

## **Shannon Speed, PhD, CHES®**

University of Delaware  
Department of Health Behavior and Nutrition Sciences  
26 N College Avenue  
Carpenter Sports Building, Room 021  
Newark, DE 19716  
Email: [speedrex@udel.edu](mailto:speedrex@udel.edu)

### **EDUCATIONAL BACKGROUND:**

2022-2023	Post-Doctoral Fellowship	National Institutes of Drug Abuse/National Institutes of Alcohol Abuse and Alcoholism, <i>Baltimore, MD</i>
2018- 2022	PhD, Interdisciplinary Studies, Education, Public Health	Miami University, <i>Oxford, OH</i>
2019-2022	Certificate in Applied Statistics	Miami University, <i>Oxford, OH</i>
2017-2021	Certificate in College Teaching	Miami University, <i>Oxford, OH</i>
2017-2019	M.S. Kinesiology & Public Health	Miami University, <i>Oxford, OH</i>
2013-2015	M.P.A., Master of Public Administration	Old Dominion University, <i>Norfolk, VA</i>
2010-2013	B.S. Political Science & Mass Communications	Towson University, <i>Towson, MD</i>

### **ACADEMIC APPOINTMENTS:**

2024-present	Assistant Professor (Continuing Non-Tenure Track) Department of Health Behavior and Nutrition Science (formerly Behavioral Health and Nutrition), University of Delaware, Newark, DE
2021-2022	Visiting Assistant Instructor, Department of Kinesiology, Nutrition and Health, Miami University, Oxford, OH
2017-2021	Adjunct Instructor, Department of Kinesiology, Nutrition and Health, Miami University, Oxford, OH

### **TEACHING EXPERIENCE:**

Development of Health Promotion Programs (HNBS490)  
Department of Health Behavior and Nutrition Sciences, University of Delaware

Health Behavior Theory and Models (HBNS332)  
Department of Health Behavior and Nutrition Sciences, University of Delaware

Public Health Planning and Evaluation (KNH462/562)  
Department of Health Behavior and Nutrition Sciences, University of Delaware

Environmental Health (KNH441/541)  
Department of Health Behavior and Nutrition Sciences, University of Delaware

Independent Study (KNH177/277/377/477/620)  
Department of Health Behavior and Nutrition Sciences, University of Delaware

Senior Capstone (KNH402)  
Department of Health Behavior and Nutrition Sciences, University of Delaware

Social Marketing in Public Health (KNH211)  
Department of Health Behavior and Nutrition Sciences, University of Delaware

Introduction to Public Health (KNH125)  
Department of Health Behavior and Nutrition Sciences, University of Delaware

Aerobics (KNH120)  
Department of Health Behavior and Nutrition Sciences, University of Delaware

The University and the Student (EDL110)  
Department of Health Behavior and Nutrition Sciences, University of Delaware

## **AWARDS AND HONORS:**

2023 Junior Investigator Meeting Award, 2023 RSA Scientific Meeting  
*Research Society on Alcoholism*  
Bellevue, Washington

2021 Dissertation Scholar Award  
Miami University, Oxford, Ohio

2020 Dissertation Scholar Award  
Miami University, Oxford, Ohio  
2018 Second Place, Three Minute Thesis (3MT®)  
*Drunkorexia and Mindfulness Among College Students*  
Miami University, Oxford, Ohio

2018 People's Choice, Three Minute Thesis (3MT®) *Drunkorexia and Mindfulness Among College Students*  
Miami University, Oxford, Ohio

2017 Oral Presentation Winner, Graduate Student Research Forum, *Drunkorexia and Mindfulness Among College Students*  
Miami University, Oxford, OH

**MEMBERSHIP IN PROFESSIONAL AND SCIENTIFIC SOCIETIES:**

2023-2024 Association for Women in Science (AWIS) – Baltimore Chapter  
2022-2024 Society for the Study of Ingestible Behavior (SSIB)  
2018-present Research Society on Alcoholism (RSA)  
2018-present American Academic of Health Behavior (AAHB)

**GUEST MANUSCRIPT REVIEWER:**

*Health Psychology*  
*Health Behavior Research*

**GRADUATE STUDENTS MENTORED:**

**MASTERS COMMITTEES SERVED ON:**

1. Name: Sofia Elena Fernandez  
Type: Thesis  
Topic: An Exploration of the Intersection Between Autonomy and Tobacco Addiction Amongst Pregnant Women  
Date: 2021-2022
2. Name: Jasmine A. Bryant  
Type: Thesis  
Topic: Prioritizing DEI and Equity-Focuses Teaching Through the Use of Time Critical Feedback to Gauge Students' Sense of Belonging, Identity, and Value in Health Promotion Classrooms  
Date: 2021-2022

**UNDERGRADUATE STUDENTS MENTORED:**

1. Name: Lauren Haus  
Independent Research Topic: Alcohol Research  
Date: 2020-2022
2. Name: Lucy Stackpole  
Independent Research Topic: Alcohol Research  
Date: 2020-2022
3. Name: Kayla Lemons  
Independent Research Topic: Alcohol Research

Date: 2020-2021

4. Emma Humenay

Independent Research Topic: Alcohol Research

Date: 2020-2021

#### PEER REVIEWED PUBLICATIONS:

1. **Speed, S.**, Ward, R. M., Branscum, P., Budd, K. M., Barrios, V., & Miljkovic, K. (2023). Drunkorexia and alcohol included blackouts among college students. *Alcohol, 110*, 51-56. <https://doi.org/10.1016/j.alcohol.2023.04.004>
2. Farokhnia, M., Harris, J. C., **Speed, S. N.**, Leggio, L. & Johnson, R. M. (*in press*). Lifetime use of alcohol and cannabis among U.S. adolescents across age: Exploring differential patterns by sex and race/ethnicity using the 2019 NSDUH data. *Drug and Alcohol Dependence Reports*.
3. Herchenroeder, L., **Speed, S.**, Ward, R.M., & Yeung, E.W. (2023). Sexual minority status and food and alcohol disturbance among college students: The moderating role of body esteem. *Eating Behaviors, 49*, 101745. <https://doi.org/10.1016/j.eatbeh.2023.101745>
4. **Speed, S.**, Ward, R. M., Haus, L., Branscum, P., Barrios, V., Budd, K. M., Lemons, K., & Humenay, H. (2022). A systematic review of common drunkorexia measures: Examining gender differences across scales. *American Journal of Health Education*.
5. **Speed, S.**, & Ward, R. M. (2022). Drunkorexia and trait mindfulness among college students. *American Journal of College Health*. doi: 10.1080/07448481.2022.2048837. <https://doi.org/10.1080/07448481.2022.2048837>
5. **Speed, S.**, Branscum, P., & Gresla, A. (2022). Comparing predictors of intention for physical activity participation between normal and overweight military spouses. *American Journal of Health Education, 53*(4), 248-255. doi: [10.1080/19325037.2022.2071363](https://doi.org/10.1080/19325037.2022.2071363)
7. Guo, Y., Ward, R. M., **Speed, S.**, Legreaux, S., Cefalo, J., & Miljkovic, K. (2022). Examining alcohol related norms among international and domestic students in the United States. *Journal of Ethnicity in Substance Abuse, 1*(15), 1533-2640. doi: 10.1080/15332640.2022.2091700.
8. Ward, R. M., Steers, M-L. N., Das, A., **Speed, S.**, & Geyer, R. B. (2022). *Applications of Social Media Research in Quantitative and Mixed-Methods Research*. A. Kanekar, K. Batra, and M. Sharma (Eds.) Effective Use of Social Media in Public Health. Elsevier Publishing Group.

9. Oswald, B., Ward, R. M., Glazer, S., Sternasty, K., Day, K., & **Speed, S.** (2020). Baseline cortisol predicts drunkorexia in female but not male college students. *American Journal of College Health*. doi: 10.1080/07448481.2019.1705834.

10. Guo, Y., Ward, R. M., **Speed, S. N.** (2019). Alcohol-Related Social Norms Predict More than Alcohol Use: Examining the Relation between Social Norms and Substance Use. *Journal of Substance Use*, 258-263. doi: 10.1080/14659891.2019.1675791

### **EDITORIALS, REVIEWS AND BOOK CHAPTERS:**

1. **Speed, S.N.**, & Leggio, L. Alcohol Use Disorder, The Sage Handbook of Addiction Psychology, 1<sup>st</sup> edition. SAGE Publications Ltd; 2024.

2. Ward, R.M., Steers, M.N., Das, A., **Speed, S.**, & Geyer, R.B. Applications of social media research in quantitative and mixed methods research, *Effective Use of Social Media in Public Health*. The Academic Press; 2023.

### **PUBLICATIONS IN PREPARATION:**

1. **Speed, S.N.**, (*submitted 2024*) Sherman, G., Wang, T., Pince, C., Sanfilippo, J., Curtis, B., Farinelli, L., Giorgi, S., Farokhnia, M., & Leggio, L. (*submitted 2024*). Bariatric surgery and associated alcohol and substance use: A case control study.

2. **Speed, S.N.**, Ward, R. M., Stackpole, L., Haus, L., Branscum, P., Budd, K. M., Barrios, V. (*submitted 2024*). Drunkorexia and the Theory of Planned Behavior: Development of a TPB and Drunkorexia Behaviors and Motives Measure.

3. Taylor, T. O., Ward, R. M., Das, A., Geyer, R., & **Speed, S.** (*submitted 2024*). Examining College Students' Restorative Justice Attitudes: An Investigation of Alcohol Use, Centrality, and Adult Sexual Assault Experiences.

4. Ward, R. M., Steel, E. L., **Speed, S.**, Guo, Y., Miljkovic, K., & Cefalo, J. (*submitted 2024*). Development of an Alcohol-Related Academic Consequence Measure.

### **RESEARCH ORAL PRESENTATIONS:**

1. **Speed, S.**, Wang, T., Pince, C., Sanfilippo, J., Sherman, G., Curtis, B., Farinelli, L., Giorgi, S., Farokhnia, M., & Leggio, L. (June, 2023). Bariatric Surgery and Development of Alcohol and Substance Use Disorders. Symposium Presentation at the Research Society on Alcoholism, Bellevue, WA, USA.

2. Ward, R. M., Guo, Y., **Speed, S. N.**, Sherrard, L., & Sohns, E. (March, 2019). Examining Alcohol-Related Blackouts and Sexual Assault in the Context of Drinking to Cope. Oral Presentation at the American Academy of Health Behavior, Greenville, SC, USA.

3. Ying, G., Ward R. M., & **Speed, S. N.** (June, 2018). Alcohol-related Norms Predict More than Alcohol Use: Emotion Regulation, Resilience, Social Norms, and Substance Use. Oral presentation at the Research Society on Alcoholism, San Diego, CA, USA.
4. **Speed, S. N.**, & Ward, R. M. (March, 2018). Drunkorexia behaviors and mindfulness among college students. Oral presentation at the Three Minute Thesis (3MT®), Miami University, Oxford, OH, USA.
5. **Speed, S. N.**, & Ward, R. M. (November, 2017). Drunkorexia behaviors and mindfulness among college students. Oral presentation at the Graduate Research Forum, Miami University, Oxford, OH, USA.

#### **RESEARCH POSTER PRESENTATIONS:**

1. **Speed, S.**, Wang, T., Pince, C., Sanfilippo, J., Sherman, G., Curtis, B., Farinelli, L., Giorgi, S., Farokhnia, M., & Leggio, L. (July, 2023). Bariatric Surgery and Development of Alcohol and Substance Use Disorders. Poster Presentation at the at the Society for the Study of Ingestible Behaviors, Portland, OR, USA.
2. **Speed, S.**, Ward, R. M., Budd, K., Branscum, P., Barrios, V., & Miljkovic, K. (July, 2023). The Relationship Between Drunkorexia, Alcohol, and Blackouts Among College Students: An Exploratory Study. Poster Presentation at the at the Society for the Study of Ingestible Behaviors, Portland, OR, USA.
3. **Speed, S.**, Ward, R. M., Budd, K., Branscum, P., Barrios, V., & Miljkovic, K. (June, 2023). The Relationship Between Drunkorexia, Alcohol, and Blackouts Among College Students: An Exploratory Study. Poster Presentation at the at the Research Society on Alcoholism, Bellevue, WA, USA.
4. Herchenroeder, L., **Speed, S.**, Ward, R.M., & Yeung, E.W. (June, 2023). Sexual minority status and food and alcohol disturbance: The moderating role of body esteem. Poster accepted for presentation at the 11th annual Collaborative Perspectives on Addiction Conference, Albuquerque, NM, USA.
5. **Speed, S.**, Ward, R. M., & Branscum, P., Barrios, V., Budd, K., & Haus, L. (March, 2023). Poster Presentation at the American Academies of Health Behavior – San Francisco, CA, USA.
6. **Speed, S. N.**, Branscum, P., & Gresla, A. (March, 2022). Comparing Determinants of Physical Activity Participation Between Normal and Overweight Military Spouses. Oral Presentation at the American Academy of Health Behavior, Key Largo, FL, USA.
7. Ward, R. M., Das, A., Geyer, R., & **Speed, S.** (April, 2022). COVID-19 status, vaccination, and alcohol among college students. Poster presentation at *Collaborative Perspectives on Addiction*. Portland, OR, USA.

8. Ward, R. M., Das, A., Geyer, R., **Speed, S.**, & Taylor, T. (March, 2022). Examining alcohol-related blackouts amongst college students of stigmatized identities. Oral Presentation at the Research Society on Alcoholism, Orlando, FL, USA.
9. Ward, R. M., **Speed, S.**, & Guo, Y. (March, 2021). Development and Validation of an Alcohol-Related Academic Consequences Measure. Poster Presentation at the American Academies of Health Behavior - virtual conference.
10. **Speed, S. N.**, & Ward, R. M. (November, 2019). Drunkorexia behaviors and mindfulness among college students. Poster presentation at the Graduate Student Research Forum, Miami University, Oxford, OH, USA.

**SERVICE:**

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| 2023-2024 | Director of Sponsorship Association for Women in Science (AWIS),<br><i>Baltimore Chapter</i>                                |
| 2022-2023 | Fellows Committee<br>Co-Chair, Health & Recreation Subcommittee<br><i>National Institutes of Health, Bethesda, Maryland</i> |
| 2021-2022 | Faith & Fitness, Campus Advisor,<br><i>Miami University, Oxford, OH</i>   |
| 2018-2021 | Interpersonal Violence Research Group,<br><i>Miami University, Oxford, Ohio</i>   |
| 2018-2022 | Barlife Calisthenics Club, Campus Advisor,<br><i>Miami University, Oxford, Ohio</i>   |
| 2017-2022 | The Body Project, Staff Educator,<br><i>Miami University, Oxford, Ohio</i>  |
| 2017-2018 | Ohio Recreation and Sports Administration,<br><i>Professional Development Committee</i>                                     |
| 2016-2022 | Mental Health Ally<br><i>Miami University, Oxford, Ohio</i>   |