Curriculum Vitae of Jude Patrick Mikal
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**This CV is structured in two sections: (1) academic achievements (incl publications, conference presentations, extramural grants), and (2) research development (incl non-academic publications, invited talks, and research development workshops / programs)

EDUCATION:
PhD Education, University of California, Santa Barbara, Dec. 2010
Emphasis: Cultural Perspectives and Educational Diversity
Dissertation: *"When Social Support Fits into your Luggage: How Internet use affects the creation and maintenance of social support networks during study abroad."*
Specialization: stress, social support, Internet mediated social support, transition, qualitative interviewing, focus groups, quantitative methods & psychometrics

M.A. Education, University of California, Santa Barbara, 2008
M.A. French Literature, Tulane University, New Orleans, LA 2004
B.S. Business Administration, University of California, Berkeley 2000
B.A. (eq.) French Literature, University of California, Berkeley 2000

ACADEMIC APPOINTMENTS:

6/2018 –	**Research Scientist, Health Policy and Management, University of Minnesota, Twin Cities**
12/2015 – 6/2018	**Research Scientist, Minnesota Population Center, University of Minnesota, Twin Cities**
8/2012 – 12/2015	**Research Development Consultant, College of Social and Behavioral Sciences, University of Utah**
5/2010 – 6/2012	**Research Development Coordinator, Interdisciplinary Humanities Center, University of CA, Santa Barbara**
8/2008 – 12/2009	**Research Assistant, Max Planck Institute for Demographic Research**
8/2002 – 5/2004	**Graduate Student Instructor, French Language and Culture, Tulane University**

ACADEMIC RESEARCH

PEER REVIEWED PUBLICATIONS

Albers, E.A., Mikal, J.P., Millenbah, A., Finlay, J., Jutkowitz, E., Mitchell, L., … & Gaugler, J.E. (2022). The Use of Technology Among Persons with Memory Concerns and Their Caregivers in the United States During the COVID-19 Pandemic: a qualitative study. *JMIR Aging, 5(1), e 31552.*

Ratanawong, J.P., Naslund, J.A., Mikal, J.P., & Grande, S.W. (2022). Achieving the potential of mHealth in medicine requires challenging the ethos of care delivery. *Primary Health Care Research and Development, 23.*

Mikal, J.P., Wurtz, R., & Grande, S.W. (2021). Older Adults' Computer-Mediated Communication (CMC) Engagement Following COVID-19 and its Impact on Access to

Community, Information, and Resource Exchange: A Longitudinal, Qualitative Study. *Gerontology and Geriatric Medicine, 7, 23337214211052201.*

Mikal, J.P., Wurtz, R., & Grande, S.W. (2021). Social media as a modern Emergency Broadcast System: A longitudinal qualitative study of social media use during COVID-19 and its impacts on social connection and social distancing compliance. *Computers in human behavior reports, 4, 100137.*

Mikal, J.P. (2021). Where form meets function: The impact of social media platform characteristics on access to online social support. *Universal Access in the Information Society, 1 – 4.*

Sadak, K.T., Gemeda, M.T., Grafelman, M., Neglia, J.P., Freyer, D.R., Harwood, E., & Mikal, J.P. (2020). Identifying metrics of success for transitional care practices in childhood cancer survivorship: a qualitative interview study of survivors. *BMC Cancer, 20(1), 1-12.*

Mikal, J., Grace, K., DeWaard, J., Brown, M., Sangli, G. (2020). Domestic migration and mobile phones: A qualitative case study focused on recent migrants to Ouagadougou, Burkina Faso. *PloS one, 15(8), e0236248*

Grande, S.W., Adams, L.V., Maseko, T.S.B., Tablot, E.A., deGijsel, D., Mikal, J., … & Haumba, S.M. (2020). The social implications of participant choice on Adherence to Isonaizid Preventative Therapy (IPT): A follow-up study to high completion rates in Eswatini. *PloS one, 15(5), e0232841.*

Peterson, C.M., Mikal, J.P., McCarron, H.R., Finlay, J.M., Mitchell, L.L., & Gaugler, J.E. (2020). The Feasibility and Utility of a Personal Health Record for Persons with Dementia and Their Family Caregivers for Web-Based Care Coordination: Mixed Methods Study. *JMIR aging, 3(1), e17769.*

Mikal, J.P., Beckstrand, M.J., Parks, E., Oyenuga, M., Odebunmi, T., Okedele, O., … & Horvath, K. (2020). Online social support among breast cancer patients: longitudinal changes to Facebook use following breast cancer diagnosis and transition off therapy. *Journal of Cancer Survivorship, 1-9.*

Mikal, J.P., Beckstrand, M.J., Grande, S., Parks, E., Oyenuga, M., & Odebunmi, T., … & Horvath, K. (2019). Online Support Seeking and Breast Cancer Patients: Changes in support seeking behavior following diagnosis and transition off cancer therapy. *Health Communication, 1-10.*

Mikal, J.P., Grande, S.W., Beckstrand, M.J. (2019). Codifying Online Social Support for Breast Cancer Patients: Retrospective qualitative assessment. *Journal of medical Internet research, 21(10), e12880.*

Grace, K., & Mikal, J. (2019). Incorporating qualitative methodologies and fieldwork into large scale, quantitative analyses of climate health in low-income countries. *The Lancet Planetary Health, 3(12), e496-e498.*

Mikal, J., Hurst, S., & Conway, M. (2017). Investigating Patient Attitudes Towards the use of Social Media Data to Augment Depression Diagnosis and Treatment: a qualitative study. *CLPSYCH 2017, 41.*

Grace, K., Lerner, A., & Mikal, J. (2017). A qualitative investigation of childbearing and seasonal hunger in peri-urban Ouagadougou, Burkina Faso. *Population and Environment, 1-12.*

Bonmarito, R., Sherwin, M., Rudi, J., Mikal, J., Borden, L. (2016). Challenges Facing Military Spouses during Post-deployment Reintegration: A review of the literature and current supports. *Military Behavioral Health, 5(1), 51-63.*

Mikal, J.P., Hurst, S., & Conway, M. (2016). Ethical Issues in Using Twitter Data for Population-level Depression Monitoring: A qualitative study. *BMC-Medical Ethics, 17(1), 22.*

Mikal, J.P., & Woodfield, B. (2015). Refugees, Post-Migration Stress, and Internet Use: A Qualitative Analysis of Intercultural Adjustment and Internet Use Among Iraqi and Sudanese Refugees to the United States. (2015). *Qualitative Health Research, 25(10), 1319-1333.*

Mikal, J. P., Rice, R. E., Kent, R. G., & Uchino, B. N. (2015). 100 million strong: A case study of group identification and deindividuation on Imgur. com. *New Media & Society, 18(11), 2485-2506.*

Mikal, J. P., Yang, J., & Lewis, A. (2014). Surfing USA How Internet Use Prior to and During Study Abroad Affects Chinese Students' Stress, Integration, and Cultural Learning While in the United States. *Journal of Studies in International Education*, 19(3), *203-224.*

Mikal, J. P., Rice, R. E., Kent, R. G., & Uchino, B. N. (2014). Common voice: Analysis of behavior modification and content convergence in a popular online community. *Computers in Human Behavior*, *35*, 506-515.

Uchino, B.N., Bowen, K., Kent, R., Mikal, J., & Fisher, E.B. (2014). Social support and physical health: Models, mechanisms, and opportunities. In E. Fisher, L. Cameron, A, Christensen, U. Ehlert, B. Oldenburg, & F. Snoek (Eds.), *Principles and concepts of behavioral medicine: A global handbook.*

Mikal, J., Rice, R., Abeyta, A., & Devilbiss, J. (2013). Transition, Stress and Computer Mediated Social Support. *Computers and Human Behavior, 29(5), A40 – A53.*

Mikal, J. & Grace, K. (2012). Against Abstinence-only Education Abroad: An analysis of how students are using the Internet to enhance study abroad, *The Journal of Studies in International Education, 16(3), 287-306.*

Mikal, J. (2012). When Social Support Fits into your Luggage: A qualitative analysis of online support seeking and its effects on the traditional study abroad experience; *Frontiers: The Interdisciplinary Journal of Study Abroad, 21, 17-40.*

PAPERS UNDER REVIEW

Can technology-based social memory aids improve social engagement? Perceptions of a novel memory aid for persons with memory concerns. *With Brenna Horn (University of Minnesota), Elizabeth Albers (University of Minnesota), Ashley Millenbah (University of Minnesota), Eric Jutkowitz (Brown University), Jessica Finlay (University of Michigan), and Lauren Mitchell (Emmanuel College). Submitted to Journal of Applied Gerontology*

Principal causes of anxiety for breast cancer diagnosis according to support seeking posts on a breast cancer sub-Reddit forum. *With Michael Conway (University of Melbourne) and Joni Pierce (University of Utah). Submitted to Patient Education and Counseling*

PAPERS IN PROGRESS

Using natural language processing and machine learning to identify markers of prodromal cognitive impairment in older adult bloggers. *With Michael Conway (University of Melbourne)*

OTHER ACADEMIC PUBLICATIONS

Gunty, A., Richmond, A., Davis, L., Williams, R., Mikal, J., Sherman, M. … Borden, L. (2016) Military Families and Financial Stress. Prepared for the Department of Defense's Office of Family Policy as a part of the University of Minnesota's REACH Program, Supporting Military Families through Research and Outreach

Gunty, A., Richmond, A., Davis, L., Williams, R., Mikal, J., Sherman, M., . . . Borden, L. (2016) Military Families and Financial Stress. Prepared for the Department of Defense's Office of Family Policy as a part of the University of Minnesota's REACH Program, Supporting Military Families through Research and Outreach.

Rudi, J. H., Sherman, M. D., Mikal, J., Brown, S., Braughton, J., Wilcox, S.,...Borden, L. M. (2015). *Volunteer training and certification*. Report submitted to the U.S. Department of Defense.

Sherman, M.D., Mikal, J., Bommarito, R., Rudi, J.H., Hess, S., Otto, M., Brown, S., Braughton, J., Rea, J., Chen, S., Wilcox, S., Bartyzal, A., Otto, A., Shortreed, T., Hawkey, K., & Borden, L.M. (2015). *Prevention of child neglect*. Prepared for the Department of Defense's Office of Family Policy as part of the University of Minnesota's REACH Program, Supporting Military Families through Research and Outreach.

Bommarito, R., Rudi, J., Sherman, M.D., Mikal, J., Kuhl, M.W., Rea, J., Brown, S., Wilcox, S., Hawkey, K., & Borden, L.M. (2015, July). *Research-Based recommendations for updating the 2013 Military Deployment Guide*. Report submitted to the U.S. Department of Defense.

Mikal, J., Bommarito, R., Rudi, J., Kuhl, M.W., Sherman, M.D., Bloomfield, C., Brown, S., Brunette, E., Roesslein, H., Shortreed, T., Hawkey, K.R., & Borden, L.M. (2015). *The Experience of Reintegration for Military Families and Implications for Yellow Ribbon Reintegration Programming.* Report submitted to the U.S. Department of Defense, June, 2015.

Mikal, J., Rice, R., Abeyta, A., & Devilbis, J. (2013). Transitions, health effects and support needs. In Thompson, T.L. & Golson, J.G. (Eds.) *Encyclopedia of Health Communication*. Thousand Oaks, CA: Sage.

PAPERS / POSTERS ACCEPTED AT ACADEMIC ASSOC. MEETINGS

Facebook and Social Support: an analysis of the nature and quality of online support provision following health transitions. *With Michael Beckstrand (University of*

Minnesota), Elise Parks (University of Minnesota), Mosunmoluwa Oyenuga (University of Minnesota), Tolulope Odebunmi (University of Minnesota), Olasunmbo Okedele (University of Minnesota), Bert Uchino (University of Utah) and Keith Horvath (University of Minnesota, Twin Cities). Communication, Medicine and Ethics Conference (COMET). June 24 – 26, 2018. Birmingham, UK.

Changes in Online Support Seeking following Transitions in Cancer Treatment. *With Michael Beckstrand (University of Minnesota), Elise Parks (University of Minnesota), Mosunmoluwa Oyenuga (University of Minnesota), Tolulope Odebunmi (University of Minnesota), Olasunmbo Okedele (University of Minnesota), Bert Uchino (University of Utah) and Keith Horvath (University of Minnesota, Twin Cities).* Communication, Medicine and Ethics Conference (COMET). June 24 – 26, 2018. Birmingham, UK.

Ethical Issues in Using Twitter Data for Population-level Depression Monitoring: A qualitative study. *With Michael Conway (University of Utah), Samantha Hurst (University of California, San Diego).* Communication, Medicine and Ethics Conference (COMET). July 4 - 6, 2016. Aalborg, Denmark.

SIDE Effects and Depression: *A case study Social Identification and Deindividuation Effects and its impact on depression among social media users. With Ron Rice (University of California, Santa Barbara), Robert Kent (University of Utah), and Bert Uchino (University of Utah).* Communication, Medicine and Ethics Conference (COMET). July 4 - 6, 2016. Aalborg, Denmark.

100 Million Strong: A case study of group identification and deindividuation on Imgur.com. *With Ron Rice (University of CA, Santa Barbara), Robert Kent (University of Utah), and Bert Uchino (University of Utah).* International Communications Association (ICA). May 24 – 26, 2014. Seattle, WA.

Women's Agency and Perception of Vulnerability: A qualitative Analysis of Breastfeeding, Contraception and Food Insecurity in Burkina Faso. *With Kathryn Grace (University of Utah) and Amy Lerner (Princeton University).* Population Association of American. May 1 – 3, 2014. Boston, MA.

Mikal, J. Refugee Adjustment & Internet Use: A qualitative study of refugees' Internet use, adjustment stress and social support following relocation to the United States. Sociology of Development. October 24 – October 26, 2013. Salt Lake City, UT.

Grace, K., & Mikal, J. It's about time: An examination of breastfeeding and women's time use in Kenya. Population Association of America. April 3 – April 5. New Orleans, LA.

Mikal, J. When Social Support Fits into your luggage: A qualitative analysis of Internet use and social support in study abroad. British Society for Population Studies. 9 – 11 September, 2009. Brighton, UK.

INVITED TALKS

Mikal, J. Longitudinal Changes in Online Support Seeking among Breast Cancer Patients following Critical Transitions in Treatment. Linnaeus University. June, 2017.

Mikal, J., Hurst, S., & Conway, M. Ethical issues in using Twitter for population-level depression monitoring: a qualitative study. Minnesota Population Center, UMN. October, 2016.

FUNDED GRANT PROJECTS

UMII, Large Seed Grant   08/01/2022 – 07/31/2024
University of Minnesota Informatics Institute
Leveraging Natural Language Processing and Machine Learning tools to identify prodromal cognitive impairment in longitudinal social media data

1P50MD017342-01, Co-I   09/01/2021 - 08/31/2026
National Institute on Minority Health and Health Disparities
Center for Chronic Disease Reduction and Equity Promotion Across Minnesota
                                              ROLE: Co-I, ID Core

1R44AG063683-01, Scientific Lead   09/01/2019 - 08/31/2022
Applied Medical Electronics (AME) Corp (National Institute on Aging prime)
A Mobile Informatics Solution to Aid in Memory   **ROLE: Site PI**

1R43AG065130-01, Scientific Lead   09/30/2019 - 08/31/2020
Applied Universal Dynamics Corp (National Institute on Aging prime)
An Automated System to Locate Items Misplaced By Persons with Dementia in a Care Facility   **ROLE: Site PI**

Rapid Response, Principal Investigator   04/01/2020 - 03/31/2021
University of Minnesota Office of the Vice President for Research
Can social media help people be happier, healthier, and well informed during COVID-19?
                                              ROLE: PI

Institute on the Environment, Co-Investigator   06/30/2018 – 6/30/2019
Mobile Technology use among Migrants in Burkina Faso **ROLE: PI**

Minnesota Population Center, Principal Investigator 06/30/2017 – 6/30/2018
Changes in online support seeking in Breast Cancer patients **ROLE: PI**

ACADEMIC COURSES

Financial Management (Sp2012)
Beginning French Grammar (F2002, Sp2003)
Geography of North America (Sp2013, Sp2014)

FELLOWSHIPS, HONORS AND AWARDS
Outstanding Service Award, UMN Minnesota Population Center, 2017
Dissertation Fellowship, UCSB Graduate School of Education, 2009-2010
Block Grant Fellowship, UCSB Graduate School of Education, 2007-2008
Foreign Language Area Studies Fellowship to Cairo (declined) 2007
Recruitment Fellowship, UCSB Graduate School of Education, 2005-2006

PROFESSIONAL SERVICE
Reviewer
Journal of Medical Internet Research, Review of Communication Research (2), International Journal of Intercultural Communications (2), Computers in Human Behavior (3),

Journal of Higher Education, PLOS ONE (Health Psychology), Stress and Health, Journal of Media Psychology, New Media and Society, Communication Reports, Review of Communication Research, Asian Pacific Education Review, International Journal of Intercultural Relations

COMMUNITY SERVICE
Best Buddies Volunteer (2020 – present)
Best Friends Animal Rescue Volunteer (2012 – 2013)
SLC Open Classroom Charter School Parent Volunteer (2012 – 2013)
SB Charter School Parent Volunteer (2011 – 2012)
PTA Earth Day Committee Chair (2007-2008)
Men's Mentorship Program Mentor (2007-2008)
Volunteer French Teacher - Goleta Family School (2007-2008)
UCSB Education Student Association Chair (2006-2007)
Women's Co-operative Volunteer in Guatemala (2006)
Volunteer Grade School Teacher in Guatemala (2006)
Research Mentor, Teacher Education Program, UCSB (2005 – 2006)

LANGUAGES AND SKILLS
SPSS, R, Visual Basic, HTML

RESEARCH DEVELOPMENT / RESEARCH CONSULTING

GRANT WRITING PUBLICATIONS

Mikal, J. (2022, March 22). 10 Strategies for Successfully Pursuing Research Grants. *Inside Higher Education.* Retrieved from: https://www.insidehighered.com/advice/2022/03/22/strategic-advice-obtaining-research-grants-opinion

Mikal, J. (2021, June 18). 10 Tips on Grant Writing from a Seasoned Reviewer. *The Chronicle of Higher Education.* Retrieved from: https://www.chronicle.com/article/10-tips-on-grant-writing-from-a-seasoned-reviewer

Mikal, J. (2021, April 12). On Grant Writing: Just What are your Project's 'Specific Aims'. *The Chronicle of Higher Education.* Retrieved from: https://www.chronicle.com/article/on-grant-writing-just-what-are-your-projects-specific-aims

Mikal, J. (2021, January 12). How to Revise and Resubmit without Losing your Voice. *Inside Higher Education.* Retrieved from: https://www.insidehighered.com/advice/2021/01/12/advice-remaining-true-your-intent-when-revising-and-resubmitting-manuscripts

Mikal, J. & Grace, S. (2019, October 23). 10 Red Flags in Grant Writing. *Inside Higher Education.* Retrieved from: https://www.insidehighered.com/advice/2019/10/23/how-write-more-effective-grant-proposals-opinion

Mikal, J., & Rumore, G. (2018, January 4). 10 Common Grant Writing Errors. *The Chronicle of Higher Education.* Retrieved from: https://www.chronicle.com/article/10-Common-Grant-Writing/242150

INVITED TALKS, GRANT WRITING

Writing: Not a spectator sport. University of Minnesota, Department of Anesthesiology. March 2018.

Making the Most of your Submitted Proposal: Re-designing, re-tooling, and re-targeting your Specific Aims to other Institutes of Health. University of Minnesota, School of Public Health. February 2018.

Why faculty burn out on grant writing: a list of 12 common strategic errors made by faculty grant writers, how to identify them, and how to help. University of Minnesota, Health Policy and Management Division. February, 2018.

Why faculty burn out on grant writing: a list of 12 common strategic errors made by faculty grant writers, how to identify them, and how to help. University of Minnesota, Environmental Health Science Division. May, 2017.

GUEST LECTURES

Writing for Research: Turning your research process into research publications. Writing for Research. Professor Timothy Beebe. Health Policy and Management, School of Public Health, University of Minnesota.

GRADUATE LEVEL GRANT WRITING COURSES

Grant Writing for the Humanities and Social Sciences (W2010 / W2011)
Interdisciplinary Humanities Center. University of California, Santa Barbara

Grant Writing for the Social and Behavioral Sciences (S2012)
College of Social and Behavioral Sciences. University of Utah

National Science Foundation – Graduate Research Fellowship Program (F2014 / F2015)
College of Social and Behavioral Sciences. University of Utah

National Science Foundation – Graduate Research Fellowship Program (F2017 / F2018)
College of Liberal Arts. University of Minnesota, Twin Cities

ONGOING RESEARCH DEVELOPMENT SERVICES

Mentored Proposal Development (MPD): Designed to complement internal and external reviews (above), mentored proposal development walks new investigators through the development of a new grant in a series of one-on-one consultations. Investigators work closely with me to (1) identify what information goes into each section of a grant, and (2) design projects that are responsive and appropriately scoped. This allows field-specific experts to focus on science rather than grantsmanship.

One Time Grant Review: Like the MPD, these reviews are designed as a complement to the internal and external review. I primarily look for issues in clarity, cogent argumentation, alignment with agency mission statements and any of the non-scientific errors I've written about. **I also work with the scientific feedback provided by internal and external reviewers to work towards solutions-based feedback.**

Resubmission Consultation: Studies simultaneously show that grants and publications tend to score better on resubmission, but that underrepresented groups resubmit less often. This means a greater burden on women and minoritized groups. This service includes two one-on-one consultations. In the first I work with scholars to review summary statements and create a plan for revisions. In the second, I review the grant

application (with summary statements and one-page response letter) for clear responsiveness to reviewer feedback.

<u>Workshop: grant writing for the social and health sciences</u>: A four-part workshop devoted to understanding the grants submission process and writing NIH grants. Sessions are structured around:
> a. *Understanding the NIH, FOAs, POs, study section and the review process*
> b. *Constructing your aims page*
> c. *Framing your research (significance and innovation)*
> d. *Methods*
>   ***Can be offered online*
>   ***Can be offered in person to around 10 faculty at a time*

<u>Resubmission Round Table</u>: A cross-disciplinary group of around N faculty members with scored or triaged NIH grant applications. We meet N+1 times. In meeting 1, we address general questions about resubmission. Each subsequent session is focused on an individual investigator and helping them construct a responsive resubmission.

<u>Specific Aims Workshops</u>: Participants are divided into groups of 4 - 5 faculty usually with cross-division representation. Each month a group member will bring in an aims page, a paper pitch, or a project idea. Fellow group members and Dr. Mikal provide feedback.

<u>Working groups</u>: The NIH frequently issues NOSIs or other broad initiatives (e.g., surrounding SDM, implementation science, stakeholder engagement, racial disparities, and climate change). Leveraging contacts across campus, I will put together a targeted list of potentially interested faculty who represent potential topical expertise, data resources, or methodological expertise. Previous topics include: domestic abuse, climate change, and reconstructing historical climate data from non-traditional data sources.

<u>Incentive Programs</u>: I have helped to create, implement, and advertise incentive programs that include funds for grant submissions, funds for resubmissions, overhead kick-back programs, and large and small departmental awards designed to provide pilot data.

<u>Insider Luncheons</u>: In this monthly lunch event, we invite local faculty and investigators who have reviewed for, worked with or who have been funded by various agencies through various mechanisms. Each month was devoted a different agency / foundation (NIH, NSF, RWJF / or foundations in general) and "insiders" share information about how to make contact with agency officials, how to secure funding, how the review process works and other information to help prepare the best, most responsive applications.

<u>Mock Review Panels / Review Panel Panels</u>: I have convened experienced reviewers from the NIH (NSF and NEH) to provide insights into the panel review process. We have structured this as both a mock review panel. In one, panelists provide scores and discuss as they would in a regular review panel. In a second, panelists are provided various talking points and field questions from audience members.