Black trans populations using a public health framework

Brooklogue: Undergraduate Journal for Humanities and Social Sciences, Stony Brook, NY

Jul. 2020–Apr. 2022

Founder, President, and Editor-in-Chief

- Secured a \$300 grant to found Stony Brook's first undergraduate journal for humanities and social sciences
- Managed 25+ student staff members and entire publication process
- Coordinated student events focused on humanities, social sciences, and professional development
- Built an online journal platform in WordPress to promote students' voices on critical topics such as racial equity and mental health, reaching readers in 20+ countries
- Self-published 10+ essays and articles covering gender studies, sociology, and public health (view [here](#))

SOFTWARE SKILLS

- Statistical: SAS, SPSS
- Survey: Alchemer, REDCap, Survey Monkey

- Research: MAXQDA, Dedoose, Covidence, EndNote, CIRE, LifeData, RippleScience, DocExpress
- Education: Canvas, Blackboard, Zoom, Campus Labs, 25Live
- General: Adobe Acrobat, Microsoft Office 365 (Excel, Word, PowerPoint, OneNote, Teams, Forms, Bookings), Google Workspace (Sheets, Docs, Slides, Forms, Calendar, Drawings)
- Media: Canva, WordPress, Musescore

CERTIFICATIONS AND TRAININGS

Basic Human Subjects Protection: Biomedical Focus (CITI)	exp. Mar. 2026
Basic Human Subjects Protection: Social/Behavioral Focus (CITI)	exp. Nov. 2025
Adult and Pediatric First Aid/CPR/AED (Red Cross)	exp. Feb. 2025
HIPAA Privacy, Security, and Research (Emory University)	rec. Mar. 2023
Sexpert (sexual health, Emory University Office of Health Promotion)	rec. Jan. 2023
Introduction to Systematic Review and Meta Analysis (Johns Hopkins University/Coursera)	rec. Nov. 2022

PROFESSIONAL SOCIETIES

American Public Health Association
 National Asian Pacific American Women's Forum
 Society of Family Planning
 Society for Public Health Education