

CURRICULUM VITAE

Zach Cooper, LCSW

PhD Candidate, School of Social Work
University of Georgia
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[ORCHID](#) | [Google Scholar](#) | [LinkedIn](#)

EDUCATION

PhD, Social Work

University of Georgia

Dissertation: A Process Evaluation of a Pragmatic Randomized Controlled Trial to Promote Mental Health Among Adults With Type 1 Diabetes

Committee: Drs. Orion Mowbray, Leslie Johnson, Jeremy Gibbs, and Rebecca Wells

Advisor: Dr. Orion Mowbray

Spring 2026 (Expected)

Master of Social Work (MSW)

2018

University of South Carolina; Columbia, SC

School of Social Work

Health/Mental Health Concentration

BS, Psychology

2016

Augusta University

College of Math and Sciences

Major: Psychology

RESEARCH INTERESTS

Integrated behavioral health, collaborative care model, behavioral health interventions, chronic and cardiometabolic disease, clinical research methods, implementation science, change mechanisms, structural equation modeling

ACADEMIC APPOINTMENTS

University of Georgia, School of Social Work

August 2022- Current

Dean's Research Associate

Emory University School of Medicine

September 2023- Current

MQ Research Associate

Department of Family and Preventive Medicine

University of South Carolina, Columbia

August 2016-May 2018

Research Assistant

GRANT ACTIVITY

A. Principal Investigator

NIH/NIDDK FDK141239-01A1 Cooper (PI) \$87,656 2025-2027

A process evaluation and analysis of change mechanisms of a pragmatic randomized controlled trial to promote mental health among adults with Type 1 diabetes

Study Purpose: The purpose of this study is to examine the change mechanisms of an integrated care model adapted for patients with Type 1 diabetes. In addition, the study will utilize implementation science methods to analyze the acceptability, fidelity, and potential scalability of the care model in primary care settings. Findings from this study will provide information regarding the active ingredients of the integrated care model and how these impact patient outcomes while identifying methods to enhance patient and provider acceptability.

Role: Principal Investigator (PI)

Sponsor team: Drs. Orion Mowbray, Mohammed Ali, Leslie Johnson

The SFBT Association Cooper (PI) \$2,000 2022-2023

Addressing Depression through Solution-Focused Brief Therapy in Integrated Care Settings

Study Purpose: The purpose of this study was to examine the efficacy of a Solution-Focused Brief Therapy (SFBT) intervention for patients with co-occurring depressive symptoms. In addition, the study utilized innovative implementation methods to assess intervention fidelity and acceptability. Patients were randomized to either treatment as usual or to receive the SFBT intervention. Then, I compared outcomes regarding depression, anxiety, well-being, and healthcare outcomes (i.e., blood pressure, hemoglobin A1C, weight change).

Role: Principal Investigator

The American Psychological Foundation Cooper (PI) \$20,000 Pending

Study Purpose: The purpose of this study is to adapt a Solution-Focused Brief Therapy Intervention to address co-occurring diabetes and depression. In addition, this study leverages innovative quantitative methods to examine change mechanisms, including self-esteem, motivation, and self-management, assessing their indirect effect on glycemic control and depressive symptoms. Pilot data from a previous trial have demonstrated the short-term efficacy of this approach, and this proposal examines these effects over a longer period (6 months).

B. Collaborator/Research Staff

MQ Fellows Award Johnson (PI) 2022-2026

Adapting and testing an integrated care model for the treatment of Type 1 diabetes and mental health comorbidities

Study Purpose: The purpose of this study is to adapt an integrated care model to meet the specific needs of patients with Type 1 diabetes. The study utilizes a pragmatic randomized control design to assess the potential real-world impact of the tailored intervention. This study also serves as the parent trial for the F31 award cited above.

Role: Graduate Research Associate

NIH/NIAAA R01AA025954 Muilenburg and Kershaw (PI) 2022-2023

Muilenburg and Kershaw (PI)

2022-2023

Understanding Relapse and the Impact of Social Networks and Geographic Settings During Treatment for Alcohol-Related Problems

Study Purpose: The purpose of this study is to utilize both social network analysis and geospatial mapping to increase understanding of relapse behaviors for individuals with both alcohol and drug use disorders. Data from the study will increase knowledge regarding protective and exacerbating factors associated with alcohol and drug use

Role: Graduate Research Assistant

PCORI **Ledford (PI)** 2021-2023

Ledford (PI)

2021-2023

Cultivating Community Co-Researchers to Build Capacity for PCOR for COVID-19.

Study Purpose: The study sought to engage community members as co-researchers to enhance capacity, build trust, and increase COVID-19 vaccine uptake. Community stakeholders were identified, educated on the fundamentals of PCORI, developed a research agenda, and addressed barriers and facilitators to patient-centered research. The primary outcome was the identification of community members' research interests regarding COVID-19, and to leverage these interests to increase community-driven projects.

Role: Clinical Site Lead

SAMSHA **A. Johnson (PI)** **2018-2023**

A. Johnson (PI)

SBIRT in Georgia's Rural and Underserved Populations

Study Purpose: The purpose of this study was to increase access to training and implementation for SBIRT in Georgia with a particular focus on rural populations. The study provided training in motivational interviewing and SBIRT for clinical sites. In addition, the study provided technical assistance and implementation support to increase the utilization of SBIRT in rural Georgia.

Role: Clinical Site Lead, Training Preceptor

PUBLICATIONS IN PEER-REVIEWED JOURNALS

1. Johnson, L., **Cooper, Z.** (In Press). Barriers and facilitators to mental health treatment among adults with type 1 diabetes: Patient perspectives on access, trust, and care gaps. *Diabetology*.
2. **Cooper, Z.**, Johnson, L.C.M., Patel, S. A., Aravind, S., Tandon, N., Anjana, R.M., Poongothai, S., Sridhar, G.R., Mohan, V., Chwastiak, L., Ali, M. (2025). The influence of depression, positive health behaviors, and weight status on glycated hemoglobin: A sequential mediation analysis of the INDEPENDENT trial. *Journal of General Internal Medicine*. <https://doi.org/10.1007/s11606-025-09810-1>
3. Zerden, L. de S., Lombardi, B. M., Manderscheid, R., **Cooper, Z.**, & Krueger, D. K. (2025). Going Grander: Behavioral Health as a Crosscutting Theme for Social Work. *Social Work, swaf007*. <https://doi.org/10.1093/sw/swaf007>

4. **Cooper, Z.**, Johnson, L. (2025). Strategies for Fidelity Monitoring a Solution-Focused Brief Intervention in a Randomized Clinical Trial. *J Clin Psychol Med Settings*. <https://doi.org/10.1007/s10880-025-10063-7>
5. Pitner, R. and **Cooper, Z.** (2024). Racial Discrimination and Mental Health: Analyzing the Impact of Discrimination, Stress, Depressive Symptoms and Self-Esteem on Anxiety Experiences. *The Journal of Evidence-Based Social Work*. doi: 10.1080/26408066.2024.2427629
6. **Cooper, Z.**, O'Shields, J., Ali, M., Chwastiak, L., Johnson, L. (2024) Effects of integrated care approaches to addressing co-occurring depression and diabetes: A systematic review and meta-analysis. *Diabetes Care*. doi: 10.2337/dc24-1334
7. **Cooper, Z.**, Johnson, L., Washington, T. W., Lewinson, T. (2024). Analyzing social work roles, workflows, and communication dynamics on interprofessional teams. *Journal of Interprofessional Care*. doi: 10.1080/13561820.2024.2403015.
8. **Cooper, Z.**, Mowbray, O., Ali, M., Johnson, L. (2024). Addressing depression and comorbid health conditions through solution-focused brief therapy in an integrated care setting: A randomized control trial. *BMC Primary Care*. doi:10.1186/s12875-024-02561-8.
9. **Cooper, Z.**, Johnson, L., Ali, M., Patel, S., Poogothai, S., Mohan, V., Anjana, RM., Tandon, N., Khadgawat, R., Sridhar, GR., Aravind, SR., Sosale, B., Sagar, R., Shankar, R., Sundari, B., Madhu, K., Narayan, KM., Rao, D., Chwastiak, L. (2024). Factors influencing diabetes treatment satisfaction in the INtegrating DEPrEssioN and Diabetes treatmENT randomized clinical trial (INDEPENDENT): A Multilevel Model Analysis. *Diabetic Medicine*. doi: 10.1111/dme.15412.
10. **Cooper, Z.**, Wells, R. (2024). A systematic scoping review of interprofessional education in social work. *Journal of Social Work Education*. doi: 10.1080/10437797.2024.2352366.
11. **Cooper, Z.**, Mowbray, O., Johnson, L. (2024). Analyzing relationships between attitudes of what shapes health and behaviors supporting social determinants of health. *Journal of Public Health*. doi:10.1007/s10389-024-02205-2.
12. **Cooper, Z.**, Mowbray, O. Johnson, L. (2024). Social determinants of health and diabetes: using a nationally representative sample to determine which social determinant of health model best predicts diabetes risk. *BMC Clinical Diabetes and Endocrinology*. doi: 10.1186/s40842-023-00162-5.
13. O'Shields, J., Mowbray, O., & **Cooper, Z.** (2023). The effects of childhood maltreatment on social support, inflammation, and depressive symptoms in adulthood. *Social Science & Medicine*, 340, 116481. <https://doi.org/10.1016/j.socscimed.2023.116481>

14. **Cooper, Z. W.**, & Wolfer, T. A. (2023). Conceptualizing the biopsychosocial-spiritual health influences of adverse childhood experiences and the application of primary care behavioral health for their treatment. *Journal of Religion and Health*.
<https://doi.org/10.1007/s10943-023-01928-y>.
15. **Cooper, Z.**, Reitmeier, M., & Bethel, S. (2022). Health Professionals' Attitudes on Integrated Care and Social Work Practice. *Social Work in Health Care*. <https://doi.org/10.1080/00981389.2022.2104984>.
16. **Cooper, Z.** (2022). Spirituality in primary care settings: Addressing the whole person through Christian mindfulness. *Religions*, 13(4), 346.
<https://doi.org/10.3390/rel13040346>
17. **Cooper, Z.**, & Zerden, L. D. (2021) How COVID-19 has impacted integrated care practice: Lessons from the frontlines. *Social Work in Health Care*, 60 (2), 146- 156.
<https://doi.org/10.1080/00981389.2021.1904316>
18. Zerden, L. D., **Cooper, Z.**, & Sanii, H. (2021). The primary care behavioral health model (PCBH) and medication for opioid use disorder (MOUD): Integrated models for primary care. *Social Work in Mental Health*, 19 (2), 186-195.
<https://doi.org/10.1080/15332985.2021.1896626>.
19. **Cooper, Z.** (2020). What can we do? *Families, Systems, & Health*, 38(S1), 30-31. <https://doi.org/10.1037/fsh0000559>.

PUBLISHED BOOK CHAPTERS

1. Wolfer, T. A., & Huyser, M. (In Press). Decision cases for Christians in social work. North American Association of Christians in Social Work.
Two decision cases:
Cooper, Z. & Wolfer, T. Offenders need congregations, too.
Cooper, Z. & Wolfer, T. It's not black lives matter, it's all lives matter.

PEER-REVIEWED PUBLICATIONS UNDER REVIEW

1. **Cooper, Z.**, Pitner, R., Ali, M. (under review). Analyzing the mediating effects between discrimination and depression: A cross-sectional study. *BMC Primary Care*.
2. **Cooper, Z.**, Serrano, N. (under review). COVID' impact on core primary care behavioral health (PCBH) functions. *Social Work in Public Health*.
3. Washington, T. W., **Cooper, Z.** (under review). Assessing the landscape of national institute of health (NIH) funding in schools of social work. *Social Work Research*.
4. **Cooper, Z.** Mowbray, O., Mark, A., Franklin, C. (under review). Assessing the mediating impact of solution-focused constructs on depression, anxiety, and well-being:

Curriculum Vitae - Zach Cooper, LCSW- zach.cooper@uga.edu

A longitudinal mediation analysis of the solution-focused randomized trial. *Journal of Affective Disorders*.

5. **Cooper, Z.**, Davis, G., Pasquel, F., Johnson, L. (revise and resubmit). Understanding the relationship between Type 1 diabetes and mental health: A phenomenological study. *Diabetic Medicine*.
6. Washington, T.R., Lewinson, T.D., **Cooper, Z.**, Power, S., Watkins, K (under review). Is it time for medical social work training to evolve? Insight gained during COVID-19. *BMC Medical Education*.
7. **Cooper, Z.**, Pitner, R., (revise and resubmit). Perceived stress, self-esteem, and everyday discrimination: Examining predictors of depression. *Journal of Orthopsychiatry*.
8. Hong, Jeeyeon., **Cooper, Z.**, Franklin, C. (under review). Solution-focused brief therapy measurement tools: A scoping review of psychometric evidence. *Frontiers in Psychology*.

RESEARCH PRESENTATIONS

1. Johnson, LCM & **Cooper, Z.** (March 2025). Integrating Telehealth to Enhance the Utilization of Behavioral Health Support for Adults with Type 1 Diabetes [Poster Presentation]. Southeast Regional Clinical and Translational Science Conference (CTSA). Calloway Gardens, Georgia.
2. **Cooper, Z.**, Johnson, L. (2025, March). Experiences of Mental Illness among Adults with Type 1 Diabetes: Implications for Behavioral Interventions [Poster Presentation]. Society of Behavioral Medicine (SBM). San Francisco, California.
3. **Cooper, Z.**, Johnson, L. (2025, March). The influence of depression, positive health behaviors, and adiposity on diabetes and health: A mediation analysis of the INDEPENDENT trial [Poster Presentation]. Society of Behavioral Medicine (SBM). San Francisco, California.
4. **Cooper, Z.**, Johnson, L. (2025, January). Analyzing Behavioral Interventions and Integrated Care Models to Address Co-Occurring Depression and Diabetes: A Systematic Review and Meta-Analysis [Oral Presentation]. Society for Social Work Research (SSWR). Seattle, Washington.
5. **Cooper, Z.**, Mowbray, O., Johnson, L. (2024, March). Addressing Depression and Comorbid Health Conditions through Solution-focused Brief Therapy in an Integrated Care Setting [Research Spotlight]. Society for Behavioral Medicine (SBM). Philadelphia, Pennsylvania.

6. **ψCooper, Z.**, Washington., T.W., Johnson, L. (2024, March). Analyzing Fidelity for a Solution-Focused Intervention in an Integrated Care Setting [Poster Presentation]. Society for Behavioral Medicine (SBM). Philadelphia, Pennsylvania.
7. Pitner, R., & **Cooper, Z.** (2024, January). Racial discrimination and racial identity: Examining predictors of perceived stress among black patients [Poster Presentation]. Society for Social Work and Research conference. Washington, DC.
8. Mowbray, O., Fatehi, M., Graves B. & **Cooper, Z.** (2024, January). Service use outcomes among peer support, wellness, and respite center users. [Poster Presentation]. Society for Social Work Research (SSWR), Washington, D.C.
9. **Cooper, Z.**, Mowbray, O. (2024, January). Social Determinants of Health and Diabetes [Poster Presentation]. Society of Social Work Research (SSWR). Washington, D.C.
10. **Cooper, Z.** (2024, January). Medical Social Workers and Interprofessional Care Teams: Examining Roles, Team-Based Interactions, and Interventions [Oral Presentation]. Society of Social Work Research (SSWR). Washington, D.C.
11. **Cooper, Z.**, Washington, T.W., Johnson, L. (2023, November). Addressing social determinants: Examining roles of social workers on healthcare teams [Poster Presentation]. American Public Health Association (APHA) Annual Meeting. Atlanta, Georgia.
12. **Cooper, Z.**, Mowbray, O., Johnson, L. (2023, November). Social determinants of health and diabetes: Using a nationally representative sample to determine which social determinant of health model best predicts diabetes. [Oral Presentation]. American Public Health Association (APHA) Annual Meeting. Atlanta, Georgia.
13. **Cooper, Z.**, Wells, R. (2023, October). A Systematic Scoping Review of Interprofessional Health Education for Social Workers [Poster Presentation]. Council of Social Work Education (CSWE) Annual Program Meeting. Atlanta, Georgia.
14. **Cooper, Z.**, Washington, T. W. (2023, March). Analyzing dynamics of interprofessional care teams: How social work identity and context influence their function [Poster Presentation]. Clinical Translational and Science Alliance (CTSA). Atlanta, Georgia.
15. O'Shields, J., Mowbray, O., **Cooper, Z.** (2023, March). Exploring the role of social support and systemic chronic inflammation in the association between maltreatment and depression in adulthood. Clinical Translational and Science Alliance (CTSA). Atlanta, Georgia.
16. **Cooper, Z.**, Pitner, R. (2023, January). *Assessing correlations between racial discrimination and anxiety within integrated care* [Poster Presentation]. Society of Social Work Research (SSWR). Phoenix, Arizona.

17. **Cooper, Z.**, Reitmeir, M., Bethel, S. (2023, January). *Healthcare professionals' attitudes toward social workers as integrated care providers* [Poster Presentation. Society of Social Work Research (SSWR). Phoenix, Arizona.
18. **Cooper, Z.** (2022, October). *What is a Medical Social Worker?* [Oral Presentation]. University of Georgia School of Social Work. Guest Lecture. Athens, Georgia.
19. ***Cooper, Z.**, Pitner, R. (2022, November). *The influence of racism within the integrated care setting* [Oral Presentation]. Collaborative Family Health Association.
20. ***Cooper, Z.**, George, D., Mallot, J. (2022, November). *Spirituality in Primary Care: A Review Whole Person Care Models and What Integrated Care Could Learn from Them.* Collaborative Family Health Association
21. **Cooper, Z.**, Pitner, R. (2022, August). *Depressive Symptomatology: Examining the Role that Racism and Discrimination Play in this Process* [Poster Presentation]. American Psychological Association.
22. **Cooper, Z.** (2021, April). *Performing groups within an integrated care context* [Oral Presentation]. Azusa Pacific Social Work Department, Guest Lecture.
23. **Cooper, Z.** (2021, March). *Assessing the importance of organizational readiness for integrated care* [Oral Presentation]. Mental Health America, Greater Houston, TX.
24. **Cooper, Z.** (2019, November). Toward a biopsychosocial-spiritual treatment approach [Oral Presentation]. North American Association of Christians in Social Work.
25. Johnson, A., **Cooper, Z.** (2019, September). Electronic platforms for SBIRT: What works and what doesn't? SBIRT Summit [Oral Presentation].

Ψ Received meritorious abstract award

* Accepted but deferred due to travel restrictions

FELLOWSHIPS, HONORS, AND AWARDS

NIH National Research Service Award (NRSA)	January 2025- January 2027
Student Travel Award: Society of Behavioral Medicine	March 2025
Wilson Graduate Fellowship: University of Georgia	May 2024
Meritorious Student Abstract Award: Society of Behavioral Medicine	February 2024
Rural Integrated Behavioral Health Scholar	August 2019

TEACHING EXPERIENCE

Instructor- Service Learning in Social Work (SOWK 2157S)
University of Georgia, Fall 2024

Teaching Assistant- Assessment and Treatment of Trauma (SOWK 7218)

Curriculum Vitae - Zach Cooper, LCSW- zach.cooper@uga.edu

University of Georgia, Spring 2024

Simulation Preceptor- SBIRT in Georgia's Rural and Underserved Populations (SAMSHA)
Medical College of Georgia, 2019, 2020

SERVICE/COMMITTEE ROLES

Integrated Behavioral Health SIG- Society of Behavioral Medicine (SBM)

Doctoral Program Committee- University of Georgia

Doctoral Student Committee- Society of Social Work Research (SSWR)

INVITED REVIEWER FOR PEER-REVIEWED JOURNALS

2025	Manuscript Reviewer	Advances in Mental Health
2025	Manuscript Reviewer	Endocrinology, Diabetes & Metabolism
2025	Manuscript Reviewer	Community Mental Health Journal
2024	Manuscript Reviewer	Health Affairs
2024-	Manuscript Reviewer	Journal of General Internal Medicine
2024-	Manuscript Reviewer	Annals of Behavioral Medicine
2024-	Manuscript Reviewer	BMC: Clinical Diabetes and Endocrinology
2024	Manuscript Reviewer	BMJ Open Diabetes Research and Care
2023	Manuscript Reviewer	Social Work in Public Health
2023	Manuscript Reviewer	Perspectives
2024	Manuscript Reviewer	BMC Geriatrics
2024	Manuscript Reviewer	BMC Psychology

CLINICAL EXPERIENCE

October 2019- August 2022

October 2018- August 2022

Manager of Behavioral Health

Behavioral Health Provider

Christ Community Health Services; Augusta, GA

April 2018- October 2018

June 2016- April 2018

June 2015- June 2016

Outpatient Therapist

Alcohol and Drug Counselor (ACT Team)

Psychiatric Case Manager (ACT Team)

AmericanWork: Mental Health and Substance Use
Disorder Clinic

PROFESSIONAL LICENSE

Certifications and Credentials

Licensed Clinical Social Worker (LCSW)- CSW007754

Quantitative Methods in Family and Social Sciences Certificate (expected Spring 2026)

PROFESSIONAL AFFILIATIONS

The American Public Health Association

The Society of Behavioral Medicine

The Society of Social Work Research