**Xuban Palau Villarreal, B.S.**

2337 SW Archer Rd, 4074  
Gainesville, FL 32608  
(813)-447-4914

palaux@ufl.edu

Last Updated: 5/13/2025

**Education**

M.D. Candidate Class of 2026, University of Florida College of Medicine 2022-present

Gainesville, FL

B.S. in IDS – Basic Biological and Medical Sciences, University of Florida, 2021-2022

Gainesville, FL

B.S. in Biochemistry, University of South Florida, Tampa, FL 2014-2018

**Leadership**

UF College of Medicine

Diversity, Equity, and Inclusion Liaison August 2022-Present

UF College of Medicine

Student Success Liaison August 2022-Present

UFCOM Equal Access Clinic Network

Prenatal Clinic Director Jan 2025-Present

Prenatal Data Coordinator Jan 2024-Dec 2024

Prenatal Clinic Care Coordinator Jan 2023-Dec-2023

**Professional Memberships**

American College of Obstetricians and Gynecologists 2023-Present

GLMA: Health Professionals Advancing LGBTQ+ Equality 2022-Present

THEN: Transgender Health Education Network 2024-Present

**Organization and Volunteer Activities**

UFCOM Equal Access Clinic Network (Gynecology clinic) 2022-Present

Medical Student Volunteer

UFCOM Equal Access Clinic Network (LGBTQ+ clinic) 2022-Present

Medical Student Volunteer

UFCOM Obstetrics & Gynecology Student Interest Group 2023-2024

President

UFCOM Medical Student Pride Alliance Interest Group 2023-2024

President

Mobile Outreach Clinic 2024-Present

Gynecology Mobile Clinic Volunteer

Gynecology Health Fair Equal Access Clinic Network 2024-Present

Volunteer

Sexual Health Education Volunteer 2023-Present

Volunteer, provide developmentally appropriate content

that promotes healthy sexual development and behavior

Celebration of Diversity 2023-Present

Coordinating grand rounds from leaders in DE&I, panels

formed by first-generation medical professionals,

LGBTQIA+ medical providers, and community leaders.

White Coat Company Theatre Group 2023-Present

Performer, involved in plays such as The Little Mermaid,

and Aladdin.

UFCOM Student Ensemble 2023-Present

Performer, singing at events such as donated bodies

ceremony, and white coat ceremony.

UFCOM Wilderness in Medicine 2023-Present

Hiking Guide, planned annual camping trips to local and

state parks.

UFCOM MS1 Orientation August 2023

Coordinator and facilitator of DE&I workshops

BRIDGE Healthcare Clinic 2021-2022

Director of Language Services

BRIDGE Healthcare Clinic 2020-2021

Certified Medical Spanish Interpreter

Parents, Families, and Friends of lesbians and Gays (PFLAG) Tampa 2019-2022

Big brother mentor to teenagers struggling with support of sexual orientation

**Employment**

Lifestyle Couch, Medtruly, Hyde Park, MA 2020-2021

Coached and supported patients to practice healthy lifestyle habits to manage chronic health conditions

Medical Assistant, Florida Medical Clinic, Tampa, FL 2019-2020

Allergy & Immunology

Medical Assistant, Tampa Family Health Center, Tampa, FL 2018-2019

Family Medicine

**Research Positions**

Medical Student Researcher 2022-Present

*Dr. Adetola Louis-Jacques, M.D., Department of Obstetrics &*

*Gynecology – Maternal Fetal Medicine*

Collaborate in development of multiple studies,

completion of IRB approval, grant writing, formal analysis,

draft writing, and supervision.

Peer Review Committee Member for GLMA’s LGBTQ+ Health May 2024

GLMA’s 42nd Annual Conference on LGBTQ+ Health

Maternal and Child Health Outcomes Honors in Research Candidate 2022-2024

Translating research into practice and policy and

achieving more equitable delivery of maternal and child

health programs such as WIC and Healthy Start.

Undergraduate Research Student 2021-2023

*Dr. Connie Mulligan, Ph.D., Department of Genetics*

Studied the impact of racial identity on depressive symptoms

mediated by stress and discrimination.

**Honors and Achievements**

Gold Humanism Honor Society Spring 2025

University of Florida College of Medicine

Outstanding Research Poster Award – 2nd place Spring 2025

Alachua County Medical Society 2025 Poster Conference

GLMA Advancing LGBTQ Health Equality Scholarship 2024 Spring 2024

GLMA’s Annual Conference on LGBTQ+ Health

Dr. Robert C. Knapp Medical Student Award 2024-2025 Spring 2024

Hearing the Ovarian Cancer Whisper (HOW)

National LGBTQ Health Scholarship 2024 Spring 2024

Northwestern University – Institute for Sexual and Gender

Minority and Wellbeing

2023 Curtis Crowther Memorial Award Fall 2023

University of Florida (UF), Gainesville FL

Summer Research Scholarship Summer 2023

University of Florida (UF), Gainesville, FL

Outstanding Graduate Student Poster Award March 2023

COM Diversity Research Symposium 2023 (UF), Gainesville, FL

Medical Honors Program Fall 2022

University of Florida (UF), Gainesville, FL

Licensed Medical Interpreter – Spanish Spring 2024

University of Florida (UF) / ALTA Language Services

Gainesville, FL

**Publications**

*Peer-Reviewed*

**Villarreal XP**, Valle D, Al-Bahou R, Ryan SF. The Barriers of Florida’s Anti-LGBTQ+ Laws in Healthcare and Its Impact on the Mental Health of Gender and Sexual Minorities. *Journal of Psychosexual Health.* 2025;0(0). doi:10.1177/26318318241306183

Louis-Jacques, A. F., **Villarreal, X. P.**, Campos, A., Urmi, S., Dutra, S. V. O., Awomolo, A., Yoo, J. Y., Groer, M., & Wilson, R. (2024). Trends in hair cortisol from preconception to the postpartum period. *Psychoneuroendocrinology*, *169*, 107121. https://doi.org/10.1016/j.psyneuen.2024.107121

Berwick, M., **Villarreal, X. P.**, Deaton, L., & Rogers, C. (2024). Immediate postpartum IUD use among adolescents in the United States: Update from National Inpatient Sample. *Journal of Pediatric and Adolescent Gynecology*, *37*(2), 267–268. https://doi.org/10.1016/j.jpag.2024.01.071

Berwick, M., Silva, L., Solly, M., **Palau, X**., Porritt, K., Mestre, C., & Wen, T. S. (2024). Maternal and neonatal outcomes of implementation of a computer-based software for intrapartum glucose management. *American Journal of Obstetrics and Gynecology*, *230*(1). https://doi.org/10.1016/j.ajog.2023.11.978

Chalamgari A, Valle D, **Villarreal XP**, et al. Vertebral Primary Bone Lesions: Review of Management Options. *Curr Oncol*. 2023;30(3):3064-3078. Published 2023 Mar 4. doi:10.3390/curroncol30030232

Liu A, **Villarreal XP**, Lucke-Wold B. Allergy identification for neurosurgical patients: updates for management. *Clin Res Commun*. 2023 Jun;6(2):8. doi: 10.53388/crc2023008. Epub 2023 Mar 15. PMID: 37152108; PMCID: PMC10156066.

**Villarreal XP**, Liu A, Lucke-Wold B. Neonatal Hydrocephalus: When to intervene?. *Global Surgery*. 2023 Feb; 9:1-7 doi: 10.15761/GOS.1000244.

Valle D, **Villarreal XP**, Lunny C, et al. Surgical Management of Neurotrauma: When to Intervene. *J Clin Trials Regul*. 2022;4(2):41-55

**Xuban Palau Villarreal, BS;** Chu J. Hsiao, Ph.D. ; Connie J. Mulligan, Ph.D. ; Clarence C. Gravlee, Ph.D. ; Health Equity Alliance of Tallahassee Steering Committee, Tallahassee, FL. The Impact of Racial Identity, Everyday Discrimination, and Perceived Stress on Depressive Symptoms in a Study of African Americans Living in Tallahassee, FL. *UF College of Medicine, Medical Honors Program Thesis.* 2021.

**Submitted Manuscripts**

**Villarreal, XP**., He, R., Valle, D., Kioutchoukova, I. P., Quigley, A., Snyder, D. L., Bruggeman, B. S., & Bruggeman, B. J. Cervical Cancer Screening Method Preference and Their Impact on Gender Dysphoria Among Transgender and Gender Diverse People Assigned Female at Birth. *Transgender Health.* 2025

**Villarreal, XP**, Kioutchoukova, I. P., Valle, D., Medina, R., Al-Bahou, R., Louis-Jacques, A. F., & Ryan, S. F. The Experiences and Barriers to Lactation Among Transgender Men and Gender Diverse Parents: A Mixed-Method Study. *PLOS ONE*. 2025

**Villarreal, XP**., Martin, J., Stennett, K., Diblin, A., Abu-Rustum, R., & Louis-Jacques, A. Assessing Prenatal and Postpartum Care Experience and Needs Among Underserved Populations at a Safety-Net Clinic. *Journal of Student-Run Clinics*. 2025

**Villarreal, XP.**, De Assis, V., Crousillat, D., Parker, A., Pepine, C., Groër, M., Louis-Jacques, A. Lactation and Cardiovascular Health: A Comprehensive Review. *American Heart Journal Plus: Cardiology Research and Practice*. 2025

**Villarreal, XP**., Valle, D., Patel, D., Medina, R., & Bruggeman, B. Psychosocial, Socioeconomic and Mental Health Predictors of Postpartum Depression among Racial and Ethnic Minority Groups: A Cross-Sectional Study*. Journal of Psychosexual Health*. 2025

**Poster Presentations**

*Regional*

**Xuban Palau Villarreal, BS**; Daisy Valle, BS; Ruina He, MS; Robert Medina, BS; Bradley J Bruggeman, MD. “Health Disparities in Postpartum Depression: The Role of Socioeconomic and Mental Health Predictors Among Racial Minority Women" in UF College of Medicine Celebration of Research 2025

**Xuban Palau Villarreal, BS**; Ruina He, MS; Daisy Valle, BS; Ashley Quigley, BS; Brittany S Bruggeman, MD; Bradley J Bruggeman, MD. “The Impact of Barriers in Cervical Cancer Screening and Gender Dysphoria in Gender Minorities” in UF Health Cancer Center Research Conference 2025

**Xuban Palau Villarreal, BS**; Ruina He, MS; Daisy Valle, BS; Ashley Quigley, BS; Brittany S Bruggeman, MD; Bradley J Bruggeman, MD. “Cervical Cancer Screening Preferences and Their Impact on Gender Dysphoria Among Gender Minorities: A Cross-Sectional Study in the United States” in Alachua County Medical Society Poster Symposium 2025.

**Villarreal XP**, Valle D, Medina R, Ryan S. “A Cross-sectional Study: Chestfeeding or Breastfeeding in Gender Minorities” in Pediatrics Science Day at UF Health 2024.

**Xuban Palau Villarreal**, BS, Adetola Louis-Jacques, MD, Adriana Campos, MPH, Shaheda Urmi MPH , Adeola Awomolo, MD , Samia Valeria Ozorio Dutra, PhD, RN, Ji Youn Yoo, PhD, RN , Maureen Groer, PhD, RN , Ronee Wilson, PhD. “Trends in Hair Cortisol from Preconception to the Postpartum Period in Black, Hispanic and White Women” in UF College of Medicine Celebration of Research 2024.

Yordan Penev, Haley Fox, **Xuban Palau Villarreal**, Nathan Burke M.D. “Trends in Obstetrics and Gynecology Medicare Part B Reimbursement: 2016-2021” in Alachua County Medical Society 2024.

**Xuban Palau Villarreal, BS;** Chu J. Hsiao, Ph.D. ; Connie J. Mulligan, Ph.D. ; Clarence C. Gravlee, Ph.D. ; Health Equity Alliance of Tallahassee Steering Committee, Tallahassee, FL. “The Impact of Racial Identity, Everyday Discrimination, and Perceived Stress on Depressive Symptoms in a Study of African Americans Living in Tallahassee, FL.” in COM Diversity Research Symposium 2023.

Haley Fox, **Xuban Palau Villarreal**, Yordan Penev, Nathan Burke M.D. “Trends in Treatment Therapies of Endometrial Cancer in Medicare Part B Reimbursement: 2016-2021” in UF College of Medicine Celebration of Research 2024.

Chelsea-Jane Arcalas BS, Agurah Humphreys BS, Carissa Longo BA, Krystal Glasford BS, **Xuban Villareal BS**, Shay Rajavel BS, Mariah Jordan BS, Udochukwu Amanamba BS, Asena Markal BS, Donna Parker MD, Phuong Huynh PhD, Heather Harrell MD FACP “Improving Inclusive Imagery and Language in the Preclinical Curriculum” in COM Diversity Research Symposium 2023.

*National*

**Villarreal, XP**., Martin, J., Stennett, K., Diblin, A., Abu-Rustum, R., & Louis-Jacques, A. “Prenatal and postpartum needs at a student-run clinic” in 2025 *ACOG Annual Clinical & Scientific Meeting.*

**Villarreal XP**, Valle D, Medina R, Ryan S. “The Experience and Psychosocial Barriers of Breastfeeding in Gender Minorities” in 2024 GLMA's 42nd Annual Conference on LGBTQ+ Health.

**Villarreal XP**, Valle D, Al-Bahou R, Ryan S. “The Barriers of Florida’s Anti-LGBTQ+ Laws in Gender Affirming Care and the Impact on Mental Health of Gender Minorities” in 2024 National LGBTQ Health Conference.

**Villarreal XP**, Stennet K, Evans V, Louis-Jacques A. “Prenatal and Postpartum Needs in Student-Run Clinic” in Medical Student Research Program Symposium 2024.

**Villarreal XP**, Valle D, Al-Bahou R, Ryan S. “Gender Affirming Care Barriers of Florida's Anti-transgender Laws and its Impact in Mental Health of Gender Minorities” in 2024 GLMA's 42nd Annual Conference on LGBTQ+ Health.

Valle D, **Villarreal XP,** Al-Bahou R, Ryan S. “The Impact of Florida’s Don’t Say Gay Bill on Mental Health of Gender Minorities” in 2024 National LGBTQ Health Conference.

Al-Bahou R**, Villarreal XP**, Valle D, Ryan S. “Examining the Ripple Effects: SB1580 and its Impact on LGBTQ Communities, Access to Care, and Mental Health Disparities” in 2024 National LGBTQ Health Conference.

Valle D, **Villarreal XP,** Al-Bahou R, Ryan S. “The Impact of Florida’s Don’t Say Gay Bill on Mental Health in Florida’s LGBTQ+ Community” in 2024 GLMA's 42nd Annual Conference on LGBTQ+ Health.

Al-Bahou R**, Villarreal XP**, Valle D, Ryan S. “The Impact of Florida’s Anti-LGBTQ+ Laws and Access to Care” in 2024 GLMA's 42nd Annual Conference on LGBTQ+ Health.

Chelsea-Jane Arcalas BS, Agurah Humphreys BS, Carissa Longo BA, Krystal Glasford BS, **Xuban Villareal BS**, Shay Rajavel BS, Mariah Jordan BS, Udochukwu Amanamba BS, Asena Markal BS, Donna Parker MD, Phuong Huynh PhD, Heather Harrell MD FACP “Improving Inclusive Imagery and Language in the Preclinical Curriculum” in The AAMC Annual Meeting: Learn Serve Lead 2023.

**Ongoing Research Projects**

**Villarreal, XP**., Mellow, C., Wert, E. Defining and Identifying LGBTQ+ Knowledgeable Clinicians at UF Health. 2025.

**Villarreal, XP**., Valle, D., He, R., Patel, D., Kioutchoukova, I. P., & Bruggeman, B. The Role of Socioeconomic and Mental Health Predictors in Gender-Affirming Hysterectomy. 2025.