

EDUCATION

2012 – 2015 PhD, Health Education / Health Promotion
University of Alabama at Birmingham, School of Public Health,
Department of Health Behavior

Dissertation: ***Association Between Physical Activity and Learning,
Pain Coping Strategies, Perceived Stress, and Depression Among Adults
with Diabetes and Chronic Pain***

Committee Chair: Susan L. Davies, PhD

2010 – 2011 Master of Public Health (MPH), Health Behavior
University of Alabama at Birmingham, School of Public Health,
Department of Health Behavior

2005 – 2009 Bachelor of Fine Arts (BFA), Major: Graphic Design, Minor: Art History
University of Alabama at Birmingham
Magna Cum Laude

2000 – 2004 Bachelor of Science (BS), Major: Psychology, Minor: Chemistry
University of Alabama at Birmingham
Magna Cum Laude

RESEARCH AND EMPLOYMENT

Division of Preventive Medicine, School of Medicine, UAB, Birmingham, AL

- **Postdoctoral Fellow, July 2016 - Present**

Mentor: Andrea Cherrington, MD MPH

Primary project: *SONNY: Stop Obesity Now-A Family-Based Intervention to
Reduce Obesity in the Black Belt (NIMHD, 2015-2017)*

Other projects: *Living Well with Diabetes: Improving Medication Adherence in the
Alabama Black Belt (PCORI, 2014-2017)*

*Collaboration to Improve Blood Pressure (BP) in the U.S. Black
Belt – Addressing the Triple Threat (NHLBI/PCORI, 2015-2020)*

Department of Health Behavior, School of Public Health, Birmingham AL

- **Certified Course Instructor, August 2014-Present;**

Division of Preventive Medicine, School of Medicine, UAB, Birmingham, AL

- **Program Manager, August 2009-June 2016;**

Submitted Grants

United Way of Central Alabama's Vision Council Grant Application System. *Let's Get Down 35211: A Blood Pressure Management Program*. Jefferson County Department of Health. Role: evaluator (PI: Monique Mullins)

National Institute of Mental Health. *Optimizing the Tdap visit: A time to deliver adolescent prevention*. Role: postdoc/co-investigator (PI: Susan Davies)

Honors / Awards

Research citation award, Society of Behavioral Medicine:

Andreae S, Gamboa C, Richman J, Safford M. *Quality of life improved in individuals with diabetes in a CBT-based program delivered by CHWs*. Abstract for oral presentation. 36th Annual Meeting of the Society of Behavioral Medicine; April 22-25; San Antonio, TX.

2nd place, poster category, 10th Annual Health Disparities Research Symposium:

Andreae L, **Andreae S**, Safford M. Medication-related beliefs in rural African Americans with diabetes. Abstract for poster presentation. 10th Annual Health Disparities Research Symposium. March 17-18, 2015; Birmingham AL.

3rd place, poster category, 10th Annual Health Disparities Research Symposium:

Cherrington A, Khodneva Y, Richman J, **Andreae S**, Gamboa C, Safford M. Peer support reduces hospitalizations and emergent services for individuals with diabetes and depressive symptoms. Abstract for poster presentation. 10th Annual Health Disparities Research Symposium. March 17-18, 2015; Birmingham AL

TEACHING EXPERIENCE

HB641-Research Methods in Social Behavioral Research

- Online and classroom sections
- Course is designed for master's level students in the Department of Health Behavior, School of Public Health.

HB636-Developing Public Health Interventions

- Instructor of online sections
- Course is designed for master's level students in the Department of Health Behavior, School of Public Health.
- Teacher's assistant for classroom sections

HB635-Communities, Families, and Health

- Teacher's assistant

OTHER EXPERIENCE / PROFESSIONAL MEMBERSHIPS

- Quality Matters Certification
- Proficient in the following software programs:
 - SAS, NVivo, ArcGIS, QGIS, Adobe Creative Suites (Illustrator, InDesign, Photoshop, AfterEffects, Acrobat)
- Member:
 - Society of Behavioral Medicine (SBM)
 - American Public Health Association (APHA)
- Ad hoc reviewer for the following journals:
 - Journal of the Healthcare for the Poor and Underserved
 - Translational Behavioral Medicine: Practice, Policy and Research
- Volunteer as an Assistant Coach for Girls on the Run (GOTR) Birmingham Metro

MANUSCRIPTS IN PREPARATION / IN REVIEW

Andreae SJ, Andreae LJ, Lewis MW, Johnson E, Clark D, Safford MM. *Cultural Adaptation of a Cognitive Behavioral Training Intervention Delivered by Community Health Workers*. Manuscript in review.

Andreae SJ, Andreae LJ, Cherrington AL, Richman JR, Safford MM. *A Peer Coach Delivered Cognitive Behavioral Program Improved Pain but not Diabetes Outcomes: the Living Healthy Randomized Controlled Trial*. Manuscript submitted for review.

Cherrington AL, Khodneva Y, Richman J, **Andreae S**, Gamboa C, Safford MM. *Impact of peer support on acute care visits and hospitalizations for individuals with diabetes and depressive symptoms*. Manuscript submitted for review.

Duckworth M, Andreae LJ, **Andreae SJ**, Pearson J, Lewis MW, Safford MM, Cherrington AL. *Understanding the lived experience of diabetes among African Americans in the rural south*. Manuscript submitted for review.

Andreae S, Andreae L, Safford M, Dutton G, Davies S, Cherrington A. *Assessing youth perceptions and awareness of diabetes in rural Alabama*. Manuscript in preparation.

Khodadadi A, **Andreae S**, Andreae L, Dutton G, Safford M, Cherrington A. *Assessing Community Members' Preferences of a Family-Based Diabetes Prevention Program in Rural Alabama*. Manuscript in preparation.

Khodneva Y, Richman J, Gamboa C, **Andreae S**, Cherrington A, Safford M. *Cognitive Behavioral Therapy-based Peer Support Intervention Improves Pain-related Outcomes among adults with diabetes and chronic pain: Results from the Living Healthy Study*. Manuscript in preparation.

PUBLICATIONS

1. Cherrington A, Martin MY, Hayes M, Halanych JH, Wright MA, Appel SJ, **Andreae SJ**, Safford MM. *Intervention mapping as a guide for the development of a diabetes peer support intervention in rural Alabama*. Prev Chronic Dis. 2012;9:E36. Epub 2012 Jan 12. PMID:3310146
2. **Andreae SJ**, Halanych JH, Cherrington A, Safford MM. *Recruitment of a Rural, Southern, Predominantly African-American Population into a Diabetes Self-Management Trial*. Contemporary Clinical Trials. 2012 May;33(3):499-506. Epub 2012 Feb 10. PMID: 22349456
3. Sewell K, **Andreae SJ**, Luke E, Safford MM. *Perceptions of and Barriers to Use of Generic Medications in a Rural African American Population, Alabama 2011*. Prev Chronic Dis 2012;9:120010.DOI: <http://dx.doi.org/10.5888/pcd9.120010>; PMID: PMC3475503
4. Herbert MS, Varley AL, **Andreae SJ**, Goodin BR, Bradley LA, Safford MM. *Association of pain with HbA1c in a predominantly black population of community-dwelling adults with diabetes: a cross-sectional analysis*. Diabet Med. 2013 Dec;30(12):1466-71. doi: 10.1111/dme.12264. Epub 2013 Jul 19. PMID: PMC3935766
5. Safford MM, **Andreae S**, Cherrington A, Martin MY, Halanych J, Lewis M, Patel A, Johnson E, Clark D, Gamboa C, Richman J. *Peer coaches to improve diabetes outcomes in rural Alabama*. Ann Fam Med. 2015 Aug;13 Suppl 1:S18-26. doi: 10.1370/afm.1798. PMID: PMC4648138
6. Richman JS, **Andreae S**, Safford MM. *Challenges of prolonged follow-up and temporal imbalance in pragmatic trials: Analysis of the ENCOURAGE Trial*. Annals of Family Medicine. Ann Fam Med. 2015 August;13 Suppl 1:S66-72.doi:10.1370/afm.1790. PMID: PMC4648137
7. Sewell K, Halanych JH, Russell L, **Andreae SJ**, Cherrington A, Martin MY, Pisu M, Safford MM. *Blood Pressure Measurement Biases in Clinical Settings*. Prev Chronic Dis. 2016 Jan 7;13:E01. doi: 10.5888/pcd13.150348. PMID:4707947
8. Khodneva Y, Safford MM, Richman J, Gamboa C, **Andreae S**, Cherrington A. *Volunteer peer support, diabetes, and depressive symptoms: Results from the ENCOURAGE trial*. J Clinical & Translational Endocrinology. 2016 Jun; 4:38-44

PRESENTATIONS AND ABSTRACTS

1. **Andreae SJ**, Andreae LJ, Gathers Q, Safford M, Cherrington AL. *Understanding and Overcoming Barriers to Implementation of Peer Support Models in Primary Care*. Abstract for poster presentation. 39th Annual Meeting of the Society of Behavioral Medicine, April 11-14, 2017; New Orleans LA.
2. **Andreae S**, Andreae L, Safford M, Dutton G, Davies S, Cherrington A. *Assessing youth perceptions and awareness of diabetes in rural Alabama*. Abstract for poster

presentation. 145th Annual Meeting of the American Public Health Association, November 4-8, 2017; Atlanta GA.

3. Duckworth M, Andreae L, **Andreae S**, Safford MM, Cherrington A. *Understanding the lived experience of diabetes among African Americans in the rural south*. Abstract for oral presentation. 145th Annual Meeting of the American Public Health Association, November 4-8, 2017; Atlanta GA.
4. Safford MM, **Andreae SJ**, Cherrington AC, Gamboa C, Andreae L, Patel A, Lewis M, Richman J. *Peer-Delivered Cognitive Behavior Intervention Reduced Depression and Stress*. Abstract for oral presentation. Society of General Internal Medicine Annual Meeting, April 19-22; Washington DC.
5. **Andreae SJ**, Davies SL, Richman JR, Cherrington AL. Safford MM. *Association Between Changes in Physical Activity & Depressive Symptoms & Perceived Stress in Adults with Diabetes & Chronic Pain*. Abstract for poster presentation. 38th Annual Meeting of the Society of Behavioral Medicine, March 29-April 1, 2017; San Diego CA.
6. **Andreae SJ**, Davies SL, Richman JR, Cherrington AL. Safford MM. *Association between PA and Self-Efficacy for Pain Management and diabetes management in Adults with Diabetes and Chronic Pain*. Abstract for poster presentation. 38th Annual Meeting of the Society of Behavioral Medicine, March 29-April 1, 2017; San Diego CA.
7. Khodadadi AB, **Andreae SJ**, Cherrington AL. *Assessing Community Members' Preferences of a Family-Based Diabetes Prevention Program in Rural Alabama*. Abstract for poster presentation. 38th Annual Meeting of the Society of Behavioral Medicine, March 29-April 1, 2017; San Diego CA. *Selected for the Diabetes Poster Walk*
8. **Andreae SJ**, Davies SL, Richman JR, Safford MM. *Association between Physical Activity and Pain Coping Strategies in Adults with Diabetes and Chronic Pain*. Abstract for poster presentation. 37th Annual Meeting of the Society of Behavioral Medicine, March 30-April 2, 2016; Washington D.C.
9. Safford MM, **Andreae SJ**, Richman JR. *Peer-Delivered Cognitive Behavior Intervention Reduced Depression and Stress*. Abstract for oral presentation. 37th Annual Meeting of the Society of Behavioral Medicine, March 30-April 2, 2016; Washington D.C.
10. Davies SL, Hannon L, Lee Y, Thind H, **Andreae SJ**. *Challenges facing African-American communities in the Deep South as perceived by male residents and community leaders*. Abstract for oral presentation. 143rd Annual Meeting and Expo of the American Public Health Association. Oct. 31 - Nov. 4, Chicago IL.
11. **Andreae SJ**, Gamboa C, Richman J, Safford MM. *Quality of Life Improved in individuals with diabetes in a CBT-based program delivered by CHWs*. Abstract for oral presentation. 36th Annual Meeting of the Society of Behavioral Medicine, April 22-25, 2015; San Antonio, TX. *Citation Award Winner*.
12. Cherrington A, Khodneva Y. Richman J, **Andreae S**, Gamboa C, Safford M. *Peer support reduces hospitalizations and emergent services for individuals with diabetes and depressive symptoms*. Abstract for poster presentation. 36th Annual Meeting of the Society of Behavioral Medicine, April 22-25, 2015; San Antonio, TX.

13. Andreae LJ, **Andreae SJ**, Safford MM. *Medication-related beliefs in rural African American with diabetes. Abstract for poster presentation. 36th Annual Meeting of the Society of Behavioral Medicine, April 22-25, 2015; San Antonio, TX.*
14. Safford MS, **Andreae, SJ**. *Cultural Adaptation of a Community Health Worker Intervention. Symposium 31: Improving Primary Care through Culturally Responsive Initiatives; 36th Annual Meeting of the Society of Behavioral Medicine, April 22-25, 2015; San Antonio, TX.*
15. Cherrington A, Khodneva Y, Richman J, **Andreae S**, Gamboa C, Safford M. *Peer support reduces hospitalizations and emergent services for individuals with diabetes and depressive symptoms. Abstract for poster presentation. 10th Annual Health Disparities Research Symposium. March 17-18, 2015; Birmingham AL. Winner 3rd place poster category*
16. **Andreae S**, Gamboa C, Richman J, Safford M. *Quality of life improved in individuals with diabetes in a CBT-based program delivered by CHWs. Abstract for poster presentation. 10th Annual Health Disparities Research Symposium. March 17-18, 2015; Birmingham AL.*
17. Andreae L, **Andreae S**, Safford M. *Medication-related beliefs in rural African Americans with diabetes. Abstract for poster presentation. 10th Annual Health Disparities Research Symposium. March 17-18, 2015; Birmingham AL. Winner of 2nd place poster category*
18. Wesson E, Andreae L, **Andreae S**, Owens S, Hayden C, Safford MM. *Qualities of Diabetes Patients with Medication Adherence in Rural Alabama. Abstract for poster presentation. UAB Medical Student Research Day; October 28, 2014; Birmingham, AL.*
19. Owens S, Wesson E, **Andreae S**, Safford MM. *Attitudes and Beliefs about Diabetes Medications and Illness Acceptance in Rural Alabama Black Belt. Abstract for poster presentation. UAB Medical Student Research Day; October 28, 2014; Birmingham, AL. Best Poster in Group E*
20. Wesson E, Andreae L, **Andreae S**, Owens S, Hayden C, Safford MM. *Qualities of Diabetes Patients with Medication Adherence in Rural Alabama. Abstract for poster presentation. NIDDK Medical Student Research Symposium; August 6-7, 2014; Nashville, Tennessee.*
21. Owens S, Wesson E, **Andreae S**, Safford MM. *Attitudes and Beliefs about Diabetes Medications and Illness Acceptance in Rural Alabama Black Belt. Abstract for poster presentation. NIDDK Medical Student Research Symposium; August 6-7, 2014; Nashville, Tennessee.*
22. Richman J, **Andreae SJ**, Safford MM. *Temporal trends and the analysis of community based trials. Abstract for poster presentation. 5th Annual UAB Diabetes Research Day, May 23, 2014; Birmingham, Alabama.*
23. Richman J, Andreae SJ, Safford MM. *Temporal trends and the analysis of community based trials. Abstract for poster presentation. 35th Annual Meeting of the Society of Behavioral Medicine, April 23-26, 2014; Philadelphia, Pennsylvania*

24. Cherrington A., Khodnova Y, Gamboa C, **Andreae S**, Appel S, Safford M. *Diabetes distress, depressive symptoms and diabetes control in a southern rural sample*. Abstract for poster presentation. UAB Diabetes Research Day, Birmingham AL, May 7, 2013
25. **Andreae SJ**, Andreae LJ, Safford MM. *Collaborative intervention development in community engaged research*. Abstract for poster presentation. UAB Diabetes Research Day, Birmingham AL, May 7, 2013.
26. Cockrum R, **Andreae S**, Gamboa C, Safford M. *Diabetes Knowledge Retention and Glycemic Control in the ENCOURAGE Trial*. Abstract for oral presentation. 54th Annual National Student Research Forum; April 25-26, 2013; Galveston, TX
27. Safford MM, Halanych JH, Martin MY, **Andreae SJ**, Clark DS. Johnson E. Richman JS. Gamboa CM. Cherrington AL. *Volunteer Peer Support in Rural Alabama*. Abstract for oral presentation. 34th Annual Meeting of the Society of Behavioral Medicine, March 20-23, 2013; San Francisco, California
28. Srivastav S, Cherrington A, Varley A, **Andreae S**, Gamboa C, Safford M. *“SMART” goals and outcomes in a peer-delivered community-based diabetes intervention trial in the rural South*. Abstract for poster presentation. 34th Annual Meeting of the Society of Behavioral Medicine, March 20-23, 2013; San Francisco, California
29. Cherrington A, Khodnova Y, Gamboa C, **Andreae S**, Appel S, Safford M. *Diabetes distress, depressive symptoms and diabetes control in a southern rural sample*. Abstract for poster presentation. 34th Annual Meeting of the Society of Behavioral Medicine, March 20-23, 2013; San Francisco, California
30. Safford MM, Halanych JH, Martin MY, **Andreae SJ**, Clark DS. Johnson E. Richman JS. Gamboa CM. Cherrington AL. *Volunteer Peer Support in Rural Alabama*. Abstract for oral presentation. 8th Annual Health Disparities Research Symposium; February 28, 2013; Birmingham, Alabama.
31. Srivastav S, Cherrington A, Varley A, **Andreae S**, Gamboa C, Safford M. *“SMART” goals and outcomes in a peer-delivered community-based diabetes intervention trial in the rural south*. Abstract for poster presentation. 8th Annual Health Disparities Research Symposium; February 28, 2013; Birmingham, Alabama.
32. Cockrum R, **Andreae S**, Gamboa C, Safford M. *Diabetes Knowledge Retention and Glycemic Control in the ENCOURAGE Trial*. Abstract for poster presentation. 8th Annual Health Disparities Research Symposium; February 28, 2013; Birmingham, Alabama.
33. Chen Z, **Andreae S**, Lewis M, Sewell K, Safford MM. *Prevalence of beliefs about generic medications in Encourage study participants reporting medication non-adherence*. Abstract for poster presentation. 14th Annual Rural Health Conference, The Weight of Our Rural Communities: Partnering to Reduce Obesity; February 20, 2013; Tuscaloosa, Alabama
34. Luke E, Lewis MW, **Andreae SJ**, Gamboa C, Safford MM, *Perceptions of the Effects of a Peer-Delivered Diabetes Intervention on Healthy Eating Habits of the Peer's Families*. Abstract for poster presentation. 14th Annual Rural Health Conference, The Weight of

Our Rural Communities: Partnering to Reduce Obesity; February 20, 2013; Tuscaloosa, Alabama

35. Srivastav S, Cherrington A, Varley A, **Andreae S**, Gamboa C, Safford M. “SMART” goals and outcomes in a peer-delivered community-based diabetes intervention trial in the rural south. Abstract for poster presentation. 14th Annual Rural Health Conference, The Weight of Our Rural Communities: Partnering to Reduce Obesity; February 20, 2013; Tuscaloosa, Alabama
36. Safford MM, Halanych JH, Martin MY, **Andreae SJ**, Clark DS, Johnson E, Richman JS, Gamboa CM, Cherrington AL. *Volunteer Peer Support in Rural Alabama*. Abstract for poster presentation. 14th Annual Rural Health Conference, The Weight of Our Rural Communities: Partnering to Reduce Obesity; February 20, 2013; Tuscaloosa, Alabama
37. Cockrum R, **Andreae S**, Gamboa C, Safford M. *Diabetes Knowledge Retention and Glycemic Control in the ENCOURAGE Trial*. Abstract for oral presentation. NIDDK Medical Student Research Symposium; August 1-2, 2012; Nashville, Tennessee.
38. Sewell K, **Andreae SJ**, Luke E, Safford MM. *Perceptions and Barriers to Usage of Generic Medications in a Rural African-American Population*. Abstract for oral presentation. Society of General Internal Medicine 35th Annual meeting; May 9-12, 2012; Orlando, Florida.
39. Chen Z, **Andreae SJ**, Lewis M, Sewell K, Safford MM. *Prevalence of Beliefs About Generic Medications in ENCOURAGE Study Participants Reporting Medication Non-adherence*. Abstract for oral presentation. UAB Diabetes Research Day, Birmingham AL, May 1, 2012.
40. **Andreae SJ**, Cherrington A, Lewis M, Safford MM. *Implementing a Volunteer Peer Support Trial in Rural Alabama*. Abstract for poster presentation. UAB Diabetes Research Day, Birmingham AL, May 1, 2012
41. Srivastav S, Cherrington A, Varley A, **Andreae S**, Gamboa C, Monika Safford. “SMART” goals and outcomes in a peer-delivered community-based diabetes intervention trial in the rural South. Abstract for poster presentation. UAB Diabetes Research Day, Birmingham AL, May 1, 2012
42. Sewell K, **Andreae SJ**, Luke E, Safford MM. *Perceptions and Barriers to Usage of Generic Medications in a Rural African-American Population*. Abstract for poster presentation. UAB Diabetes Day. May 1, 2012; Birmingham, Alabama.
43. Luke E, Lewis MW, **Andreae SJ**, Gamboa C, Safford MM, *Perceptions of the Effects of a Peer-Delivered Diabetes Intervention on Healthy Eating Habits of the Peer’s Families*. Abstract for poster presentation. UAB Diabetes Day. May 1, 2012; Birmingham, Alabama.
44. Luke E, Lewis M, **Andreae S**, Gamboa C, Safford MM. *Perceptions of the Effects of a Peer-Delivered Diabetes Intervention on Healthy Eating Habits of the Peer’s Families*. Abstract for poster presentation. NIDDK Medical Student Research Symposium, Nashville TN, August 3-4, 2011

45. **Andreae SJ.** *Using Discussion Group Results to Adapt AHRQ Comparative Effectiveness Patient Guides.* UAB School of Public Health Internship Poster Session, Birmingham AL, July 28, 2011
46. Halanych JH, Russell L, **Andreae SJ**, Andrea Cherrington, Michelle Martin, Maria Pisu, Monika M Safford. Blood pressure measurement biases in clinical settings among patients with diabetes. Abstract for poster presentation. UAB Diabetes Day. Birmingham AL, May 10, 2011.
47. **Andreae SJ**, Halanych JH, Cherrington A, Safford MM. *Recruitment of a Rural, Southern, Predominantly African-American Population into a Diabetes Self-Management Trial.* Abstract for poster presentation. UAB Diabetes Day. Birmingham AL, May 10, 2011.
48. Cherrington A, Martin MY, Halanych JH, **Andreae SJ**, Samuel-Hodge C, Safford MM. *Training Community Members to use principles of Motivational Interviewing for diabetes support in rural Alabama: the ENCOURAGE Study.* Abstract for poster presentation. UAB Diabetes Day, Birmingham, AL, May 10, 2011
49. Cherrington A, Martin MY, Hayes M, Halanych JH, Wright MA, Appel SJ, **Andreae SJ**, Monika Safford. *Developing a peer support intervention for individuals living with diabetes in rural Alabama: the ENCOURAGE study.* Abstract for oral presentation. UAB Diabetes Day, Birmingham, AL, May 10, 2011.
50. Halanych JH, Russell L, **Andreae SJ**, Cherrington A, Martin MY, Pisu M, Safford MM. *Blood Pressure Measurement Biases in Clinical Settings. Abstract for poster presentation.* 34th Annual Meeting of the Society of General Internal Medicine. Phoenix, AZ. May 4-7, 2011.
51. Campbell C, Gamboa C, Sewell K, Pisu M, **Andreae S**, Halanych J, Safford M. *Opportunities for Lower Cost Diabetes Medications in the ENCOURAGE Study. Abstract for poster presentation.* 6th Annual Health Disparities Research Symposium. Birmingham AL April 25-26, 2011
52. **Andreae SJ**, Halanych JH, Cherrington A, Safford MM. *Recruitment of a Rural, Southern, Predominantly African-American Population into a Diabetes Self-Management Trial. Abstract for poster presentation.* 6th Annual Health Disparities Research Symposium. April 25-26, 2011. Birmingham, AL.
53. **Andreae SJ**, Halanych J, Russell L, Cherrington A, Martin M, Pisu M, Safford M. *Blood Pressure Measurement Biases in Clinical Settings. Abstract for poster presentation.* 27th Annual Trainee Research Symposium / Poster Session Wednesday, March 2, 2010. Birmingham AL.