

## EMILY A. SCHMIED, MPH, PhD

---

### CONTACT INFORMATION

Email: [eschmied@sdsu.edu](mailto:eschmied@sdsu.edu)

### EDUCATION

- 2011-2015      **PhD, Public Health**, University of California, San Diego/San Diego State University Joint Doctoral Program, San Diego, CA
- Emphasis: Health Behavior
  - Dissertation: *Predicting parent engagement in a family-based childhood obesity prevention program*
- 2006-2008      **MPH, Health Promotion**, San Diego State University Graduate School of Public Health, San Diego, CA
- Thesis: *Use of self-perceived fitness level to measure objective fitness in male and female Marine Corps recruits*
- 2002-2006      **BS, Health Science** (with distinction), San Diego State University, San Diego, CA

### CURRENT POSITIONS

**2020-**                      **Assistant Professor**, School of Public Health, San Diego State University, San Diego, CA

### PREVIOUS PROFESSIONAL POSITIONS

- 2008-2020              **Behavioral Scientist**, LEIDOS, Naval Health Research Center, San Diego, CA
- 2017-2020              **Director**, Online MPH Program, San Diego State University, San Diego, CA
- 2015-2020              **Faculty Lecturer**, San Diego State University, San Diego CA
- 2011-2015              **Predoctoral Research Assistant**, Institute for Behavioral and Community Health, San Diego, CA
- 2011-2015              **Teaching Assistant**, San Diego State University, San Diego CA
- 2007-2008              **Data Manager/Research Assistant**, SAIC, Naval Health Research Center, San Diego, CA
- 2007-2008              **Research Assistant/Data Analyst**, Harder and Co. Community Research, San Diego, CA
- 2005- 2006              **Health Educator**, Healthy Youth Healthy Futures, San Diego, CA

### PEER-REVIEWED PUBLICATIONS

30. Harrison E.M., Easterling, A., **Schmied E.A.**, Hurtado, S. & Glickman G.L. Chronotype and self-reported sleep, alertness, and mental health in U.S. Sailors. *Military Medical Research*, in press.
29. Highfill-McRoy, R., Levine, J., Larson, G., Norman, S., **Schmied, E.A.**, Thomsen, C. Predictors of symptom increase in subsyndromal PTSD among previously deployed military personnel. *Military Medicine*, DOI: <https://doi.org/10.1093/milmed/usab034>.
28. Harrison, E.M., **Schmied, E.A.**, Easterling, A.P., Yablonsky, A.M., Glickman, G.L. A hybrid effectiveness-implementation study of a multi-component lighting intervention for hospital

- shiftworkers. *International Journal of Environmental Research and Public Health*, 7;17(23):9141. DOI: 10.3390/ijerph17239141.
27. Harrison E.M., **Schmied E.A.** & Glickman G.L. Implementation of interventions designed to enhance the circadian health of shiftworkers. *Chronobiology International*, 38(4):467-479. DOI: 10.1080/07420528.2020.1845190.
  26. **Schmied**, E.A., Englert, R.E., Harrison, E.M., & Thomsen, C. Studying the Health and Performance of Shipboard Sailors: An Evidence Map. *Military Medicine*, 186, e512-e524. DOI: <https://doi.org/10.1093/milmed/usaa459>.
  25. **Schmied, E.A.**, Dell'Acqua, R., Harrison, E., Perez, V., Glickman, G., & Hurtado, S. (2020). A qualitative examination of barriers and facilitators to sleep experienced by shipboard Sailors. *Military Medicine*, in press. <https://doi.org/10.1093/milmed/usaa321>
  24. Boltz, J., Del Re, A.C., Koenig, H. **Schmied, E.A.**, McRoy, R.M., Yablonsky, A. Caregiver health: An epidemiological study of Active Duty parents with special needs children. *Military Behavioral Health*, *accepted*.
  23. Fraser, J.J., **Schmied, E.A.**, Rosenthal, M.D., & Davenport, T. (2020). Physical therapy as a force multiplier: Population health perspectives to address short-term readiness and long-term health of military service members. *Cardiopulmonary Physical Therapy Journal*, 31, 22-28. doi: 10.1097/CPT.000000000000129
  22. Hurtado, S.L., Simon-Arndt, C. M., **Schmied, E.A.**, Belding, J.N., Subala, R.S., & Richardson, C.M. (2019). Reducing Stigma: An Evaluation of a Video to Demystify Mental Health Treatment for Military Personnel. *Psychiatric Services*, 70.
  21. **Schmied. E.A.**, Chuang, E., Madanat, H., Moody, J., Ibarra, L., Ortiz, K., Macias, K., & Ayala, G.X. (2018). A qualitative examination of parent engagement in a family-based childhood obesity intervention. *Health Promotion Practice*, <https://doi.org/10.1177/1524839918757487>.
  20. Full, K., **Schmied, E.A.**, Parada, H., Cherrington, A., Ayala, G.X. (2017). The Relationship between Sleep Duration and Glycemic Control among Hispanic Adults with Type 2 Diabetes. *Diabetes Educator*, 43, 519-529.
  19. **Schmied, E.A.**, Larson, G., Highfill-McRoy, R., & Thomsen, C. (2016). Reciprocal relationships between stressors and mental health problems in military veterans. *Journal of Social and Clinical Psychology*, 35, 705-721.
  18. Conway, T., **Schmied, E.A.**, Larson, G., Galarneau, M., Hammer, P., Quinn, K.H., . . . Ly, H. (2016). Treatment of mental or physical health problems in a combat zone: Comparisons of post-deployment mental health and early separation from service. *Journal of Traumatic Stress*, 29, 149-157.
  17. **Schmied, E.A.**, Parada, H., Horton, L., Ibarra, L., & Ayala, G.X. (2015). A process evaluation of an efficacious family-based intervention to promote healthy eating: The *Entre Familia Reflejos de Salud* study. *Health Education and Behavior*, 42, 583-592.
  16. **Schmied, E.A.**, Padilla, G., Thomsen, C., Hiller Lauby, M., Harris, E., & Taylor, M.K. (2015). Sex Differences in Coping Strategies in Military Survival School. *Journal of Anxiety Disorders*, 29, 7-13.
  15. Ayala, G.X., Ibarra, L., Binggeli-Vallarta, A., Moody, J., McKenzie, T.L., Angulo, J . . . **Schmied, E.A.**, Arredondo, E., & Elder, J.P. (2015). Our Choice/Nuestra Opción: The Imperial County, California Childhood Obesity Research Demonstration Study (CA-CORD). *Childhood Obesity*, 11, 37-47.

14. Chuang, E., Ayala, G.X., **Schmied, E.A.**, Gehre, C., Gittelsohn, J., & Davison, K. (2015). Evaluation Protocol to Assess an Integrated Framework for the Implementation of the Childhood Obesity Research Demonstration Project at the California (CA-CORD) and Massachusetts (MA-CORD) Sites. *Childhood Obesity, 11*, 48-57.
13. Norman, S., **Schmied, E.A.**, & Larson, G.E. (2015). Physical Aggression Among Post-9/11 Veterans. *Military Behavioral Psychology, 3(1)*, 47-54.
12. Norman, S., **Schmied, E.A.**, & Larson, G. (2015). Going Against the Norm: Who Continues Problem Drinking Following Military Discharge? *Journal of Studies on Drugs and Alcohol, 75*, 557-566.
11. Taylor, M.K., Larson, G.E., Hiller-Lauby, M.D., Padilla, G.A., Wilson, I., **Schmied, E.A.**, Highfill-McRoy, R.M., & Morgan, C.A. (2014). Sex differences in cardiovascular and subjective stress reactions: prospective evidence in a realistic military setting. *Stress, 17*, 70-78.
10. Booth-Kewley, S., **Schmied, E.A.**, Highfill-McRoy, R. M., Sander, T. S., Blivin, S., & Garland, C. F. (2014). A prospective study of factors affecting recovery from musculoskeletal injuries. *Journal of Occupational Rehabilitation, 24*, 287-296.
9. **Schmied, E.A.**, Parada, H., Horton, L., Madanat, H., & Ayala, G.X. (2014). Family support is associated with behavioral strategies for healthy eating among Latinas. *Health Education and Behavior, 41(1)*, 34-41.
8. **Schmied, E.A.**, Highfill-McRoy, R., Larson, G., & Crain, J. (2013). Implications of Psychiatric Comorbidity among Combat Veterans. *Military Medicine, 178(10)*, 1051-1058.
7. Booth-Kewley, S., **Schmied, E. A.**, Highfill-McRoy, R. M., Larson, G. E., Garland, C. F., & Ziajko, L. A. (2013). Predictors of psychiatric disorders in combat veterans. *BMC Psychiatry, 13(130)*.
6. **Schmied, E.A.**, Larson, G., & McRoy, R. (2012). Mental health and turnover following an initial term of military service. *Military Medicine, 177(7)*, 766-772.
5. Schmitz, K., **Schmied, E.A.**, Webb-Murphy, J., Hammer, P., Larson, G., Conway, T., Galarneau, M., Boucher, W., Edwards, N., & Johnson, C. (2012). Psychiatric diagnoses and treatment of U.S. military personnel while deployed to Iraq. *Military Medicine, 177(4)*, 380-389.
4. Crain, J., Larson, G., Highfill-McRoy, R., & **Schmied, E. A.** (2011). Post-combat outcomes among Marines with preexisting mental diagnoses. *Journal of Traumatic Stress, 24*, 671-679
3. Conway, T., Hammer, P., Galarneau, M., Larson, G., Edwards, N., **Schmied, E.A.**, Ly, H., Schmitz, K., Webb-Murphy, J., Boucher, W., Johnson, D., & Ghaed, S. (2011). Theater Mental Health Encounter Data (TMHED): overview of design and methods. *Military Medicine, 176(11)*, 1243-1252.
2. Larson, G., Hammer, P., Conway, T., **Schmied, E.A.**, Galarneau M.R., Konoske, P., Webb-Murphy, J.A., Schmitz, K. J., Edwards, N., & Johnson, D. C. (2011). Symptom histories of war zone psychiatric patients. *Psychiatric Services, 62(1)*, 15-21.
1. Knapik, J., Trone D., Swedler, D., Villasenor, A., Bockelman, T., **Schmied, E.A.**, Bullock, S., Han, P., & Jones, B. (2010). Injury reduction effectiveness of assigning running shoes based on plantar shape in Marine Corps basic training. *American Journal of Sports Medicine, 38(9)*, 1759-1767.

#### **PEER-REVIEWED PUBLICATIONS UNDER REVIEW OR IN PREPARATION**

1. **Schmied, E.A.**, Chuang, E., Madanat, H., Patterson, R.E., Boutelle, K., Strong, D., Moody, J., Ibarra, L., & Ayala, G.X. Understanding the role of parent engagement in family-based childhood obesity interventions. *In preparation for submission to American Journal of Health Promotion.*

2. Glassman, L.G., **Schmied, E.A.**, Harrison, E.M., Englert, R., Thomsen, C.T. Patterns and correlates of aggression among Active Duty Sailors. *Medical Surveillance Monthly Report, under review.*

### **BOOK CHAPTERS**

1. **Schmied, E.A.** & Madanat, H. (2015). General program planning in public health. In Madanat, Ayala & Arredondo, *Introduction to Health Promotion and Behavioral Science in Public Health*. San Diego, CA: Cengage Publishing.

### **GOVERNMENT PUBLICATIONS**

12. Booth-Kewley, S., McWhorter, S.K., Dell'Acqua, R.G., Altarejos, I.V., & **Schmied, E.A.** (2015). Perceived effectiveness of highly realistic and live tissue training for Navy corpsmen. Draft manuscript in progress. NHRC Tech. Report 15-34. San Diego: Naval Health Research Center.
11. McAnany, J., **Schmied, E.**, Booth-Kewley, S., Beckerley, S., Taylor, M.K. (2014). U.S. Naval Unit Behavioral Health Needs Assessment Survey: Overview of survey items and measures. Naval Health Research Center Report No. 14-37.
10. Larson, G.E., **Schmied, E.A.**, Stander, V., & Booth-Kewley, S. (2013). Life after service: Solutions to common challenges. Naval Health Research Center Report No. 13-11K.
9. Taylor, M.K., Sargent, P., Weatherford, Z., Drummond, S.P.A., Larson, G.E., Markwald, R.M., Harris, E.R., Padilla, G.A., **Schmied, E.A.**, Burns, J.P. (2013). The SEAL Sleep Working Group: Recommendations. Naval Health Research Center Report No. 13-38.
8. Hurtado, S., Taylor, M., Larson, G., & **Schmied, E.A.** (2012). Marine Corps Reservists Needs Assessment, 2011. (Technical Report No. 12-16). San Diego, CA: NHRC.
7. Conway, T., Hammer, P., Galarneau, M., Larson, G., Edwards, N., **Schmied, E.A.**, . . . Ghaed, S. (2011). Theater Mental Health Encounter Data (TMHED): overview of design and methods. (Report No. 10-40). San Diego, CA: NHRC.
6. Hurtado, S., Crain, J., McRoy, R., Simon-Arndt, C., **Schmied, E.A.**, & Woodruff, S. (2010). Substance Use Prevention in a Youth Development Program. (Report No. 10-05). San Diego, CA: NHRC.
5. Crain, J., Hurtado, S., McRoy, R., **Schmied, E.A.**, & Simon-Arndt, C. (2010). Modifiable Risk Factors for Marijuana Use among Adolescents in a Youth Development Program. (Report No. 10-04). San Diego, CA: NHRC.
4. Knapik, J., Trone, D., Swedler, D., Bockelman, T., Villasenor, A., **Schmied, E.A.**, . . . Jones, B. (2009). Injury reduction effectiveness of assigning running shoes based on plantar shape in Marine Corps Basic Training, San Diego, CA, and Parris Island, SC March-October 2007. Technical Report No.12-HF-05SBA-07C, Army Center for Health Promotion and Preventive Medicine, Aberdeen Proving Ground, MD.
3. Hurtado, S., Crain, J., Simon-Arndt, C., McRoy, R., **Schmied, E.A.**, & Woodruff, S. (2009). Evaluation of Drug Demand Reduction Efforts in the Young Marines Program: Final Results. Naval Health Research Center, San Diego, CA: NHRC.
2. Larson, G. E., Highfill-McRoy, R. M., Booth-Kewley, S., Service, D., Kraft, H., **Schmied, E. A.**, & Koffman, R. L. (2008). Reintegrating subjective and objective aspects of war-related PTSD. (Report 08-30). San Diego, NHRC.
1. Highfill-McRoy, R., **Schmied, E.A.**, Hurtado, S., Simon-Arndt, C., & Crain, J. (2008). Recommended

Screening Tools and Referral Guidelines for Marine Corps Substance Abuse Counseling Center Clients with Mental Health Concerns. Naval Health Research Center report submitted to Headquarters Marine Corps, Quantico, VA.

### **REFEREED ORAL AND POSTER PRESENTATIONS**

54. Dye, J., **Schmied, E.A.**, Ferras, M. (2021). Investigating Women Veteran Health-Related Quality of Life and Access to Healthcare. Tri-Service Nursing Research Program, Research and EBP Dissemination Course, *Accepted*.
53. **Schmied, E.A.**, Ferras, M., Dye, J. Challenges to Receiving Mental Health Care among Women Veterans. (2021). In Case Study Series: Applications of the Public Health Approach to Suicide Prevention in the Military Affiliated Population. *American Association of Suicidology. eResource*.
52. **Schmied, E.A.**, Harrison, E.M., Hurtado, S.L., & Glickman, G. (2021). Can a Brief Sleep Education Training Improve Sleep Quality Among Shipboard Sailors? *Poster presentation at the Annual SLEEP Conference (virtual)*.
51. **Schmied, E.A.**, Koenig, H., Chang, R., Thomsen, C. (2020). Mental Health Diagnoses in Injured Active Duty Service Members. *Poster presentation at the Annual Meeting of the American Psychological Association, Washington, DC (virtual)*.
50. **Schmied, E.A.**, Dell'Acqua, R., Harrison, E., Hurtado, S. A qualitative examination of barriers and facilitators to sleep experienced by shipboard Sailors. (2020). *Poster Presentation at the Annual SLEEP Conference, Philadelphia, PA (virtual)*.
49. **Schmied, E.A.**, Koenig, H., Chang, R., Thomsen, C. (2020). Do Military Service Members who sustain amputations face increased risks for suicide? *Poster presentation at the Annual Meeting of the American Association for Suicidology, Portland, OR (virtual)*.
48. Dell'Acqua, R., **Schmied, E.A.**, Glassman, L., Bryan, C., & Thomsen, C. (2019). Perceived Barriers to Implementation of a Novel Evidence-Based Suicide Prevention Training for Military Behavioral Health Care Providers. *Poster Presentation at the Academy Health Dissemination and Implementation Conference, Arlington, VA*.
47. **Schmied, E.A.**, Harrison, E.M., Yablonsky, A.M., & Glickman, G. (2019). What factors may affect the implementation of a workplace sleep and circadian health intervention for hospital shiftworkers? *Poster Presentation at the Academy Health Dissemination and Implementation Conference, Arlington, VA*.
46. Kwiatkowski, H., **Schmied, E.A.**, McRoy, R., & Yablonsky, A.M. Active Duty Personnel Parenting Children with Special Needs: An Epidemiological Study of Military Career Outcomes. (2019). *Oral Presentation at the Annual Military Health System Research Symposium, Orlando, FL*.
45. Del Re, A.C., Kwiatkowski, H., **Schmied, E.A.**, McRoy, R.M., & Yablonsky, A. (2019). Health Outcomes of Active Duty Personnel Parenting Children with Special Needs: An Epidemiological Study. *Oral Presentation at the Annual Military Health System Research Symposium, Orlando, FL*.
44. Harrison, E., **Schmied, E.A.**, Hurtado, S.L., Kowitz, B., Reames, S., Perez, V., Powell, A., Jackson, J., & Glickman, G. (2019). Development and implementation of a circadian, light, and sleep skills

- program for U.S. military service members (CLASS-M). *Poster Presentation at the Annual Meeting of the Associated Professional Sleep Societies, San Antonio, TX.*
43. **Schmied, E.A.**, Simon-Arndt, C., Belding, J.N., Richardson, C., Subala, R., Hurtado, S.L. (2019). Getting help: Can an educational video change service members' attitudes about mental health treatment? *Oral presentation at the Society for Behavioral Medicine Annual Conference, Washington DC.*
  42. Kwiatkowski, H., **Schmied, E.A.**, McRoy, R.M., & Yablonsky, A.M. (2018). Active Duty Personnel Parenting Children with Special Needs: An Epidemiological Study. *Oral presentation at the Military Health System Research Symposium, Kissimmee, FL.*
  41. **Schmied, E.A.**, Harrison, E. M., Powell, A., Yablonsky, A. M., & Glickman, G. (2018, April). Engagement and satisfaction with a multi-component lighting intervention for enhancing sleep, circadian health and performance in military hospital staff. Presented at the 2018 Illuminating Engineering Society (IES) Research Symposium, Atlanta, GA
  40. Highfill-McRoy, R., Levine, J., Larson, G.E., Norman, S., & **Schmied, E.A.** Predictors of symptom increase in subsyndromal posttraumatic stress disorder. (2018). *Poster presentation at the Military Health System Research Symposium, Kissimmee, FL.*
  39. **Schmied, E.A.**, Ibarra, L., Chuang, E., Arredondo, E., Ayala, G.X. Implementation of an Obesity Care Model in a Federally Qualified Health Center to prevent and control childhood obesity. (2018). *Southern California Regional Dissemination, Implementation, & Improvement Science Symposium, Los Angeles, CA.*
  38. Harrison, E.M., **Schmied, E.A.**, Yablonsky, A., Powell, A., Dyslin C., Sode, J., Glickman, G. A Multi-Component Lighting Intervention for Shiftworking Hospital Staff. (2018). *Oral presentation at the Society for Research on Biological Rhythms Conference, Amelia Island, FL.*
  37. **Schmied, E.A.**, Ibarra, L., Chuang, E., Ayala, G.X. (2018). Implementation of the California Childhood Obesity Research Demonstration (CA-CORD) Project. *Oral presentation at the Dissemination and Implementation Research Summit, San Diego, CA.*
  36. Yablonsky, A., Harrison, E., **Schmied, E.A.**, Glickman, G. (2018). Sleep and circadian rhythms in Navy hospital nurses and corpsmen. *Oral presentation at the Navy Medical Center, San Diego Annual Academic Research Competition.*
  35. **Schmied, E.A.**, Harrison, E., Yablonsky, A., Glickman, G. A workplace intervention to improve sleep and performance of military hospital staff: Participant satisfaction and lessons learned. (2018). *Poster presentation at the Annual Navy and Marine Corps Public Health Conference, Norfolk, VA.*
  34. Hurtado, S., Simon-Arndt, C., **Schmied, E.A.**, Stander, V., Miller, B., Thomsen, C. Stepping in: Service Members' Willingness to Prevent Risky Behaviors Among Their Peers. (2018). *Poster presentation at the Annual Meeting of the American Psychological Association, San Francisco, CA.*
  33. **Schmied, E.A.**, Simon-Arndt, C., McBrien, C., Dell'Acqua, Subala, R., Altarejos, I., Belding, J., Hurtado, S. Predictors of information sharing in a military mental health stigma reduction intervention. (2018). *Annals of Behavioral Medicine, 52(S1). Oral Presentation.*

32. **Schmied, E.A.**, Chuang, E., Madanat, H., Moody, J., Ibarra, L., Ortiz, K., Macias, K., & Ayala, G.X. (2017). A qualitative examination of parent engagement in a family-based childhood obesity intervention. *Annals of Behavioral Medicine, 51*, S1115.
31. Simon-Arndt, C., Hurtado, S., McAnany, J., **Schmied, E.A.**, Use and acceptance of a mobile application to prevent alcohol misuse among military personnel. (2017). *Annals of Behavioral Medicine, 51*, S1105.
30. **Schmied, E.**, Madanat, H., Chuang, E., Moody, J., Boutelle, K., Patterson, R., Strong, D., Ortiz, K., Ayala, G.X. (2016, November). Predicting parent engagement in a clinic-based family-focused childhood obesity prevention and control program. *Poster presentation at the Obesity Society's Annual Scientific Meeting, New Orleans, LA.*
29. **Schmied, E.A.**, Madanat, H., Strong, D., Chuang, E., Patterson, R., Boutelle, K., Moody, J., & Ayala, G.X. (2015). Use of a modified Parent Motivation Inventory to assess parent engagement in child obesity programs. *Annals of Behavioral Medicine, 49*, S232.
28. McKenzie, T., Ayala, G.X., Moody, J., Hoyt, H., **Schmied, E.**, Ibarra, L. (2015, October). School aspects of a community childhood obesity intervention: Our Choice/Nuestra Opcion. *Oral presentation at the 2015 National PETE/FETE, Atlanta, GA, USA.*
27. **Schmied, E.A.**, Madanat, H., Ibarra, L., Moody, J., Ayala, G.X. (2015, March). Factors predicting parent engagement in family-based childhood obesity interventions. *Oral presentation at the 2015 San Diego State University Student Research Symposium, San Diego, CA.*
26. Rauh, M.J., Padilla, G.A., **Schmied, E.A.**, Hiller Lauby, M.D., & Taylor, M.K. (2014). Sex differences in catabolic and anabolic hormone responses in military survival trainees. *Medicine and Science in Sports and Exercise, 46*(5).
25. Taylor, M.K., Larson, G.E., Hiller Lauby, M.D., Padilla, G.A., Wilson, I., **Schmied, E.A.**, Highfill-McRoy, R.M., & Morgan III, C.A. (2014, Aug). Sex differences in cardiovascular and subjective stress reactions: Prospective evidence in a realistic military setting. *Poster presentation at the 2014 Military Health Services Research Symposium, Fort Lauderdale, FL.*
24. **Schmied, E.A.** & Kewley, S. (2014, Aug). Correlates of self-reported aggression in expeditionary Sailors. *Poster presentation at the 2014 Military Health Services Research Symposium, Fort Lauderdale, FL.*
23. **Schmied, E.A.**, Hilton, S., Padilla, G.A., McAnany, J., & Taylor, M.K. (2014, Aug). Attitudes toward symptom reporting for potential mild traumatic brain injury among deployed Navy personnel. *Poster presentation at the 2014 Military Health Services Research Symposium, Fort Lauderdale, FL.*
22. **Schmied, E.A.**, Horton, L.A., Parada, H., Arredondo, E., Elder, J., & Ayala, G.X. (2014, May). Factors predicting intervention fidelity of a family-based dietary intervention. *Oral presentation at the 2014 California State University State-Wide Student Research Competition, Hayward, CA.*
21. **Schmied, E.A.**, Taylor, M., Padilla, G., Harris, E., & Thomsen, C. (2014, April). Sex differences in coping strategies in Military Survival School. *Oral Presentation at the 2014 Navy Medical Center, San Diego Academic Research Competition.*
20. **Schmied, E.A.**, Horton, L.A., Parada, H., Arredondo, E., Elder, J., & Ayala, G.X. (2014, March). Factors predicting intervention fidelity of a family-based dietary intervention. *Oral presentation at the 2014 San Diego State University Student Research Symposium, San Diego, CA.*

19. **Schmied, E.A.**, Horton, L.A., Parada, H., Arredondo, E., Elder, J., & Ayala, G.X. (2014, May). Factors predicting intervention fidelity of a family-based dietary intervention. *Poster presentation at the 2014 Annual Meeting of the International Society for Behavior, Nutrition, and Physical Activity, San Diego, CA.*
18. **Schmied, E.A.**, Parada, H., Said, S., Cherrington, A., & Ayala, G.X. (2013). The relationship between sleep duration and disease control among Hispanic adults with type 2 diabetes. *Annals of Behavioral Medicine, 45*, S142.
17. Fox, C., Ayala, G.X., **Schmied, E.A.**, & Horton, L. (2013). Elucidating the Restaurant Food Environment for Children: Findings from a rural, border community. *Annals of Behavioral Medicine, 45*, S280.
16. **Schmied, E.A.**, Taylor, M., Padilla, G., McRoy, R., Harris, E., Hiller Lauby, M., & Thomsen, C. (2013, November). Sex differences in coping strategies in Military Survival School. *Poster Presentation at the International Society for Traumatic Stress Studies Annual Conference, Philadelphia, PA.*
15. **Schmied, E.A.**, Padilla, G.A., & Taylor, M.K. (2013, August). Measuring Coping: Adapting the Brief COPE for use in Military Combat Training Settings. *Presentation at the Annual Warrior Resilience Conference.*
14. Engleberg, J.K., Hill, L., Rybar, J., & **Schmied, E.A.** (2013, May). Distracted driving in middle-aged San Diego adults. *Poster presentation at the Annual San Diego Epidemiology Research Exchange Conference, San Diego, CA.*
13. **Schmied, E.A.**, McRoy, R., & Larson, G. (2013, May). Implications of Psychiatric Comorbidity among Combat Veterans. *Poster presentation at the Annual San Diego Epidemiology Research Exchange Conference, San Diego, CA.*
12. **Schmied, E.A.**, McRoy, R., & Larson, G. (2012). Psychosocial Correlates of Self-Rated Health in Military Personnel with Multiple Physical Complaints. *Annals of Behavioral Medicine, 43*, S114.
11. **Schmied, E.A.**, Parada, H., Madanat, H., Horton, L., & Ayala, G.X. (2012). Psychosocial Correlates of Behavioral Strategies for Healthy Eating Among Latinas in Imperial County, California. *Annals of Behavioral Medicine, 43*, S189.
10. **Schmied, E.A.**, McRoy, R., & Larson, G. (2012, November). Social Support and Depression in Combat Veterans: Implications for Nonclinical Intervention. *Poster presentation at the International Society for Traumatic Stress Studies Annual Conference, Los Angeles, CA.*
9. **Schmied, E.A.**, Parada, H., Madanat, H., & Ayala, G.X. (2012, October). Does acculturation moderate the relationship between food-related behaviors and BMI in Latinos? *Oral presentation at the Annual American Public Health Association Conference, San Francisco, CA.*
8. **Schmied, E.A.**, Parada, H., Ibarra, L., Horton, L.A., & Ayala, G.X. (2012, October). Promotora models in community health: How much participant contact is needed for dietary change? *Oral presentation at the Annual American Public Health Association Conference, San Francisco, CA.*
7. **Schmied, E.A.**, Parada, H., Madanat, H., Horton, L., & Ayala, G.X. (2012, March). Psychosocial Correlates of Behavioral Strategies for Healthy Eating Among Latinas in Imperial County, California. *Oral presentation at the San Diego State University Student Research Symposium, San Diego, CA.*



6. Ballenger-Browning, K., **Schmied, E.A.**, Schmitz, K., Hammer, P., & Boucher, W. (2010, August). Does Military Service Protect Women from Stress Disorders? An Investigation of Gender and Deployment Health. *Poster presentation at the Force Health Protection Annual Meeting, Phoenix, AZ.*
5. Schmitz, K., Ballenger-Browning, K., **Schmied, E.A.**, Webb-Murphy, J., Larson, G., Conway, T., Galarneau, M., Edwards, E., Boucher, W., & Hammer, P. (2010, August). In-Theater Mental Health Diagnoses among Combat-Deployed Service Members. *Poster presentation at the Force Health Protection Annual Meeting, Phoenix, AZ.*
4. Ghaed, S., Webb-Murphy, J., **Schmied, E.A.**, Schmitz, K., Larson, J., Conway, T., Galarneau, M., Edwards, N., Boucher, W., & Hammer, P. (2010, March). Assessment and Diagnosis of Anxiety Disorders during Deployment. *Poster presentation at the Anxiety Disorders Association of America Annual Meeting, Baltimore, MD.*
3. **Schmied, E.A.**, Rauh, M., Macera, C., Han, P., Trone, D., & Shaffer, R. (2009). Gender differences in preparatory exercise training among Marine Recruits. *Medicine and Science in Sports and Exercise*, 41(5) S232.
2. Rauh, M., Macera, C., **Schmied, E.A.**, Han, P., Trone, D., & Shaffer, R. (2008). Prevalence and Correlates of Menstrual Irregularity Among Female Marine Corps Recruits. *Medicine and Science in Sports and Exercise*, 40, S232.
1. **Schmied, E.A.**, Macera, C., Rauh, M., Han, P., Trone, D., Shaffer, R., Nichols, J., & Talavera, G. (2008, September). Use of self-perceived fitness level to measure objective fitness in male and female Marine recruits. *Poster presentation at the Southwest Chapter of the American College of Sports Medicine Meeting, San Diego, CA.*

\*Asterisk denotes work completed by student advisee

### **INVITED PRESENTATIONS**

- Schmied, E.A. (2020, August). Aztec Mentor Program, “Mentor Monday” Series. *San Diego State University.*
- **Schmied, E.A.** (2020, March). Risk for Suicide Among Injured Service Members. *Naval Health Research Center Department of Medical Modelling and Simulation Quarterly Research Meeting.*
- **Schmied, E.A.** (2018, April). Implementation of the California Childhood Obesity Research Demonstration Project (CA-CORD). *UCSD Dissemination and Implementation Research Symposium, San Diego, CA.*
- **Schmied, E.A.** (2015, July). Life after service: Facilitating the transition to civilian life. *Western Association of Veterans Education Specialists Annual Conference, Anaheim, CA.*
- **Schmied, E.** (2015, June). Factors predicting parent engagement in family obesity programs: Preliminary results of an ancillary study. *Center for Disease Control and Prevention, Childhood Obesity Research Demonstration Project Monthly Meeting.*
- **Schmied, E.** (2011, October). Program Planning in Public Health. *American Medical Student Association Annual Meeting, San Diego, CA.*

### **TEACHING ACTIVITIES**

#### **San Diego State University**

##### **Undergraduate Courses**

- Guest lecturer, PH101 Introduction to Public Health, Spring 2012, 60 students (2 sessions)

##### **Master’s-Level Courses**

- PH650R: Field Placement Supervisor, 2017-2020

- PH603: Behavioral and Social Science in Public Health, Spring 2021, 47 students (Rating: 4.72/5)
- PH661 (online) Theoretical Foundations of Health Promotion, Fall 2020, 16 students
- PH603: Behavioral and Social Science in Public Health, Fall 2020, 31 students (Rating: 4.65/5)
- PH603: Behavioral and Social Science in Public Health, Spring 2020, 36 students (Rating: 4.75/5)
- PH672: Public Health Program Evaluation, Spring 2020, 31 students (Rating: 4.7/5)
- PH668: Seminar in Health Promotion, Fall 2019, 25 students (Rating: 4.65/5)
- PH603: Behavioral and Social Science in Public Health, Fall 2019, 25 students (Rating: 4.75/5)
- PH661: (online) Theoretical Foundations of Health Promotion, Fall 2019, 14 students
- PH603: Behavioral and Social Science in Public Health, Spring 2019, 45 students (Rating: 4.7/5)
- PH661: (online) Theoretical Foundations of Health Promotion, Fall 2018, 21 students (Rating: 4.8/6)
- PH603: Behavioral and Social Science in Public Health, Fall 2018, 15 students (Rating: 4.6/5)
- PH603: Behavioral and Social Science in Public Health, Spring 2018, 35 students (Rating: 4.8/5)
- PH661: Theoretical Foundations of Health Promotion (Guest lecturer), Fall 2017, 30 students
- PH661: (online) Theoretical Foundations of Health Promotion, Fall 2017, 14 students, (Rating: 4.9/5)
- PH603: Behavioral and Social Science in Public Health, Fall 2017, 24 students (Rating: 4.7/5)
- PH603: Behavioral and Social Science in Public Health, Spring 2017, 39 students (Rating: 4.7/5)
- PH661: Theoretical Foundations of Health Promotion (Guest lecturer), Fall 2016, 35 students
- PH603: Behavioral and Social Science in Public Health, Fall 2016, 43 students (Rating: 4.8/5)
- PH603: Behavioral and Social Science in Public Health, Spring 2016, 31 students (Rating: 4.7/5)
- PH603: Behavioral and Social Science in Public Health, Fall 2015, 30 students (Rating: 4.2/5)
- PH603: Behavioral and Social Science in Public Health, Spring 2015, 40 students (Rating: 4.6/5)
- PH603: Behavioral and Social Science in Public Health, Fall 2014, 25 students (Rating: 4.4/5)
- PH603: Behavioral and Social Science in Public Health, Spring 2014, 70 students (Rating: 4.2/5)
- PH661: Theoretical Foundations of Health Promotion (Teaching Assistant/Interim Instructor), Fall 2013, 32 students (Rating: 4.4/5)
- PH700F: Women's Health Studies (Guest lecturer), Spring 2012, Spring 2013, 30 students
- PH666: Health Promotion Program Planning and Assessment (Interim Instructor), Fall 2011, 20 students

#### **Doctoral-level Courses**

- PH862: Advanced Theoretical Foundations of Health Promotion, 5 students
- SW850: Theories of Substance Abuse, Spring 2018, 4 students (Rating: 4.8/5)
- SW850: Theories of Substance Abuse, Spring 2017, 3 students (Rating: 4.6/5)
- SW850: Theories of Substance Abuse, Spring 2016, 4 students (Rating: 4.6/5)
- Guest lecturer, DPT830 Cardiopulmonary Therapy, Fall 2013, 35 students (Rating: 4.3/5)
- Guest lecturer, PH862 Advanced Theoretical Foundations of Health Promotion, Fall 2012, 6 students

#### **ACADEMIC SERVICE AND MENTORING**

##### **San Diego State University**

- Field Placement Supervisor (PH650); Spring 2018-Present
- Mentor, Graduate School of Public Health Alumni Mentorship Program, 2017-Present
- Mentor, Aztec Mentor Program, 2019-Present
- Masters' Plan B Committee Chair
  - Lerocman Hall (2019)
  - Elinor Gaida (2019)
  - Kathrine Haluch (2019)
  - Sherlyn Gallo (2020)
  - Jaime Albarelli (2020)

- Jessica Andrews (2020)
- Keri Garcia (2020)
- Samantha Correll (2020)
- Ariel Rampey (2020)
- Michelle Young (2021; second chair)
- Nikki Berlin-Steiman (2021)
- Naria LeMire (2021)
- Sophia Shalabi (2021)
- James Mucciarone (2021)
- Ryann Kipping (2021)
- Madisen Ferras (2021)
- Kassandra Pascual (2021, expected)
- Ray Cameron Vialu (2020, expected)
- Masters' Theses Committee Member
  - Kaitlin Druffel (2020)
  - Sally Windsich (2020)
  - Mandeep Bajwa (2020)
- Doctoral Dissertation Committee Member
  - Adhana McCarthy (2022)
- Student Research Symposium Faculty Mentor
  - Madisen Ferras (2021)
  - Summer Reames (2019), "Measuring Military Mental Health Providers' Comfort and Proficiency in Assessing Suicide: Psychometric Properties of Two Novel Scales"
  - Alexander Hyland (2015), "Surveying the future: Which mode of survey administration is best suited for social science research?"

## **AWARDS, FELLOWSHIPS, & RECOGNITION**

### **Navy Medical Center, San Diego**

- \*1<sup>st</sup> Place Podium Presentation Winner, 29<sup>th</sup> Annual Academic Research Competition, 2014, *Sex differences in coping strategies in Military Survival School*

### **San Diego State University**

- Grants and Research Enterprise Writing (GREW) Fellowship, 2021
- Conference Attendance Award
- Teaching Excellence Award, School of Public Health, 2020
- \*\*\*College of Health and Human Services Dean's Award for Research and Scholarship, 2015 Student Research Symposium 2015, *Predicting parent engagement in family-based childhood obesity interventions (Oral presentation)*
- Office of Graduate Studies Graduate Student Travel Award (\$700)
- \*\*President's Award for Research and Scholarship, 2014 Student Research Symposium, *Factors predicting intervention fidelity of a family-based dietary intervention (Oral presentation)*
- Outstanding Public Health Undergraduate of the Year, Community Health Education, 2006
- Dean's List Honors, 2005-2006
- San Diego State University Scholar-Athlete, 2002-2006
- Team Captain, Women's Swimming and Diving Team, 2003-2006
- NCAA Division I Full Athletic Scholarship (Swimming), 2002-2006

### **Inamori Foundation**

- Inamori Fellowship Award Winner, 2012-2013

### **American Public Health Association**

- Nominee, Outstanding Student Paper Award, October 2012, *Does acculturation moderate the*

*relationship between food-related behaviors and BMI in Latinos?*

#### **Naval Health Research Center**

- Letter of Appreciation from the Commanding Officer for Outstanding Research Support, February 2010
- Letter of Appreciation from the Commanding Officer for Outstanding Research Support, March 2009

#### **LEIDOS (Formerly Science Applications International Corporation)**

- Certificate of Appreciation for Outstanding Research Support, May 2014
- Certificate of Appreciation for Outstanding Research Support, April 2012
- Certificate of Appreciation for Outstanding Research Support, April 2008

#### **Mountain West Conference**

- All-Conference Scholar-Athlete, 2003, 2005, 2006

### **RESEARCH FUNDING**

#### **Current Funded Grants**

Communities fighting COVID! With Vaccines. Health Resources and Service Administration, G32HS42673-01-00. *July 2021-July 2022: \$1,000,000. PI: McDaniels-Davidson, Co-I: Schmied*

Development and Evaluation of Tailored Sexual Assault and Alcohol Misuse Prevention Programs in Military Settings. Medical Technology Enterprise Consortium. *FY2022-FY2024: \$2,447,917. PI: Kan, Co-PI: Schmied*

HealthLINK Pilot Grant. Identifying the Secondary Health Effects of the COVID-19 Pandemic Among Patients of a Federally Qualified Health Center. *June 2021-June 2023: \$49,992. Pilot Project PI: Schmied.*

Investigating the Effects of Suicide Exposure among Active Duty Service Members. Military Suicide Research Consortium (MSRC). *March 2021 – March 2022: \$124,999. PI: Schmied.*

Investigating the Role of Social Determinants of Health in Veteran Suicide. San Diego State University, University Grants Program. *March 2021-March 2022: \$9,992. PI: Schmied*

Health-Related Quality of Life and Access to Healthcare in Women Veterans. San Diego State University College of Health and Human Services JumpStart! Pilot Program. *FY2021-22; \$13,365. Co-PI: Dye, Co-PI: Schmied.*

Suicide Provider Training, Challenges of Operational Environments, and Suicide Amputee studies. LEIDOS. *FY2021-2022: \$130,830. Contract PI: Schmied. This sub-contract encompasses the following awards:*

Psychosocial predictors of Suicide in Injured Military Service Members. Department of Defense, Extremity Trauma and Amputation Center of Excellence. *FY20-FY22; \$386,000; PI: Thomsen, Co-PI: Schmied.*

Identifying Threats to Psychological and Behavioral Health and Readiness of Shipboard Sailors. Defense Health Agency Interservice Restoral Program. *FY18-20 (one-year no-cost extension); \$1,250,000; PI: Thomsen, Co-I: Schmied (Acting PI\*).*

Testing Two Interventions to Improve the Comfort and Skill of Mental Health Care Providers in Identifying and Working with Suicidal Patients. Department of Defense Congressionally Directed Medical Research Programs, Joint Program Committee-5 Suicide Prevention and Reduction Working Group. *FY2017-2021, \$2,445,000; PI: Thomsen, Co-I: Schmied (Acting PI\*).*

*\*Denotes grants/projects led from conception by Schmied; Federal rules prohibit contracted employees from being*

*formally listed as PI on Department of Defense-funded research*

### **Previous**

Communities Fighting COVID: Community Health Worker Training. Supporting agency: Multicultural Health Foundation. FY2020; \$5,275. Project co-Lead: Schmied

Improving Sleep Health to Mitigate Negative Effects of Deployment on the Psychological Health of Active Duty Servicemembers. Department of Defense Congressionally Directed Medical Research Programs, Joint Program Committee-5 Suicide Prevention and Reduction Working Group. FY2018-2020; \$855,000; PI: Stander, Co-I: Schmied (Acting PI\*).

Rates and predictors of Suicide in Military Amputees. The Extremity Trauma and Amputation Center of Excellence. FY18-FY20; \$517,000; PI: Thomsen, Co-I: Schmied (Acting Co-PI\*).

Sleep and Circadian Rhythms in Navy Hospital Nurses and Corpsmen. TriService Nursing Research Program Investigator-Initiated Award. FY2016-2018 (extended through FY2020); \$661,000; PI: Yablonsky, Co-I: Schmied.

Evaluation of the Effect of a Mental Health Practitioner Video on Stigma-related Attitudes Supporting agency: Bureau of Medicine and Surgery; Wounded, Ill and Injured Program. FY2015-2016; \$192,000; PI: Hurtado, Co-I: Schmied.

Explosive Ordnance Disposal Operational Health Surveillance System. U.S. Navy Bureau of Medicine and Surgery, Wounded, Ill, and Injured Program. FY2015-2016; \$250,000; PI: Taylor, Co-PI: Schmied (Acting PI\*).

Naval Unit Behavioral Health Needs Assessment Surveillance: A New Capability for the post-OEF Era. U.S. Navy Bureau of Medicine and Surgery, Wounded, Ill, and Injured Program. FY2013-2017; \$1,895,000; PI: Taylor, Co-I: Schmied.

Examining Predictors of Parent Attrition in a Family-Based Childhood Obesity Prevention Program. University Grants Program, San Diego State University. CY2014-2015; \$9,892; PIs: Schmied & Madanat.

### **Under Review**

Medical Technology Enterprise Consortium. Development and Evaluation of Tailored Sexual Assault and Alcohol Misuse Prevention Programs in Military Settings. \$2,500,000. Role: Co-PI.

Department of Defense, Defense Health Agency. Patterns of Telebehavioral Healthcare Utilization among Active Duty Service Members across the Military Healthcare System. \$861,846. Role: Co-PI.

Department of Defense Congressionally Directed Medical Research Programs, Joint Program Committee-5. Examining the predictive validity of a novel suicide risk screening instrument among active duty military personnel. \$20,570. Role: Co-I.

### **PROFESSIONAL SERVICE**

- Guest Editor, International Journal of Environmental Research and Public Health, 2021
- Secretary-Elect, American Public Health Association, Public Health Education and Health Promotion Section, 2020-2021
- Annual Conference Evaluation Group, American Association of Suicidology, 2020
- Moderator, American Public Health Association Annual Conference, 2019, 2020
- Abstract Reviewer, American Public Health Association Annual Conference, 2018-2021

- Judge, SDSU Student Research Symposium, 2017-2021
- Member/Reviewer, Science Review Board, Naval Health Research Center, 2017-2020
- Ad Hoc Reviewer: JAMA Psychiatry; Health Education and Behavior; Journal of Behavioral Medicine; Maternal and Child Health; Military Medicine; BMJ Open; International Journal of Mental Health Systems; Health Promotion Practice; Journal of Racial and Ethnic Health Disparities
- Senior Editor and Co-founder, SDSU-UCSD Public Health Research Quarterly, 2011-2012
- Membership Ambassador, American Public Health Association Student Assembly, 2012-2013

### **PROFESSIONAL MEMBERSHIPS**

- Society of Behavioral Medicine
- Society for Implementation Research Collaboration
- American Public Health Association
- American Association of Suicidology

### **CERTIFICATIONS AND PROFESSIONAL DEVELOPMENT**

- Member, New Investigator Network of Expertise, Society for Implementation Research Collaboration, 2017-2018
- Military Ally Program, San Diego State University Veterans Center, 2017
- Mental Health First Aid, 2017
- Recognizing & Responding to Suicide Risk, American Association of Suicidology, 2017
- Crisis Response Planning for Suicidal Patients, 2017