

Christa Mahlobo, PhD, RYT-200

Positive Psychology Center, University of Pennsylvania
Solomon Labs, Philadelphia, PA 19104
christamahlobo@gmail.com | christamahlobo.com

Education

- 2022 **The Pennsylvania State University**
PhD Human Development & Family Studies
Dissertation: Examining Adolescent Precursors to Early Adult Flourishing in Black Americans: On the Role of Ethnic-Racial Socialization and Identity
- 2019 MS Recreation, Parks, & Tourism Management
- 2013 **Louisiana State University**
BS Kinesiology; Human Movement Science, College Honors
Minors: Psychology, Chemistry

Academic Appointments

- 2022-Present **University of Pennsylvania**
Provost's Postdoctoral Fellow, Positive Psychology Center
Humanities and Human Flourishing Lab
- 2022 **The Pennsylvania State University**
Pre-doctoral Fellow, NIDA T32 Prevention and Methodology Training
Edna Bennett Pierce Prevention Research Center (T32 DA017629)
- 2022 Graduate Research Assistant, Human Development & Family Studies
Mindfulness and Compassion Research Lab
- 2021 **National Institutes of Health**
Summer Research Intern, Graduate Summer Opportunity to Advance Research
Social Determinants of Obesity and Cardiovascular Risk Lab-National Heart, Lung, and
Blood Institute
- 2013 **Louisiana State University**
Undergraduate Research Assistant
Kinesiology Sensorimotor Lab

Peer-Reviewed Publications

6. **Mahlobo, C.T.**, Cotter, K.N., Kirk, S., Delizia, M....Pawelski, J (2024). The arts and humanities as a vehicle for Black American flourishing: A scoping review [*Under review*]
5. Van Doren, N., **Mahlobo, C. T.**, Galla, B. M., Colaianne, B. A., Hirshberg, M. J., Inkelas, K. K., & Roeser, R. W. (2023). The role of mindfulness and compassion in early adults' subsequent mental

health, coping and compliance with health guidelines during the COVID-19 pandemic: A prospective longitudinal study. *Social and Personality Psychology Compass*, e12870

4. Powell-Wiley, T. M., Baumer, Y., Baah, F. O., Baez, A. S., Farmer, N., **Mahlobo, C.T.**, Pita, M. A., Potharaju, K., Tamura, K., & Wallen, G. R. (2022). Social determinants of cardiovascular disease* *Circulation Research*.

*Authors are listed in alphabetical order to connote equal contribution

3. Park, S.Y., **Mahlobo, C.T.**, & Peets, J. (2022). Flourishing through travel: Unfiltered voices of Black travelers. *Tourism Management*.

2. Jones, A.A., Schneider K.E., **Mahlobo, C.T.**, Maggs J.L., Dayton L, Tobin, K.E, Latkin, C.A (2022). Fentanyl overdose concerns among people who inject drugs: The role of naloxone carrying, medications for opioid use disorder, and social disadvantage. *Psychology of Addictive Behaviors*

1. Sardina, A.L., **Mahlobo, C.T.**, Gamaldo, A.A., Allaire, J., & Whitfield, K.E. (2022). Exploring the Association between Affect and Leisure Activity Engagement in Black Adults. *Journals of Gerontology, Series B: Psychological Sciences*.

Research Funding

- | | |
|------|--|
| 2023 | APA Division 10
<i>Black American Flourishing through the Arts & Humanities: Current Strengths and Systemic Barriers to Participation</i>
Co-PI: C. Mahlobo [\$3200] |
| 2018 | Africana Research Center, The Pennsylvania State University
<i>Effects of a Cognitive, Physical Activity, and Nutrition Intervention on Self-Reported Health and Self-Efficacy in African American Women</i>
Co-PI: C. Mahlobo [\$1500] |

Conference Presentations

12. Blake A. Colaianne, Matthew J. Hirshberg, Robert W. Roeser. Discussant; **Christa T. Mahlobo** (October 2023). The academic study of human flourishing: Development, implementation, and evaluation of a novel college course at three universities. 2023 Society for the Study of Human Development Conference.

11. **Mahlobo, C. T.**, Cotter, K.N., Pawelski, J (August 2023). The Art of Anti-Racism: The Possible Moderating Role of Thriving on the Relationship between Arts and Humanities Engagement and Racial Justice Attitudes. Paper presented at the 2023 American Psychological Association Conference.

10. **Mahlobo, C. T.**, Cotter, K.N., Pawelski, J (July 2023). Age, Gender, and Racial Identity and the RAISE Mechanisms of Engagement in the Arts and Humanities. Paper presented at the International Positive Psychology Association 2023 Conference.

9. Yang, M., **Mahlobo, C. T.**, Je, Jess., Thakur, P. (January 2022). Diversity and Inclusion in Tourism and Hospitality. Round Table presented at the 2nd annual Northeast Chapter of the Travel and Tourism Research Association.

8. Patterson, A., Marimon, E., Burgess, D., Medina, C., **Mahlobo, C. T.** (November 2021). Theory into practice: Expanding borders of equity-based undergraduate learning through experiential engagement. Interactive symposium at the 46th annual Association for the Study of Higher Education Conference. *Not presented due to COVID19 symposium cancellation.
7. **Mahlobo, C.T.**, Van Doren, N., Hur, Y.S., Jones, D.E., Crowley, D., M. (July 2021). Prospective impacts of neighborhood and racial socialization on adult flourishing. Paper presented at the American Psychological Association Division 45 Conference.
6. Park, S. Y., **Mahlobo, C.T.**, Peets, J. (June 2021). Flourishing through travel: Unfiltered voices of Black travelers. Paper presented at the 51st Travel and Tourism Research Association International Conference.
5. **Mahlobo, C.T.**, Van Doren, N., Hur, Y.S., Jones, D.E., Crowley, D., M. (June 2021). Black individuals' racial socialization experiences and coping with discrimination in middle and high school prospectively predict flourishing in adulthood. Paper presented at 29th meeting of Society for Prevention Research Conference.
4. **Mahlobo, C.T.**, Van Doren, N., Galla, B.M., Colaianne, B., Hirshberg, M.J., Greenberg, M.T., Inkelas, K.K., Davidson, R.J., Germano, D., Dunne, J.D., Roeser, R.W. (February 2021). Mental health, coping and health compliance in college-attending young adults during the COVID-19 pandemic: Gender and race differences. Data Blitz presented at the Health Psychology Preconference at Society for Personality and Social Psychology Conference.
3. Van Doren, N., **Mahlobo, C.T.**, Galla, B.M., Colaianne, B., Hirshberg, M.J., Greenberg, M.T., Inkelas, K.K., Davidson, R.J., Germano, D., Dunne, J.D., Roeser, R.W. (February 2021). The longitudinal impacts of mindfulness and empathic concern on self-regulation in the COVID-19 pandemic: Effects on coping and compliance with CDC guidelines. In D. Hu (Chair), Keep It Together: Self-Regulation Challenges Amid the COVID-19 Pandemic. Symposium talk presented at Society for Personality and Social Psychology Conference.
2. Fuchs, B., Reigh, N., & **Mahlobo, C.T.** (April 2019). Knowledge following an intervention to improve self-regulation of food intake does not predict self-regulation in preschoolers. Video presented at The Pennsylvania State University Graduate Student Exhibition. University Park, PA.
1. Baker, B., & **Mahlobo, C.T.** (April 2018). University-community partnerships to evaluate and improve services. Interactive symposium presented at the Pennsylvania Recreation & Parks Society Conference. University Park, PA.

Teaching Experience & Invited Talks

- | | |
|-----------|--|
| 2024 | Mind and Life
Invited speaker: "Advancing Contemplative Science in Education and Development." |
| 2023 | University of Pennsylvania
Teaching Assistant, EDUC 2500: Nature Rx |
| 2019-2022 | The Pennsylvania State University |

Co-Instructor, HDFS 108: The Art and Science of Human Flourishing

- 2021 **University of South Carolina**
Invited Lecturer, PSYC 526: Prevention of Psychological Problems in Children and Youth at Risk
“Mindfulness and Flourishing in Youth and Young Adults”
- 2017-2019 **The Pennsylvania State University**
Teaching Assistant
HDFS 414: Resolving Individual and Family Problems
HDFS 239: Adolescent Development
RPTM 210: Introduction to Commercial Recreation and Tourism
- 2017-2018 **The Pennsylvania State University**
Invited Lecturer, RPTM 120: Leisure and Human Behavior
“Leisure and Equity: Is leisure fair?” and “Intro to Leisure and Health: The Have’s and Have Nots”
- 2017-2018 **The Pennsylvania State University-World Campus**
Sole Instructor, RPTM 120: Leisure and Human Behavior

Work Experience

- 2023-Present **Yoga Instructor**
Campus Recreation, University of Pennsylvania
- 2019-Present **Wellness Consultant and Speaker**
Independent contractor
- 2021-Present **DEI Services Consultant**
Travel Unity
- 2019 **Graduate Mentor**
DC Social Justice Program, The Pennsylvania State University
- 2017-2020 **Yoga Instructor**
Lila Yoga Studio
- 2014-2016 **STEM Trainer**
The Posse Foundation

Awards & Honors

- 2023 **Mentee**
Mind & Life Global Majority Leadership and Mentorship Program
- 2021 **Student Scholarship Recipient**
APA Division 45 Conference
- 2021 **Minority Travel Award Recipient**
Society for Prevention Research

- 2020 **Sloan Scholar**
Alfred P. Sloan Foundation Minority Ph.D. Program
- 2017-2020 **Scholarship Recipient: The Pennsylvania State University**
Glenn E. Mowers Renaissance Scholarship
Herberta M. Lundegren Graduate Scholarship in Leisure Studies
Bunton Waller Fellowship
Robert W. Graham Endowed Fellowship

Service

- 2023-Present **Communications Committee Chair**
Dubois Postdoc Circle, University of Pennsylvania
- 2021 **Graduate Student Member**
Associate Dean for Faculty Affairs and Diversity, Equity, and Inclusion Search Committee
College of Health and Human Development, The Pennsylvania State University
- 2021 **PSU Wellness Days Programming Team**
The Pennsylvania State University
- 2020 **Diversity Equity, and Inclusion Leadership Council (DEILC) Member**
College of Health and Human Development, The Pennsylvania State University
- 2020 **Manuscript Reviewer**
Journal of Adolescent Health
Prevention Science
- 2018-2019 **Workshop Leader**
“Navigating the Graduate School Process as an Underrepresented Student”
Office of Diversity and Inclusion, The Pennsylvania State University