

Roberto M. Benzo, Ph.D.
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Last updated: December 5, 2024

Current Position(s)

Assistant Professor
Division of Cancer Prevention and Control
Department of Internal Medicine, College of Medicine
The Ohio State University

Education

University of Iowa, Iowa City, Iowa
Doctor of Philosophy (PhD) in Health & Human Physiology with focus in Health Promotion, December 2019. GPA: 3.60
Master of Science in Health & Human Physiology with focus in Health Promotion, Summer 2015. GPA: 3.84

West Virginia University, Morgantown, WV
Bachelor of Science in Biology, December 2010

Academic Appointments

Assistant Professor <i>P Status</i> College of Public Health The Ohio State University	September 2024 – Present
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Assistant Professor <i>M Status</i> Department of Design College of Liberal Arts and Sciences The Ohio State University	April 2024 – Present
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Assistant Professor <i>Courtesy Appointment</i> College of Public Health The Ohio State University	December. 2023 – Present
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Assistant Professor <i>Courtesy Appointment</i> Department of Design College of Liberal Arts and Sciences The Ohio State University	December 2023 – Present
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Assistant Professor Division of Cancer Prevention and Control Department of Internal Medicine, College of Medicine The Ohio State University	Dec. 2022 – Present
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Professional Positions and Experience

Postdoctoral Research Fellow <u>Penedo Lab</u> – Behavioral Medicine Mechanisms and Patient Reported Outcomes <u>St. George Lab</u> – Healthy eLifestyles Program University of Miami (Miami, FL)	Dec. 2020 – Dec. 2022
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Lead Behavioral Scientist	April 2019 – April 2020
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Well Living Lab
Mayo Clinic (Rochester, MN)

Personal Trainer
Recreational Services
University of Iowa (Iowa City, Iowa) Aug. 2014 – Present

Research Assistant
Department of Health & Human Physiology
University of Iowa (Iowa City, Iowa) Aug. 2013 – Aug. 2018

Graduate Teaching Assistant
Department of Health & Human Physiology
University of Iowa (Iowa City, Iowa) Aug. 2015 – Aug. 2016

Research Coordinator
Department of Community and Behavioral Health
School of Public Health
University of Iowa (Iowa City, Iowa) Aug. 2015 – Aug. 2016

Research Assistant
Extreme Physiology Laboratory
Mayo Clinic (Rochester, MN) Aug. 2012 – Aug. 2013

Research Assistant
Motion Analysis Lab
Mayo Clinic (Rochester, MN) Aug. 2011 – Aug. 2012

Certification and Licensure

American College of Sports Medicine: Certified Personal Training (CPT) August 2013 - Present

Professional Development

Professional Memberships and Activities

Society of Behavioral Medicine

American College of Sports Medicine

American Society of Preventative Oncology

American Society of Clinical Oncology

American Heart Association

Trainings

ACSM-ACS Cancer Exercise Specialist Course November 2024
[Item Detail - ACSM-ACS Cancer Exercise Specialist Course](#)

[User Experience Design - eCornell](#) January 2023 – November 2024
Cornell Certificate Program
Senior Lecturer: Gilly Leshed

[Transdisciplinary Research in Energetics and Cancer Research Education Program | YSPH](#) June 2023
(TREC Training Workshop)
Principal Investigator: Dr. Melinda Irwin

[Research Methods in Supportive Oncology \(RMSO\) | HMS Center for Palliative Care](#)

Harvard Medical School

Co-Chairs: Dr. William Pirl and Dr. Jennifer Temel

January 2023

T32 National Cancer Institute ([T32CA251064](#))

[Cancer Training in Disparities and Equity \(C-TIDE\)](#)

University of Miami School of Medicine

Postdoctoral Fellowship

Principal Investigator: Dr. Frank J. Penedo

Dec. 2020 – Dec. 2022

National Institute of Health Post-baccalaureate Research Training Program

[Post-baccalaureate Research Education Program \(PREP\)](#)

Mayo Clinic College of Medicine and Science

Post-Baccalaureate Fellowship

Principal Investigators: Bruce Johnson, PhD and Ken Kauffman, PhD

Aug. 2011 – Aug. 2013

[Istituto Universitario Italiano de Rosario](#)

Medical School (Facultad de Medicina)

Jan. 2008 – Jan. 2010

Committee Assignments and Administrative Services

Reviewer for JAMA Network Open, (MS #JNO24-8990).

PhD Committee Advisory Member for: Christopher Slade MS, University of Hawaii

Community Advisory Board Member for CAMELOT's National Cancer Institute-Youth Enjoy Science (NCI-YES) R25 grant submission.

Capstone Committee Advisory Member for: Katie Wilson BS, and Anna Miller.

Clinical / Quality Improvement Activities

Jackson B., Tetrick M., Winn J., **Benzo R.M.** Investigating the Effects of eLearning Video Instruction on the Knowledge of Cancer Prevention Information: Quality Improvement Project. 8 weeks, Summer 2023.

Educational Activities

[Course] Co-Designing for Healthy Lifestyles – Department of Design:

Co-Taught with Dr. Elizabeth Sanders

Spring 2024

Teaching Assistant, Physical Activity and Health

(Undergraduate Level, [HHP:2200:0A04](#))

University of Iowa

Spring 2019

Teaching Assistant, Physical Activity and Health

(Undergraduate Level, [HHP:2200:0A05](#))

University of Iowa

Spring 2019

Teaching Assistant, Physical Activity and Health

(Undergraduate Level, [HHP:2200:0B15](#))

University of Iowa

Spring 2018

Teaching Assistant, Sport and Exercise Nutrition

(Undergraduate Level, [HHP:4310:0001](#))

University of Iowa

Fall 2017

Teaching Assistant, Human Anatomy Laboratory

(Undergraduate Level, [HHP:1110:0002](#))

Fall 2017

University of Iowa

Teaching Assistant, Human Anatomy Lecture with Laboratory (Undergraduate Level, HHP:1150:0A02) University of Iowa	Fall 2017
Teaching Assistant, Human Anatomy Lecture with Laboratory (Undergraduate Level, HHP:1150:0B02) University of Iowa	Fall 2017
Teaching Assistant, Obesity: Causes/Consequences/Prevention/Treatment (Undergraduate Level, HHP:3050:0EXW) University of Iowa	Spring 2017
Teaching Assistant, Human Anatomy Laboratory (Undergraduate Level, HHP:1110:0002) University of Iowa	Spring 2017
Teaching Assistant, Human Physiology Laboratory (Undergraduate Level, HHP:1310:0006) University of Iowa	Fall 2016
Teaching Assistant, Physical Activity and Health (Undergraduate Level, HHP:2200:0100) University of Iowa	Spring 2016
Teaching Assistant, Community and Worksite Health Promotion (Undergraduate Level, HHP:3430:0001) University of Iowa	Spring 2016
Teaching Assistant, Psychological Aspects of Sport & Physical Activity (Undergraduate Level, HHP:2500:0001) University of Iowa	Spring 2016
Teaching Assistant, Physical Activity and Health (Undergraduate Level, HHP:2200:0100) University of Iowa	Fall 2015
Teaching Assistant, Nutrition & Health (Undergraduate Level, HHP:2310:0004) University of Iowa	Fall 2015
Teaching Assistant, Psychological Aspects of Sport & Physical Activity (Undergraduate Level, HHP:2500:0001) University of Iowa	Fall 2015
Teaching Assistant, Physical Activity and Health (Undergraduate Level, HHP:2200:0A01 and HHP:2200:0A03) University of Iowa	Spring 2015
Teaching Assistant, Planning and Evaluating Health Interventions (Undergraduate Level, HHP:4420:0100) University of Iowa	Spring 2015
Teaching Assistant, Physical Activity and Health (Undergraduate Level, HHP:2200:0A06 and HHP:2200:0A07) University of Iowa	Fall 2014
Teaching Assistant, Obesity: Causes, Consequences, Prevention, and Treatment (Undergraduate Level, HHP:3050:0001) University of Iowa	Fall 2014

Teaching Assistant, Physical Activity and Health
(Undergraduate Level, [HHP:2200:0A03](#) and [HHP:2200:0A05](#))
University of Iowa Spring 2014

Teaching Assistant, Planning and Evaluating Health Interventions
(Undergraduate Level, [HHP:4420:0001](#))
University of Iowa Spring 2014

Teaching Assistant, Physical Activity and Health
(Undergraduate Level, [HHP:2200:0A03](#) and [HHP:2200:0A05](#))
University of Iowa Fall 2013

Teaching Assistant, Obesity: Causes, Consequences, Prevention, and Treatment
(Undergraduate Level, [HHP:3050:0001](#))
University of Iowa Fall 2013

Research Mentorship

The Ohio State University

Anvitha Gogineni, BS, Clinical Research Assistant
Sarah Weyrauch, MS, Clinical Research Assistant September 2024 – Present

Alex Osei, MFA in Design
Precious Aforkeoghene, MFA in Design May 2024 – Present

Sydney Levy, Master's student in Dietetics
Rujul Singh, BS, Brown University
Jane Yu, BS, OSU medical student January 2024 – Present

Emily Richmond, Undergraduate student, Dietetics
Clayton Jones, Undergraduate student, Dietetics
Allison Cleveland, BS, Clinical Research Assistant January 2024 – August 2024

Dylan Roig, Ashley Allison, Kevin Reese, William Liu, and Nate Overbey
BS Capstone Project, Computer Science and Engineering Undergraduate January 2024 – May 2024

Mahkameh Mallah Zadeh, MFA in Design, Clinical Research Assistant August 2023 – Present

Katie Wilson, Master's student studying in Dietetics May 2023 – April 2024

Brielle Jackson, high school student now Karsh STEM Scholar
at Howard University May 2023 – December 2023

Nina Brown, Undergraduate student with an interest in public health
Anna Miller, Undergraduate student with plans to apply to nursing school March 2023 – January 2024

Michael Shechtman, Graduate volunteer with plans to apply to medical school
Macy Tetric, Clinical Research Coordinator with plans to apply to PhD programs March 2023 – Present

University of Hawai'i

Christopher Slade: PhD in Computer Science May 2020 – Present

University of Miami

Malcolm Griffin: Undergraduate student with plans to apply to med school
Matthew Giammanco: Undergraduate student with plans to apply to med school Dec. 2019 – Present

Well Living Laboratory

Kunjoon Byun: Research analyst in behavioral science
Araliya Senerat: Research analyst in behavioral science March 2018 – April 2019

University of Iowa

August 2013 – April 2019

Matthew Jerome: Master's student in health promotion who applied and accepted to a healthcare administration master's

Honors and Awards

University of Iowa Graduate Diversity Fellowship	2018
University of Iowa Graduate College Summer Fellowship	2018
Department of Health & Human Physiology Travel Award Grant	2018
Department of Health and Human Physiology Travel Award Grant	2017
College Liberal Arts & Sciences Summer Tuition Scholarship	2016
College Liberal Arts & Sciences Margaret Osborn Scholarship	2016
College Liberal Arts & Sciences Summer Tuition Scholarship	2015
Department of Health and Human Tuttle Memorial Scholarship	2015
Department of Health and Human Tuttle Memorial Scholarship	2014

Grants and Contract Awards

Active

Title: Adapting a Mobile Health Lifestyle Intervention for Colorectal Cancer Survivors and Home-Residing Caregivers: A Mixed-Methods Study

Grant Agency: The OSU CCC Cancer Control Program

Funding Period: 1/1/2025 – 06/2025

Total Award Amount: \$25,000

Role: Principal Investigator

Percent Effort: WOC

Title: A New Gamified Web App to Monitor Symptoms and Engage Users: The GAME Pilot Study with Cancer Patients.

Grant Agency: BIG10 Cancer Research Consortium

Funding Period: 06/2024 – 06/2025

Total Award Amount: \$15,000.00

Role: Principal Investigator

Principal Investigator: Dr. Roberto M. Benzo & Dr. Kyle Nolla

Percent of Effort: 5% FTE

Title: YALE TREC NCI Travel Fund

Grant Agency: TREC-NCI

Role: Awardee

Total Award: \$2,000

Time: April

Status: Funded

Title: SCH: Personalized Machine Learning for Repeat Adverse Health Events using Novel Multimodal Self-Supervised Pretraining Methods

Grant Agency: National Science Foundation

Role: Co-Investigator

Total Award: \$1,183,690

Start and End Date: 9/15/24 - 8/31/28 (*extension to transfer to another institution*)

Percent Effort: 4% each year for all 4 years

Pending

LOI: 2025 Kenneth and Verna Mae Jessen Award

Title: Development of a Digital Intervention to Promote Cardiovascular Health in Cancer Survivors: A CardioOncology Approach
Grant Agency: Big 10 Cancer Research Consortium
Funding Period: 04/2025 - 12/2026
Total Award Amount: \$65,000
Role: Principal Investigator
Percent Effort: 5%

Title: Adapting Digital Cognitive Behavioral Stress Management (CBSM) and Physical Activity (PA) Interventions for Colorectal Cancer Patients
Grant Agency: American Cancer Society
Grant Number: 1414905
Funding Period: 2025 - 2029
Total Award Amount: \$946,000
Role: Principal Investigator
Percent Effort: 20%

Title: [Resubmission] Digital Adaptation of IDEA-P: An Exercise & Diet Intervention for Prostate Cancer Survivors
Grant Agency: NIH, NCI
Grant Number: 1K01CA293324-01A1
Funding Period: 07/2025 – 06/2030
Total Award Amount: \$701,356.00
Role: PI
Percent Effort: 75%
Primary Mentor: Dr. Steve Clinton

Title: Living Well with Advanced Lung Cancer: Development, Implementation, and Pilot Clinical Trial of a Novel Survivorship Care Model to Improve Patient and Caregiver Outcomes
Grant Agency: NIH/NCI
Funding Period: 07/01/2025 - 06/30/2030
Total Award Amount: \$2,389,474 (Direct)
Role: Co-Investigator
Percent Effort: 5%

Not Funded

Title: Developing a User-Centered mHealth Intervention for Tracking Cardiotoxic Symptoms, Risk Factors, and Promoting Physical Activity in a Cardio-Oncology Setting
Grant Agency: Ohio Cancer Research
Funding Period: 07/2024 – 07/2025
Total Award Amount: \$80,000
Role: Principal Investigator
Percent Effort: 5%

Title: Design and evaluation of a group-mediated cognitive behavioral lifestyle intervention for men with prostate cancer undergoing androgen deprivation therapy: An mHealth adaptation
Grant Agency: National Cancer Institute
Grant Number: 1K01CA292359-01
Funding Period: 07/2024 – 06/2029
Total Award Amount: \$701,356.00
Role: Principal Investigator
Percent of Effort: 75% FTE

Title: Living Well with Advanced Lung Cancer: A novel Approach to the Development and Implementation of a Multidisciplinary Care Model to Improve Patient and Caregiver Survivorship Outcomes
Grant Agency: NIH
Dates: 07/01/2024-06/30/2029
Total Award: \$3,588,889
Role: Co-Investigator
Percent Effort 5% effort for years 4 and 5

Title: Evaluation of a human-centered digital lifestyle intervention for racially/ethnically diverse and rural/Appalachian colorectal cancer survivors and caregivers during post-treatment: a mixed-methods study.

Grant Agency: ACS

Funding Period: 2024 - 2028

Role: Principal Investigator

Total Amount Award: \$900,000

Percent Effort: 20%

LOI: The NCCN Foundation, 2025 Young Investigators Award Program

Title: Using AI to Predict Cytokine Release Syndrome and Treatment Compliance in Lung Cancer Patients Undergoing Treatment with Tarlatamab

Grant Agency: The NCCN Oncology Research Program

Funding Period: 10/2025 – 3/2027

Total Award Amount: \$150,000

Role: Principal Investigator

Percent of Effort: 5% (WOC)

Title: Adapting a mobile health lifestyle intervention for colorectal cancer survivors and home-residing caregivers: a mixed-methods study.

Grant Agency: American Institute of Cancer Research

Grant Number: 1292427

Funding Period: 01/2025 – 12/2028

Total Award Amount: \$247,500.00

Role: Principal Investigator

Percent of Effort: 25% FTE

Title: Adaptation, refinement, and evaluation of a user-centered digital lifestyle intervention for colorectal cancer survivors and family members during post-treatment: a mixed-methods study

Grant Agency: American Institute of Cancer Research

Grant Number: 1070018

Funding Period: 01/2024 – 12/2027

Total Award Amount: \$247,500.00

Role: Principal Investigator

Percent of Effort: 25%

Title: Evaluation of a human-centered digital lifestyle intervention for racially/ethnically diverse and rural colorectal cancer survivors and caregivers

Grant Agency: Robert Wood Johnson Foundation

Funding Period: 01/2024 – 01/2026

Total Award Amount: \$260,000

Role: Principal Investigator

Percent Effort: 5%

Publications

Peer Reviewed

1. Singh, R., Tetrack, M. K., Fisher, J. L., Washington, P., Yu, J., Paskett, E. D., Penedo, F. J., Clinton, S. K., & **Benzo, R. M.** (2024). Analysis of Physical Activity Using Wearable Health Technology in US Adults Enrolled in the All of Us Research Program: Multiyear Observational Study. *Journal of medical Internet research*, 26, e65095. <https://doi.org/10.2196/65095>
2. Slade C, **Benzo R.M.**, Washington P. (2024). Design Guidelines for Improving Mobile Sensing Data Collection: A Prospective Mixed Methods Study. *Journal of Medical Internet Research*. <https://doi.org/10.2196/55694>
3. Noriega-Esquivas, B.S., Moreno P.I., Munoz E., Lad T.E., Hollowell C.M.P., **Benzo R.M.**, Ramirez A.G., Penedo F.J. (2024). Effects of a culturally tailored patient navigation program on unmet supportive care needs in Hispanic/Latino cancer survivors: A randomized controlled trial. *Cancer*, 10.1002/cncr.35626. <https://doi.org/10.1002/cncr.35626>

4. Li, S., Fan, C., Kargarandehkordi, A., Sun, Y., Slade, C., Jaiswal, A., **Benzo, R. M.**, Phillips, K. T., & Washington, P. (2024). Monitoring Substance Use with Fitbit Biosignals: A Case Study on Training Deep Learning Models Using Ecological Momentary Assessments and Passive Sensing. *AI*, 5(4), 2725-2738. <https://doi.org/10.3390/ai5040131>
5. Brasky, T. M., Newton, A. M., Stephens, J. A., Strassels, S. A., **Benzo, R.M.**, Hays, J. L., Stevens, E., Wagener, T. L., Hedeker, D., & Krok-Schoen, J. L. (2024). Testing the feasibility of mobile ecological momentary assessment for symptom burden and management among metastatic cancer patients. *Digital health*, 10, 20552076241261843. <https://doi.org/10.1177/20552076241261843>
6. **Benzo, R.**, Moreno, P. I., Fox, R. S., Silvera, C. A., Walsh, E. A., Yanez, B., Balise, R. R., Oswald, L. B., & Penedo, F. J. (2023). Comorbidity burden and health-related quality of life in men with advanced prostate cancer. *Research square*, rs.3.rs-2572781. <https://doi.org/10.21203/rs.3.rs-2572781/v1>
7. **Benzo, R.M.**, St. George, S.M., Messiah, S.E., Lovan, P., Leite R., Patel A., Lee T.K., Prado G.J. (2023). Physical Fitness Among Hispanic Adolescents With Overweight or Obesity. *Pediatr Phys Ther*. <https://doi.org/10.1097/PEP.0000000000000997>
8. Natori A., Sookdeo V.D., Koru-Sengul T., Schlumbrecht M., Calfa C.L., MacIntyre J., **Benzo R.M.**, Moreno P.I., Crane T.E., Garcia S.F., Penedo F.J. (2023). Symptoms and Needs Monitoring in Diverse Ambulatory Oncology Patients: Usage Characteristics and Impact on Emergency Room Visits and Hospitalization. *J Clin Oncol*, 41(2), 285-294. <https://doi.org/10.1200/JCO.22.01038>
9. Kobayashi M.A., **Benzo R.M.**, Lee T.K., George S.M.S. (2022). Intergenerational Determinants of Weight Status Concordance and Discordance in Parent/Adolescent Dyads from the Family Life, Activity, Sun, Health, and Eating Study. *Child Obes*. <https://doi.org/10.1089/chi.2021.0195>
10. Lovan P., Boga D., Messiah S.E., Lee T., **Benzo R.M.**, Prado G. (2022). Impact of Acculturation on Cancer Prevention Dietary Patterns among Hispanic Families with a High Prevalence of Obesity. *Nutr Cancer*. <https://doi.org/10.1080/01635581.2022.2112242>
11. Puccinelli, M., Seay, J., Otto, A., Garcia, S., Crane, T. E., **Benzo, R.M.**, Solle, N., Mustanski, B., Merchant, N., Safren, S. A., & Penedo, F. J. (2022). An Adapted Cognitive Behavioral Stress and Self-management Intervention for Sexual Minority Men Living With HIV and Cancer Using the SmartManage eHealth Platform: Protocol and Study Design. *JMIR Res Protoc*, 11(7), e37822. <https://doi.org/10.2196/37822>
12. **Benzo, R.M.**, Moreno, P. I., Noriega-Esquivas, B., Otto, A. K., & Penedo, F. J. (2022). Who benefits from an eHealth-based stress management intervention in advanced prostate cancer? Results from a randomized controlled trial. *Psycho-oncology*. <https://doi.org/10.1002/pon.6000>
13. **Benzo R.M.**, Farag A., Whitaker K.M., Xiao Q., Carr, L.J. (2022). Examining the impact of 12-hour day and night shifts on nurses' fatigue: A prospective cohort study. *Int. J. Nurs. Stud. Adv*. <https://doi.org/10.1016/j.ijnsa.2022.100076>
14. **Benzo R.M.**, Farag A., Whitaker K.M., Xiao Q., Carr L.J. (2021). A Comparison of Occupational Physical Activity and Sedentary Behavior Patterns of Nurses Working 12-Hour Day and Night Shifts. *Int. J. Nurs. Stud. Adv.*, 3:100028. <https://doi.org/10.1016/j.ijnsa.2021.100028>
15. **Benzo R.M.**, Kruse N.T., Hughes W.E., Casey D.P., Carr L.J. (2018). Acute Effects of Interrupting Sitting on Discomfort and Alertness of Office Workers. *J Occup Environ Med*, 60(9), 804-809. <https://doi.org/10.1097/JOM.0000000000001329>
16. Kruse N.T., Hughes W.E., **Benzo R.M.**, Carr L.J., Casey D.P. (2018). Workplace Strategies to Prevent Sitting-induced Endothelial Dysfunction. *Med Sci Sports Exerc*, 50(4), 801-808. [PubMed PMID: 29117072]
17. **Benzo R.M.**, Gremaud A.L., Jerome M., Carr L.J. (2016). Learning to Stand: The Acceptability and Feasibility of Introducing Standing Desks into College Classrooms. *Int J Environ Res Public Health*, 13(8). [PubMed Central PMCID: PMC4997509]
18. Carr L.J., Swift M., Ferrer A., **Benzo R.M.** (2016). Cross-sectional Examination of Long-term Access to Sit-Stand Desks in a Professional Office Setting. *Am J Prev Med*, 50(1), 96-100. [PubMed PMID: 26437867]

19. Carr L.J., Leonhard C., Tucker S., Fethke N., **Benzo R.M.**, Gerr F. (2016). Total Worker Health Intervention Increases Activity of Sedentary Workers. *Am J Prev Med*, 50(1), 9-17. [PubMed PMID: 26260492]

Book Chapters

20. **Benzo R.M.**, Noriega-Esquivas B., Penedo F.J. (2021). *Essentials of Cancer Survivorship* – Chapter Four: Psychosocial and Behavioral Interventions for Symptom Management in Cancer Survivors. 1st Edition. ISBN: 9781003055426.
21. **Benzo R.M.**, Noriega-Esquivas B., Penedo F.J. *APA Handbook of Health Psychology* (Section 3). Book Chapter Title: Precision Health Psychology Interventions Within the Healthcare System Through the Use of EHR Platforms.

Published Abstracts and Presentations

Oral Presentations

- Benzo R.M.** (2024, September) 2024 College of Public Health Research Day, Ohio State University.
- Benzo R.M.** (2024, September) Chair Session Overview: Cancer Modelling II. 2024 Annual VPH Conference, Stuttgart, Germany.
- Benzo R.M.** (2024, May) Diamond Hill Investment Group: The Importance of Lifestyle Behaviors for Cancer Prevention
- Benzo R.M.** (2024, May) TREC Webinar Series: mHealthy Hearts: A Supportive Care Intervention for Cancer Survivors in a Cardio-Oncology Clinic, a collaboration with the University of Hawai'i
- Benzo R.M.** (2024, April) Promoting healthy lifestyles to prevent disease, decrease symptom burden, & improve quality of life. Presentation at the Data Science Meetings of the University of Hawaii.
- Benzo R.M.** (2023, October) Evaluation of a human-centered digital lifestyle intervention for minoritized racial-ethnic and underserved colorectal cancer patients and caregivers during post-treatment: a mixed-methods study. Presentation at The James Cancer Control Program 2023 Retreat, at The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute (OSUCCC – James).
- Benzo R.M.** (2023, October) Design and Evaluation of a Lifestyle Intervention for Men with Prostate Cancer undergoing ADT: and mHealth Adaptation. Presentation at The Annual Scientific Meeting, at The Ohio State University, Columbus, OH.
- Benzo R.M.** (2023) Promoting healthy lifestyles to prevent disease, decrease symptom burden, & improve quality of life. Presentation at the Cancer Center Survivorship Meeting at The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute (OSUCCC – James).

Poster Presentations

- Benzo R.M.**, Tetrack M.K., St. George S.M., Pavia V., Paskett E.D., Washington P., Kargarandehkordi A., Singh R., Osei A., Ghazi S., Preston O., Addison D. Promoting Physical Activity to Reduce Cardiovascular Risk in Cancer Survivors: Barriers, Facilitators, and Opportunities Guided by the COM-B Framework. International Society for Behavioral Nutrition and Physical Activity Conference, Auckland, New Zealand, June 11-14, 2025. (Awaiting Notice)
- Benzo R.M.**, Singh R., Presley C., Chaplow Z., Hery C., Tetrack M.K., Cleveland A., Yu J., Lugade V., Washington P., Paskett E.D., Fortune E. Validation of the Fitbit Charge 6 for Measuring Physical Activity in Lung Cancer Survivors: Results from Laboratory and Free-Living Condition. International Society for Behavioral Nutrition and Physical Activity Conference, Auckland, New Zealand, June 11-14, 2025. (Awaiting Notice)
- Singh R., Tetrack M.K., Fisher J.L., Washington P., Yu J., Paskett E.D., Penedo F.J., Clinton S.K., **Benzo R.M.** Multi-Year Analysis of Physical Activity Using Wearable Health Technology in U.S Adults Enrolled in the All of Us Research Program. Abstract to be presented at the 46th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA, March 26-29, 2025.

Benzo R.M., Singh R., Tetrack M.K., Fisher J.L. Digital Information-Seeking Behaviors Among Cancer Survivors: Associations with Sociodemographic Determinants, Cancer History, and Perceived Health. Abstract to be presented at the 46th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA, March 26-29, 2025.

Fleszar-Pavlovic, S., **Benzo, R. M.**, Gong, R., Browder, A., Nawab, A., Brito, A. E., Merchant, N. B. & Penedo, F. J. Pancreatic Cancer Patients' Supportive Care Needs: A Qualitative Analysis. Abstract to be presented at the 46th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA, March 26-29, 2025.

Benzo R.M., Singh R., Presley C., Chaplow Z., Focht B., Hery C., Tetrack M.K., Cleveland A., Yu J., Fortune E. Validating the Fitbit Charge 6 wearable activity monitor for use in physical activity interventions in lung cancer. 2024 Annual VPH Conference, September 2024, Stuttgart, Germany.

Benzo R.M. Moreno PI, Fox RS, Silvera CA, Walsh EA, Yanez B, Balise RR, Oswald LB, Penedo FJ. Comorbidity burden and health-related quality of life in men with advanced prostate cancer. ASPO 2024, Chicago, IL.

Kobayashi, M., **Benzo R. M.**, St. George S. M. (2023, April). Neighborhood Social Characteristics and BMI in Parent/Adolescent Dyads: A Latent Class Analysis. Poster session accepted for presentation at the 44th Annual Meeting for the Society of Behavioral Medicine, Phoenix, AZ

St. George, S.M., Pavia, V., Saber, R., Rivera, Y., Concha-Gomez, C., Noriega Esquivas, B.S., Morales, V., **Benzo, R.M.**, Leite, R.O., Estevez, M., St Fleur, R. & Prado, G. (2023, April). Pilot randomized controlled trial of Healthy Juntos: A digital lifestyle intervention for Hispanic adolescents and parents. Poster session accepted for presentation at the 44th Annual Meeting for the Society of Behavioral Medicine, Phoenix, AZ.

Morales V., Pavia V., Leite R. O., Rivera Y., Concha-Gomez C., **Benzo R. M.**, Noriega Esquivas B. S., Estevez M., Saber R., St. George S. M. (2023, April). Supportive Accountability (Health Coaching) in a Digital Lifestyle Intervention for Hispanic Families. Poster session accepted for presentation at the 44th Annual Meeting for the Society of Behavioral Medicine, Phoenix, AZ.

Pavia V., Saber, R. Rivera Y., Concha-Gomez C., Morales V., **Benzo R.M.**, Prado G., & St. George S.M. (2022, December). Pilot evaluation of a digital family-based obesity and cancer prevention intervention in Hispanic adolescents and their parents. Poster session presented at the 2022 Sylvester Comprehensive Cancer Center Member Retreat, Miami, FL.

Benzo R.M., Farag A., Whitaker K.M., Xiao Q., Carr, L.J. (2021, June). A comparison of occupational physical activity and sedentary behavior patterns of nurses working 12-h day and night shifts. Virtual Presentation at the 4th International Conference on Nursing Science & Practice.

Benzo R.M., Kruse N.T, Hughes W.E., Casey D.P., Carr L.J. (2018, April). Acute Effects of Interrupting Sitting on Discomfort and Alertness of Office Workers. 2018 Society of Behavioral Medicine Conference, New Orleans, LA.

Benzo R.M., Moreno P.I., Noriega Esquivas B., Otto A.K., Penedo F.J. (2018, March) mHealth Cognitive Behavioral Stress Management Intervention Improve Symptom Burden in Advanced Prostate Cancer Survivors with High Symptom Burden. Presentation at The Sylvester Comprehensive Cancer Center Annual Retreat, Miami, FL.

Benzo R.M., Gremaud A.L., Jerome M., Carr L.J. (2015, August). Learning to Stand: The Acceptability and Feasibility of Introducing Standing Desks into College Classrooms. Sedentary Behavior and Health Conference, Urbana-Champaign, IL.

Carr L.J., Swift M., Ferrer A., **Benzo R.M.**, (2015, April) Comparison of Sit-Stand Workstation Versus Traditional Sitting Workstations on Long-term Sedentary Behavior and Health Outcomes. Society of Behavioral Medicine Conference, San Antonio, TX.

Social Media

X: @DrRobertoBenzo

IG: @DrTicoBenzo

Other Creative Products

Benzo, R.M. (2023, October 23). Learning How Lifestyle Impacts Cancer Risk [Interview]. OSUCCC – James.
<https://cancer.osu.edu/blog/learning-how-lifestyle-impacts-cancer-risk>

Foreign Language Proficiency

Spanish: Fluent in oral comprehension/expression and advanced written comprehension/expression

Professional Community Activities

University of Iowa Director of Parking and Transportation
and Metropolitan Planning Organization of Johnson County
to improve walkability and safety of surrounding public environments

Fall 2015

Snowboard Instructor for Children with Disabilities Courage Center
Ski and Snowboard Program

2011 – 2015

Volunteered in the InScieEd Out Program
Rochester, MN

2012