



Sara Gómez Trillos

Health Consultant, Analyst, & Writer

I am an expert in mixed-methods research and behavioral health, using my interdisciplinary training to inform evidence-based decisions about innovations in health products and processes. I excel at identifying consumer needs, translating data into actionable insights, designing culturally targeted solutions, and communicating effectively with diverse stakeholders. I am fully bilingual in English and Spanish.

Work Experience

Senior Research Specialist 2021 - 2023

Lombardi Comprehensive Cancer Center | Washington, DC, USA

- Directed the implementation of hereditary cancer screening tools at community clinics, integrating them into the clinical workflow. Expanded the reach from 0 to 200 patients/month, improving access to care for uninsured women.
- Streamlined the procedures to order and complete self-sampling at-home genetic tests, avoiding delays of up to three months to a simplified 5-minute procedure.
- Improved usability and uptake of self-sample genetic tests among Latinas with low health literacy.
- Monitored performance and executed solutions based on Implementation Science to promote feasibility, acceptability, adoptability, and sustainability of interventions, resulting in consistently high satisfaction ratings from patients and providers.
- Created and managed large databases on REDCAP and established clear feedback channels with staff to guarantee high-quality data.
- Analyzed and communicated results to diverse audiences through invited speaker presentations, peer-reviewed publications, and blogs translating complex topics to everyday language.

Project Manager 2017 - 2020

Lombardi Comprehensive Cancer Center | Washington, DC, USA

- Coordinated recruitment and data collection for nine community-based multisite studies (\$1.5MM) in the United States and Latin America.
- Conducted over 200 individual interviews, surveys, and focus groups with expert stakeholders and minoritized patient populations.
- Optimized the team's capacity to meet KPIs by managing and training 22 project assistants, and by building and sustaining relationships with community organizations, patient advocates, researchers, physicians, and industry partners.
- Designed effective culturally-targeted solutions informed by mixed-methods data on users' needs, patient experiences, barriers, and facilitators, including an educational telenovela, an intelligent tutoring system, and transcreated visual aids for telehealth use.

Social Networks Research Associate 2014 - 2017

Adolescent Research Group | Charlottesville, VA, USA

- Led the data digitalization for a 17-year longitudinal study (>10,000 data points), resulting in improved data validity and accuracy.
- Conducted in-depth interviews independently, including physical health assessments.
- Increased the team's visibility and trustworthiness through the development of a new project website.
- Significantly reduced participant attrition by finding individuals and supporting them to reengage with the research study.

Web Development and mHealth Intern 2016

The MindTrails Project | Charlottesville, VA, USA

- Enabled transition from web to mobile, minimized errors, and facilitated updates by simplifying the code using Python + Bootstrap.
- Improved interoperability by acting as the liaison between developers and psychologists and outlining clear roadmaps for the digital health platform.

Contact

sgomeztrillos.com

[LinkedIn: sgomeztrillos](#)

Email: sgomeztrillos@gmail.com

About me:

Sex: Female

Location: Medellín, Colombia

Nationality: Colombia, Spain

Education

M.S. in Global Health

Georgetown University 2021

B.A. in Psychology

B.A. in Cognitive Science
University of Virginia 2017

Expertise

- Cultural competency
- Qualitative and quantitative methodologies
- Survey design
- In-depth interviewing and moderating focus groups in English and Spanish
- REDCap, Qualtrics, Dedoose, Excel, SPSS, STATA, Access
- Behavioral science, Behavioral health
- Project management
- Dissemination and Implementation
- Social Network Analysis
- Non-communicable diseases

Languages

English - Native Proficiency

Spanish - Native Proficiency

Media & Publications

- Interviews with *Telemundo* and *Forbes*
- 16 Peer-reviewed publications
- Editor of *Interconnections in Health*, a patient-facing blog
- Creative writing

[See List of Publications](#)