MARY A. STEINHARDT

University & Regents Distinguished Teaching Professor
Health Behavior & Health Education
Department of Kinesiology and Health Education, College of Education
https://education.utexas.edu/faculty/mary_steinhardt
The University of Texas at Austin

Associate Vice-President for Research & Research Integrity Officer
The University of Texas at Austin
https://research.utexas.edu/resources/research-misconduct/

EDUCATIONAL BACKGROUND

Bachelor of Arts	University of North Carolina, Chapel Hill, NC Emphasis: Health and Physical Education Dates: 1974-1978
Master of Science	Lamar University, Beaumont, TX Graduate Assistant Volleyball Coach Emphasis: Health Education Dates: 1978-1980
Doctor of Education	University of Houston, Houston, TX Graduate Assistant Volleyball Coach (1980-1982) Emphasis: Curriculum and Instruction Dates: 1980-1985
Post-doctoral Research Associate	University of Georgia, Athens, GA Emphasis: Curriculum and Instruction; Exercise Adherence Dates: 1985-1986
Master of Arts	Southwest Texas State University, San Marcos, TX Emphasis: Professional Counseling Dates: 1994-1999

PROFESSIONAL APPOINTMENTS – UT Austin

2020-Present	Associate Vice-President for Research, Research Integrity Officer
2008-2020	University Faculty Ombudsperson
2002-Present	Professor, Dept. of Kinesiology & Health Education, College of Education
1992-2001	Associate Professor, Dept. of Kinesiology & Health Education, College of Education
1986-1991	Assistant Professor, Dept. of Kinesiology & Health Education, College of Education

TEACHING HONORS – UT Austin

2013 Senior Provost Teaching Fellow

2011 Regents' Outstanding Teaching Award, University of Texas System

2004 Selected to the Academy of Distinguished Teachers

2003 Texas Exes Teaching Excellence Award, The University of Texas at Austin

2002 Recipient of the First Annual Dean's Distinguished Teaching Award, College of Education

2002 Alpha Lambda Delta and Phi Eta Sigma Outstanding Professor

HONORS AND AWARDS (2000-present)

2026-2027 Judy Spence Tate Fellow for Excellence, College of Education

2025 Dean's Distinguished Community Impact Award

2019 Fellow, American Academy of Health Behavior

2017 The Civitatis Award, the highest distinction made by The University of Texas at Austin in recognition of outstanding faculty citizenship

2017-2018 Fellow in the Oscar and Anne Mauzy Regents Professorship in Educational Research and Development, College of Education, The University of Texas at Austin

2013-2017 Fellow in the Teresa Lozano Long Endowed Chair in Kinesiology and Health Education, College of Education, The University of Texas at Austin

2008-2013 Fellow in the Cissy McDaniel Parker Fellow Fund, College of Education, The University of Texas at Austin

2005-2008 Fellow in the Lee Hage Jamail Regents Chair in Education, College of Education, The University of Texas at Austin

2007 Robert Murff Excellence Award in recognition of outstanding support of career services at The University of Texas at Austin

SCHOLARSHIP FUND (~45K)

Mary A. Steinhardt Scholarship Fund, Texas Exes, The University of Texas at Austin

GIFTS (~1.25 million)

2008-2009 The University of Arizona, Campus access to online program, *Transforming lives through resilience education*.

2004 Humana, *Building resilience and learning to thrive.*

2001-2002 Applied Materials, Santa Clara, CA. *Resilience in the midst of change.*

1999-2004 Motorola, Austin, Texas and Corporate Headquarters, Chicago, Illinois. *Building individual and organizational resilience.*

1992-2008 3M Austin, *Collaborative wellness training/research relationship.*

1992-2004 Motorola Austin, *Collaborative wellness training/research relationship.*

GRANTS (~6 million)

Externally Funded (selected, 2000-present)

2019-2024 National Institutes of Health
R01DK123146, National Institute of Diabetes and Digestive and Kidney Diseases
Title of Grant: Improving Health Outcomes in African Americans with Type 2 Diabetes: A Culturally Tailored Resilience-Based Diabetes Self-Management Education (RB-DSME) Intervention
Investigators: Mary Steinhardt, Hiro Tanaka, MPIs; Susan Dubois, Louis Harrison, Jaimie Davis, Mark Laudensager, Co-Is
No-cost extension until August 2026 due to pandemic

2014-2019 National Institutes of Health/National Institute of Nursing Research
P30NR015335
PI: Kim, M. Center for Transdisciplinary Collaborative Research in Self-management

Science. The goal is to create a model national center, the Center for Transdisciplinary Collaborative Research in Self-management Science (TCRSS), to develop, test, and disseminate innovative self-management solutions to improve health outcomes of people with chronic conditions. Role: Center Affiliate

2015-2016 Seton Healthcare Family-University of Texas (UT) Center for Health and Social Policy (CHASP)
Title of Grant: Incorporating Resilience-Based Diabetes Self-Management Education (RB-DSME) into the Group Medical Appointment for Adults with Type 2 Diabetes
Investigators: Mary Steinhardt, PI; Susan Dubois, Sharon Brown, Hiro Tanaka, Co-Is

2015-2016 St. David's Center for Health Promotion & Disease Prevention Research in Underserved Populations (St. David's CHPR)
Title of Grant: Discrimination, Physiological Stress and Metabolic Syndrome in a Multiracial Adult Sample
Investigators: Mary Steinhardt, PI; Sharon Brown, Susan Dubois, H. Matt Lehrer, Hiro Tanaka, Co-Is

2011-2015 National Institutes of Health
R34DK085218 from the National Institute of Diabetes and Digestive and Kidney Diseases
Title of Grant: Resilience-Based Diabetes Self-Management Education Among African Americans
Investigators: Mary Steinhardt, PI; Sharon Brown, Susan Dubois, Hiro Tanaka, Co-Is

2013-2014 EP-EG grant from St. David's Center for Health Promotion/Disease Prevention in Underserved Populations, Small Research Grant from UT Austin, and the Joseph H. Blades Centennial Memorial Professorship in Nursing
Title of Grant: Adapting a Culturally-Tailored DSME Intervention for Occupational Health: Phase I, Focus Groups
Investigators: Sharon Brown, PI; Alexandra Garcia, Mary Steinhardt, Henry Guevara, Claire Moore, Adama Brown, Heather Cuevas, Lisa Sumlin, Co-Is

2012-2013 Research collaborative with the Ann Richards School for Young Women Leaders.
Funded by St. David's HealthCare Fellowship for Women's Wellness Research
Investigator: Mary Steinhardt, PI

2007-2008 Center for Health Promotion and Disease Prevention Research in Underserved Populations (NIH/NINR P30 NR005051, Stuifbergen, PI) at The University of Texas at Austin School of Nursing, Austin
Title of Grant: Development of a Resilience and Diabetes Education Participant Workbook, Journal, and Facilitator Manual for African American Adults with T2D
Investigators: Mary Steinhardt, PI; Sharon Brown, Louis Harrison, Co-Is

2004 Department of Human Services, Austin, TX. *Building resilience and learning to thrive.*

2003 Home Depot, Atlanta, GA. *Beyond survival: building resilience and thriving.*

2002 Department of Human Services. Austin/San Antonio, TX. *The resilient individual.*

Internally Funded (selected, 2000-present)

2015-2016 Curriculum Innovation Grant: Transforming Peer Observation: Promoting Teaching and Learning through Collaborative Reflection and Mentoring
Funded by Center for Teaching and Learning, The University of Texas at Austin.
Project Leads: Mary Steinhardt, Tasha Beretvas, Diane Schallert, Jim Hoffman, Jo Worthy, Jennifer Holme, Terry Falcomata

2008-2015 Division of Housing and Food Services, The University of Texas at Austin, Supervised Student-Led Employee Wellness Program for 350 employees.

2005 Field-Based Funding Initiative, College of Education, The University of Texas at Austin, *Transforming stress into resilience.*

2004 UTOPIA Program, The University of Texas at Austin. *Building resilience and learning to thrive.*

2002 Dean's Fellowship Award for outstanding performance in scholarship, teaching, and service, The University of Texas at Austin.

PUBLICATIONS

Refereed Articles (*graduate student)

1. Montero-Zamora P, Lehrer HM, *Welsh A, Wang T, *McLaurin N, Dubois S, Tanaka H, Steinhardt M. (2026). Psychological resilience profiles and their association with socioemotional health and HbA1c among African American adults with type 2 diabetes: A latent profile analysis. *Journal of Racial and Ethnic Health Disparities*. (view)

2. *Welsh A, *Smith J, Lehrer HM, Montero-Zamora P, Dubois S, Harrison L, Tanaka H, Steinhardt M. (2026). Texas strength through resilience in diabetes education (TX STRIDE): Protocol for a non-randomized cluster-controlled trail among African American adults with type 2 diabetes. *Contemporary Clinical Trials*. (view)

3. *Welsh AM, Judkins JL, Heaton KJ, Steinhardt MA. (2025). The influence of hardiness on health outcomes in military personnel: A scoping review. *Journal of Positive Psychology*. 21(3), 605-621.

4. *Cebulske L, Montero-Zamora P, *Saba V, *McLaurin N, *Wang T, *Welsh A, Tanaka H, Steinhardt M. (2025). Diabetes distress, emotional dysregulation, and depressive symptoms among Black adults with Type 2 diabetes. *Health Behavior Research*. 8(1), 2.

5. *Hudson EA, Davis JN, *Haushalter K, Tanaka H, Dubois SK, Steinhardt MA, Burgermaster, M. (2024). Degree of food processing in the diets of African American adults with Type 2 diabetes is associated with glycemic control. *Journal of Nutrition and Dietetics.* 125(6), 817-830.

6. *McLaurin N, *Tabibi D, *Wang T, *Alhalimi T, Lehrer HM, Harrison L, Tanaka H, Steinhardt M. (2024). Coping with Discrimination Among African Americans with Type 2 Diabetes: Factor Structure and Associations with Diabetes Control, Mental Distress, and Psychosocial Resources. *Preventing Chronic Disease.* 21, E06.

7. *Woo J, Lehrer HM, *Tabibi D, *Cebulske L, Tanaka H, Steinhardt M. (2024). The association of multidimensional sleep health with HbA1c and depressive symptoms in African American adults with type 2 diabetes. *Psychosomatic Medicine. 86(4), 307-314.*

8. *Woo, J., *Whyne, E.Z., Steinhardt, M.A. (2024). Psychological distress and self-reported mental disorders: The partially mediating role of coping strategies. *Anxiety, Stress & Coping. 37(2):180-191.*

9. *Woo, J., *Whyne, E.Z., *Wright, J.I, Lehrer, H.M., Steinhardt, M.A. (2023). Positive College Experiences Moderate the Association Between Resilience and Anxiety Symptoms among Underrepresented College Students. *Health Behavior Research, 6*(2):1-18.

10. *Woo J, *Whyne E, *Wright J, Lehrer H, Alhalimi T, Wang T, Saba V, Dubois S, Tanaka H, Brown S, Steinhardt M. (2022). Feasibility and Performance of Hemoglobin A1C Self-Testing during COVID-19 among African Americans with Type 2 Diabetes. *The Science of Diabetes Self-Management and Care*, *48*(4), 204-212. PMID: 35658748 PMCID: PMC10281250

11. Steinhardt M, Brown S, Lehrer H, Dubois S, *Wright J, *Whyne E, Sumlin L, Harrison L, *Woo, J. (2021). Diabetes Self-Management Education and Support Culturally Tailored for African Americans: COVID-19-Related Factors Influencing Restart of the TX STRIDE Study. *The Science of Diabetes Self-Management and Care*, *47*(4), 290-301. PMID: 34318725 PMCID: PMC8446891

12. *Wright J, *Whyne EZ, *Lehrer HM, *Woo J. Steinhardt MA. (2021). The roles of resilience and belonging in mediating the association between positivity and anxiety among underrepresented college students. *Journal of American College Health*, *70*(8), 2311-2317.

13. Dubois SK, *Lehrer HM, *Whyne E, Steinhardt MA. (2020). A resilience intervention for adults with type 2 diabetes: Proof-of-concept in community health centers. *International Journal of Behavioral Medicine*, *27*(5), 565-575.

14. *Lehrer HM, Goosby BJ, Dubois SK, Laudenslager ML, Steinhardt MA. (2020). Race moderates the association of perceived everyday discrimination and hair cortisol concentration. *Stress*. 23(5), 529-537.

15. *Brissette CN, *Whyne EZ, *Lehrer HM, *Woo J, Steinhardt MA. (2020). Historical loss, resilience, and coping strategies are associated with loss-related symptoms in the Anishinaabe population. *American Journal of Health Behavior. 44*(2), 244-251.

16. *Lehrer HM, Steinhardt MA, Dubois SK, Laudenslager ML. (2020). Perceived stress, psychological resilience, hair cortisol concentration, and metabolic syndrome severity: A moderated mediation model. *Psychoneuroendocrinology. Mar 1;113, 104510.*

17. *Woo J, *Lehrer HM, *Whyne E, Steinhardt MA. (2019). The longitudinal association of psychological resources with chronic conditions and the mediating roles of health behaviours and allostatic load. *Psychology & Health*, *35*(5), 629-643.

18. Zhong L, *Woo J, Steinhardt MA, Vangelisti AL. (2019). “Our Job is that whole gray zone in between there”: Investigating genetic counselors’ strategies for managing and communicating uncertainty. *Health Communication*, *35*(13), 1583-1592.

19. *Lehrer HM, *Janus KC, *Gloria CT, Steinhardt MA. (2017). Personal and environmental resources mediate the positivity-emotional dysfunction relationship. *American Journal of Health Behavior*, *41*(2), 186-193.

20. *Janus KC, *Lehrer HM, *Gloria CT, Steinhardt MA. (2017). Resilience moderates the effect of stress on depressive symptoms in adolescent girls. *Health Behavior* and Policy Review*, 4*(3), 235-244.

21. *Lehrer HM, *Janus KC, *Gloria CT, Steinhardt MA. (2017). Too much of a good thing: Effect of the positivity ratio on emotional dysfunction and perceived resources in adolescent females. *Journal of Depression and Anxiety*, *6*(4), 1-6.

22. *Lehrer HM, Dubois SK, Brown SA, Steinhardt MA (2017). Resilience-based diabetes self-management education: Perspectives from African American participants, community leaders, and healthcare providers. *Diabetes Education*, 43(4):367-377.

23. *Gloria CT, Steinhardt MA. (2016). The direct and mediating roles of positive emotions on work engagement among postdoctoral fellows. *Studies in Higher Education*. *42*(12), 2216-2228.

24. *Lehrer HM, Dubois SK, Maslowsky J, Laudenslager ML, Steinhardt MA. (2016). Hair cortisol concentration and glycated hemoglobin in African American adults. *Psychoneuroendocrinology,* 72(10), 212-218.

25. *Gloria CT, Steinhardt MA. (2016). Relationships among positive emotions, coping, resilience and mental health. *Stress and Health*. 32(2), 145-156.

26. Steinhardt MA, Brown SA, Dubois SK, Harrison L, *Lehrer HM, Jaggars SS. (2015). A resilience intervention in African American adults with type 2 diabetes. *American Journal of Health Behavior*, *39*(4), 507-518.

27. Steinhardt MA, Dubois SK, Brown SA, Harrison L, *Dolphin KE, Park W, *Lehrer HM. (2015). Positivity and indicators of health among African Americans with diabetes. *American Journal of Health Behavior*, *39*(1), 43-50.

28. Brown SA, García AA, Steinhardt MA, Guevara H, Moore C, Brown A, Winter MA. (2015). Culturally tailored diabetes prevention in the workplace: focus group interviews with Hispanic employees. *The Diabetes Educator*, *41*(2), 175-183.

29. *Dolphin KE, Steinhardt MA, Cance JD. (2015). The role of positive emotions in reducing depressive symptoms among Army wives. *Military Psychology*, *27*(1), 22-35.

30. *Gloria CT, Steinhardt MA. (2013). Flourishing, languishing, and depressed postdoctoral fellows: Differences in stress, anxiety, and depressive symptoms. *Journal of Postdoctoral Affairs*, *3(1),* 1-9.

31. *Faulk KE, *Gloria CT, Steinhardt MA. (2013). Coping profiles characterize individual flourishing, languishing, and depression. *Anxiety, Stress, & Coping*, *26*(4), 378-390.

32. *Gloria CT, *Faulk KE, Steinhardt MA. (2013). Positive affectivity predicts successful and unsuccessful adaptation to stress. *Motivation and Emotion*, *37*(1), 185-193.

33. *Coffee K, *Raucci C, *Gloria C, *Faulk K, Steinhardt M. (2013). Perceptions of adolescent wellness at a single-sex school. *International Journal of Health Promotion and Education, 51(6),* 300-311.

34. Gavaza P, Brown C, Lawson K, Rascati K, Steinhardt M, Wilson J. (2012). Effect of social influences on pharmacists' intention to report adverse drug events. *Journal of the American Pharmacists Association*, *52*(5), 622-629.

35. Gavaza P, Brown C, Lawson K, Rascati K, Steinhardt M, Wilson J. (2012). Pharmacist reporting of serious adverse drug events to the Food and Drug Administration. *Journal of the American Pharmacists Association*, *52*(5), e109-e112.

36. *Faulk KE, *Gloria CT, Cance JD, Steinhardt MA. (2012). Depressive symptoms among U.S. military spouses during deployment: The protective effect of positive emotions. *Armed Forces & Society, 38*(3), 373-390.

37. Steinhardt MA, Jaggars SE, *Faulk KE, *Gloria CT. (2011). Chronic work stress and depressive symptoms: Assessing the mediating role of teacher burnout. *Stress and Health*, *27*(5), 420-429.

38. Gavaza P, Brown CM, Lawson KA, Rascati KL, Wilson JP, Steinhardt M. (2011). Examination of pharmacists' intention to report serious adverse drug events (ADEs) to the FDA using the theory of planned behavior. *Research in Social & Administrative Pharmacy*, *7*(4), 369-82.

39. Gavaza P, Brown CM, Lawson KA, Rascati KL, Wilson JP, Steinhardt M. (2011). Influence of attitudes on pharmacists' intention to report serious adverse drug events to the Food and Drug Administration. *British Journal of Clinical Pharmacology*, *72*(1), 143-152.

40. Stanforth D, Steinhardt M, Mackert M, Stanforth PR, *Gloria CT. (2011). An investigation of exercise and the placebo effect. *American Journal of Health Behavior*, *35*(3), 257-268.

41. Gavaza P, Brown CM, Lawson KA, Rascati KL, Wilson JP, Steinhardt M. (2011). Texas pharmacists' knowledge of reporting serious adverse drug events to the food and drug administration. *The Journal of the American Pharmacists Association*, *51*(3), 397-403.

42. *Dolbier CL, Smith Jaggars SE, Steinhardt MA. (2010). Stress-related growth: Pre-intervention correlates and change following a resilience intervention. *Stress and Health. 26*(2), 135-147.

43. *Dimiceli EE, Steinhardt MA, Smith Jaggars SE. (2010). Stressful experiences, coping strategies, and predictors of health-related outcomes among wives of deployed military servicemen. *Armed Forces and Society, 36*(2), 351-373.

44. *Gloria CT, Steinhardt MA. (2010). Texas nutrition environment assessment of retail food stores (TxNEA-S): development and evaluation. *Public Health Nutrition*. *13*(11), 1764-72.

45. Steinhardt MA, Mamerow MM, Brown SA, Jolly CA. (2009). A resilience intervention in African American adults with type 2 diabetes: A pilot study of efficacy. *The Diabetes Educator, 35*(2)*,* 274-284.

46. Steinhardt MA, *Dolbier CL. (2008). Evaluation of a resilience intervention to enhance coping strategies and protective factors and decrease symptomatology. *Journal of American College Health*, *56*(4), 445-453.

47. *Dolbier CL, Smith SE, Steinhardt MA. (2007). Relationships of protective factors to stress and symptoms of illness. *American Journal Health Behavior*, *31*(4), 423-433.

48. *McCalister KT, *Dolbier CL, *Webster CL, *Mallon MW, Steinhardt MA. (2006). The relationship of work environment and individual protective factors to stress and illness. *American Journal of Health Promotion*, *20*(3), 183-191.

49. *Dolbier CL, *Webster C, *McCalister KT, *Mallon M, Steinhardt MA. (2005). Reliability and validity of a one-item measure of job satisfaction. *American Journal of Health Promotion*, *19*(3), 194-198.

50. Steinhardt MA, *Dolbier CL, Gottlieb NH, *McCalister KT. (2003). The relationship between hardiness, supervisor support, group cohesion, and job stress as predictors of job satisfaction. *American Journal of Health Promotion*, *17*(6), 382-389.

51. Steinhardt MA, *Dolbier C, *Mallon M, *Adams T. (2003). The development and validation of a scale for measuring self-leadership. *Journal of Self-Leadership*, *1*, 20-31.

52. *Dolbier CL, *Soderstrom M, Steinhardt MA. (2001). The relationships between self-leadership and enhanced psychological, health, and work outcomes. *Journal of Psychology, 135*(5), 469-485.

53. *Dolbier CL, Cocke RR, *Leiferman JA, Steinhardt MA, Nehete PN, Schapiro SJ, Perlman JE, Sastry J. (2001). Differences in functional immune responses of high vs. low hardy healthy individuals. *Journal of Behavioral Medicine, 24*, 219-229.

54. Soderstrom M, *Dolbier C, *Leiferman J, Steinhardt M. (2000). The relationship of hardiness, coping strategies and perceived stress to symptoms of illness. *Journal of Behavioral Medicine, 23*(3), 311-328.

55. *Dolbier CL, Cocke RR, Steinhardt MA. (2000). The effect of a psychosocial intervention on cortisol, secretory immunoglobulin A (sIgA), and incidence of upper respiratory infection. *Brain, Behavior, and Immunity, 14*, 91-92.

56. *Dolbier CL, Steinhardt MA. (2000). The development and validation of the sense of support scale. *Behavioral Medicine, 25*(4), 169-179.

57. *Adams TB, *Bezner JR, *Drabbs ME, Zambarano RJ, Steinhardt MA. (2000). Conceptualization and measurement of the spiritual and psychological dimensions of wellness in a college population. *Journal of American College Health, 48*(4), 165-173.

58. Steinhardt MA, *Bezner JR, *Adams TB. (1999). Behavioral, psychological, and biomedical outcomes of a traditional weight control program and nondiet alternative: A one-year comparison. *Journal of Psychology, 133*(5), 495-513.

59. *Dolbier C, Cocke R, Leiferman J, Steinhardt M, Nehete P, Schapiro S, Perlman J, Sastry J. (1999). Hardiness, immune function, and health. *Neuroimmunomodulation: Research Perspectives in Psychoneuroimmunology, 6,* 214.

60. *Bezner JR, *Adams TB, Steinhardt MA. (1997). The relationship of body dissatisfaction to physical health and wellness. *Health Values: Health Behavior, Education, and Promotion, 21*(2)*,* 147-155.

61. *Adams TB, *Bezner JR, Steinhardt MA. (1997). The conceptualization and measurement of perceived wellness: Integrating balance across and within dimensions. *American Journal of Health Promotion, 11*(3)*,* 208-218.

62. *Adams TB, *Bezner JR, Steinhardt MA. (1995). Principle-centeredness: A values clarification approach to wellness. *Measurement and Evaluation in Counseling and Development, 28*(3)*,* 139-147.

63. *Young DR, Steinhardt MA. (1995). The importance of physical fitness for the reducing of coronary artery disease risk factors. *Sports Medicine, 19*(5), 303-310.

64. Steinhardt MA, Nagel L. (1995). Effectiveness of the overcoming overeating approach to the problem of compulsive eating. *When Women Stop Hating Their Bodies: Freeing Yourself From Food and Weight Obsession*, Pages 329-345.

65. Carrier KM, Steinhardt MA, *Bowman S. (1994). Rethinking traditional worksite weight management programs: A three-year follow-up evaluation of a new approach. *Journal of Psychology, 128*(5), 517-535.

66. *Young DR, Steinhardt MA. (1993). The importance of physical fitness versus physical activity for coronary artery disease risk factors: a cross-sectional analysis. *Research Quarterly for Exercise and Sport, 64*(4), 377-384.

67. Steinhardt M, Lambdin D, *Kamrath M, Ramirez T. (1993). An analysis of student teachers' intentional, perceived, and operational motor skills and physical fitness curriculum. *Journal of Teaching in Physical Education, 12*(2), 134-148.

68. *Field LK, Steinhardt MA. (1992). The relationship of internally directed behavior to self-reinforcement, self-esteem, and expectancy values for exercise. *American Journal of Health Promotion, 7*(1), 21-27.

69. Steinhardt MA, *Young DR. (1992). Psychological attributes of participants and nonparticipants in a worksite health and fitness center. *Behavioral Medicine, 18*(1)*,* 40-46.

70. Lambdin D, Steinhardt M. (1992). Elementary and secondary physical education teachers' perceptions of their goals, expertise, curriculum, and students' achievement. *Journal of Teaching in Physical Education, 11*(2)*,* 103-111.

71. Steinhardt MA. (1992). Physical education. *Handbook for Research on Curriculum*. New York: Macmillan. Pages 964-1001.

72. Steinhardt MA, *Macklem DJ. (1991). Reaction of university students to body composition assessment in physical education activity classes. *Journal of Teaching in Physical Education, 10*(3), 249-260.

73. *Young DR, Steinhardt MA. (1991). An analysis of the psychobiologic model in supervised exercise settings. *Health Values: Health Behavior, Education, and Promotion, 15*, 42-48.

74. Steinhardt M, *Stewart J, *Greenhow L. (1991). Cost-effectiveness of an occupational physical fitness program for law enforcement officers. *American Journal of Health Promotion, 5*, 455-460.

75. *Best RW, Steinhardt MA. (1991). The accuracy of heart rate monitoring in elementary school children. *Pediatric Exercise Science, 3*(3), 229-237.

76. Steinhardt M, Greenhow L, Stewart J. (1991). The relationship of physical activity and cardiovascular fitness to absenteeism and medical care claims among law enforcement officers. *American Journal of Health Promotion*, *5*(6), 455-460.

77. Dishman RK, Steinhardt M. (1990). Health locus of control predicts free-living, but not supervised, physical activity: A test of exercise-specific control and outcome-expectancy hypotheses. *Research Quarterly for Exercise and Sport*, *61*(4), 383-394.

78. Steinhardt MA, Dishman RK. (1989). Reliability and validity of expected outcomes and barriers for habitual physical activity. *Journal of Occupational Medicine*, *31*(6), 536-546.

79. Steinhardt MA, Carrier KM. (1989). Early and continued participation in a work-site health and fitness program. *Research Quarterly for Exercise and Sport*, *60*(2), 117-126.

80. Steinhardt MA, Jewett AE, Mullan MR. (1988). An analysis of the purposes for engaging in physical activity scale (PEPAS) as an instrument for curriculum research. *Research Quarterly for Exercise and Sport*, *59*(4), 339-350.

81. Dishman RK, Steinhardt M. (1988). Reliability and concurrent validity for a 7-d re-call of physical activity in college students. *Medicine and Science in Sports and Exercise*, *20*(1), 14-25.

Curriculum Development

Steinhardt MA. (2005). *Transforming Lives Through Resilience Education*. UTOPIA, The University of Texas at Austin. https://resilience.education.utexas.edu/

Steinhardt MA. (1997). *Transforming Stress into Resilience*. Motorola University.

CONTINUED ACADEMIC TRAINING, CERTIFICATIONS, & LICENSES (selected, 1990-present)

2017 First Annual U.T. System Title IX Conference, The University of Texas at Austin Administrative Building, November, 2017.

2017 Symposium: *Remaining Mindful During Conflict*, Center for Public Policy Dispute Resolution, School of Law, The University of Texas at Austin, March.

2017 Attended Symposium: *Changing Education: Redesigning the Undergraduate Experience*, Project 2021 & the Faculty Innovation Center, March.

2010 Ombudsman 101, and Ombudsman 101 Plus, International Ombuds Association, Straus Institute for Dispute Resolution, Pepperdine University School of Law.

2008 Certified Health Education Specialist (CHES).

2006 40-hour basic mediation training at the Center for Public Policy Dispute Resolution, University of Texas School of Law.

2001-2002 Franklin-Covey Leadership Center, *The Four Roles of Leadership,* Certified Facilitator; *What Matters Most,* Certified Facilitator.

1999-2001 Internal Family Systems Theory and Therapy Two Year Certification Training.

1994-1999 Master of Arts in Professional Counseling, Texas State University, San Marcos, TX.

1997-1998 Body-Centered Psychotherapy Two Year Certification Training.

1992-1995 Covey Leadership Center, *Principle-Centered Leadership*, Certified Facilitator; *Quad II. Time Management,* Certified Facilitator; *Seven Habits of Highly Effective People*, Certified Facilitator.

PROFESSIONAL MEMBERSHIPS

American Academy of Health Behavior
Society of Prevention Research
Association of Research Integrity Officers
Association of Research Integrity Officers – Western Region

PRESENTATIONS **(selected, 2005-present; *graduate student; ** undergraduate student)**

1. Montero-Zamora P, Lehrer HM, *Welsh A, Wang T, *McLaurin N, Dubois S, Tanaka H, Steinhardt M. *Psychological resilience profiles and their association with socioemotional health and HbA1c among African American adults with type 2 diabetes: A latent profile analysis.* Poster presentation at the 26th Annual Scientific Meeting, American Academy of Health Behavior, Austin, TX, March 2026.

2. Steinhardt MA, *Welsh A, *Smith J, Lehrer, HM, Harrison L. *Texas strength through resilience in diabetes education (TX STRIDE): Protocol for a clustered controlled trial.* Poster presentation at the 25th Annual Scientific Meeting, American Academy of Health Behavior, San Diego, CA, March 2025.

3. **Ganesh N, **Koirala A, *Welsh A, *Wang T, *Saba V, *McLaurin N, Tanaka H, Steinhardt M. *The role of resilience on diabetes-related health outcomes in African American adults.* Poster presentation at the 25th Annual Scientific Meeting, American Academy of Health Behavior, San Diego, CA, March 2025.

4. Steinhardt MA. *Strength Through Resilience in Diabetes Education (TX STRIDE).* Invited presentation at the 23rd Annual St. David's CHPR Conference, Addressing Intersectionality to Improve Health in Hard-to-Reach Populations, Austin, TX, March 2025.

5. *Welsh A, de Guzman K, Aurand S, Steinhardt, M. *Army Restoration & Reconditioning Center (RRC): Enhancing Occupational Competence, Value, Coping, and Reducing Distress in Deployed Soldiers.* Poster presentation at the American Occupational Therapy Association Annual Meeting, Orlando, FL, March 2024.

6. *Cebulske L, *Saba V, *McLaurin N, *Wang T, *Welsh A, Montero-Zamora P, Tanaka H, Steinhardt M. *The Mediating Role of Emotional Dysregulation on the Association Between Diabetes Distress and Depressive Symptoms in African American Adults with Type 2 Diabetes.* Poster presentation at the 24th Annual Meeting, American Academy of Health Behavior, Savannah, GA, April 2024.

7. Banerjee T, Hinds P, Steinhardt M. *Navigating the Ethics of Authorship (disputes).* Invited panel presentation at the Association of Research Integrity Officers Annual Conference, Boston, MA, September 2023.

8. *McLaurin NN, Tabibi DS, *Wang T, *Alhalimi TA, Harrison L, Lehrer HM, Tanaka H, Steinhardt MA. *Coping with discrimination and psychosocial health determinants in African Americans with type 2 diabetes.* Poster presentation at the 23rd Annual Meeting, American Academy of Health Behavior, San Francisco, CA, March 2023.

9. *Saba VC, Tabibi DS, *Cebulske LD, Lehrer HM, Steinhardt, MA. *The association between mental health and resilience resources in African Americans with type 2 diabetes.* Poster presentation at the 23rd Annual Meeting, American Academy of Health Behavior, San Francisco, CA, March 2023.

10. *Hudson EA, Steinhardt MA, Davis JN, Burgermaster M. *The association between dietary pattern indices and glycemic control in African American adults with type 2 diabetes in TX STRIDE*. Poster presentation at the American Society for Nutrition Conference, Boston, MA, July 2023.

11. *Woo J, Tanaka H, Lehrer HM, Dubois SK, *Whyne E, *Wright J, *Alhalimi TA, *Wang T, *Saba VC, Steinhardt MA. *Hemoglobin A1C self-testing during COVID-19 among African Americans with type 2 diabetes: The TX STRIDE study.* Poster presentation at the 22nd Annual Meeting, American Academy of Health Behavior, Key Largo, FL, March 2022.

12. Steinhardt, M.A. *Adaptation to Stress: Five Practices to Cultivate Resilience and Work-Life Wellbeing*, Invited Presentation, Columbia University, via Zoom, September 2022.

13. *Whyne E, *Woo J, Steinhardt M. *The longitudinal associations of negative spillover with chronic conditions and the mediating role of psychological well-being*. Poster presentation at the 22nd Annual Meeting, American Academy of Health Behavior, Key Largo, FL, March 2022.

14. *Whyne E, *Woo J, Steinhardt M. *The protective role of sense of control on the longitudinal association between stress and depressive symptoms.* Poster presented at the 16th International Congress of Behavioral Medicine, Virtual July 2021.

15. Steinhardt, M.A. *Adaptation to stress: Five practices to grow resilience.* Winter Learning Conference, Highland Park ISD, Dallas, TX, via Zoom morning session, February 2021.

16. *Woo J, *Whyne E, Steinhardt M. *The mediating role of emotional coping on the longitudinal association between negative affect and depression/anxiety.* Poster presented at the 16th International Congress of Behavioral Medicine, Virtual, July 2021.

17. Steinhardt MA, *Wright J, *Whyne E, *Lehrer HM, *Woo J. *Campus integration moderates the association between resilience and anxiety among underrepresented college students.* Poster presentation at the 21st Annual Meeting of the American Academy of Health Behavior. (awarded 'poster of distinction'), Virtual, March 2021.

18. Steinhardt MA. *Resilience-based diabetes self-management education in African American adults with type 2 diabetes.* Invited Symposium Presentation, Strength-based approaches in diabetes care – challenging the deficit model. 80th Scientific Sessions, American Diabetes Association, Virtual, June 2020.

19. Steinhardt MA. *Measurement and Application of Self-leadership*. Stanford Graduate School of Business Alumni Association. Virtual, July 2020.

20. *Lehrer HM, Steinhardt MA. *Psychosocial stress, HPA axis function, and cardiometabolic health.* Annual Meeting of the Academy of Behavioral Medicine Research, Tucson, AZ, June 2019.

21. Zhong L, *Woo J, Steinhardt M, Vangelisti A. *"Our job is the whole gray zone in between": Investigating genetic counselors' strategies for managing uncertainty and communicating*

uncertainty to patients. Paper presented at the 69th Annual International Communication Association Conference, Washington, DC, May 2019.

22. *Lehrer HM, Steinhardt MA. *Stress eating predicts cardiometabolic conditions over a 7-9 year follow-up*. Paper presentation at the 77th Annual Meeting of the American Psychosomatic Society, Vancouver, BC. March 2019.

23. Steinhardt MA, *Whyne E, *Woo J, *Lehrer HM, Brissette C. *Historical loss, resilience, and coping strategies are associated with loss-related symptoms in the Anishinaabe population.* Poster presentation at the19th Annual American Academy of Health Behavior Meeting, Greenville, SC, March 2019.

24. Steinhardt MA. *The promotion and tenure process*. Roundtable presentation at the19th Annual Scientific Meeting of the American Academy of Health Behavior Meeting, Greenville, SC, March 2019.

25. *Woo J, *Lehrer HM, *Whyne E, Steinhardt MA. *The longitudinal association of psychological resources with chronic conditions and the mediating roles of allostatic load and health behaviors.* Poster presentation at the19th Annual American Academy of Health Behavior Meeting, Greenville, SC, March 2019.

26. Steinhardt MA. *Resilience moderates the association of stress with depressive symptoms in adolescent girls.* Paper presented at the Inaugural Collaborative Research Forum, College of Education, The University of Texas, Austin, TX, February 2019.

27. Steinhardt MA. *Better U: Be resilient by practicing mindfulness.* Invited webinar for faculty and staff of Boise School District, Idaho. January 2019.

28. Steinhardt MA. *Better U: Be resilient by learning to find growth in stressful situations.* Invited webinar for faculty and staff of Boise School District, Idaho. February 2019.

29. Steinhardt MA. *Better U: Be resilient by unleashing the power of positivity.* Invited webinar for faculty and staff of Boise School District, Idaho. February 2019.

30. Steinhardt MA. *Stress adaptation and enhancing resilience.* Invited presentation at the Emerald Coast Medical Association, Destin, FL, January 2019.

31. Steinhardt MA, Dubois SK, *Lehrer HM, *Whyne E, & *Woo J. *A resilience intervention for adults with type 2 diabetes in underserved communities.* Poster presentation at the18th Annual American Academy of Health Behavior Meeting, Portland, OR, March 2018.

32. Steinhardt MA, Dubois SK. *A resilience intervention in African American adults with type 2 diabetes*. Invited presentation at the International Conference on Nursing Science and Practice, Dallas, TX, June 2017.

33. Steinhardt MA. *Five practices to enhance your resilience*. NXP Semiconductors, Oak Hill Campus, Austin, TX, February 2017.

34. *Lehrer HM, Dubois SK, Steinhardt MA. *Racial/ethnic differences in the relationship between hair cortisol and the metabolic syndrome*. 75th Annual Meeting of the American Psychosomatic Society. March 2017. Seville, Spain.

35. Steinhardt MA, *Lehrer HM, *Janus K, Gloria CT. *Too much of a good thing: Curvilinear relationship between positivity and emotional dysfunction in adolescent females.* Poster presentation, 17th Annual American Academy of Health Behavior Meeting, Tucson, AZ, March 2017.

36. Lehrer HM, Janus K, Gloria CT, Steinhardt MA. *Perceived personal and environmental resources mediate the relationship between positivity and emotional dysfunction in adolescent females.* Poster presentation,17th Annual American Academy of Health Behavior Meeting, Tucson, AZ, March 2017.

37. Steinhardt MA. *The promotion and tenure process*. Roundtable presentation at the17th Annual American Academy of Health Behavior Meeting, Tucson, AZ, March 2017.

38. Steinhardt MA. *Building employee resilience.* Invited presentation, Austin Business Group on Health, Austin Energy – Town Lake Center, Austin, Texas, June 2016.

39. Steinhardt MA. *The resilient physician.* Invited presentation, Internal Medicine Medical Education Day, Department of Internal Medicine, University of Kansas Medical Center, March 2016.

40. Steinhardt MA. *Resilience in the workplace.* Invited presentation, Internal Medicine Medical Education Day, Department of Internal Medicine – residents only discussion, University of Kansas Medical Center, March 2016.

41. *Lehrer HM, Dubois SK, Maslowsky J, Laudenslager ML, Steinhardt MA. *Cortisol in hair predicts type 2 diabetes status in African American adults*. 74th Annual Meeting of the American Psychosomatic Society, Denver, CO, March 2016.

42. Steinhardt MA, *Lehrer HM, *Blake-Allick KA, Brown SA, Dubois SK. *Resilience-based diabetes self-management education (RB-DSME) among African Americans: A synthesis of six focus groups.* Poster presentation at the16th Annual American Academy of Health Behavior Meeting, Ponte Vedra Beach, FL, February 2016.

43. Steinhardt MA. *Resilience and self-leadership in the midst of change and stressful events.* Invited keynote address at the 5th Annual Spring Leadership Conference: Cultivating GRIT and Resiliency, North Texas Community College Consortium and the Consortium Leadership and Renewal Academy, University of North Texas Gateway Center, Denton, Texas, January 2016.

44. *Brissette C, Steinhardt MA. *"We're still here": A qualitative study of Anishnabe adaptations to historical trauma.* Traditional Health and Healing Panel Presentation, Annual Meeting of the Native American and Indigenous Studies Association, Washington, D.C., May 2015.

45. *Lehrer HM, Ripperger-Suhler K, Dubois SK, Steinhardt MA. *DHEA in hair predicts type 2 prediabetes and diabetes status in African American Adults.* Poster presentation at the Society of Behavioral Medicine 36th Annual Meeting & Scientific Sessions, San Antonio, TX, April 2015.

46. Brown SA, García AA, Steinhardt MA, Guevara H, Moore C, Brown A, Winter MA. *Adapting a culturally tailored diabetes self-management intervention for Hispanics in the workplace: Phase I, focus groups.* Poster presentation at the Society of Behavioral Medicine 36th Annual Meeting & Scientific Sessions, San Antonio, TX, April 2015.

47. Steinhardt MA, Brown SA, Dubois SK, Harrison L, *Lehrer HM, Jaggars SS. *A resilience intervention in African American adults with type 2 diabetes.* 15th Annual American Academy of Health Behavior Meeting, San Antonio, Texas, March 2015.

48. Steinhardt MA. *Collegiality, bullying, and academia.* Invited panel presentation at the Annual Meeting of the Texas Council of Faculty Senates, Austin, TX, March 2015.

49. *Gloria C, Steinhardt MA. *Can positive emotions really affect anxiety and depression?* Anxiety.org. https://www.anxiety.org/can-positive-emotions-affect-anxiety-depression, December 2014.

50. Steinhardt MA. *Building resilience*. Invited presentation at the 2014 National Marrow Council Meeting, Minneapolis, November 2014.

51. Steinhardt MA. *Obtaining optimal wellness: Resilience*. Delta Kappa Gamma Leadership Management Seminar, McCombs School of Business, July 2014.

52. *Lehrer HM, *Abrams M, Steinhardt MA. *Know your numbers: A health screening and intervention for University of Texas at Austin dining and food service employees*. St. David's Center for Health Promotion & Disease Prevention Research in Underserved Populations Annual Conference. The University of Texas, Austin, TX, April 2014.

53. Steinhardt MA. *Work Life Balance: Successfully adapting to stress in difficult situations*. Invited Roundtable Presentation, 14th Annual American Academy of Health Behavior Meeting, Charleston, South Carolina, March 2014.

54. *Gloria CT, Steinhardt MA. *Determinants of work engagement among postdoctoral fellows: The impacts of work meaningfulness, supervisor support, stress, and positive emotions*, 14th Annual American Academy of Health Behavior Meeting, Charleston, South Carolina, March 2014.

55. *Coffee KL, Steinhardt MA. *Resilience buffers the effect of stress on depressive symptoms in adolescent females,* 14th Annual American Academy of Health Behavior Meeting, Charleston, South Carolina, March 2014.

56. Steinhardt MA. *Cultivating innovation: Facing failure with resilience*. Krost Symposium 2103, Jackson Auditorium, Texas Lutheran University, October 2013.

57. *Gloria CT, Steinhardt MA. *Positive emotions enhance coping, fuel resilience, and protect postdocs from the harmful effects of stress: Implications of the broaden-and-build theory of positive emotions*, 13th Annual American Academy of Health Behavior Meeting, Santa Fe, New Mexico, March 2013.

58. *Faulk KE, Steinhardt MA, Cance JD. *Positive emotions build personal resources and reduce depressive symptoms in military spouses: A prospective study*, 13th Annual American Academy of Health Behavior Meeting, Santa Fe, New Mexico, March 2013.

59. Steinhardt MA. *Making stress work for you*. Invited talk, Women's Club of Greater Lakeway, March 2013.

60. Steinhardt MA. *Creating and sustaining an employee wellness program*. Invited Presentation, 10th Annual ACUHO-I/APPA Housing Facilities Conference, Albuquerque, NM, October 2012.

61. *Gloria CT, *Faulk KE, Steinhardt MA, Cance JD. *Depressive symptoms among US military spouses during deployment: The protective effect of positive emotions*, 12th Annual Scientific Meeting of the American Academy of Health Behavior, Austin, TX, March 2012.

62. *Faulk KE, *Gloria CT, Steinhardt MA. *Positivity and coping strategies: Characteristics of individual flourishing, languishing and depression.* 12th Annual Scientific Meeting of the American Academy of Health Behavior, Austin, TX, March 2012.

63. Steinhardt MA, Brown SA, Dubois SK, *Faulk KE, *Gloria CT, Harrison L. *Does positivity fuel resilience and lower depressive symptoms and HbA1c in African American adults with type 2 diabetes?* 12th Annual Scientific Meeting of the American Academy of Health Behavior, Austin, TX, March 2012.

64. Stanforth D, Steinhardt M, Mackert M. *Role model stories delivered on YouTube: Promotional strategies and impact on exercise and exercise self-efficacy*. International Society for Behavioral Nutrition and Physical Activity, Austin, Texas, May 2012.

65. Gavaza P, Brown CM, Rascati KL, Lawson K, Wilson JP, Steinhardt MA. *Using the theory of planned behavior to predict Texas pharmacists' intention to report serious adverse drug events to the FDA*, 17th Annual International Society for Pharmacoeconomics and Outcomes Research, Washington, D.C., June 2012.

66. Steinhardt MA*. Promoting resilience among underserved populations*, St. David's Center for Health Promotion and Disease Prevention Research in Underserved Populations Annual Research Conference, The University of Texas, Austin, Texas, March 2012.

67. Steinhardt MA. *Hooked on wellness: The journey*. Keynote Address, Big XII Directors and Housing Operations 2011 Conference, The University of Texas, Austin, Texas, October 2011.

68. JeanFrancois B, Lloyd A, Wilson L, Steinhardt M, *Faulk K, Pujol L. *Infusing positive psychology in army behavioral health: A resilience curriculum for army psychology residents*. Positive Psychology Conference, Philadelphia, PA, July 2011.

69. Steinhardt MA. *Resilience and change: Making stress work for you*. Texas Department of Transportation, TXDot Riverside Office, Austin, TX, and video conference to all TXDot locations in Texas, June 2011.

70. Steinhardt MA. *Resilience and change: Making stress work for you*. 2011 Women's History Month Celebration, Dell Children's Medical Center, Austin, TX, April 2011.
71. Steinhardt MA, *Gloria CT, *Faulk KE. *Chronic work stress, burnout, and resilience among public school teachers: The importance of positivity*. 11th Annual Scientific Meeting of the American Academy of Health Behavior, Hilton Head, South Carolina, March 2011.

72. *Coffee K, *Raucci C, *Gloria C, Steinhardt M. *A pilot study identifying student, parent and faculty perceptions of health and wellness at an economically disadvantaged and minority single-sex school*. National Youth-At-Risk Conference, Savannah, Georgia, March 2011.

73. Steinhardt MA. *Building effective work teams*. Human Resource Global Meeting, Freescale Semiconductor, Inc, Austin, TX, February 2011.

74. Steinhardt MA. *Diabetes self-management education workshop*. Mt. Moriah Baptist Church, Elgin, TX, January 2011.

75. Steinhardt MA. *A resilience-based diabetes self-management education program*. People's Community Clinic, Austin, TX, June 2010.

76. Steinhardt MA. *Evolution of the Ombuds, panel discussion*. Ombuds of Texas Quarterly Meeting, LCRA, Austin, TX, August 2010.

77. Steinhardt MA, Jaggars SS, *Faulk KE, *Gloria CT. *Chronic work stress and depression: Assessing the mediating role of teacher burnout.* American Academy of Health Behavior 10th Annual Scientific Meeting, Clearwater Beach, Florida, March 2010.

78. Steinhardt MA, Brown SA, *Faulk KE, Dubois SV. *Developing a culturally competent resilience-based diabetes self-management program for African Americans: Summary of two pilot studies*. Diabetes Awareness Conference 2010, The Texas Union, The University of Texas, Austin, TX, March 2010.

79. Steinhardt MA. *Transforming lives through resilience education*. Department of State Health Services, Brown-Heatly Building, Austin, TX, July 2009.

80. Steinhardt MA. *Stressful experiences, coping strategies, and predictors of health-related outcomes among wives of military servicemen deployed from Fort Hood*. Warrior Resiliency Program Conference, San Antonio, TX, June 2009.

81. Steinhardt, M. A. *Resilience and change: Making stress work for you*. Seton Perinatal Outreach Conference, Brackenridge Hospital, Austin, TX, April 2009.

82. Steinhardt MA. *Developing a culturally competent diabetes self-management program for African Americans,* American Academy of Health Behavior Annual Conference, Hilton Head, South Carolina, March 2009.

83. Steinhardt MA. *A resilience intervention in African American adults with type 2 diabetes*, Center for Health Promotion and Disease Prevention Research in Underserved Populations, The University of Texas, February 2009.

84. Steinhardt MA. *Changing research directions as a seasoned faculty member*. Seventh Annual Summer Research Institute, Center for Health Promotion and Disease Prevention Research in Underserved Populations, The University of Texas, June 2008.

85. Steinhardt MA. *Community participatory research on health disparities: type 2 diabetes*. School of Social Work, The University of Texas at Austin, January 2008.

86. Steinhardt MA. *Chronic stress, coping, and health: lessons learned and future directions*. Capital Area Psychological Association, October 2007.

87. Steinhardt MA. *Transforming lives through resilience education*. Family Eldercare, Austin, October 2007.

88. Steinhardt MA. *Resiliency from grief and stress*. The 4th Infantry Division, Fort Hood, United States Army, September 2007.

89. Steinhardt MA. *Resilience research and practical applications*. Texas Association of School Boards, Austin, Texas, August 27th and 31st, 2007.

90. Steinhardt MA. *Mid-career shifts in research programs*. Sixth Annual Summer Research Institute, Austin, Texas, June 2007.

91. Steinhardt MA. *How we strengthened the grievance process at Texas*. Annual Meeting of the American Association of University Professors, The University of Michigan, Ann Arbor, Michigan, May 2007.

92. Steinhardt MA. *Transforming lives through resilience education*. Keynote Address at the Southwest Region Annual College and University Professional Association for Human Resources (SWCUPA-HR) Conference, San Antonio, Texas, April 2007.

93. Steinhardt MA. *Caring for the care-giver*. Women and HIV International Clinical Conference, San Antonio, Texas, March 2007.

94. Steinhardt MA. *Stress-related growth: Predictors of occurrence and change following a resilience intervention*, American Academy of Health Behavior, Savannah, Georgia, March 2007.

95. Steinhardt MA. *Surviving the storm: Turning stress into resilience*. 4th Infantry Division at Fort Hood, Killeen, Texas, September 2006.

96. Steinhardt MA. *Stress busters: Stress and resilience*. Habilitation Therapies Annual Conference, Department of Aging and Disability Services, Austin, Texas, September 2005, 2006.

97. Steinhardt MA. *Resilience research applied to team building*. Policy Services Division, Texas Association of School Boards, Austin, Texas, September and October 2006.

98. Steinhardt MA. *The seven habits of highly effective people*. 3M Austin Center, July 2006.

99. Steinhardt MA. *Transforming stress into resilience*. 25th Annual Honors Colloquium, The University of Texas at Austin, July 2006.

100. Steinhardt MA. *Creativity: a sudden insight or years of hard work?* 3M Inventor Recognition Luncheon, June 2006.

101. Steinhardt MA. *Transforming stress into resilience*. Texas Association of School Boards, Austin, May 2006.

102. Steinhardt MA. *Evaluation of a resilience intervention to enhance coping strategies and protective factors and decrease symptomatology*, Sixth Annual Scientific Meeting of the American Academy of Health Behavior, Carmel, California, March 2006.

103. Steinhardt MA. *Transforming lives through resilience education*, International Forum for Women in E-Learning (IFWE), Galveston, Texas, March 2006.

104. Steinhardt MA. *Handling stress in difficult situations*. Forty-seventh County Auditors Institute, LBJ School of Public Affairs, The University of Texas, Austin, TX, May 2005.

105. Steinhardt MA. *The resilient individual: Strength in the midst of change*. In-Service Training Program, Department of Aging and Disability Services, Austin, TX, February 2005.

THE UNIVERSITY OF TEXAS AT AUSTIN **(selected service, 2003-present)**

2025-2026	UT TOWER Fellows, Faculty Chair
2024-2025	COE Counseling Psychology Faculty Search Committee
2023-2025	Teaching Award Committee (President's Associate, Blunk, Regents, etc.)
2023-2024	Engineering Search Committee, Civil, Architectural & Environmental Engineering
2023-2024	KHE Department Chair Consultative Committee, Chair
2022-2024	Joint FC/Provost Working Group to revise Faculty Grievance Policy, Co-chair
2022-2024	COE Tenure and Promotion Committee
2023-2023	Academy of Distinguished Teachers (ADT) Executive Committee
2021-Present	TOWER Fellows Faculty Mentor

2020-Present	Associate Vice-President for Research & Research Integrity Officer
2020-Present	Chair, UT Cares Committee (UT Remembers)
2020-Present	Faculty Council Research Policy Committee, *ex officio*
2020-Present	UT Objectivity in Research Committee (OIR)
2020-Present	UT Science and Security Committee
2019-2022	Chair, Intercollegiate Athletics Council
2020-2021	UT Calendar Planning Committee
2019-2020	Faculty Council B-4 Committee, *ex officio*
2019-2020	UT Ethics and Leadership Working Group – Honor Texas
2018-Present	UT Compliance and Leadership Group
2017-2022	Hall of Honor Selection Committee, Women's Athletics
2017-2021	UT New Faculty Symposium planning committee, Provost Teaching Fellows
2017-2019	Non-Tenure Track Faculty Task Force, *ex officio*
2016-2020	Title IX Task Force
	Attend various brown bag sessions sponsored by the Office of the Senior Vice-Provost for Faculty Affairs (e.g., promotion for Assistant Professors, promotion for Associate Professors, mid-career workshop, Retirement Seminar)
2016-2017	"Eyes on Teaching" Provost Teaching Fellows Planning Committee; Campus-wide event, February 8th and 9th.
	"Teachers Learning Together" (TLT) Planning Committee; Department of KHE department-wide teaching event, February 1st and 2nd.
	Provost Teaching Fellows, Co-chair, facilitated New Faculty Symposium
2015-2016	Provost Teaching Fellows Steering Committee
	Faculty Development Committee, Co-chair, facilitated New Faculty Symposium
	Campus Carry Communication and Training Sub-committee
	Selection Committee – Regents Outstanding Teaching Awards
2015-2020	Host UT faculty as "guest coaches" at each women's basketball home game
2014-2020	Council for Racial and Ethnic Equity and Diversity (CREED), *ex officio*
2014-2015	Ethics and Health Working Group
	Farm to Work Campus Committee
	Mental Health Wellness Committee
	ad hoc committee to evaluation the administration of Dean Manuel Justiz, Co-chair
2013-2014	Campus Conversations – Facilitator, Faculty Symposium Breakout Sessions
	Campus Conversations – Faculty Development Committee, Co-chair
	Campus Conversations – Task Force on Principles for Degrees of Study
	Faculty Recruitment, Retention, and Mentoring Design Team
2009-Present	Camp Texas; Freshman Reading Round-Up
2008-2020	University Faculty Ombudsperson
2011	Task Force on Undergraduate Graduation Rates
2010-2011	Committee of the Implementation of Gender Equity
2009-2010	Ad Hoc Gender Equity Committee
2006-2018	Chair, Women's Athletics Council
2006-2008	Member, Faculty Council
2006-2007	Chair, Faculty Grievance Committee
2004-2007	Chancellor's Council Outstanding Teaching Award Committee
2003-2005	Member, Faculty Grievance Committee

Presentations at UT-Austin (selected service, 1998-present)

1. Steinhardt, M. *Research Misconduct.* Responsible Conduct of Research Training, UT Austin, February 2026.

2. Steinhardt, MA. *Responsible Conduct of Research: Research Misconduct*. Presented during the 2-day NSF Responsible and Ethical Conduct of Research Workshop, UT Austin, February 11, 2025.

3. Steinhardt, MA. *Discussions on Research Integrity, Research Misconduct, and Communication.* T32 predoctoral fellows meeting, School of Nursing, UT Austin, March 31, 2025.

4. Dukerich, J., Katz, L, Church-Lang, J., Steinhardt, MA. *Faculty Concerns*. Presented during the New Academic Leaders Workshop, Texas Union Building, UT Austin, August 21, 2025.

5. Steinhardt, M. *Session 1: Navigating Bumps in the Road: Core Values and Resilience 101; Session 2: Five Practices to Enhance Resilience*, College of Natural Sciences, UT Austin, Fall 2024.

6. Steinhardt, M., McCarthy, C. Katz, L. *Responsible conduct of research and research misconduct – do I bring my concern to the RIO or the faculty ombuds?* Chair's Council, UT Austin, February 2024.

7. McGee, K., Dalton, J., Steinhardt, M. *Campus Partner Discussion – Notre Dame Law Student Visit*. Hoblitzelle Conference Room, UT Austin, January 2023.

8. Steinhardt, M.A. *Research Misconduct*, Invited Presentation, Responsible Conduct of Research Training, Office of Research Support and Compliance, UT Austin, February 2023.

9. Steinhardt, M.A. *Responsible Conduct of Research: Research Misconduct*, Invited Presentation, University Compliance Leadership Group, UT Austin, March 2023.

10. Steinhardt, M.A. *Improving Health Outcomes in African Americans with Type 2 Diabetes: The TX STRIDE Study*, Invited Presentation, Department of Nutritional Sciences, April 2023.

11. Steinhardt, M.A. Time Out! What About My Well-Being? Healthy Hacks to Improve Overworked Graduate Coordinator's Well-Being. The Graduate Coordinator Network, UT Austin, April 2022.

12. Steinhardt, M.A. *Resilience-Based Diabetes Self-Management Education in African Americans with Type 2 Diabetes: The TX STRIDE Study.* Department of Nutritional Sciences, Burdine Hall, The University of Texas, Austin, November 2021.

13. Steinhardt, M.A. *Strategies to optimize work-life well-being.* CNS Honors Mental Health Seminar, The University of Texas, Austin, TX, via Zoom, April 2021.

14. Steinhardt, M.A. *Resiliency 101: A conversation about building personal resilience.* Student Emergency Services, Office of the Dean of Students, The University of Texas, Austin, TX, via Zoom, November 2020.

15. Steinhardt, M.A. *Strategies to optimize work-life well-being.* CNS Honors Mental Health Seminar, The University of Texas, Austin, TX, via Zoom, November 2020.

16. Steinhardt, M.A. *Adaptation to Stress: Five Practices to Grow Your Resilience*. Tower Fellows Speaker Series, The University of Texas at Austin, August 2020.

17. Steinhardt, M.A. *The Academy of Distinguished Teachers, Mission and Role on Campus (Panel Member)*. Tower Fellows Program, The University of Texas at Austin, December 2019.

18. Cubbin C, Crosnoe R, Gershoff L, Steinhardt M. *Postdoc mentorship and research effectiveness – A panel discussion.* Office of the Vice President for Research, Peter O'Donnell Building, The University of Texas, Austin, TX, May 2018.

19. Steinhardt MA. *Five practices to enhance your resilience.* Keynote Presentation at the Academic Counselor's Association (ACA) and the Association for Professionals in Student Affairs (APSA)

Annual Professional Development Day Conference, The Commons Learning Center at J.J. Pickle Research Campus, The University of Texas, Austin, TX, February 2018.

20. Steinhardt M, Vangelisti A, Wilkins K. *Moody college mentoring program: Informal sharing of professional experiences and trajectories.* Dealey Conference Room, Moody College of Communication, January 2018.

21. Steinhardt MA, Dubois SK. *Incorporating resilience-based diabetes self-management education into the group medical appointment for adults with type 2 diabetes.* Seton Healthcare Family, LBJ School's Center for Health and Social Policy, and Dell Medical School: Transforming Healthcare Through Research Collaboration, UT Austin, April 2016 and April 2017.

22. Steinhardt MA. *Building resilience under stress*. UT Executive Management & Leadership Program, AT&T Executive Center & Conference Center, The University of Texas at Austin, March 2017.

23. Steinhardt MA. *Mentorship*. Responsible Conduct of Research, Office of Sponsored Projects, POB, Avaya Auditorium, UT Austin, February 2017.

24. Steinhardt MA. *Relationships among positive emotions, coping, resilience and mental health: Data from UT postdocs.* Post-doc Appreciation Week, Flawn Academic Center, The University of Texas at Austin, September 2016.

25. Steinhardt MA. *Five practices to enhance your resilience*. University Health Services and Counseling and Mental Health Center Staff Lunch Series, Student Services Glenn Maloney Room, The University of Texas at Austin, September 2016.

26. Steinhardt MA. *The role of a research program in your career*. Center for Health Communication, Moody College of Communication, The University of Texas at Austin, October 2016.

27. Steinhardt MA. *Panel discussion for graduate students on how to write successful grant applications*. Graduate Student Assembly, PCL Learning Lab, The University of Texas at Austin, October 2016.

28. Steinhardt MA. *Resilience and self-leadership in the midst of change and stressful events*. Spring Self Leadership Seminar, McCombs School of Business, The University of Texas at Austin, January 2016.

29. Steinhardt MA. *Adaptation to stress: Building stress resilience*. Higher Education Administration Student Professional Association, Student Activity Center, The University of Texas at Austin, November 2015.

30. Steinhardt MA. *Keep calm and take finals*. Sponsored by The University of Texas at Austin Libraries, May 2015.

31. Dukerich J, Iverson B, Evans B, Steinhardt M. *Early career tenure track discussion*. Invited Panel, Assistant Professor Brown Bag, Gebauer Building, The University of Texas at Austin, April 2015.

32. Harnden S, Steinhardt M. *Having difficult conversations*. Invited Panel, Department Chairs Lunch Series, Gebauer Building, The University of Texas at Austin, April 2015.

33. Steinhardt MA. *Resilience research*. Guest Lecture, Polymathic Scholars, College of Natural Sciences, Gearing Hall, The University of Texas at Austin, April 2015.

34. Steinhardt MA. *Self-leadership workshop*. McCombs Leadership Program, McCombs School of Business, The University of Texas at Austin, January 2015.

35. Brown K, Garza T, Starbird M, Steinhardt M, Stoff M. *Improving teaching through observing peers*. Invited panel at the Faculty Teaching Colloquium, Good Teaching: How Do We Know It When We See It? The University of Texas at Austin, January 2015.

36. Steinhardt MA. *Research about real life*. Guest Lecture, UGS 303 – Critical Thinking for the 21st Century, College of Natural Sciences, The University of Texas at Austin, Fall 2014.

37. Gill T, Harnden S, Steinhardt M. *How to deal with difficult people*. Invited Panel, Department Chairs Lunch Series, Gebauer Building, The University of Texas at Austin, November 2014.

38. Steinhardt MA. *Longhorn state of mind: Resilience in the midst of change and stressful situations*, University Leadership Network Program, The University of Texas at Austin, September 2014.

39. Steinhardt MA. *Importance of a research agenda and securing funding*. Grant Writing Workshop, Health Communication Scholars Program, Moody College of Communication, The University of Texas at Austin, September 2014.

40. Steinhardt MA. *Why I enjoy teaching: Perspectives from the provost's teaching fellows.* 34th Annual New Faculty Seminar, Etter-Harbin Alumni Center, The University of Texas at Austin, August 2014.

41. Steinhardt MA. *Zen and the art of using stress to grow.* Academic Advisors Staff Retreat, College of Liberal Arts, The University of Texas at Austin, March 2014.

42. Steinhardt MA. *Leadership and becoming a wellness advocate*. DHFS Emerging Leaders Retreat, Division of Housing and Food Service, The University of Texas at Austin, March 2014.

43. Steinhardt MA. *Pursuing a career in health behavior*. Polymathic Scholars Honors Program, College of Natural Sciences, The University of Texas at Austin, February 2014.

44. Steinhardt MA. *Transforming lives through resilience education*. All day workshop, Leadership Program, McCombs School of Business, The University of Texas at Austin, February 2014.

45. Steinhardt MA. *After Texas career panel*. Red McCombs Red Zone, Athletics Department, The University of Texas at Austin, January 2014.

46. Steinhardt MA. *Mentorship, responsible conduct of research,* Office of Sponsored Projects, POB Avaya Auditorium, The University of Texas at Austin, January 2014.

47. Steinhardt MA. *Importance of a research agenda and securing funding*. Grant Writing Workshop, Health Communication Scholars Program, Moody College of Communication, The University of Texas at Austin, November 2013.

48. Steinhardt MA. *Academic integrity and communicating effectively with professors*. Rowing Team; Golf Team, Conradt Conference Room, The University of Texas at Austin, October 2013.

49. Steinhardt MA. *Determinants of work engagement: Influences of meaningfulness, supervisor support, stress, and emotions*. Sponsored by the Postdoctoral Office, Office of the Vice President for Research, POB 6.304, The University of Texas at Austin, October 2013.

50. Steinhardt MA. *Ombuds services for postdocs*. 2013 Postdoctoral Orientation and Resource Fair, NHB 1.720, The University of Texas at Austin, September 2013.

51. Steinhardt MA. *Making stress work for you*. Postdoc Appreciation Week, POB 6.304, The University of Texas at Austin, September 2013.

52. Steinhardt MA. *Adjusting to college life and success in the classroom*. FIG Faculty Connection Theme Week, CLA 0.108, The University of Texas at Austin, September 2013.

53. Steinhardt MA. *2013-14 wellness kick off: Know your numbers program*. DHFS Supervisor Meeting, Jester Human Development Center, The University of Texas at Austin, September 2013.

54. Steinhardt MA. *Transforming lives through resilience education*. Workshop for students in the Leadership Program, McCombs School of Business, The University of Texas at Austin, March 2013.

55. Steinhardt MA. *Speaker panel: Diabetes and the self*. Diabetes Awareness Week, Evening tri-sponsored by Hook the Cure, Black Health Professions Organization, and Hispanic Health Professions Organization, Norman Hackerman Building, The University of Texas at Austin, November 2012.

56. Steinhardt MA. *Resilience and change: Making stress work for you*. Guest lecture to first year engineering majors, Department of Chemical Engineering, Cockrell School of Engineering, The University of Texas at Austin, October 2012.

57. Steinhardt MA. *From stress to success: The road to well-being*. Postdoctoral Fellow Well-Being Brown Bag Series, Flawn Academic Center, The University of Texas at Austin, September 2012.

58. Steinhardt MA. *Achieving greatness: 4 years starts with 3 days*. Camp Texas, August 2012.

59. Sims J, Steinhardt M. *Campus ombuds*. New Academic Administrators Workshop, J. J. Pickle Research Campus, August 2012.

60. *Gloria C, Steinhardt M. *Interpreting your individual feedback profile: Results from the postdoctoral fellow experience & well-being survey,* SBS Postdoc Association, MBB 1.210, The University of Texas at Austin, June 2012.

61. Steinhardt MA, *Coffee K. *Summer half-day training in resilience*, Ann Richards School STARS Teachers, June 2012.

62. Steinhardt MA. *Mentorship*. Responsible Conduct of Research, Office of Sponsored Projects, The University of Texas at Austin, April 2012.

63. Steinhardt MA. *The resilient individual: Stress in the midst of change and stressful life events*. UT Austin Administrative Professionals' Network: iForty, The University of Texas at Austin, April 2012.

64. Steinhardt MA. *Transforming stress into resilience*. Keynote Address, Professional Development Day, Academic Counselors Association & Association of Professionals in Student Affairs, The University of Texas, Austin, TX, February 2012.

65. Steinhardt MA. *Resilience and change: Making stress work for you*, College of Pharmacy, The University of Texas at Austin, February 2012.

66. Steinhardt MA. *Long-term success demands a strong foundation of resilience and self-leadership*, McCombs School of Business, The University of Texas at Austin, January 2012.

67. Steinhardt MA. *What is academic integrity and why is it important?* Women's Athletics Tennis and Swimming Team, The University of Texas, Austin, TX, January 2012.

68. Steinhardt MA. *Strategies to address sociocultural problems affecting health disparities*, School of Nursing, The University of Texas, Austin, Texas, December 2011.

69. Steinhardt MA. *Transforming lives through resilience education*. Austin Chapter of the International Association of Administrative Professionals, Austin, TX, November 2011.

70. Steinhardt MA. *Transforming lives through resilience education.* Staff Training, McCombs School of Business, The University of Texas, Austin, TX, October 2011.

71. Steinhardt MA. *Rx: A dose of positivity*. Opening Plenary, State Agency Wellness Conference, Texas Department of State Health Services, JJ Pickle Research Campus, The University of Texas, Austin, Texas, October 2011.

72. Steinhardt MA. *Coping strategies for transforming stress Into resilience*. State Agency Wellness Conference, Texas Department of State Health Services, JJ Pickle Research Campus, The University of Texas, Austin, Texas, October 2011.

73. Steinhardt MA. *Transforming lives through resilience education*. Staff Training, McCombs School of Business, The University of Texas, Austin, TX, October 2011.

74. Steinhardt MA. *What is academic integrity and why is it important?* Women's Athletics Softball and Rowing Team, The University of Texas, Austin, TX, September 2011.

75. Steinhardt MA. *Resilience and change: Making stress work for you*. Leadership Program, McCombs School of Business, The University of Texas, Austin, TX, February 2011.

76. Steinhardt MA. *Maintaining effective working relationships with faculty peers and staff*, New Academic Administrators Workshop, J. J. Pickle Research Center, The University of Texas, Austin, TX, August 2010.

77. Steinhardt MA. *Self-care* (2 sessions). Back to School Resident Assistant Training, Division of Housing and Food Services, Garrison Hall, The University of Texas, Austin, TX, August 2010.

78. Steinhardt MA. *Making stress work for you*, Office of the Registrar, Gebauer Building, The University of Texas, Austin, August 2010.

79. Steinhardt MA. *Creating an organizational culture of wellness*, Jester Human Development Center, Division of Housing and Food Service, The University of Texas, Austin, TX, April 2010.

80. Steinhardt MA. *Making stress work for you*, Longhorn Scholars Student Advisory Counsel, Mezes Hall, The University of Texas, Austin, TX, March 2010.

81. Steinhardt MA. *Self-leadership*. Leadership Program, McCombs School of Business, The University of Texas, Austin, TX, January 2010.

82. Steinhardt MA. *Transforming stress into resilience*, Division of Student Affairs Divisional Staff, Invited Keynote Kick-of, The University of Texas, August 2008.

83. Steinhardt MA. *Transforming stress into resilience*. School of Business, The University of Texas at Austin, August 2008.

84. Steinhardt MA. *Transforming stress into resilience*. Big XII Staff Conference, Texas Exes, The University of Texas at Austin, July 2008.

85. Steinhardt MA. *Maintaining a resilient approach to stress while preparing for tenure*. Work/Life Services and Employee Assistance Program, The University of Texas at Austin, March 2008.

86. Steinhardt MA. *Transforming lives through resilience education*. School of Law, The University of Texas at Austin, November 2007.

87. Steinhardt MA. *Transforming stress into resilience*. Human Resource Management Annual Conference, University of Texas System, Austin, June 2006.

88. Steinhardt MA. *Resilience training*. Athletics Compliance Staff Retreat, July 2006.

89. Steinhardt MA. *Transforming stress into resilience*. 25th Annual Honors Colloquium, The University of Texas at Austin, July 2006.

90. Steinhardt MA. *Testing in blackboard*. Texas Blackboard Users Group Conference, The University of Texas at Austin, November 2006.

91. Steinhardt MA. *Rekindling the passion*. Texas Exes Annual Teachers' Conference, The University of Texas, October 2006.

92. Steinhardt MA. *Transforming stress into resilience*. ASPECTS, Office of Graduate Studies, The University of Texas at Austin, October 2006.

93. Steinhardt MA. *Transforming lives through resilience education*. Professional Development and Community Engagement Program, The University of Texas at Austin, November 2005.

94. Steinhardt MA. *The resilient individual: Strength in the midst of change and stressful life events*. A workshop for faculty and staff sponsored by Human Resource Services, The University of Texas at Austin, September 2005.

95. Steinhardt MA. *Transforming Stress into Resilience*. Information Technology Services Staff, The University of Texas, February 2005.

96. Steinhardt MA. *Building resilience and learning to thrive*. College of Natural Sciences Advising Staff, The University of Texas, May 2004.

97. Steinhardt MA. *You can't be a beacon if your light don't shine*. 2004 Conference Texas Excellence in Education. The Texas Exes and The College of Education, Sponsored by the Office of the President, The University of Texas, February 2004.

98. Steinhardt MA. *The resilient individual*. Carothers Coffee Talk, University Honors Center, The University of Texas, November 2003.

99. Steinhardt MA. *The resilient individual: Strength in the midst of change and stressful life events*. Texas Exes Staff Development, The University of Texas, November 2002.

100. Steinhardt MA. *The resilient individual: Strength in the midst of change and stressful life events*. Academic Counselors Association Professional Development Day, The University of Texas, November 2002.

101. Steinhardt MA. *The resilient individual: Strength in the midst of change and stressful life events*. Student Services Professional Development Day, The University of Texas, February 2002.

102. Steinhardt MA. *The resilient individual: Strength in the midst of change.* Half-day workshop presented to faculty and staff, sponsored by the Office of Human Resources, The University of Texas, November 2001.

103. Steinhardt MA. *Nurturing self-esteem in yourself and others.* Tri-Delt Professor Dinner, The University of Texas, October 2001.

104. Steinhardt MA. *Nurturing self-esteem in yourself and others*. Half-day workshop presented to faculty and staff, sponsored by the Office of Human Resources, The University of Texas, April 2001.

105. Steinhardt MA. *The resilient individual: Strength in the midst of change*. Two-hour workshop presented to staff of The University of Texas Press, January 2001.

106. Steinhardt MA. *Seven habits of highly effective people*. Eight-hour workshop present to employees of the physical plant, The University of Texas, October 2000.

107. Steinhardt MA. *Seven habits of highly effective people*. Eight-hour workshop presented at the College of Business, The University of Texas, September 2000.

108. Steinhardt MA. *Facilitated the Annual Retreat for the Staff of The Office of Human Resources*, Thompson Conference Center, The University of Texas, April 1998 and May 1999.