

# MASSY MUTUMBA

Ann Arbor, Michigan • (734) 546-5841  
• mmutumba@umich.edu

## Professional Summary

Public health professional with a strong background in interdisciplinary research, global health, and population health sciences. Possesses expertise in HIV/AIDS prevention, adolescent development, mental health, and health systems strengthening, with a proven ability to secure grant funding and produce high-impact publications. Experienced in leading complex, multi-level interventions and collaborating with global health

organizations. Passionate about shaping the foundation of a forward-thinking School of Public Health that nurtures a vibrant, research-driven culture and fosters innovative interdisciplinary collaborations to produce real-world evidence addressing health disparities locally and globally. Committed to advancing the school's mission by promoting excellence in education, fostering diversity and inclusion, and preparing culturally competent students to address health disparities and societal challenges through innovative public health solutions.

- Sexual Reproductive Health and Rights
- Health Promotion Planning and Evaluation
- Health Systems Strengthening

## Education

**University of Michigan**, Ann Arbor, MI – 05/2014

**Ph.D.** in Health Behavior and Health Education

**University of Michigan**, Ann Arbor, MI – 05/2010

**Master of Public Health**, Health Behavior and Health Education

**Mbarara University of Science and Technology (MUST)** – 01/2006

**Bachelor of Science** in Nursing

## Professional Experience

**Associate Director, African Studies Center**

06/2023 to 03/2025

International Institute, University of Michigan, Ann Arbor, MI

**Assistant Professor**

01/2017 to 03/2025

Department of Health Behavior and Biological Sciences, University of Michigan School of Nursing, Ann Arbor, MI

**Research Fellow**

01/2015 to 12/2016

Department of Health Behavior and Biological Sciences, University of Michigan School of Nursing, Ann Arbor, MI

**Postdoctoral Fellow**

09/2014 to 12/2014

Center for Sexuality and Health Disparities, University of Michigan School of Public Health, Ann Arbor, MI

**Graduate Research Assistant** 2013 to 2014

MCubed Grant: HIV-Care Adherence Study, University of Michigan School of Public Health, Ann Arbor, MI

**Project Manager** 2012

Fertility Aspirations and Fertility Control Study, University of Michigan School of Public Health, Ann Arbor, MI

**Team Member** 2010, 2011

Public Health Action Support Team (PHAST), University of Michigan School of Public Health, Ann Arbor, MI

**Project Manager** 2009

Ghana – Michigan CHARTER, University of Michigan Center for Global Health, Ann Arbor, MI

**Nursing Officer** 2007 to 2015

Joint Clinical Research Center, Kampala, Uganda

**Research Assistant** 2006 to 2007

Mbarara University of Science & Technology and UC, San Francisco Research Collaboration, Mbarara, Uganda

**Nurse Intern** 2005 to 2006

Mbarara Regional Referral Hospital, Mbarara, Uganda

**Funded Research**

M-Suubi: A Multi-level integrated intervention to reduce the impact of HIV stigma on HIV treatment outcomes among adolescents living with HIV in Uganda (1R01MH126892-01A1)

**Project/Proposal Start and End Date:** 09/2021 to 07/2026 **Role:** MPI

This proposal examines the impact and cost-effectiveness of an innovative multilevel intervention combining group-based HIV stigma reduction for Educators (SE-HIVSR) combined with MFGs for HIV stigma reduction (MFG-HIVSR) plus a family economic empowerment (FEE) on HIV treatment adherence and engagement in care outcomes among school-going adolescents living with HIV (ALHIV) in Uganda. Study findings, if successful, will have important implications for HIV treatment adherence and engagement in care among ALHIV in Sub-Saharan Africa.

Obusobozi: Suicide prevention among adolescents in Uganda (1R21MH129752-01)

**Project/Proposal Start and End Date:** 02/2022 to 11/2024 **Role:** MPI

This study seeks to address gaps in early identification of adolescents at high risk of suicide and improving understanding of context-specific risk and protective factors in Uganda. This will enable early linkage to preventive and treatment services,

ultimately preventing premature morbidity and mortality. Study findings, if successful will have important implications for school-based suicide prevention interventions and strengthening mental health among adolescents in resource-limited settings.

Assessing the Feasibility of Economic Approaches to Prevention of Substance Abuse among Adolescents (R21AA030225-01)

**Project/Proposal Start and End Date:** 06/2022 to 05/2024 Role: MPI

The study will investigate the epidemiology, underlying risk and protective factors for adolescent drug use (ADU) among adolescents living with HIV (AYLHIV) and evaluate the effects of a family-based economic empowerment intervention on ADU among AYLHIV. The findings from this proposed study will contribute to our understanding of the epidemiology, risk and resilience factors and consequences of alcohol and drug use among ALHIV, to inform the development of effective ADU prevention intervention. If warranted, these findings will inform the design of an R01 grant to examine the long-term effects of a family-based economic empowerment intervention on ADU among AYLHIV.

Contextual influences, Intervention points and Strategies for Addressing Sexual Violence against Girls/Women with Disabilities

**Project/Proposal Start and End Date:** 06/2022 to 09/2024

This study will identify the multi-level factors that contribute to sexual violence against women with disabilities and identify potential intervention points and strategies to address this neglected public health challenge. Women with disabilities are almost twice more likely to experience lifetime sexual violence, and 1.4 times more likely to experience physical violence and emotional abuse. Insights gained will directly inform the development and refinement of violence prevention programs, ensuring they are effectively tailored to meet the specific needs of women and girls with disabilities.

Peer Reviewed Publications

**Mutumba, M.,** Brathwaite, R., Nannono, S., Namatovu, P., Kabarambi, A., Filiatreau, L. M., & Ssewamala, F. M. (2025). Psychometric validation of the East Africa alcohol expectancy scale (AFEXS) for youth living with HIV in Southwestern Uganda. *AIDS and Behavior*, 29(3), 781-790.

Brathwaite, R., **Mutumba, M.,** Nannono, S., Namatovu, P., & Ssewamala, F. M. (2025). Exploring Alcohol Use Expectancies as Mediators in the Relationship Between Psychological Stressors and Substance Use Among Youths Living with HIV in Uganda. *AIDS and Behavior*, 1-10.

**Mutumba M.,** Brathwaite R., Nabunya P., Namuwonge F., Ssewamala F. (2024). Typologies and correlates of caregiver-adolescent sexual health communication among adolescent girls in southwestern Uganda. *Journal of Child and Family Studies*, 1- 13

Stark, L., **Mutumba, M.**, Ssewamala, F., Brathwaite, R., Brown, D. S., Atwebembere, R., & Mwebembezi, A. (2024). Protocol for a discrete choice experiment: understanding preferences for seeking health services for survivors of sexual violence in Uganda. *BMJ open*, 14(8), e081663.

Brathwaite R., **Mutumba M.**, Nanteza J., Filiatreau F., Migadde H., Namatovu P., Nanteza B., Mugisha J., Mwebembezi J., Ssewamala F.M. (2024) Prevalence and correlates of substance use among youth living with HIV in fishing communities in Uganda. *AIDS and Behavior*, 1-13

Veliz, P., & **Mutumba, M.** (2023). Assessing the role of sports participation on depression, suicide ideation, and suicide behaviors among adolescents before and during COVID-19. *Journal of physical activity and health*, 1(aop), 1-12.

Brathwaite, R., **Mutumba, M.**, Nanteza, J., Filiatreau, L. M., Migadde, H., Namatovu, P., ... & Ssewamala, F. M. (2023). Assessing the Feasibility of economic approaches to prevent substance abuse among adolescents: Protocol for a Mixed methods study. *JMIR Research Protocols*, 12(1), e46486.

Brathwaite, R., Bahar, O. S., **Mutumba, M.**, Byansi, W., Namatovu, P., Namuwonge, F., ... & Ssewamala, F. M. (2023). Short-term impact of “Amaka Amasanyufu” multiple family group intervention on mental health functioning of children with disruptive behavior disorders in Uganda. *Journal of the American Academy of Child & Adolescent Psychiatry*, 62(7), 777-790.

**Mutumba, M.**, Ssewamala, F., Namirembe, R., Bahar, O. S., Nabunya, P., Neilands, T., ... & Mwebembezi, A. (2022). A Multilevel Integrated Intervention to Reduce the Impact of HIV Stigma on HIV Treatment Outcomes Among Adolescents Living With HIV in Uganda: Protocol for a Randomized Controlled Trial. *JMIR Research Protocols*, 11(10), e40101.

Stark, L., Seff, I., **Mutumba, M.**, & Fulu, E. (2023). Intimate Partner Violence and Mental Health: Deepening Our Understanding of Associations, Pathways, and Prevention in Low-and Middle-Income Countries. *International Journal of Environmental Research and Public Health*, 20(2), 1505.

Brathwaite R, Ssewamala FM, **Mutumba M**, Neilands TB, Byansi W, Namuwonge F, Damulira C, Nabunya P, Nakigozi G, Makumbi F, Mellins CA, McKay MM, and Suubi+Adherence Field Team. The long-term (5-year) impact of a family economic empowerment intervention on adolescents living with HIV in Uganda: analysis of longitudinal data from a cluster randomized controlled trial from the Suubi+Adherence study (2012-2018). *AIDS and Behavior*, 26(10), 3337-3344

**Mutumba, M.**, Bhattacharya, S., & Ssewamala, F. M. (2022). Assessing the social patterning and magnitude of inequalities in sexual violence among young women in Uganda: Findings from 2016 demographic and health survey. *Global public health*, 1-15.

**Mutumba, M.** (2022). Mass media influences on family planning knowledge, attitudes and method choice among sexually active men in sub-Saharan Africa. *PloS one*, 17(1), e0261068.

- Brathwaite, R., Ssewamala, F. M., Neilands, T. B., Okumu, M., **Mutumba, M.**, Damulira, C., ... & McKay, M. M. (2021). Predicting the individualized risk of poor adherence to ART medication among adolescents living with HIV in Uganda: the Suubi+ Adherence study. *Journal of the International AIDS Society*, 24(6), e25756.
- Mutumba M**, Wolf-King S, Carrico AW, Emenyonu N, Fatch R, Muyindike W, Hahn JA. (2021). Correlates and effects of alcohol use expectancies among persons living with HIV in Uganda. *AIDS and Behavior*.
- Mutumba, M.**, Moskowitz, J.T., Neilands, T.B., Lee, J-Y., Dilworth, S.E., & Carrico, A.W. (2021). A mindfulness-based stress and coping model of craving in methamphetamine users. *PLoS ONE*, 16(5), e0249489
- Shato, T., Nabunya, P., Byansi, W., Nwaozuru, U., Okumu, M., Mutumba, M., ... & Ssewamala, F. M. (2021). Family Economic Empowerment, Family Social Support, and Sexual Risk-Taking Behaviors Among Adolescents Living With HIV in Uganda: The Suubi+ Adherence Study. *Journal of Adolescent Health*, 69(3), 406-413.
- Mutumba, M.**, & Schulenberg, J. E. (2019). Tobacco and alcohol use among youth in low and middle income countries: a multi-country analysis on the influence of structural and micro-level factors. *Substance use & misuse*, 54(3), 396-411.
- Harper GW, Kumar M, **Mutumba M**, Lemos D, Hooks K, Mustich I, Hosek S. (2019). Resilience among Youth Newly Diagnosed with HIV who live in Urban Informal Settlements in Kenya: Implications for Intervention. *Journal of HIV/AIDS and Social Services*, 18(4), 329-346.
- Mutumba M** & Schulenberg JE. (2019). Tobacco and alcohol use among youth in low and middle income countries: a multi-country analysis on the influence of structural and micro-level factors. *Journal of Substance use and Misuse*. DOI: 10.1080/10826084.2018.1497063
- Mutumba M....** Stephenson R. (2019). Perceptions of current gaps, strategies and intervention approaches for HIV self-management among Ugandan adolescents: A qualitative study with adolescents, caregivers and healthcare providers. *Journal of the International Association of Providers of AIDS Care (JIAPAC)*, 18, 2325958218823246.
- Mutumba M.** Schulenberg JE. (2019). Cross-national variation in the subjective wellbeing of youth in low and middle-income countries: The role of structural and micro-level factors. *Journal of Youth Studies*, 1 – 17.
- Mutumba M....** Stephenson R. (2018). Perceptions of HIV self-management roles and challenges among adolescents, caregivers and healthcare providers in Uganda. *Journal of the Association of Nurses in AIDS Care (JANAC)*. DOI: 10.1097/JNC.0000000000000007

**Mutumba M**, Wekesa E, Stephenson R. (2018). Community influences on modern contraceptive use among young women in low and middle-income countries: a cross-sectional multi-country analysis. *BMC Public Health*. *18(1): 430*. doi: [10.1186/s12889-018-5331-y](https://doi.org/10.1186/s12889-018-5331-y).

**Mutumba, M.**, Elkington, K. S., Bauermeister, J. A., Bucek, A., Dolezal, C., Leu, C. S., & Mellins, C. A. (2016). Changes in Substance Use Symptoms Across Adolescence in Youth Perinatally Infected with HIV. *AIDS and Behavior*, 1-12.

**Mutumba, M.**, Musiime, V., Lepkowski, J. M., Harper, G. W., Snow, R. C., Resnicow, K., & Bauermeister, J. A. (2016). Examining the relationship between psychological distress and adherence to anti-retroviral therapy among Ugandan adolescents living with HIV. *AIDS Care*, 1-9.

**Mutumba, M.**, Bauermeister, J. A., Elkington, K. S., Bucek, A., Dolezal, C., Leu, C. S., & Mellins, C. A. (2016). A Prospective Longitudinal Study of Mental Health Symptoms among Perinatally HIVInfected and HIV-Exposed but Uninfected Urban Youths. *Journal of Adolescent Health*, 58(4), 460-466.

**Mutumba, M.**, Bauermeister, J. A., Harper, G. W., Musiime, V., Lepkowski, J., Resnicow, K., & Snow, R. C. (2016). Psychological distress among Ugandan adolescents living with HIV: Examining stressors and the buffering role of general and religious coping strategies. *Global Public Health*, 1-13.

**Mutumba, M.**, Musiime, V., Tsai, A. C., Byaruhanga, J., Kiweewa, F., Bauermeister, J. A., & Snow, R. C. (2015). Disclosure of HIV status to perinatally infected adolescents in urban Uganda: a qualitative study on timing, process, and outcomes. *Journal of the Association of Nurses in AIDS Care*, 26(4), 472-484.

**Mutumba, M.**, Bauermeister, J. A., Musiime, V., Byaruhanga, J., Francis, K., Snow, R. C., & Tsai, A. C. (2015). Psychosocial challenges and strategies for coping with HIV among adolescents in Uganda: a qualitative study. *AIDS patient care and STDs*, 29(2), 86-94.

**Mutumba, M.**, & Harper, G. (2015). Mental health and support among young key populations: an ecological approach to understanding and intervention. *J Int AIDS Soc*, 18, 54-63.

**Mutumba, M.**, Tomlinson, M., & Tsai, A. C. (2014). Psychometric properties of instruments for assessing depression among African youth: a systematic review. *Journal of Child & Adolescent Mental Health*, 26(2), 139-156.

**Mutumba, M.**, Resnicow, K., Bauermeister, J. A., Harper, G. W., Musiime, V., Snow, R. C., & Lepkowski, J. M. (2015). Development of a psychosocial distress measure for Ugandan adolescents living with HIV. *AIDS and Behavior*, 19(2), 380-392.

Snow, R. C., Laski, L., & **Mutumba, M.** (2015). Sexual and reproductive health: Progress and outstanding needs. *Global public health*, 10(2), 149-173.

Snow, R. C., **Mutumba, M.**, Resnicow, K., & Mugenyi, G. (2013). The social legacy of AIDS: Fertility aspirations among HIV-affected women in Uganda. *American journal of public health*, 103(2), 278-285.

Kwansah, J., Dzodzomenyo, M., **Mutumba, M.**, Asabir, K., Koomson, E., Gyakobo, M., ... & Snow, R.C. (2012). Policy talk: incentives for rural service among nurses in Ghana. *Health policy and planning*, czs016.

Snow, R. C., Asabir, K., **Mutumba, M.**, Koomson, E., Gyan, K., Dzodzomenyo, M., ... & Kwansah, J. (2011). Key factors leading to reduced recruitment and retention of health professionals in remote areas of Ghana: a qualitative study and proposed policy solutions. *Human resources for health*, 9(1), 1.