

ALLISON RUARK, Ph.D.

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Private Bag 2095, Matieland 7601, Western Cape, South Africa (residence)

1135 NW Fernwood Circle, Corvallis, OR 97330, USA (permanent address; U.S. citizen)

Updated 03 February 2020

EXPERIENCE AND EXPERTISE

- Social epidemiologist experienced in qualitative and mixed-method research
- Expertise in HIV, gender-based violence, and sociocultural and behavioral aspects of health
- Broad interdisciplinary training including epidemiology, psychology, and anthropology
- 15+ years of research and fieldwork experience in the majority world, particularly in Africa

CURRENT POSITIONS

Consultant, Horizons Global Health Consulting **May 2017 – present**
www.horizonsglobalhealth.org

Research Fellow (unpaid), Ukwanda Centre for Rural Health **Aug. 2017 – present**
Stellenbosch University (Stellenbosch, Western Cape, South Africa)

EDUCATION

Ph.D., Johns Hopkins Bloomberg School of Public Health **Feb. 2015**
Baltimore, MD

Department: International Health *Program:* Social and Behavioral Interventions

Dissertation: Couple partnership dynamics and relationship satisfaction in Swaziland and implications for HIV prevention

M.S., College of Public Health & Human Sciences, Oregon State University **July 2004**
Corvallis, OR

Major: Public Health *Minor:* Anthropology

Thesis: Pursuing “bright futures”: Attitudes and values of Ugandan adolescents toward abstinence and delayed sexual debut

B.A., Williams College

Williamstown, MA

June 2001

Majors: History, Political Science

Concentrations: African & Middle Eastern Studies, Pre-Medical Studies

POST-DOCTORAL TRAINING

Post-Doctoral Fellowship **Nov. 2015 – June 2017**
NIH T-32 Research Fellow, Grant Number T32DA13911, National Institute on Drug Abuse
Research Associate, Brown University Department of Medicine (Providence, RI)

Dyadic Data Analysis with R (1-week training course) **June 2017**
Data Analysis Training Institute of Connecticut, University of Connecticut (Storrs, CT)

PEER-REVIEWED PUBLICATIONS

1. Conroy AC, Ruark A, Tan JY. 2019. Re-conceptualising gender and power relations for sexual and reproductive health: contrasting narratives of tradition, unity, and rights. *Culture, Health & Sexuality*. doi: 10.1080/13691058.2019.1666428
2. Ruark A, Kishoyian J, Bormet M, Huber D. 2019. Increasing family planning access in Kenya through engagement of faith-based health facilities, religious leaders, and community health volunteers. *Global Health: Science and Practice*, 7(3): 478-490. doi: 10.9745/GHSP-D-19-00107
3. Conroy AA, Ruark A, McKenna SA, Tan JY, Darbes LA, Hahn JA, Mkandawire J. 2019. The unaddressed needs of alcohol-using couples on antiretroviral therapy in Malawi: Formative research on multilevel interventions. *AIDS and Behavior*. doi: 10.1007/s10461-019-02653-y
4. Ruark A, Green EC, Nunn A, Kennedy C, Adams A, Dlamini-Simelane T, Surkan P. 2019. Navigating intimate sexual partnerships in an era of HIV: Dimensions of couple relationship quality and satisfaction among adults in Eswatini and linkages to HIV risk. *SAHARA-J: Journal of Social Aspects of HIV/AIDS*, 16(1): 10-24. doi: 10.1080/17290376.2019.1604254. PMCID: PMC6484492
5. Conroy AA, McKenna SA, Ruark A. 2019. Couple interdependence impacts alcohol use and adherence to antiretroviral therapy in Malawi. *AIDS and Behavior*, 23: 201-210. doi: 10.1007/s10461-018-2275-2
6. Ruark A, Kajubi P, Ruteikara S, Green EC, Hearst N. 2018. Couple relationship functioning as a source or mitigator of HIV risk: Associations between relationship quality and sexual risk behavior in peri-urban Uganda. *AIDS and Behavior*, 22: 1273-1287. PMCID: PMC5878978
7. Ruark A, Chase R, Hembling J, Davis VR, Perrin PC, Brewster-Lee D. 2017. Measuring couple relationship quality in a rural African population: Validation of a Couple Functionality Assessment Tool in Malawi. *PLoS ONE*, 12(11): e0188561. PMCID: PMC5708731
8. Ruark A, Stern E, Dlamini-Simelane T, Kakuze MF. 2017. Love matters: Exploring conceptions of love in Rwanda and Swaziland and relationship to HIV and intimate partner violence. *African Journal of AIDS Research*, 16(4): 271-282. PMCID: PMC5907914
9. Ruark A, Fielding-Miller R. 2016. Using qualitative methods to validate and contextualize quantitative findings: A case study of research on sexual behavior and gender-based violence among young Swazi women. *Global Health: Science and Practice*, 4(3): 373-383. PMCID: PMC5042694
10. Ruark A, Kennedy C, Mazibuko N, Dlamini L, Nunn A, Green EC, Surkan PJ. 2016. From first love to marriage and maturity: A life-course perspective on HIV risk among young Swazi adults. *Culture, Health & Sexuality*, 18(7): 812-825. PMCID: PMC4877271
11. Ruark A, Dlamini L, Mazibuko N, Green EC, Kennedy C, Nunn A, Flanigan T, Surkan PJ. 2014. Love, lust, and the emotional context of concurrent sexual partnerships among young Swazi adults. *African Journal of AIDS Research*, 13(2): 133-143. PMCID: PMC4201849
12. Hearst N, Ruark A, Hudes ES, Goldsmith J, Green EC. 2013. Demographic and Health Surveys indicate limited impact of condoms and HIV testing in four African countries. *African Journal of AIDS Research*, 12(1): 9-15.
13. Green EC, Kajubi P, Ruark A, Kanya S, D'Errico NC, Hearst N. 2013. The need to reemphasize behavior change for HIV prevention in Uganda: a qualitative study. *Studies in Family Planning*, 44(1): 25-43.

14. Kajubi P, Green EC, Hudes ES, Kanya MR, Ruark AH, Hearst N. 2011. Multiple sexual partnerships among poor urban dwellers in Kampala, Uganda. *Journal of Acquired Immune Deficiency Syndromes*, 57(2): 153-156.
15. Ruark AH, Shelton JS, Halperin DT. 2010. Acyclovir and transmission of HIV-1 from persons infected with HIV-1 and HSV-2 [Correspondence]. *New England Journal of Medicine*, 362(18): 1741.
16. Green EC, Dlamini C, D'Errico NC, Ruark A, Duby Z. 2009. Mobilising indigenous resources for anthropologically designed HIV-prevention and behavior change interventions in southern Africa. *African Journal of AIDS Research*, 8(4): 389-400.
17. Green EC, Mah TL, Ruark A, Hearst N. 2009. A framework of sexual partnerships: Risks and implications for HIV prevention in Africa. *Studies in Family Planning*, 40(1): 63-70.
18. Ruark A, Shelton J, Halperin DT, Wawer M, Gray R. 2009. Universal voluntary HIV testing and immediate antiretroviral therapy [Correspondence]. *The Lancet*, 373(9669): 1078.

BOOK

Green EC, Ruark AH. 2011. *AIDS, Behavior, and Culture: Understanding Evidence-Based Prevention*. Walnut Creek, CA: Left Coast Press.

SELECTED NON-PEER REVIEWED PUBLICATIONS

1. Ruark A. 2020. *Development Food Security Activity and Feed the Future Ethiopia Livelihoods for Resilience - Oromia Joint Assessment on Gender-Based Violence (GBV), Food Insecurity, and Effective GBV Response*. Catholic Relief Services Ethiopia and USAID.
2. Ruark A, Brewster-Lee D, Hembling J, Rhoe V. 2015. *User Guide for Couple Functionality Assessment Tool (CFAT)*. Catholic Relief Services.
3. Hearst N, Ruark A, Fraser N, Jackson H. 2013. *HIV Prevention in Generalized Epidemics - A Review of HIV Prevention Evidence and of Strategies in 12 African Countries*. World Bank and UNFPA (East and Southern Africa Regional Office).
4. Fraser N, Ruark AH, Görgens M, James V, Milanzi A, Colvin M, Ibbetson H, Mpofu N, Nzima M. 2010. *Zimbabwe Analysis of HIV Epidemic, Response and Modes of Transmission*. Zimbabwe National AIDS Council, Zimbabwe Ministry of Health and Child Welfare, World Bank, and UNAIDS.
5. Ruark AH, Nzima M, Görgens M, Ghys P, Mahy M, Kasedde S, Jackson H, Wilson D. 2009. *Monitoring & Evaluation for Multiple and Concurrent Partnerships (MCP) Programmes*. UNAIDS and World Bank Global HIV/AIDS Program.
6. Green EC, Ruark AH. AIDS and the churches: Getting the story right. *First Things*, April 2008. www.firstthings.com/article.php3?id_article=6172
7. Green EC, Herling A. 2006. *The ABC Approach to Preventing the Sexual Transmission of HIV: Common Questions and Answers*. McLean, VA: Christian Connections for International Health.
8. Green EC, Herling A. 2006. Summary of Common Questions and Answers About the ABC Approach to AIDS Prevention, in *Irene's Eyes: Prevention, Treatment, and Fighting AIDS, the First-Hand Experience of an Italian NGO* (Casadei, R., Ed.) Milan, Italy: Angelo Guerini e Associati.

SELECTED PRESENTATIONS

1. Conroy A, Ruark A, McKenna S, Tan J, Darbes L, Hahn J, Mkandawire J. The unaddressed needs of HIV-affected couples who use alcohol in Malawi: Formative research on multilevel interventions. Poster presentation, AIDSImpact, London, UK, 29-31 July 2019.
2. Ruark A. Qualitative research workshop. Sole presenter at half-day seminar, Stellenbosch University Faculty of Medicine and Health Sciences, Worcester, South Africa, 7 May 2019.
3. Conroy A, Ruark A, Darbes L, Neilands T, Johnson M, Oosterhout JV, Mkandawire J. Relationship dynamics and dyadic coordination are associated with ART adherence among married couples from Malawi. Oral presentation, Conference on HIV Treatment and Prevention Adherence, Miami, FL, 8-10 June 2018.
4. Ruark A, Peta C. Qualitative research workshop. Main presenter at half-day seminar, Stellenbosch University Faculty of Medicine and Health Sciences, Worcester, South Africa, 24 April 2018.
5. Ruark A. Using qualitative and quantitative methods to investigate couple relationship functioning and links to HIV in Malawi, Swaziland, and Uganda: In support of a mixed-method, holistic approach to health research. Oral presentation, Ukwanda Research Forum, Worcester, South Africa, 19 July 2017.
6. Ruark A. Building healthy communities through supporting healthy couple relationships.: Plenary oral presentation, Rural Research Days, Worcester, South Africa, 18 May 2017.
7. Ruark A, Brewster-Lee D, Hembling J, Davis VR. Assessment of couple relationship quality and links to HIV prevention, treatment and care in rural Malawi. Oral presentation, International AIDS Conference, Durban, South Africa, 20 July 2016.
8. Ruark A, Kajubi P, Ruteikara S, Hearst N. Measuring relationship satisfaction among men and women in peri-urban Uganda. Poster presentation, International AIDS Conference, Durban, South Africa, 18-22 July 2016.
9. Ruark A, Kajubi P, Ruteikara S, Hearst N, Green EC. Understandings of sexual faithfulness and relationship satisfaction among men and women in peri-urban Uganda. Poster presentation, International AIDS Conference, Durban, South Africa, 18-22 July 2016.
10. Ruark A. Meanings of romantic love among young Swazi adults and implications for HIV risk behaviors. Oral presentation, From AIDS Crisis to Opportunities, Mbabane, Eswatini, 12-14 July 2016.
11. Ruark A. Changing norms and ideals of marriage among young Swazi adults and implications for HIV prevention. Poster presentation, From AIDS Crisis to Opportunities, Mbabane, Eswatini, 12-14 July 2016.
12. Ruark A. Quality and uncertainty in qualitative research. Seminar given to PopART (HPTN 071) Qualitative Cohort. Tygerberg, South Africa, 22 April 2016.
13. Ruark A. A life-course perspective on HIV risk among young Swazi adults. 2015. Oral presentation, South African AIDS Conference, Durban, South Africa, 9-12 June 2015.
14. Ruark A. Couple partnership dynamics and relationship satisfaction in Swaziland and implications for HIV prevention. Presentation, Johns Hopkins University Center for Communication Programs, Baltimore, MD, 20 May 2015.

15. Ruark A, Mazibuko N, Dlamini L. Understanding the emotional drivers and context of concurrency among young Swazi adults. Poster presentation, National Health Research Conference, Ezulwini, Eswatini, 16 October 2014.
16. Ruark A, Mazibuko N, Dlamini L. Pre- and post-marriage counseling as a tool to build gender-equitable and sexually faithful relationships. Poster presentation, National Health Research Conference, Ezulwini, Eswatini, 15 October 2014.
17. Ruark A. Couple partnership dynamics and relationship satisfaction in Swaziland and implications for HIV prevention. Oral presentation, Structural Drivers of HIV Conference, Cape Town, South Africa, 5 December 2013.
18. Ruark A. Marriage not associated with increased risk of HIV infection among young Swazi women. Poster presentation, South African AIDS Conference, Durban, 19 June 2013.
19. Hearst N, Ruark AH, Fraser N. HIV prevention in Africa's generalized epidemics: A review of HIV/AIDS prevention in the national strategic planning process in sub-Saharan Africa. Presentation at World Bank-sponsored satellite session, XIX International AIDS Conference, Washington, DC, 24 July 2012.
20. Ruark AH. Epidemiological perspectives on marriage and family. Plenary presentation at Pan African Christian AIDS Network (PACANet) Consultation on Multiple and Concurrent Partnerships, Ezulwini, Eswatini, 29 April 2011.
21. Ruark AH, Hudes ES, Goldsmith J, Hearst N, Green EC. Consistent and inconsistent condom usage and HIV risk in Africa: New evidence from Demographic and Health Surveys. Poster presentation, XVIII International AIDS Conference, Vienna, Austria, 20 July 2010.
22. Ruark AH. A qualitative analysis of the sexual behavior and HIV risk of older Ugandans. Poster presentation, XVII International AIDS Conference, Mexico City, Mexico, 5 August 2008.
23. Ruark AH. Research perspectives: HIV risk and marriage in Africa. Oral presentation, Global Health Council Annual Conference, Washington, DC, 28 May 2008.
24. Herling A. Trends in sexual behavior among African youth. Panel presentation, Society for Applied Anthropology Annual Meeting, Tampa, FL, 29 March 2007.

PROFESSIONAL EXPERIENCE

Research Fellow, Harvard AIDS Prevention Research Project **Aug. 2006 – Feb. 2010**
 Harvard Center for Population & Development Studies, Cambridge, MA

Researched behavioral approaches to HIV prevention and HIV risk factors in generalized epidemics, particularly in Africa. Designed and implemented research studies, analyzed quantitative and qualitative data and authored peer-reviewed publications and conference presentations. Performed high-level administrative tasks, including strategic planning, budgeting, communications, website design and maintenance, and conference planning. Co-authored book on anthropological and behavior-based approaches to HIV prevention.

Program Coordinator, HIV Prevention & Care Program **Nov. 2005 – June 2006**
 Medical Services Corporation International, Arlington, VA

Provided technical assistance and supervision to USAID-funded HIV prevention, testing, treatment, and care program operating in Haiti, Malawi, and Mozambique. In field, supported, trained, and evaluated partners and programs. Developed monitoring and evaluation protocol for program. Assisted field staffing in developing workplans and in fulfilling reporting requirements. Responsible for submission of workplans and reports to USAID.

Program Associate**Jan. 2005 – Sept. 2005**

Christian Connections for International Health

Supported and developed CCIH's role as a networking and information-sharing organization for Christian professionals and organizations working in international health. Managed website and communications, represented CCIH and the faith-based community at various meetings and events in Washington, DC, and coordinated annual conference.

CONSULTING EXPERIENCE

Capacity building for addressing violence and food security**May – Nov. 2019**

Catholic Relief Services (CRS) Ethiopia

Supervised research team to carry out Key Informant Interviews to explore nexus of gender-based violence (GBV) and food security and access to GBV services in rural populations served by CRS food assistance and livelihoods projects. Analyzed qualitative data and used findings to design training curricula to build capacity of CRS staff and project beneficiaries to understand relationship of GBV to food security and combat GBV. Implemented training for CRS staff including workplan, referral form, and other tools.

Proposal writing**April – May 2019**

Pact

As lead writer on proposal for five-year infectious disease control project, engaged in design meetings, contributed technical expertise, and drafted majority of proposal on tight timeline.

Technical assistance to USAID-funded OVC programs**July 2018 – Apr. 2019**

The Palladium Group and MEASURE Evaluation

As a Consultant for Measurement and Learning, Data Informatics, and Analytical Solutions, worked with MEASURE Evaluation staff under the direction of the United States Agency for International Development (USAID) on the following projects:

- 1) Designed training curriculum package (including Powerpoint slide decks, handouts, participatory learning exercises, and a facilitator's guide) to introduce revised indicators for Orphans and Vulnerable Children (OVC) programs under the President's Emergency Plan for AIDS Relief (PEPFAR). Conducted trainings for USAID and partner staff in Ethiopia, Nigeria, South Africa, and Zimbabwe.
- 2) Developed tools to define and measure USAID-mandated criteria for graduation of households from OVC programs. Designed a protocol and tools for a data quality assessment (DQA) of OVC program performance, and a sustainability assessment focused on well-being of households after graduation.
- 3) Provided technical assistance to other projects related to PEPFAR HIV and OVC programming.

Analysis of facility-level family planning data**Apr. 2018 – July 2019**

Christian Connections for International Health, Arlington, Virginia, USA

Collaborated with faith-based health facilities in Cameroon, Kenya, and Uganda to analyze facility-level family planning data and evaluate impact of USAID-funded programs to increase family planning access through religious leaders in Africa. Conducted analysis of quantitative and qualitative data and authored reports and articles for peer-reviewed publications.

Qualitative data analysis and co-authorship of academic articles**Mar. 2018 – present**

Center for AIDS Research, University of California, San Francisco, USA

Conducted qualitative data analysis and co-authored peer-reviewed journal articles under a National Institutes of Health (NIH) funded study of alcohol use and antiretroviral therapy for couples living with HIV in Malawi.

Training of master's students in research methods **Jan. 2018 – Dec. 2018**

Faculty of Medicine and Health Sciences, Stellenbosch University, South Africa

Provided one-on-one training in qualitative and quantitative methods to Master's students in the Center for Health Professions Education. Reviewed research proposals, data analysis, and research outputs.

Evaluation of adolescent peer education program **Nov. 2017 – Feb. 2018**

Jane Goodall Institute, Kampala, Uganda

Led mixed-method evaluation of peer education program for young adolescent girls focused on HIV/AIDS and reproductive health. Designed survey and qualitative data collection tools, led research team during data collection, carried out key informant interviews, analyzed quantitative and qualitative data, designed monitoring and evaluation framework for organization, authored final report.

Guidelines for health sector response to child maltreatment **Sept. 2017 – Oct. 2017**

Department for Management of Noncommunicable Diseases Violence and Injury Prevention
World Health Organization, Geneva, Switzerland

Assisted with literature review to inform clinical guidelines for the health sector response to child maltreatment, with a focus on low- and middle-income countries. Searched and analyzed literature on physical, emotional and sexual abuse and neglect of children. Contributed to final report of child-focused best practices for recognizing and responding to abuse and neglect within health care settings.

Evaluation of The Faithful House staff training **May 2015 – Aug. 2017**

Catholic Relief Services, Baltimore, MD

Designed and supervised mixed-method evaluation of The Faithful House (couple relationship strengthening) training on gender equitable attitudes among CRS and partner staff in Burundi and Benin. Analyzed data, wrote report.

Literature review for global HIV/AIDS strategy 2016–2020 **Oct. 2015 – Nov. 2015**

World Vision International, Washington, DC

To inform WVI global HIV/AIDS strategy 2016-2020, conducted literature review of effective HIV interventions for adolescents and young women, key populations, and vertical transmission.

Development & validation of Couple Functionality Assessment Tool **May 2015 – July 2016**

Catholic Relief Services, Baltimore, MD

Developed tool to assess couple relationship functioning for use in CRS programs globally. Implemented mixed-method validation study in Malawi, including training research assistants and supervising data collection. Served as technical advisor to follow-up studies in Ethiopia, Mali, and Rwanda, and supervised lead consultant on those studies.

Design & evaluation of couples' HIV prevention intervention **Dec. 2014 – Aug. 2015**

The New Paradigm Fund, Washington, DC

Worked with Ugandan colleagues to design and implement workshop-based intervention to strengthen couple relationships and decrease multiple sexual partnerships in Kampala, Uganda. Designed mixed-methods evaluation of intervention, including tool to measure couple relationship quality. Analyzed quantitative and qualitative data and presented findings at conferences and in peer-reviewed literature.

Monitoring & evaluation for Global HIV/AIDS Program **Feb. 2009 – Nov. 2012**

The World Bank, Washington, DC

As a Short Term Consultant for the Global AIDS Monitoring & Evaluation Team, contributed to:

1) Guidance to be used by countries in establishing initial result statements, indicators, and baselines on multiple and concurrent partnerships for use in national HIV strategic plans and M&E systems.

2) “Know Your Epidemic (KYE)/Know Your Response (KYR)” analyses of HIV epidemics in Nigeria, South Africa, and Zimbabwe; conducted literature reviews, supervised research assistants, designed data collection processes, collaborated with national colleagues, produced KYE and KYR analyses.

3) Report on HIV prevention in 12 African countries; coordinated literature review and produced reports and presentations to disseminate results.

HONORS AND AWARDS

NIH T32 Training Fellowship, The Miriam Hospital (Providence, RI)	2011 - 2014
Harvey Fellowship, Mustard Seed Foundation (Arlington, VA)	2011 - 2014
Departmental Scholarship, International Health Department, Johns Hopkins Bloomberg School of Public Health (Baltimore, MD)	2010 - 2014

INTERNATIONAL EXPERIENCE

Research, work, and volunteer experience in Ethiopia, Eswatini, Haiti, Jamaica, Kenya, Malawi, Mozambique, Nigeria, South Africa, Uganda, Ukraine, and Zimbabwe. Travel to over 60 countries, and residence in Saudi Arabia (12 years), South Africa (5 years), and Eswatini (2 years).

SKILLS

Experienced in focus group discussion, in-depth interviews, ethnographic methods, structural equation modeling, dyadic data analysis, couple- and family-based approaches, and use of a life-course approach.

Proficient in STATA, NVivo, Dedoose, Atlas/ti, Anthropac, and Microsoft Office applications.

PROFESSIONAL AND COMMUNITY ACTIVITIES & SERVICE

Technical Advisor to Center for Learning and Child Development Ghana (clcdghana.org).

Member of Harvey Fellows Advisory Board (2015-2017), New Paradigm Fund Advisory Board (2013-2019).

Ad-hoc reviewer for *AIDS and Behavior*; *AIDS Research and Therapy*; *African Journal of AIDS Research*; *American Sociological Review*; *Culture, Health, & Sexuality*; *Evaluation and Program Planning*; *Frontiers Public Health*; *Health Promotion*; *Journal of Adolescent Health*; *Journal of Family Issues*; *Journal of Health Communication*; *Journal of Public Health*; *Lancet Global Health*; *PLOS ONE*; *SAHARA-J: Journal of Social Aspects of HIV/AIDS*; *Scandinavian Journal of Public Health*; *Social Science & Medicine*; and *Studies in Family Planning*.

Active involvement in Christ Church Stellenbosch (a member of the Reformed Evangelical Anglican Church of South Africa), including participating in a weekly women’s Bible study, a weekly family small group, and serving on the music team.

LETTERS OF RECOMMENDATION

Letters of recommendation have been submitted from:

1. Pastoral reference: Loots and Nancy Lambrechts
2. Personal reference: Emily Chambers Sharpe
3. Professional academic reference #1: Edward C. (Ted) Green
4. Professional academic reference #2: Ian Couper