CURRICULUM VITAE

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Kathryn Prendergast

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Education

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| 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 |
| 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 and health disparities
* Identifying biological markers and mechanisms associated with cognitive and behavioral profiles in pediatric obesity and its treatment and prevention

Clinical Experience

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| **Clinical Practicum: Pediatric Weight Management**  **Children’s Hospital of Alabama**  Supervisor: *Marissa Gowey, Ph.D.*  *08/2018-Present*   * Co-lead weekly family group therapy in either the child group (2018-2019) or the parent group (2020). * Conduct baseline and follow-up assessments of child and parent cognitive, behavioral and affective functioning relevant to health behavior, along with anthropometrics. * Engage in program development by revising group manuals to incorporate an acceptance-based approach rather than traditional CBT approach.   **Clinical Practicum: Children’s Inflammatory Bowel Diseases Clinic**  **Children’s Hospital of Alabama**  Supervisor: *Margaux Barnes, Ph.D.*  *05/2019-07/2019*   * Conduct intake interviews of patients newly diagnosed with Inflammatory Bowel Diseases. * Provide consultation and brief interventions (such as progress muscle relaxation, psychoeducation, sleep hygiene, etc.) for return patients. * Serve on the medical staff of Camp Oasis summer camp for children with IBD, and consult/provide services for camper disruptive behavior, anxiety, and functional abdominal pain.   **Clinical Practicum: Psychoeducational Clinic**  **UAB Pediatrics Civitan-Sparks Clinics**  Supervisor: *John Houser, Ph.D.*  *08/2019-12/2019*   * Conduct and score assessments of Intelligence and Academic Achievement for children with a broad range of developmental delays (Autism, ADHD, SLDs, and ID) * Write reports detailing cognitive profiles of children presenting for assessments. * Complete chart reviews and present cases prior to assessments and within multidisciplinary team meetings.   **Clinical Practicum: Children’s Neuropsychology**  **Children’s Hospital of Alabama**  Supervisor: *Matthew Thompson, Ph.D.*  *01/2020-03/2020*   * Conduct and score neuropsychological assessments for children with neurological (such as cerebral palsy, epilepsy, TBI) and/or neurodevelopmental diagnoses (such as autism and ADHD). * Write reports detailing neuropsychological profiles of children who received neuropsychological assessments.   **Clinical Practicum: Children’s Weight Management Clinic**  **Children’s Hospital of Alabama**  Supervisor: *Marissa Gowey Ph.D.*  *01/2020-Present*   * Conduct abbreviated intake interviews for new patients and their families seeking to make healthy lifestyle changes for children (age range = 6-13) with a diagnosis of obesity * Provide consultative services for behavior goal support and psychosocial factors related to health behaviors, such as family dynamics, bullying, and neurodevelopmental concerns. * Attend weekly multidisciplinary team meetings to report on patient updates and progress.   **Clinical Practicum: Outpatient Psychiatry**  **UAB Center for Psychiatric Medicine**  Supervisor: *A. Hal Thurstin, Ph.D.*  *01/2020-Present*   * Conduct intake interviews for patients seeking to initiate psychotherapy * Provide weekly therapy for a range of presenting problems such as anxiety, depression, interpersonal conflict, work-related stress, attention concerns, etc.   Research Experience  **Research Assistant for John Young, PhD.**  University of Mississippi, Scientific Infusion That Helps (SITH) Lab  08/2015-12/2015, 08/2016- 12/2017  *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  08/2016-05/2018  *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 Gowey, Ph.D.**  University of Alabama at Birmingham, Department of Pediatrics, Division of Gastroenterology, Hepatology, and Nutrition  08/2018-Present  Mentoring Undergraduate Students   * Provide direction and feedback for undergraduate abstract submissions to conferences * Educate undergraduates on potential careers with a psychology background, including various careers within clinical psychology * Direct and provide feedback and resources for undergraduate summer fellowship proposals   *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 85th 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

2020-2024 – University of Alabama at Birmingham Nutrition Obesity Research Center Pre-Doctoral Training Program in Obesity-Related Research (T32HL105349)

PI: Barbara Gower, Ph.D. Mentors: Marissa Gowey, Ph.D., Gareth Dutton, Ph.D., Barbara Gower, Ph.D., & Tapan Mehta, Ph.D.

Award: $139,504 Agency: National Heart, Lung, and Blood Institute

2019-2020 – University of Alabama at Birmingham Center for Clinical and Translational Science TL1 Program (TL1TR001418)

PI: Kenneth Saag, M.D., Ph.D. Mentors: Marissa Gowey, Ph.D., Gareth Dutton, Ph.D., & David Redden, Ph.D.

Award: $42,316 Agency: National Center for Advancing Translational Science

2018-2020 – 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 Gowey, Ph.D.

Award: $5,000 Agency: Society of Pediatric Psychology

Publications

Prendergast, K.L., Gowey, M.A., Barnes, M.J., Keller, C.V., Horne, C. and Young, J.N. (2020, December). Treating Anxiety and Depression in Inflammatory Bowel Disease: A Systematic Review. *Accepted for publication in Psychology and Health.*

Prendergast, K.L., Morgan, C. Borgatti, A., Dutton, G., and Gowey, M.A., (Under review) Executive Function in Weight Loss Maintenance: The moderating role of socioeconomic status.

Prendergast, K.L., Dutton, G., Borgatti, A., Krantz, O., and Gowey, 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

Gowey, 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

Gowey, M.A., & Prendergast, K.L., (2020). *Executive function and obesity-related concerns*. Oral presentation co-presented at the Annual Southeast Regional ADHD Conference, Tuscaloosa, AL.

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

Gowey, 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 presented 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., Gowey, 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

Evans, C., Keller, C., Hopper, R., Prendergast, K., & Gowey, M. (2021). *Examining feedback for an acceptance-based behavioral treatment for pediatric overweight and obesity*. Poster to be virtually presented at the Society for Pediatric Psychology Annual Conference, Remote (COVID).

Root, H., Prendergast, K., Keller, C., & Gowey, M. (2021). *Parent Psychosocial Characteristics in Pediatric Overweight and Obesity.* Poster to be virtually presented at the Society for Pediatric Psychology Annual Conference, Remote (COVID).

Keller, C., Hopper, R., Root, H., Prendergast, K., & Gowey, M. (2021). *Assessing Potential Change in Parent and Child Executive Function after a Family-Based Treatment for Pediatric Overweight/Obesity*. Poster to be virtually presented at the Society for Pediatric Psychology Annual Conference, Remote (COVID).

Prendergast, K., Oh, O., Keller, C., & Gowey, M. (2021). *Chronic Inflammation Partially Explains the Relationship Between Adiposity and Executive Function in Children with Above Average BMI: Preliminary Evidence*. Poster to be virtually presented at the Society for Pediatric Psychology Annual Conference, Remote (COVID).

Hopper, R., Keller, C., Prendergast, K., & Gowey, M. (2020). *Obesity Specific Health-Related Quality of Life in Children with Class I, II, and III Obesity*. Poster to be virtually presented at the Society for Pediatric Psychology Annual Conference, Remote (COVID).

Prendergast, K.L.\*, Morgan, C.\*, Dutton, G., Borgatti, A., Mrug, S., Evans, C., and Gowey, M.A. (2020, November) *Executive Functioning in Weight Loss Maintenance: The Moderating Role of SES.* Poster presented at the annual meeting of The Obesity Society, ObesityWeek Interactive. \*Co-First Authors

Keller, C., Prendergast, K.L., Herbey, I., Ivankova, N., Dutton, G., and Gowey, M.A. (2020, November) *Parent-reported influence of executive dysfunction on eating and activity of 8-12 year olds with overweight/obesity: A mixed methods design.* Poster presented at the annual meeting of The Obesity Society, ObesityWeek Interactive.

Prendergast, K.L., Keller, C., Dowla, S. Gowey, M.A. (2020, March) *Inflammatory biomarkers of cognitive dysfunction in pediatric obesity: associations between Executive Function, C-Reactive Protein, Interleukin 6, and Tumor Necrosis Factor alpha*. Poster presentation presented at the annual meeting of The Society of Pediatric Psychology, Dallas, TX.

Siler, A. Prendergast, K.L., Keller, C.V., Gowey, M.A. (2020, March) *Identifying Associations Between Executive Function and Quality of Life*. Poster accepted for presentation at the annual meeting of The Society of Pediatric Psychology, Dallas, TX.

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

Prendergast, K.L., Keller, C., Dowla, S. Gowey, 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., Gowey, 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., Gowey, 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

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| Member, UAB Medical Psychology Diversity Committee (2019- Present)   * Program development and needs assessment for diversity training * Review literature on diversity as it pertains to clinical psychology topics |
| Ambassador, Society of Pediatric Psychology Annual Conference (2019)   * 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 |
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| 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 |
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| 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 |
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