

CURRICULUM VITAE

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# Kathryn Prendergast

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## Education

08/2018-Present

**University of Alabama at Birmingham**

Department of Psychology | School of Medicine

Ph.D. Medical Clinical Psychology Student

Expected: Summer 2024

Phi Kappa Phi

Overall GPA: 4.0

GRE: V = 163 (93<sup>rd</sup> %) | Q = 160 (74<sup>th</sup> %) | W = 5.5 (98<sup>th</sup> %)

08/2013-12/2017

**University of Mississippi**

Sally McDonnell Barksdale Honors College

B.A. Psychology

B.A. Theatre Arts

Honors Thesis: *A Weight Intervention Dismantling Study: The Effects of Social Support and Self-Monitoring on Weight Management in College Students*

Phi Beta Kappa

Psychology GPA: 3.94

Overall GPA: 3.92 (*Summa Cum Laude*)

## Research Interests

- Relations between executive function and chronic illness in children, the mechanisms of these relations, and how these relations impact healthcare outcomes and quality of life (particularly in pediatric obesity and behavioral weight loss treatment)
- Addressing barriers and facilitators to access, participation, and success in evidence-based behavioral weight loss treatment in children, particularly executive functioning, health disparities and Spanish language barriers
- Identifying biological markers and mechanisms associated with cognitive and behavioral profiles in pediatric obesity and its treatment and prevention

## Professional Experience

### **Research Assistant for John Young, PhD.**

University of Mississippi, Scientific Infusion That Helps (SITH) Lab

08/2015-12/2015, 08/2016- Present

#### *Optimizing Extinction: The Effect of Standardizing Disgust and Anxiety Stimuli on Emotional Habituation*

- Assisted with data collection via IAPS through disgust and anxiety self-report measures
- Recruited and scheduled participants for follow-up studies measuring habituation to those disgust and anxiety stimuli
- Completed CITI training 09/20/2015

### **Research Assistant for Danielle Maack. PhD.**

University of Mississippi, ADEPT Lab

08/2016-Present

#### *Factors Related to Psychiatric Symptom Presentation throughout Pregnancy: Screening with Measurement Feedback*

- Gained familiarity with self-report measures such as DASS-21, DS-R, PSQI, EMET-Q, PUQ, EDINBURGH
- Gained experience with face-to-face recruitment of participants in an OB/GYN clinic
- Provided feedback to physicians of the psychiatric symptoms of participants
- Translated measures without published Spanish translation into Spanish for use with Hispanic participants

#### *Evaluation of Disgust Sensitivity and Anxiety*

- Administration of structured clinical interview (ADIS) and self-report measures
- Administration of behavioral approach tasks (BATs) and upkeep of disgust stimuli
- Attended weekly lab meetings and discussed peer-reviewed articles

#### *Explication of Moral Disgust Using Physiological Indices*

- Trained new research assistants on study protocol and equipment use
- Collected data on participants' heart rate variability, skin conductance, and muscle activation through physiological equipment and software
- Administered measures such as PANAS and MDES

**Research Assistant for Brad Nakamura, Ph.D.**

University of Hawai'i at Manoa, Center for Cognitive Behavior Therapy

05/2017-08/2017

Center for Cognitive Behavior Therapy

- Contributed to End-of-Year DOE Grant Report by reporting feedback data.
- Reported weekly benchmark tracker of assessments received, completed, and incomplete for current month and fiscal year.
- Completed literature review and reported effect sizes for school-based mental health interventions to inform future direction of Hawai'i DOE Grant collaborating with local schools.
- Completed literature review on Solution-Focused Brief Therapy/ SUCCESS Coaching to prepare for potential implementation of SFBT with Hawai'i DOE partner school

Evidence-Based Services (EBS) Committee

- Determined algorithm to include and transform data from CAMHD and PracticeWise publications on most effective treatments into parent-friendly resources on HelpYourKeiki.com (HYK), distilling scientific literature into accessible resources for the public
- Completed regular website-edits to HelpYourKeiki.com, a local resource for parents and mental health practitioners, as well as reported website traffic using Google Analytics
- Prepared for a Child Welfare Services EBS Presentation and administered and reported data from a Qualtrics feedback survey

*A Psychometric Evaluation of the Intentions Scale for Providers—Direct Items*

- Collected data at DOE meeting and distributed incentives for participation.
- Entered data for more than 300 participants.
- Reported discrepancies in the data and their implications for the data entry manual, presenting them in data camp meetings.
- Gained familiarity with dissemination psychometrics such as EBPTPB, EBPAS, TBIS, and ISPD
- Assisted with group syntax creation

*Parent Engagement in Evidence-Based Services Questionnaire with Parent Samples*

- Collected data via face-to-face recruiting at UHM Kid's Film Festival
- Entered data for more than 300 participants.
- Administered dissemination psychometrics such as PEEBS, FES, and PATPSI
- Logged shipments of incentives and maintained record of administration of incentives.
- Constructed participant recruitment emails to be sent to school principals in the state of Hawai'i

**Research Assistant**

Delta Autumn Consulting

11/2017- 08/2018

- Contribute to the research foundation of online CE courses for medical and mental health professionals
- Read and synthesize literature on medical and clinical psychology topics (Pediatric Weight Management, Psychosocial Obstetrics, Psycho-Gastroenterology, Psycho-oncology, and Spanish in Mental Healthcare) into outline reports

**Research Assistant for Marissa Gowe, Ph.D.**

University of Alabama at Birmingham, Department of Pediatrics, Division of Gastroenterology, Hepatology, and Nutrition

08/2018-Present

*Using executive function to predict outcomes and adherence in family-based behavioral weight management.*

- Co-lead a children's group in a weekly Family Behavioral Therapy program for weight loss involving behavioral, cognitive, nutritional and physical activity components.
- Provide feedback on parent and child self-monitoring of food intake and physical activity
- Conduct reminder calls for interventions
- Assess weekly weight status (kg) for parent and child as well as biweekly height (cm) measurements for children
- Prepare healthy snacks

*Addressing healthcare disparities in pediatric obesity treatment: Development of a novel, patient-centered intervention targeting executive function*

- Recruit participants for both a focus group and pilot intervention from clinics within a major medical center and community hubs
- Screen for eligibility employing a parent-report screener (BRIEF 2) for pediatric executive function
- Co-lead a focus group with parents of children with BMI greater than or equal to 85<sup>th</sup> percentile BMI and executive function impairments to inform adaptation of an Acceptance-Based Family Behavioral Weight Management Intervention.

*Identifying Biomarkers of Executive Function in Pediatric Obesity*

- Lead Graduate Research Assistant
- Assist with preparation of grant proposal and budget
- Recruit children (n=64) aged 8-12 from a variety of hospital, clinical, and community settings
- Lead recruitment team and use recruitment data to improve recruitment protocols and team management
- Conduct assessments of body composition (weight, height, % body fat, facilitate DXA appointment) and of psychological factors via self-report and objective measures (executive function, quality of life, health behaviors, etc.), as well as prepare blood serum for assay

## Grant Support

- 2019-2020 – University of Alabama at Birmingham Center for Clinical and Translational Science TL1 Program (TL1TR003106-01)  
PI: Kenneth Saag, M.D., Ph.D. Mentors: Marissa Govey, Ph.D., Gareth Dutton, Ph.D., & David Redden, Ph.D.  
Award: \$42,316 Agency: Center for Clinical and Translational Science
- 2018 – Title: *Inflammatory Biomarkers, Executive Function, Weight Status and Adiposity in Children With and Without Obesity* (Marion and Donald Routh Student Research Grant)  
PI: Kathryn Prendergast Mentor: Marissa Govey, Ph.D.  
Award: \$5,000 Agency: Society of Pediatric Psychology

## Publications

- Prendergast, K.L., Govey, M.A., Barnes, M.J., Keller, C.V., Horne, C. and Young, J.N. (Under review) *Treating Anxiety and Depression in Inflammatory Bowel Disease*.
- Prendergast, K.L., Dutton, G., Borgatti, A., Krantz, O., and Govey, M.A., (In preparation) *The role of faith in weight loss maintenance in the deep south*.
- Abdul-Chani, M., Morgan C., Sherrod, G., Prendergast, K., and Guest, K. (In Preparation) *Spanish language and Autism Spectrum Disorder: A Literature Review*
- Govey, M.A., Prendergast, K., Dowla, S., Keller, C., & Dutton, G.R. (In Preparation) *Executive function as a predictor of behavioral treatment response in obesity*.

## Presentations

- Prendergast, K.L., Keller, C., Dowla, S. Govey, M.A. (2019, April) *Identifying potential biomarkers of cognitive dysfunction in pediatric obesity: associations between cognitive function, fasting glucose, and cortisol*. Oral presentation invited for presentation at the Obesity Special Interest Group meeting at the annual meeting of The Society of Pediatric Psychology, New Orleans, LA.
- Govey, M.A., Keller, C., Prendergast, K., Dowla, S., Frese, S., Moseley, Z., & Dutton, G. (2019). *Parent executive function and associations with child executive function and adiposity in pediatric obesity*. Oral presentation accepted for presentation as part of symposium (*Examining associations between ADHD-related deficits and Health Behaviors in Youth: Recent Research Highlighting Increased Obesity Risk*, Chair: C. Lim) at the Society of Pediatric Psychology Annual Conference, New Orleans, LA.

Prendergast, K.L., Govey, M.A., and Young, J.N. (2018, April) *The effect of self-monitoring and social support on weight management: a pilot study and dismantling design*. Data blitz presented at the Annual UM Conference for Psychological Science, Oxford, MS.

Prendergast, K.L., Sapp, B., and Maack, D.J. (2017, April). *Pregnancy Practice Makes Perfect?: The Effect of Gravidity on Anxiety, Disgust, and Emetophobia Symptoms*. Data blitz presented at the Annual UM Conference for Psychological Sciences, Oxford, MS.

## Posters

Prendergast, K.L., Keller, C., Siler, A., Gower, B., and Govey, M.A. (2019, November) *Executive Functioning in Pediatric Obesity: Exploring the role of parental Type 2 Diabetes*. Poster accepted for presentation at the annual meeting of The Obesity Society, ObesityWeek, Las Vegas, NV.

Prendergast, K.L., Keller, C., Dowla, S. Govey, M.A. (2019, April) *Identifying potential biomarkers of cognitive dysfunction in pediatric obesity: associations between cognitive function, fasting glucose, and cortisol*. Poster presented at the annual meeting of The Society of Pediatric Psychology, New Orleans, LA.

Keller, C., Prendergast, K.L., Govey, M.A. (2019, April) *Parent and child executive functioning in relation to child food responsiveness and satiety responsiveness*. Poster presented at the annual meeting of The Society of Pediatric Psychology, New Orleans, LA.

Prendergast, K.L., Govey, M.A., and Young, J.N. (2018, November) *Dismantling the Effect of Self-Monitoring and Social Support on Weight Management: A Pilot Study*. Poster session presented at the annual meeting of The Obesity Society, ObesityWeek, Nashville, TN.

Prendergast, K.L., & Maack, D.J. (2017, September) *Does Practice Make Perfect? Exploring the Effect of Gravidity on Psychiatric Symptoms*. Poster session presented at the Annual Convention of the Mississippi Psychological Association, Oxford, MS.

## Memberships in Professional Associations

The Obesity Society (2018-Present)

American Psychological Association, Student Affiliate Member (2015-Present)

Society for Health Psychology, Student Member (2016-Present)

Society for Pediatric Psychology, Student Member (2018-Present)

Obesity Special Interest Group, Student Member (2018-Present)

Psi Chi, The International Honor Society in Psychology (2016-Present)

Phi Kappa Phi Honor Society (2015-Present)

Omicron Delta Kappa Honor Society (2016-Present)

Alpha Psi Omega, The National Theatre Honor Society (2014- Present)

## Honors, Awards and Scholarships

Society of Pediatric Psychology Obesity SIG Best Oral Presentation Award (2019)  
Society of Pediatric Psychology Obesity SIG Best Poster Award (2019)  
Phi Kappa Phi Fellowship (2018)  
Blazer Graduate Research Fellowship (2018-2019)  
Mississippi Psychological Association Best Poster Presentation Award (2017)  
Stamps Scholar  
Academic Excellence Scholarship (2013-2017)  
Holmes Scholarship (2013-2017)  
Chancellor's Honor Roll (2014-2017)

## Leadership & Outreach

Ambassador, Society of Pediatric Psychology Annual Conference

- Assist with registration, set-up, and locating presentations
- Facilitate checking in and out for CE credits

Secretary, Pediatric Psychology Seminar (2019-Present)

- Disseminate information about upcoming pediatric psychology seminars to students and interested faculty
- Document and disperse relevant notes or material given during seminars

Mentor, Alabama Maternal and Child Health – Health Opportunities and Partnerships for Education Success (H.O.P.E.S.) Program (2018-Present)

- Meet with high school mentee quarterly for advising concerning the professions of Health & Pediatric Psychology, college preparation, and professional development.
- Establish career and self-development goals with the mentee and provide constructive feedback on progress.

Co-Chair for Professional Development, Society for International Psychology Students (2018-2019)

- Promote and facilitate the development of members as professionals equipped to advance the cause of internationals in America (immigrants, refugees, non-native English speakers or bilinguals, etc.)
- Accumulate and distribute resources and knowledge relevant to these causes
- Help organize events surrounding language and cultural trainings or exposure

Leadership Team, Ole Miss Wesley Foundation (2015-2017)

- Foster a welcoming community for students from diverse backgrounds
- Mentor underclassmen through stressors in college
- Serve flood victims through demolition, construction work, and community on mission trips

Small Group Leader, Oxford-University United Methodist Church (2017)

- Mentor freshmen high school girls through social, psychological, spiritual, and academic stressors
- Create an inclusive environment for community and acceptance

Volunteer, University of Mississippi Health Advocates, Oxford, MS (2016)

- Participate in execution of initiatives to promote health on campus
- Promote 'Stress Less Week': engage with students in stress reducing activities to improve mental health during the week preceding final exams