

Curriculum Vitae

Uma S. Nair, Ph.D

Family and Community Medicine, College of Medicine

University of Arizona, Arizona

umanair@arizona.edu

Chronology of Education

May 2001	Bachelor of Arts in Psychology and Sociology, Mumbai University, India
May 2003	Master of Arts in Clinical Psychology, SNDT University, Mumbai, India
August 2007	Master of Science in Exercise and Sport Sciences, Ithaca College, Ithaca, NY <i>(Thesis Title: Associations between personality characteristics and exercise preferences in a sample of 18-25 year old college students)</i>
January 2011	Doctor of Philosophy in Kinesiology, Temple University, Philadelphia, PA <i>(Dissertation title: Body Image Concerns and Urge to Smoke among Physically Active and Sedentary College-Age Females; Advisor: Dr. Melissa Napolitano)</i>

Chronology of Employment

January 2003-December 2003	Clinical Psychology Supervisor, SNDT University, Mumbai, India
July 2004- June 2005	Teaching Assistant, Neuromuscular Control Lab, Ithaca College, NY
July 2005-June 2006	General Consultant, Information and Technology Services, Ithaca College, NY
August 2006-July 2008	Research Assistant, Health Behavior Research Center, Temple University, PA
August 2008- December 2010	Project Manager, Health Behavior Research Clinic, Temple University, PA.
January 2011- May 2015	Research Associate, Department of Public Health, Temple University, PA
May 2016- November 2019	Assistant Director, Arizona Smokers' Helpline (ASHLine), University of Arizona, AZ
May 2015-July 2021	Assistant Professor, Mel and Enid Zuckerman College of Public Health, University of Arizona, AZ
November 2019- July 2021	Assistant Professor, Family and Community Medicine, College of Medicine, University of Arizona, AZ
July 2021- Present	Associate Professor, College of Nursing, University of South Florida, FL

Honors/Awards

2004	Recipient of the BPCL (Bharat Petroleum Corporation Limited, India) Scholarship for Graduate Students
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2009	Recipient of Meritorious Poster Award: Poster presented at 2009 College of Health Professions Research Day, Temple University, Philadelphia
2010	Recipient of Meritorious Poster Award. Poster presented at 2010 College of Health Professions Research Day, Temple University, Philadelphia

Service/Outreach

Professional Memberships:

2015-	Society for Research on Nicotine and Tobacco
2015-	Society of Behavioral Medicine
2015- 2021	North American Quitline Consortium
2016- 2021	Associate Member, University of Arizona Cancer Center

Ad-Hoc Journal Reviewer:

2014- Present	Journal of Immigration and Minority Health
2014-Present	Contemporary Clinical Trials
2015-Present	Addictive Behaviors
2015-Present	Nicotine and Tobacco Research
2015-Present	Annals of Behavioral Medicine
2015-Present	Women in Sport and Physical Activity
2016- Present	American Journal of Health Promotion
2016- Present	Translational Behavioral Medicine
2017- Present	Behavioral Sleep Medicine
2018-Present	American Journal of Preventive Medicine
2019- Present	Nursing and Health
2019- Present	Preventing Chronic Diseases

Conference Reviewer:

2018- Present	Society for Research in Nicotine and Tobacco
2018- Present	Society of Behavioral Medicine

Grant Reviews:

Fall 2020	Reviewer, NIH
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Academic Editor:

2019- Present	PLOS One
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Other Committees:

2016- 2018	Advisory Board Member, Behavioral Measurement Inventory Shared Resource Center, University of Arizona
2017	Workgroup Member, Recommendations on improving evaluation survey instruments for tobacco quitlines, North American Quitline Consortium

2018	Member (Arizona Smokers' Helpline Lead). Department of Corrections and Arizona Department of Health Efforts to reduce tobacco use and recidivism among justice involved (incarcerated) populations in Arizona
2019-2021	Co-Chair, UAHS LGBTQ+ Interest Group
2019-2021	Evaluation consultant, Arizona Smokers' Helpline

Scholarly Publications

Published or Accepted in Chronological Order:

1. Collins, B. N., **Nair, U.S.**, Hovell, M., & Audrain-Mc Govern, J. (2009). Smoking-related weight concerns among underserved, black maternal smokers. *American Journal of Health Behavior*, 33(6), 699-709. PMID: 19320618.
2. Collins, B.N., Ibrahim, J.K., Hovell, M., Tolley, N., **Nair, U.S.**, Jaffe, K., Zanis, D., & Audrain-McGovern J. (2010). Residential smoking restrictions are not associated with reduced child SHS exposure in a baseline sample of low-income, urban African Americans. *Health*, 2(11), 1264-1271. PMID: 23875066.
3. Collins, B.N., Wileyto, E.P., Hovell, M.H., **Nair, U.S.**, Jaffe, K., & Audrain-McGovern, J. (2011). Proactive recruitment predicts retention to end of treatment in a secondhand smoke reduction trial with low-income maternal smokers. *Translational Behavioral Medicine*, 1 (3), 394-399. PMID: 24073063.
4. Collins, B.N., DiSantis, K.I., **Nair, U.S.** (2011). Longer previous smoking abstinence relates to successful breastfeeding initiation among underserved smokers. *Breastfeeding Medicine*, 6(6), 385-391. *Breastfeeding Medicine*, 6(6), 385-391. PMID: 21254795.
5. Collins, B. N., **Nair, U. S.**, & Komaroff, E. (2011). Smoking cue reactivity across massed extinction trials: negative affect and gender effects. *Addictive Behaviors*, 36 (4), 308-314. PMID: 21211911.
6. Collins, B. N., **Nair, U.S.**, Shwarz, M., Jaffe, K., Winickoff, J. (2012). Second-hand smoke related pediatric sick visits are linked to maternal depression among underserved African-American smokers: opportunity for intervention in pediatrics. *Journal of Child and Family Studies*. PMID: 24339721.
7. Shwarz, M., Collins, B. N., **Nair, U. S.** (2013). Factors associated with maternal depressive symptoms among low-income, African-American smokers enrolled in a second hand smoke reduction program. *Mental health in Family Medicine*, 9. PMID: 24294302.
8. **Nair, U.S.**, Collins, B. N., & Napolitano, M. A (2013). Effects of a body image exposure session on urge to smoke among physically active and sedentary female smokers. *Psychology of Addictive Behaviors*, 27 (1), 322-327. PMID: 23276320.
9. Collins, B. N., & **Nair, U. S.** (2013). Women and Smoking. In M. Spiers, P.Geller & J. Kloss (Eds.), *Women's Health Psychology*. Hoboken, NJ: John Wiley & Sons.
10. Lepore, S.J., Winickoff, J.P., Moughan, B., Bryant-Stephens, T.C., Taylor, D.R., Fleece, D., Davey, A., **Nair. U.S.**, Godfrey, M., & Collins, B.N. (2013). Kids Safe and Smokefree (KiSS): A randomized

- controlled trial of a multilevel intervention to reduce secondhand tobacco smoke exposure in children. *BMC Public Health*, 13, 792-799. PMID: 23987302.
11. **Nair, U.S.**, Collins, B.N., Patterson, F., Rodriguez, D. (2015). Promoting pre-quit physical activity to reduce cue reactivity among low-income sedentary smokers: Protocol of a randomized controlled proof of concept study. *Contemporary Clinical Trials*, 42, 158-166. PMID: 25795145.
 12. Collins, B.N., **Nair, U.S.**, Hovell, M. F., DiSantis, K.I., Jaffe, K. (2015). Reducing underserved children's exposure to Tobacco smoke exposure: A randomized counseling trial with maternal smokers. *American Journal of Preventive Medicine*, 49 (4), 534-544. PMID: 26028355.
 13. **Nair, U.S.**, Collins, B.N., Jordon J., Funk, D (2016). Integrating health education and physical activity programming for cardiovascular health promotion among female inmates: A proof of concept study. *Contemporary Clinical Trials*, 48, 65-69. PMID: 27020419.
 14. Lavery, A. M., **Nair, U.S.**, Bass, S., Collins, B. N. (2016). The influence of health messaging source and frequency on maternal smoking and child exposure among low-income smokers. *Journal of Communication*, 9 (3), 200-209. PMID: 28729883.
 15. **Nair, U.S.**, Collins, B. N., Patterson, F., & Rodriguez (2017). A telephone-based intervention to promote physical activity during smoking cessation: A randomized proof of concept study. *Translational Behavioral Medicine*. 7(2), 138-147. PMID: 27896797.
 16. Collins, B.N., Lepore, S.J. Winickoff, J.P., **Nair, U.S.**, Moughan, B., Bryant-Stephens, T., Taylor, D., Fleece, D., Davey, A., & Godfrey, M., (2017). An Office-Initiated Multilevel Intervention for Tobacco Smoke Exposure: A Randomized Trial, *Pediatrics*. 141, Supplement 1. PMID: 29292308.
 17. Jung, A. M., Schweers, N., Bell, M., **Nair, U.S.**, Yuan N. (2017). Predictors of Tobacco Cessation among Quitline Callers Who Implement Home Smoking Bans During the Quitting Process, 2011 – 2015. *Preventing Chronic Diseases*, 170139. DOI: <https://doi.org/10.5888/pcd14.170139>
 18. **Nair, U.S.**, Collins, B. N., & Haynes, P. (2017). Lower sleep quality predicts quit day smoking self-efficacy among smokers enrolled in a smoking cessation intervention. *Journal of Health Psychology*. PMID: 29139311; DOI: [10.1177/1359105317740619](https://doi.org/10.1177/1359105317740619)
 19. **Nair, U.S.** Reikowsky, R.C., Wertheim B.C., Thomson, C.A., & Gordon J. S. (2018). Quit outcomes and program utilization by mode of entry enrolling in a quitline. *American Journal of Health Promotion*. PMID: 29325439; DOI: [10.1177/0890117117749366](https://doi.org/10.1177/0890117117749366).
 20. **Nair, U.S.**, Bell M., Yuan, N. P., Wertheim, B. C., Thomson, C. A. (2018). Associations between comorbid health conditions and quit outcomes among smokers enrolled in a state quitline, Arizona, 2011-2016. *Public Health Reports*, 133 (2); 200-206. PMCID: PMC5871147, PMID: 29570436.
 21. Allen, A., Carlson, S. C., Bosch, T. A., Eberly, L. E., **Nair, U.S.**, Gordon, J. (2018). High Intensity Interval Training and Traditional Continuous Aerobic Exercise Interventions to Promote Self-Initiated Quit Attempts in Smokers: Feasibility, Acceptability and Lessons Learned from a Randomized Pilot Trial. *Journal of Addiction Medicine*. PMID: 29762196.
 22. Collins, B.N., **Nair, U.S.**, Komoroff, E., Panayiotou, G., & Karekla, M. McCormick, S., & Davis. S (2018). Trait Persistence Moderates the Association between Gender and Change in Smoking Urge Across Repeated Cue Exposure Trials. *Journal of Smoking Cessation*. DOI: [org/10.1017/jsc.2018.12](https://doi.org/10.1017/jsc.2018.12).

23. Lepore, S. J., Collins, B. N., Coffman, D. L., Winickoff, J. P., **Nair, U. S.**, Moughan, B., ... Godfrey, M. (2018). Kids Safe and Smokefree (KiSS) Multilevel Intervention to Reduce Child Tobacco Smoke Exposure: Long-Term Results of a Randomized Controlled Trial. *International Journal of Environmental Research and Public Health*, 15(6), PMID: PMC6025102, PMID: 29895740.
24. *Allen, A.M., Yuan, N., Wertheim B., Krupski, L., Bell, M. L., **Nair, U.S.** (2018). Gender differences in utilization of quitline services and tobacco cessation among callers at a state quitline. *Translational Behavioral Medicine*. PMID: 30099557.
25. **Lent, A.B., O'Connor, P. A., Reikowsky, R. C., **Nair, U.S.**, Bell, M. L. (2018). Quit outcomes among clients ineligible for cessation medication through the state quitline: a retrospective, observational study. *BMC Public Health*, 18; 1001. PMID: PMC6086054.
26. **Nair, U.S.**, Brady, B., O'Connor, P., Bell, M. (2018). Factors predicting client re-enrollment into a Tobacco Cessation Quitline. *Preventing Chronic Disease*. 15:180144. PMID: PMC6198673.
27. **Brady, B.R., De La Rosa, J., **Nair, U.S.**, Leischow S. J. (2019). Electronic Cigarette Policy Recommendations: A Scoping Review. *American Journal of Health Behavior*, 43 (1), 88-104. PMID: 30522569.
28. Collins, B. N., **Nair, U.S.**, Davis, S., Rodriguez, D (2019) Increasing Home Smoking Restrictions Boosts Underserved Moms' Quit Success. *American Journal of Health Behavior*. 1;43(1):50-56. PMID: 30522566.
29. **Nair, U.S.**, Reikowsky, R. C., Allen, A. M., & Bell, M. L. (2019). Quitline Program Utilization and Cessation Outcomes: A Comparison of Provider-referred Clients by Healthcare Settings. *Preventive Medicine Reports*. PMID: 6462770, PMID: 32922107.
30. **Brady, B.R., **Nair U.S.**, Gerald, J.K., Yuan, N.P., Krupskie, L.A., & Thomson, C. A. (2019). Higher Quality Quit Date Goal Setting Enhances Quit Attempts among Quitline Callers. *Tobacco Prevention and Cessation*. 5(20), PMID: PMC7205044, PMID: **32411883**.
31. **Brady, B.R., Crane, T.E., O'Connor, P.A. **Nair, U.S.**, & Yuan, N.P. (2019). Electronic Cigarette Use and Tobacco Cessation in a State-Based Quitline. *Journal of Smoking Cessation*. <https://doi.org/10.1017/jsc.2019.2>.
32. Yuan, N., **Nair, U.S.**, Crane, T, Collins, B.N., Bell, M. L. (2019). Impact of Home smoking bans on Tobacco Cessation among Quitline Callers. *Health Education Reports*. 34 (3), 345-355. PMID: PMC6510015.
33. Gordon, J.S., Giacobbi, P., Armin, J.S., **Nair, U.S.**, Bell, M.B., Pavis, G (2019). Testing the Feasibility of a Guided-Imagery tobacco Cessation Intervention delivered by a telephone quitline: Study Protocol for a Randomized Controlled Feasibility Trial. *Contemporary Clinical Trials Communications*, 16, PMID: PMC6727006.
34. Yuan, N., Schultz, J.L., **Nair, U.S.**, Bell, M. B. (2020). Predictors of Tobacco Cessation Among American Indian/Alaskan Native Adults Enrolled in a State Quitline. *Substance Use and Misuse*, 55(3), 452-459. PMID: 31694464.

35. Collins, B.N., **Nair, U.S.**, DiSantis, K. I., Hovell, M.F., Davis, S.M., Rodriguez, D., McGovern, J.A. (2020). Long-term results from the 'FRESH' RCT: Sustained Reduction of Children's Tobacco Smoke Exposure. *American Journal of Preventive Medicine*, 58 (1), 21-30. PMID: PMC6960012.
36. *Gordon J., Bell, M.B., Armin, J.S., Giacobbi, P.R., & **Nair, U.S.** (2020). A Telephone-based Guided Imagery Tobacco Cessation Intervention: Results of a Randomized Feasibility Trial. *Translational Behavioral Medicine*. PMID: 32542352.
37. **Nair, U.S.**, Rabe, B., Brady, B.R., Bell, M. L. (2020). Predictors of Client Retention in a State-based Tobacco Quitline. *Journal of Smoking Cessation*, 15 (2), <https://doi.org/10.1017/jsc.2020.10>.
38. **Nair, U.S.**, Miller, E.S., Bell, M.B., Allen, S., Collins, B.N., & Allen, A. M. (2020). Feasibility and Acceptability of Timing a Quit Attempt to the Menstrual Cycle in a Telephone-based Smoking Cessation Intervention: Protocol of a Pilot Randomized Controlled Trial. *Contemporary Clinical Trials Communication*. 18, PMID: PMC7229486, PMID: 32435718.
39. Armin, J.S., **Nair, U.S.**, Giacobbi, P., Povis, G., Barraza Y., Gordon, J.S. (2020). Developing a Guided Imagery Telephone-Based Tobacco Cessation Program for a Randomized Controlled Trial. *Tobacco Use Insights*. PMID: PMC7446272, PMID: 32922107.
40. Muramoto, M.L., Hopkins, A., Bell, M., Allen A., **Nair, U.S.**, Connolly, T. E. (2020). Results of a feasibility study of Helpers Stay Quit training program for smoking relapse prevention. *Nicotine and Tobacco Research*, PMID: 3296655; DOI: [10.1093/ntr/ntaa176](https://doi.org/10.1093/ntr/ntaa176)
41. Allen, A., Peterson, A., Harrison, K., **Nair, U.S.**, Allen, S. (2021). Effect of Exogenous Progesterone Administration on Smoking Topography. *Addictive Behaviors*, 112, PMID: PMC7572886, PMID: 32763623.
42. **Brady, B., O'Connor P.A., Martz, M.P., Grogg, T., & **Nair, U.S.***. (2021). Medicaid-Insured Client Characteristics and Quit Outcomes at the Arizona Smokers' Helpline. *Journal of Behavioral Health Services and Research*. <https://doi.org/10.1007/s11414-021-09756-2>.
43. *Thani, M.A., Leventakou, V., Sofroniou A., Hakim, I.A., Thomson, C., **Nair, U.S.** (2021). A telephone-based tobacco cessation program in the State of Qatar. Protocol of a feasibility study. *International Journal of Research in Public Health*, 18 (9), PMID: 33946848; PMID: PMC8125450.
44. Adsul, P., **Nair, U.S.**, Tami-Maury, I., Madhivanan, P., Kano, M (in press). Shifting the Research Paradigm towards Cancer Equity – Incorporating Participatory Approaches and Implementation Science across the Research Agenda for Sexual and Gender Diverse Populations. *Annals of LGBTQ Public and Population Health*.

Complete List of Published Work in MyBibliography:

<https://www.ncbi.nlm.nih.gov/sites/myncbi/1ZCwoZqkevDQ5/bibliography/54415810/public/?sort=date&direction=ascending>

* Senior author

** Student-mentored publication

Conferences/Scholarly Presentations

1. Allen, A. M., Skobic, E.S., Bell, M.L., **Nair, U.S.** (2021). Feasibility and acceptability of timing quit date to menstrual cycle phase in a quitline setting: Results from a preliminary randomized trial (Project Phase). Oral presentation at the Annual Conference for the Research in Nicotine and Tobacco. Virtual conference.
2. **Nair, U.S.**, Miller, E.S., Skobic, I., Souders, K., Allen, A.M. (2020). Engaging in physical activity is associated with fewer cigarettes per day among females reporting sleep disturbances. Poster presented at the Annual Conference for the Research in Nicotine and Tobacco, New Orleans, LA.
3. Skobic, I., **Nair, U.S.**, Miller, E., Souders, K., Allen, A. M. (2020). Adverse Childhood Events and Physical Activity in Women Who Want to Quit Smoking. Poster presented at the Annual Conference for the Research in Nicotine and Tobacco, New Orleans, LA.
4. Judith, G., Armin, J., Bell, M. B., Giacobbi, P., **Nair, U.S.**, Yessanya, B. (2020). A guided imagery smoking cessation intervention delivered using a telephone quitline model: Results of a randomized feasibility trial. Poster presented at the Annual Conference for the Research in Nicotine and Tobacco, New Orleans, LA.
5. **Nair, U.S.**, (2019). Strategies to increase quitline reach and engagement. Workshop presented at the National Quitline Consortium Conference Annual Meeting. Minneapolis, MN.
6. Lepore, S. J., Collins, B. N., Winickoff, J., Coffman, D., **Nair, U., S.** & Godfrey, M. (February, 2018). Self-efficacy mediates long-term effects of a multi-level pediatric office-based intervention on smoking cessation among low-income parents. Presented at the annual meeting of the Society for Research on Nicotine & Tobacco, Baltimore, MD.
7. **Nair, U.S.**, Brady, B., O'Connor, P., Bell, M. (April, 2018). Factors predicting client re-enrollment into a Tobacco Cessation Quitline. Poster Accepted at the Annual Conference of Society of Behavioral Medicine, New Orleans, LA.
8. Collins, B.N., **Nair, U.S.**, Davis, S., & Lepore, S.J. Days/Week of Walking Relates to Lower Cigarettes Smoked/Day at 12-month follow-up among low-income Parents in a Children's Tobacco Exposure Reduction Trial. (April, 2018). Poster Accepted at the Annual Conference of Society of Behavioral Medicine, New Orleans, LA.
9. Collins, B.N., Lepore, S.J. Winickoff, J.P., **Nair, U.S.**, Moughan, B., Bryant-Stephens, T., Taylor, D., Fleece, D., Davey, A., & Godfrey, M. (April, 2018). Long-term results of pediatric trial to reduce child secondhand smoke exposure and promote smoking cessation. Paper Presentation at the Annual Conference of Society of Behavioral Medicine, New Orleans, LA . Citation Award Winner.
10. **Nair, U.S.**, Haynes, P., & Collins, B. N. (April, 2017). Lower sleep quality predicts quit day smoking self-efficacy among smokers enrolled in a smoking cessation intervention. Poster presented at Annual Conference of Society of Behavioral Medicine, San Diego, CA.
11. Haynes, P.L., Graciela, S., Gengler, D., Rojo-Wissar, D., **Nair, U.S.**, Oliver, R., Glickenstein, D., Sherrill, D.L., Quan, S.F. (April, 2017). High prevalence of over the counter sleep aid use among individuals who have experienced involuntary job loss. Poster presented at the Society of Behavioral Medicine annual meeting, San Diego, CA.
12. **Nair, U.S.**, Reikowsky, R., Gordon, J., Wertheim, B., & Thomson, C (March 2017). Association between mode of entry and quit outcomes among quitline callers. Oral presentation at Annual Conference of the North American Quitline Consortium, Austin, TX.
13. **Nair, U.S.**, Yuan, N., Brady, B., Holloway, D., & Thomson C.A. (March, 2016). Smoking cessation outcomes among smokers with comorbid conditions enrolled in a tobacco cessation quitline. Oral

- presentation at the Annual Conference of the Society for Research in Nicotine and Tobacco, Chicago, IL.
14. **Nair, U.S.**, Yuan, N., Holloway D., & Thomson, C. A (2016). Predictors of quit outcomes among smokers with a mental health condition enrolled in a smoking cessation quitline. Poster accepted for presentation at the Annual Conference of the Society of Behavioral Medicine, Washington DC.
 15. **Nair, U.S.**, Holloway, D, Reikowsky R., Moutray C., & Thomson, C. A. (2016). Predictors of retention in smokers enrolled in tobacco cessation quitline. Poster accepted for presentation at the Annual Conference of the Society of Behavioral Medicine, Washington DC.
 16. **Nair, U.S.**, Yuan, N., Holloway D., & Thomson, C. A (2016). Predictors of quit outcomes among smokers with a mental health condition enrolled in a smoking cessation quitline: Implications for Quitline Providers. Oral presentation at Annual Conference of the North American Quitline Consortium, Atlanta, GA.
 17. Collins, B. N., Patterson, F., Rodriguez, D., & **Nair, U.S.** (2015) Predictors of physical activity adoption in a multiple health behavior change intervention with sedentary smokers. Poster presented at European Health Psychology Conference, Nicosia, Cyprus.
 18. **Nair, U.S.**, Collins, B. N., Patterson, F., & Rodriguez, D. (2015). An intensive behavioral counseling intervention to simultaneously promote physical activity and smoking cessation: A proof of concept study. Poster presented at the Society for Research in Nicotine and Tobacco, Philadelphia, PA, USA.
 19. Collins, B. N., **Nair, U.S.**, Patterson, F., & Rodriguez, D. (2015). Smokers' purposeful, pre-cessation physical activity over 4 weeks facilitates quit day reduction of smoking cue reactivity. Poster presented at the Society for Research in Nicotine and Tobacco, Philadelphia, PA, USA.
 20. **Nair, U.S.**, Patterson, F., Gloria P., & Collins, B.N. (2014). Perceived body-weight and physical activity associated with quit attempts in a sample of urban adolescent smokers. Poster presented at the Annual Conference of Society of Behavioral Medicine, Philadelphia, PA.
 21. **Nair, U.S.**, Collins, B. N., Patterson, F., & Rodriguez, D. (2014). Gender differences in smoking urge coping and cue reactivity among low-income underserved smokers. Poster presented at the Annual Conference of Society of Behavioral Medicine, Philadelphia, PA.
 22. **Nair, U.S.**, Collins, B. N., & Lavery, A. (2014). Recalling messages from church members about secondhand smoke dangers relates to lower child exposure among low-income maternal smokers. Poster presented at the Annual Conference of Society of Behavioral Medicine, Philadelphia, PA.
 23. **Nair, U.S.**, Collins, B. N., & Whalen, S. (2012). Physical activity and smoking cue extinction among recent ex-smokers enrolled in a smoking relapse prevention. Poster presented at the Annual Conference of Society of Behavioral Medicine, New Orleans, LA.
 24. **Nair, U.S.**, Collins, B.N., Napolitano, M. A., & Sachs, M. L., (2012). Body image concerns and urge to smoke among physically active and sedentary college-age females. Poster presented at the Annual Conference of Society of Behavioral Medicine, New Orleans, LA.
 25. **Nair, U.S.**, Collins, B. N., & Komaroff, E. (2011). Smoking cue reactivity across massed extinction trials: negative affect and gender effects. Poster presented at Annual Conference of Society of Behavioral Medicine, Washington DC.
 26. **Nair, U.S.**, Collins, B.N., Napolitano, M. A., & Sachs, M. L. (2011). Evaluating the effects of a novel body image exposure procedure on weight and body concerns and smoking urge among college-age females. Poster presented at Annual Conference of Society of Behavioral Medicine, Washington DC.

27. **Nair, U.S.**, Collins, B. N., Kwakye, N., Ibrahim, J., & Jaffe, K. (2009). Second-hand smoke messages: dosage and different sources' influence on postpartum smoking and baby exposure. Poster presented at Annual Conference of the American Public Health Association, Philadelphia, PA.
28. Collins, B. N., **Nair, U. S.**, Kwakye, N., Disanits, K. I. & Jaffe, K. (2009) Depressive symptoms increase child second-hand smoke exposure risk among mothers intending to quit smoking. Paper presented at Annual Conference of the American Public Health Association, Philadelphia, PA.
29. Collins, B. N., **Nair, U.S.**, Hovell, M. F., Wileyto, E. P., & Audrain McGovern, J., (2009). Weight concern-quit attempt associations among low income African American maternal smokers enrolled in second-hand smoke reduction treatment. Poster presented at the Annual Conference of Society of Nicotine and Tobacco Research, Dublin, Ireland.
30. Jaffe, K., **Nair, U.**, Holdsworth, C., & Collins, B. N. (2008). Association between maternal mental health, child exposure to secondhand smoke, and child illness severity in underserved families with a maternal smoker. Poster presented at 42nd Annual Conference of the Association of Behavioral and Cognitive Therapies, Orlando, FL.
31. **Nair, U.**, Collins, B. N., Hovel, M., & Audrain-McGovern, J. (2008). Predictors of smoking-related weight concerns at baseline in a sample of low-income African American females enrolled in an ongoing smoking intervention trial. Poster presented at 29th Annual Conference of Society of Behavioral Medicine, San Diego, CA.
32. **Nair, U.**, Collins, B. N., & Lepore, S. (2008). Anxiety is associated with smoking status and frequency in a sample of urban and predominantly immigrant black men. Poster presented at 29th Annual Conference of Society of Behavioral Medicine, San Diego, CA.
33. **Nair, U.**, Ives, J., & Gentner, N. (2007). Relationship between exercise preferences and personality types. Poster presented at 28th Annual Conference of Society of Behavioral Medicine, Washington, DC.

Teaching and Mentoring

Teaching

Fall 2016	Independent Study (CPH599; 3 credits), Mel and Enid Zuckerman College of Public Health, University of Arizona
Fall 2017	Sociocultural and Behavioral Aspects of Public Health (HPS577; 3 credits), Mel and Enid Zuckerman College of Public Health, University of Arizona
Summer 2018	Mentor, R25 Training Grant (<i>Step-Up to Diversify the Cancer Prevention Workforce</i>)
Spring-Fall 2020	Independent study (HPS498H; 3 credits), Mel and Enid Zuckerman College of Public Health, University of Arizona
Summer 2020	Mentor, R25 Training Grant (<i>Step-Up to Diversify the Cancer Prevention Workforce</i>)

Spring 2021	Independent Study (FCM 399 IND: Clinical Health Disparities in Sexual and Gender Minority Populations; 3 credits), Family and Community Medicine, University of Arizona
2021-Present	Co-Director, Resident Scholarly Project Program (RSPP), Family and Community Medicine.

Graduate Advising Activities (Doctoral Committees):

McCormick, S (2015). Temple University, Committee Member, *Association between Social Problem Solving and Smoking Cue Reactivity among Low-Income Sedentary Smokers.*

Richardson S. (2017). Rocky Mountain University, Committee Member, *Using Resistance Training Exercises to Promote Cessation among Smokers Intending to Quit.*

Brady, B.R. (2018). University of Arizona, Mel and Enid Zuckerman College of Public Health, Committee Member, *Smoking Cessation Strategies and Policy Recommendations: Harm Reduction, Electronic Cigarettes, and Abstinence Goal Setting.*

Phan, L. (2019). University of Maryland, College Park. Expert Reviewer, *Measuring the Single Cigarette Use Phenomenon: Scale Development and Validation.*

Apperson, C (2020). University of Arizona, College of Nursing, Committee Member, *Enhancing youth vaping knowledge in the integrated outpatient setting.*

Graduate Advising Activities (Master's Thesis Committees):

Cody W. (2021), University of Arizona, Mel and Enid Zuckerman College of Public Health, Committee Member, *Association between e-cigarette use, suicidal attempts, and sleep in youth.*

Student mentoring and advising (Graduate students)

Faculty mentor (MPH Program)

Erica V. Aguirre (Fall 2020). Mel and Enid Zuckerman College of Public Health, Health Promotion Health Sciences, Department of Health Promotion Sciences. University of Arizona.

Manpreet Sahan (Fall 2020). Mel and Enid Zuckerman College of Public Health, Maternal and Child Health, Department of Health Promotion Sciences. University of Arizona

Serena Bailey (Fall 2020). Mel and Enid Zuckerman College of Public Health, Maternal and Child Health, Department of Health Promotion Sciences. University of Arizona

Internship supervision and mentoring

Temple University

<u>Student</u>	<u>Years</u>	<u>Program</u>
Lakieth Sutton	2011-2012	Social Work
Amy Crowe	Spring 2012	Public Health Fieldwork
Jarett Kiefel	2012-2013	Psychology intern, University of Sciences

University of Arizona

<u>Student</u>	<u>Years</u>	<u>Program</u>
Alex Redburn	Fall 2017	Public Health
Taylor Grogg	2017	Public Health
Janice Jacob	2019	Public Health

Student mentoring and advising (Undergraduate students)

Temple University

<u>Student</u>	<u>Years</u>	<u>Program</u>
Renee Wells	2008-2009	Social Work
Erin O'Rourke	2009-2010	Social Work
Lawrencia Mensah	2010, Sp	Public Health
Janel Cambridge	2010, Sp	Public Health
Mary Soto	2010, Fall	Public Health
Laura Miller	2010, Fall	Public Health
Labiba Rahman	2011, Sp	Public Health
Laura Miller	2011, Sp	Public Health
Senait Tsegay	2011, Fall	Public Health
Jenna Brett	2011, Fall	Public Health
Victor Ahuruonye	2012, Sp	Public Health
Daneil Worley	2012, Sp	Public Health
Benedict Nwokolo	2012, Fall	Public Health
Gina Comunale	2012-2013	Social Work
Janey Snyder	2012-2013	Social Work
Regina Ciametti	2013, Sp	Public Health
Tyler Parchment	2013, Summer	Public Health
Oye Faloude	2013, Fall	Public Health
Rachel Comly	2013-2014	Psychology Honors Program
Elizabeth Karunga	2014, Spring	Public Health

University of Arizona

<u>Student</u>	<u>Years</u>	<u>Program</u>
Lopez Chantal	2018, Spring	College of Public Health
Priya Trivedi	2018, Fall	College of Public Health
Cassie Lynn	Spring 2019	College of Public Health
Catrina Caltagirone	Spring-Fall 2020	College of Public Health (Honors Program)

Guest Lectures and Invited Teaching (2015 onward):

1. Nair, U.S., (November, 2015). Nair, U.S., (December, 2015). *Smoking and Child Health: Strategies for Reducing Child Tobacco Smoke Exposure*. Presented to graduate students, Maternal and Child Health Seminar, University of Arizona, AZ.
2. Nair, U. S. (November, 2015). *Nicotine and Tobacco Dependence*. Presented to undergraduate students, Foundations in Epidemiology, University of Arizona, AZ.
3. Nair, U.S. (September, 2015). *Arizona Smoker's Helpline: A Quitline using Evidence-Based Interventions to Promote Tobacco Cessation*. Presented for graduate students and faculty, Seminars in Epidemiology, University of Arizona, AZ.
4. Nair, U.S. (2016). *Physical Activity for Tobacco Behavior Change: A Multiple Health Behavior Change Approach*. Cancer Prevention and Control Seminar, University of Arizona Cancer Center, University of Arizona, AZ.
5. Nair, U. S. (2016). *Drug Use and Dependence*. Presented to undergraduate students, Abnormal Psychology, University of Arizona
6. Nair, U.S. Berlin R., Sorooshian A. (2017). "E-cigarettes: Science, Policy, and Practice." Regulatory Science Series, University of Arizona James E. Rogers College of Law, AZ.
7. Nair, U.S (2018). *Tobacco: A Global Health Problem*. Presented to graduate Public Health Students, Global Health, University of Arizona.
8. Nair, U. S. (October, 2018). *Tobacco Use*. Presented to graduate Public Health students Contemporary Health Issues and Research, University of Arizona.
9. Nair, U. S. (November, 2019). *Tobacco Use*. Presented to graduate Public Health students Contemporary Health Issues and Research, University of Arizona
10. Nair, U.S (January 2019). *Methodological Issues in Smoking Cessation Intervention*. Presented to graduate level Public Health students, Clinical Trials and Intervention Studies. University of Arizona
11. Nair, U.S (May 2020). *COVID-19 and LGBTQ+ Populations*. University of Arizona Health Sciences' Office of Diversity of Inclusion webinar series.
12. Nair, U.S. (August 2020). Making healthcare, research, and education LGBTQ+ inclusive. Grand Rounds presented to College of Medicine, University of Arizona
13. Nair, U.S (September 2020). History of health disparities: HIV/AIDS in the US. Presented to medical students, Health Disparities, University of Arizona.
14. Nair, U. S. (September 2020). Applications of the Behavioral Ecological Model in Tobacco Control. Presented to graduate Public Health students, Advanced Research in Health Promotion Sciences, University of Arizona.
15. Nair, U. S. (October 2020). *Tobacco Use*. Presented to graduate Public Health students Contemporary Health Issues and Research, University of Arizona.
16. Nair, U.S. (February, 2021). *Feasibility and Acceptability of Timing Quit Date to Menstrual Phase in a Quitline setting: Considerations for Clinical Trials*. Presented to Graduate Students, Clinical Trials, University of Arizona
17. Nair, U.S. (April 2021). *Behavioral Interventions for Nicotine and Tobacco Dependence*. Presented to graduate Psychology Students, Behavioral Medicine Interventions, University of Arizona.

Research Grants and Contracts

ACTIVE

Pilot Studies

Title: *Health practices and feelings of social isolation among sexual and gender minority populations during COVID-19.*
Period: 5/2020-4/2021
Role: PI
Source: Department Start-up funds
Goals: Examining prevalence and changes in drug-use and health behavior changes and feelings of social isolation between sexual and gender minority compared to heterosexual populations in the US.

Awarded Grants and Contracts

Title: *Understanding factors associated with cervical cancer screening among Sexual and Gender Minorities in Arizona: A Multi-level Framework.*
Period: 8/20/2020-7/1/2021
Source: Geographic Management of Cancer Health Disparities (GMaP) - Region 3, an initiative of the National Cancer Institute (NCI)
Role: PI
Goals: To develop a comprehensive understanding of multi-level factors associated with engaging in and uptake of routine cervical cancer screening among LBT individuals within the cultural context of AZ.
Total direct: \$7,500 (1 year)

Title: *Testing the Efficacy of an Evidence-based Smoking Cessation Quitline in Qatar.*
Period: 2/1/2018- 1/31/2021
Source: Qatar National Research Fund
Role: Sub-Contract PI (15% Effort)
Goals: To test develop quitline capacity and test feasibility and preliminary efficacy of an evidence based smoking cessation quitline in Qatar
Total direct: \$210,000 (3 years)

COMPLETED

Title: *Testing the Feasibility of a Novel Smoking Cessation Intervention by Timing Quit Dates to Menstrual Phase in a Quitline Setting*
Period: 6/15/2018-6/14/2021
Source: R21, NIDA (10% Effort)
Role: PI (Nair & Allen, Multi-PI; Nair, contact PI)
Goals: To test efficacy of a feasibility and preliminary efficacy of a quitline-based smoking cessation intervention for premenopausal women
Total direct: \$340,000

Title: *A guided imagery tobacco cessation intervention delivered by a quitline and website*
Period: 10/1/2016-9/30/2018
Source: NIH/NCCIH (R34AT008947)
Role: Co-I (Gordon, PI)

Goals: To test the effectiveness of a guided imagery intervention delivered through a smoking quitline to increase smoking cessation rates in under-represented communities

Total direct: \$702,000

Title: *Pediatrician Advice, Family Counseling & SHS Reduction for Underserved Children.*

Period: 3/1/2012 - 2/28/17

Source: NIH/NCI, R01 CA 158361

Role: Co-I (Collins & Lepore, multi-PI)

Goals: To test the effectiveness of a multilevel behavioral intervention combining a pediatric clinic quality-improvement intervention with a family-level behavioral counseling to reduce child exposure to SHS and parent smoking rates in underserved population.

Total direct: \$2.3 million

Title: *Tobacco Cessation for Disparate Populations.*

Period: 3/1/2015 - 2/28/17

Source: Arizona Department of Health Services, Bureau of Tobacco and Chronic Disease

Role: PI (subcontract with Pima Prevention Partnership)

Goals: To promote tobacco prevention and cessation to disparate populations in Arizona (LGBTQ and mental health tobacco users)

Total direct: \$105,000

Title: *Using Physical Activity to Reduce Smoking cue –reactivity among low-income smokers preparing to quit smoking.*

Period: 1/1/2013-12/31-2015

Source: American Heart Association, 13CRP 14560028

Role: PI

Goals: To test efficacy of a theoretically-framed physical activity intervention to reduce smoking urge reactivity on the smokers' quit day and promote smoking quit rates.

Total direct: \$154,000

Title: *Gearing Up Cycling and Health Education to Promote Cardiovascular Health Among Incarcerated Female Inmates*

Period: 7/1/2013-6/31/2014

Source: Edna G. Kynett Grant

Role: PI (Nair & Collins, multi-PIs)

Goals: To test the efficacy of an indoor cycling program to improve cardiovascular health by increasing physical activity and health education among incarcerated females in the Philadelphia Prison System.

Total direct: \$30,000

Title: *Quit for Good: Smoking Cessation for Unemployed and Mentally Ill*

Period: 11/1/10 - 6/30/12

Source: Philadelphia Department of Health/ Pennsylvania Master Settlement Agreement Fund

Role: Co-investigator/Project Manager
Goals: To provide community-based smoking cessation services to individuals who are either unemployed, have comorbid psychiatric illness, or other substance dependence disorders.

Total direct: \$204, 554

Title: ***Homeless and Smoking Cessation: The Impact of Social Capital.***

Period: 8/1/09-12/31/10

Source: Pennsylvania Department of Health, Tobacco Nonformula Funds

Role: Co-I (Collins, Ibrahim, Jordon, multi-PIs)

Goals: To design and test the feasibility of a smoking cessation intervention for homeless residents participating in a social networking and physical activity program.

Total direct: \$20,000
