

CURRICULUM VITAE

- I (a) Name: ADEFOLARIN, Adeyinka Olufolake
(b) Department: Health Promotion and Education
(c) Faculty: Public Health

- II (a) **First Academic Appointment:** Lecturer II
(b) **Presently Post (with date):** Lecturer II
(c) **Date of last Promotion:** Not application
(d) **Date last considered:** Not applicable

III UNIVERSITY EDUCATION (With Dates)

- (a) University of Ibadan, Ibadan (1990-1998)
(b) University of Ibadan, Ibadan (2000-2002)
(c) University of Ibadan, Ibadan (2006-2010)
(d) University of Ibadan, Ibadan (2012-2017)

IV Academic Qualifications (with dates and granting bodies)

- a) B. Sc. (Hons.) Human Nutrition (July 1998), University of Ibadan, Ibadan.
b) MSW (Hons) Social Work (January 1991), University of Ibadan, Ibadan.
c) MPH (Hons) Health Promotion and Education (November 2010) University of Ibadan
d) Ph.D. Health Promotion and Education (October 2017), University of Ibadan, Ibadan.

V Professional Qualification and Diploma:

- (a) Certificate in Global Mental Health, University of Washington.

VI SCHOLARSHIPS, FELLOWSHIPS AND GRANTS

- (a) SIDA grant: Data mining and manuscript writing 2021
(b) CARTA re-entry grant funded project: Micronutrient as biomarker of cancer risk in textile dye applicators in Southwest Nigeria 2019
(c) CARTA re-entry grant funded project: Development and Evaluation of a Mobile Health Information and Educational Video to Promote Fathers' Self-Efficacy for Spousal Support in Pregnancy and Childbirth 2019. Dr Sunday Ayamolowo
(d) CARTA re-entry grant funded project: The impact of Nollywood movies on awareness creation about HIV and risky sexual behavior among in-school youth in Nigeria. P.I Dr Ayodele Alonge 2019

(e) Stakeholder committee member on CARTA re-entry funded project: Enhancing Capacity of Parent (E-CaP) for sex education. PI. Dr A O Olumide 2022

(f) Expert committee on NIH emerging global leader funded project: Responding to Adolescent perinatal depression with patient-centred mobile health (RAPIDmh) P.I Dr Lola Kola Member of

(g) Steering committee: Responding to the challenges of adolescent perinatal depression (rapid) project. WHO Collaborating Centre for Research and Training in Mental Health, Substance abuse, Neurosciences and Substance Abuse. Department of Psychiatry. P.I. Prof Oye Gureje

VII HONOURS, DISTINCTIONS AND MEMBERSHIP OF LEARNED SOCIETIES

- (a) Member: Oyo State Mental Health Stakeholders Forum, Nigeria (certificate in Mental Health Leadership Advocacy Program)
- (b) Member: National Association of Nigerian Social Workers **RN: 0001133**
- (c) Member: Association of Medical Social Workers of Nigeria (**AMSWON,RC 17830**)
- (d) Member: International Union of Health Promotion and Education **RN 9432**
- (e) Member: British Columbia registration board for Social Workers **Reg no 9799**
- (f) Member: Nigeria Association of Child and Adolescent Psychiatry and Allied professionals (NACAPAP)
- (g) Member: African Association of Psychiatrists and Allied Professionals (AAPAP)
- (h) Director: Family Relief and Societal Health Initiative organization, Nigeria

VIII Details Of Teaching and Work Experience

- a. **2025-till date Warwick Medical School Department of Health sciences, University of Warwick**

Teaching in the Global Health team

Global Mental Health Promotion

Cross cultural consideration of digital technology in mental health

- b. **Undergraduate:** Nil

- c. **Postgraduate:**

i Co-teaching postgraduate students Health Promotion and Education (HPE) core courses.

HPE707 Training method and personnel development (2 units:30hrs/2nd semester; 86 students),

HPE701 Change Process (2 units:30hrs /1st semester; 86 students),

HPE 706 Health Promoting School (2 units:30hrs/2nd semester; 69 students)

HPE713 Community Directed Intervention (2 units:30hrs/1st semester; 86 students)

HPE708 Cross cultural consultation (2 units:30hrs/2nd semester; 69 students)

HPE 709 Research method in health promotion (2 units:30hrs/1st semester; 86 students)

Lead teacher of postgraduate students (New HPE course)

Health Promotion in mental health HPE 702 (2 units:30hrs/semester)

2022-till date.

(d) Associate Lecturer, General Studies Course, lecturing GES 107 course. University of Ibadan, Nigeria: Teaching undergraduate 100 level-HIV Counseling and Testing education

(e) 2024-till date. Associate Lecturer, Community Mental health course, CMH School of Community Health tutors, University College Hospital.

(f). Administrative Duties

i. Representing My Head of Department in the Faculty Executive meetings

(g). Community Service

i. Reviewer: Patient Education and Counseling journal

ii. Reviewer: Basic and Applied Medicine journal Uganda

iii. 2024 Ibadan Public Health Conference Local Organizing Committee Secretary

IX Research

Completed

- i. Micronutrient as biomarker of cancer risk in textile dye applicators in Southwest Nigeria , CARTA re-entry grant funded project 2019 (Co-Investigator)
- ii. CARTA re-entry grant funded project: The impact of Nollywood movies on awareness creation about HIV and risky sexual behavior among in-school youth in Nigeria. P.I Dr Ayodele Alonge. CARTA re-entry grant funded projec (Role- Research team member)
- iii. Enhancing Capacity of Parent (E-CaP) for sex education. PI. Dr A O Olumide 2019. CARTA re-entry funded project (Role- Stakeholder committee member)
- iv. NIH emerging global leader funded project: Responding to Adolescent perinatal depression with patient-centred mobile health (RAPIDmh) P.I Dr Lola Kola (Role- Expert committee)
- v. Responding to the challenges of adolescent perinatal depression (rapid) project. WHO Collaborating Centre for Research and Training in Mental Health, Substance abuse, Neurosciences and Substance Abuse. Department of Psychiatry. P.I. Prof Oye Gureje (Role- Steering committee)

In Progress

- vi. 2023: Development of a model intervention for stress prevention, management and coping mechanism among police officers in Nigeria, Funder: Tertiary Education Trust Fund (TETFUND) National Research Fund, Nigeria (Role:investigator).
The aim of the study is to assess the burden of stress and related mental health conditions among a randomly selected national sample of police officers and implement a pilot intervention to mitigate the burden. The study has three phases: (1) a national survey to determine the prevalence of stress and mental health burden among police officers in four randomly selected states namely Bauchi, Nasarawa, Akwa-Ibom, and Oyo, in the four geo-political zones (North East, North Central, South-south, and Southwest respectively) of the country (2) cluster randomised feasibility trial of a peer-

led intervention in Oyo state which will be informed by data from the national survey and (3) an evaluation to determine outcomes and lessons learned.

2024: Improving the management of PTSD in orphans and vulnerable children: Funded by Worldwide Universities Network and University of Southampton

2024: Reciprocal Elder Peer Support innovation to lower incidence of mental health emergencies and climate change (resilience project)

2025: Wash project TETFUND

Dissertation And Thesis

- (a) Adefolarin A.O (2022) Effect of group counseling on life threatening illness at Lola Marinho counseling clinic for at the University College Hospital, Radiotherapy clinic 2002
- (b) Adefolarin A.O (2010) Stressors, coping and social supports among HIV positive women accessing antiretroviral therapy in Nigeria
- (c) Adefolarin A.O (2017) Effect of training and supervision on health talk delivery on maternal depression among Primary Health Care workers in Ibadan.

- (a) X **Adefolarin, A. O.**, & Arulogun, O. S. (2018). Need Assessment for Health Education Service Provision on Maternal Depression Among Primary Health Care Service Providers. Archives of basic and applied medicine, 6(1), 27–33.
- (b) **Adefolarin, A. O.**, & Arulogun, O. S. (2018). Perception of Mothers and Selected Informal Maternity Caregivers Regarding Maternal Depression in Two Communities of Ibadan In Nigeria. Archives of Basic and Applied medicine, 6(1), 17–26.
- (c) **Adefolarin A.O**, Gershim A, Sola A. O, Oye G.(2021). The effect of training and supervision on primary health care workers' competence to deliver maternal depression inclusive health education in Ibadan, Nigeria: a quasi-experimental study. BMC Health Serv Res. Nov 30;21(1):1286. doi: 10.1186/s12913-021-07208-3. PMID: 34847938; PMCID: PMC8630868.
- (d) **Adefolarin, A.O.**, Gershim, A. (2022) Content validation of educational materials on maternal depression in Nigeria. BMC Pregnancy Childbirth 22, 322. <https://doi.org/10.1186/s12884-022-04575-5>
- (e) Elugbadebo, O., Ojagbemi, A., **Adefolarin, A.O** et al. (2021) Access and Discontinuity of Care at an Outpatient Mental Health Service for Older People in South-Western Nigeria. Community Ment Health J 57, 1518–1524. <https://doi.org/10.1007/s10597-020-00768-4>
- (f) Kola L, Abiona D, **Adefolarin A.O**, Ben-Zeev D.(2021)Mobile Phone Use and Acceptability for the Delivery of Mental Health Information Among Perinatal Adolescents in Nigeria: Survey Study. JMIR Ment Health. Jan 26;8(1):e20314. doi: 10.2196/20314. PMID: 33496678; PMCID: PMC7872837.

- (g) Kola, Lola and Kumar, Manasi and Fatodu, Tobi and Kola, Manasseh and A Olayemi, Bisola and O. **Adefolarin, Adeyinka** and Ben-Zeev, Dror. (2022). Nigerian Adolescent Mothers' Perceptions of mHealth Use for Depression: A Qualitative Study. Available SSRN: <https://ssrn.com/abstract=4068269> or <http://dx.doi.org/10.2139/ssrn.4068269>
- (h) Kola L, Kumar M, Kohrt B.A, Fatodun T, Olayemi B.A, **Adefolarin A.O.** (2022) Strengthening public mental health during and after the acute phase of the COVID-19 pandemic. Lancet. Mar 24:S0140-6736(22)00523-2. doi: 10.1016/S0140-6736(22)00523-2. Epub ahead of print. PMID: 35339230.
- (i) Thomas, O. E., **Adefolarin, A.**, Ana, G., & Odaibo, G. (2023). Determinants of knowledge associated with occupational hazards and perceived health problems among dye workers in Abeokuta, Nigeria. Journal of Public Health in Africa. <https://doi.org/10.4081/jphia.2023>.
- (j) **Adefolarin A.O 2024** Development of culturally appropriate health information for educational materials on maternal depression in southwest Nigeria. Public health discoveries, Volume 3, Issue 2, September, 2024 - pp 98-111 ISSN: 1115-4667 (print); 1115-4616 (online)
- (k) Kola L, Fatodu T, Kola M, Olayemi B, **Adefolarin A**, Dania S, Kumar M, Ben-Zeev D. Factors Impacting Mobile Health Adoption for Depression Care and Support by Adolescent Mothers in Nigeria: Preliminary Focus Group Study. JMIR Form Res 2025;9:e42406. URL: <https://formative.jmir.org/2025/1/e42406>. DOI: 10.2196/42406
- (l) Oluwasanu MM, Oladeji B, Oluwatobi H, Titiloye M, **Adefolarin A**, Unogu MO, Okafor P, Ajayi O, Uvere EO, Ajuwon AJ. Protocol for the development and piloting of a cluster randomised controlled trial for stress prevention, management, and coping mechanism among police officers in Nigeria. Pilot Feasibility Stud. 2024 Nov 13;10(1):140. doi: 10.1186/s40814-024-01559-4. PMID: 39538353; PMCID: PMC11559203.

Publication

XI Major Conferences Attended with Papers Read in the last five years

1. Ibadan Public Health Conference 2024, paper read "Development of culturally appropriate educational materials on maternal depression"
2. 2023, 14-15th September CARTA conference University of Witwatersrand, South Africa.
3. 2022, 23-27 September, Association of Medical Social Workers psychosocial conference, 'Nursing school, University College Hospital, Ibadan, Nigeria.

Ten best Publication

1. **Adefolarin, A. O.**, & Arulogun, O. S. (2018). Need Assessment for Health Education Service Provision on Maternal Depression Among Primary Health Care Service Providers. *Archives of basic and applied medicine*, 6(1), 27–33.
2. **Adefolarin, A. O.**, & Arulogun, O. S. (2018). Perception of Mothers and Selected Informal Maternity Caregivers Regarding Maternal Depression in Two Communities of Ibadan In Nigeria. *Archives of Basic and Applied medicine*, 6(1), 17–26.
3. **Adefolarin A.O**, Gershim A, Sola A. O, Oye G.(2021). The effect of training and supervision on primary health care workers' competence to deliver maternal depression inclusive health education in Ibadan, Nigeria: a quasi-experimental study. *BMC Health Serv Res*. Nov 30;21(1):1286. doi: 10.1186/s12913-021-07208-3. PMID: 34847938; PMCID: PMC8630868.
4. **Adefolarin, A.O.**, Gershim, A. (2022) Content validation of educational materials on maternal depression in Nigeria. *BMC Pregnancy Childbirth* 22, 322.
<https://doi.org/10.1186/s12884-022-04575-5>
5. Elugbadebo, O., Ojagbemi, A., **Adefolarin, A.O** et al. (2021) Access and Discontinuity of Care at an Outpatient Mental Health Service for Older People in South-Western Nigeria. *Community Ment Health J* 57, 1518–1524.
<https://doi.org/10.1007/s10597-020-00768-4>
6. Kola L, Abiona D, **Adefolarin A.O**, Ben-Zeev D.(2021)Mobile Phone Use and Acceptability for the Delivery of Mental Health Information Among Perinatal Adolescents in Nigeria: Survey Study. *JMIR Ment Health*. Jan 26;8(1):e20314. doi: 10.2196/20314. PMID: 33496678; PMCID: PMC7872837.
7. Kola, Lola and Kumar, Manasi and Fatodu, Tobi and Kola, Manasseh and A Olayemi, Bisola and O. **Adefolarin, Adeyinka** and Ben-Zeev, Dror. (2022). Nigerian Adolescent Mothers’ Perceptions of Mhealth Use for Depression: A Qualitative Study. Available SSRN: <https://ssrn.com/abstract=4068269> or <http://dx.doi.org/10.2139/ssrn.406826>
8. Kola L, Kumar M, Kohrt B.A, Fatodun T, Olayemi B.A, **Adefolarin A.O**. (2022) Strengthening public mental health during and after the acute phase of the COVID-19 pandemic. *Lancet*. Mar 24:S0140-6736(22)00523-2. doi: 10.1016/S0140-6736(22)00523-2. Epub ahead of print. PMID: 35339230.
9. Thomas, O. E., **Adefolarin, A.**, Ana, G., & Odaibo, G. (2023). Determinants of knowledge associated with occupational hazards and perceived health problems among dye workers in Abeokuta, Nigeria. *Journal of Public Health in Africa*.
<https://doi.org/10.4081/jphia.2023>.

My Research Interest

My research has been in three broad areas- mental health promotion across all ages and settings, research on chronic diseases and Behaviour Change Communication. My early research is based on mental health promotion, and I have collaborated on mHealth studies. My PhD research developed culturally appropriate educational materials, and I carried out content validation of the developed educational materials. It also trained Primary health workers on maternal depression. I have worked on the research which investigated acceptability of mobile phone use for the management of postpartum depression among perinatal adolescents.

My emerging research in my postdoctoral fellowship in view is youth mental health. It focuses on the prevention, promotion and treatment, and the adaption of mental health interventions in the Low- and Middle-Income Countries.