**Katherine Elizabeth Schaumberg, Ph.D.**

*Phone: 919.244.9415 University of Wisconsin - Madison*

*E-mail: katherine.schaumberg@gmail.com Department of Psychiatry*

**PROFESSIONAL HISTORY AND EDUCATION**

**Assistant Professor (CHS)** 09/2018-present

University of Wisconsin – Madison Madison, WI

Department of Psychiatry

**T32 Fellowship - Eating Disorders Research** 09/2016-07/2018

University of North Carolina School of Medicine Chapel Hill, NC

Center of Excellence for Eating Disorders

**Postdoctoral Fellowship - Obesity Research and Treatment** 08/2014-08/2016

Drexel University Philadelphia, PA

Laboratory for Innovations in Health-Related Behavior Change

**Ph.D., Clinical Psychology**08/2014

University at Albany, State University of New York Albany, NY

Dissertation: *Participation as a Leader in Immersion Weight Loss Treatment May Benefit, Not Harm Healthy Young Adults.*

**Clinical Psychology Pre-doctoral Internship (APA Accredited)**06/2013-06/2014

University of Mississippi Medical Center Jackson, MS

G.V. (Sonny) Montgomery Veteran’s Affairs Medical Center

**Research Coordinator** 05/2007-06/2009

Columbia Addictions Services and Psychotherapy Interventions Research New York, NY

Columbia University Medical Center

**B.A., Psychology** 05/2007

Trinity University San Antonio, TX

**PUBLICATIONS**

**PEER-REVIEWED JOURNAL PUBLICATIONS**

1. **Schaumberg, K**., Peterson, C., Le Grange, D., Mitchell, J. E., Crosby, R., Wonderlich, S., Crow, S., Joiner, T., Bardone-Cone, A.M. (2020) Compulsivity and impulsivity-related dimensions in adults with bulimia nervosa differentially relate to eating disordered behaviors. *Eating Behaviors*
2. Weaver, S. S., Kroska, E. B., Ross, M. C., Sartin-Tarm, A., Sellnow, K. A., **Schaumberg, K**., ... & Cisler, J. M. (2020). Sacrificing reward to avoid threat: Characterizing PTSD in the context of a trauma-related approach-avoidance conflict task. *Journal of Abnormal Psychology*.
3. Juarascio, A., Manassee, S., Clark, K. E., **Schaumberg, K**., Kerrigan, S., Goldstein, S., Evans, B., Wykoff, E., Murray, H. B., & Forman, E. (2020) Understanding the overlap and differences in terms describing patterns of maladaptive avoidance and intolerance of negative emotional states. *Personality and Individual Differences.*
4. **Schaumberg, K**., Brosof, L. C., Lloyd, E. C., Yilmaz, Z., Bulik, C. M., Zerwas, S. C., & Micali, N. (2020). Prospective associations between childhood neuropsychological profiles and adolescent eating disorders. *European Eating Disorders Review*, *28*(2), 156-169
5. Smith, K. E., **Schaumberg, K**., Reilly, E. E., Anderson, L. M., Schaefer, L. M., Dvorak, R., Crosby, R. D., & Wonderlich, S. A. (2020). Examining the ecological validity of the trait-level rumination measures among women with binge eating symptoms. *Eating and Weight Disorders: Studies on Anorexia, Bulimia, and Obesity.*
6. Scharmer, C., Gorrell, S., **Schaumberg, K**., Anderson, D. (2020). Compulsive or addictive exercise? Clarifying conceptualizations of problematic exercise among individuals with eating disorders. *Personality and Individual Differences*.
7. Hübel, C., Yilmaz, Z., **Schaumberg, K**., Breithaupt, L., Hunjan, A., García-González, J., O’Reilly, P.F., Bulik, C.M., Breen, G. (2019). Altered body composition and its relationship with biochemistry in anorexia nervosa: meta-analysis and meta-regression of cross-sectional and longitudinal studies*. International Journal of Eating Disorders.*
8. Hazzard, V. M., Schaefer, L. M., **Schaumberg, K.**, Bardone-Cone, A. M., Frederick, D. A., Klump, K. L., Anderson, D. A., & Thompson, J. K. (2019). Testing the Tripartite Influence Model among heterosexual, bisexual, and lesbian women*. Body Image.*
9. Gorrell, S., **Schaumberg, K**., Boswell, J., Hormes, J., & Anderson, D. (2019). Female Athlete Body Project intervention with professional dancers: A pilot trial*. Eating Disorders: The Journal of Treatment and Prevention.*
10. **Schaumberg, K.,** Zerwas, S., Goodman, E., Yilmaz, Z., Bulik, C. M., & Micali, N. (2019). Anxiety disorder symptoms at age 10 predict eating disorder symptoms and diagnoses in adolescence*. Journal of Child Psychology and Psychiatry, 60*, 686-696*.*
11. **Schaumberg, K.**, Jangmo, A., Thornton, L. M., Birgegard, A., Almqvist, C., Norring, C., . . . Bulik, C. M. (2019). Patterns of diagnostic transition in eating disorders: a longitudinal population study in Sweden. *Psychol Med, 49*(5), 819-827. doi:10.1017/S0033291718001472
12. Schaefer, L. M., Smith, K. E., Leonard, R., Wetterneck, C., Smith, B., Farrell, N., . . . Thompson, J. K. (2018). Identifying a male clinical cutoff on the Eating Disorder Examination-Questionnaire (EDE-Q). *Int J Eat Disord, 51*(12), 1357-1360. doi:10.1002/eat.22972
13. Gorrell, S., Reilly, E. E., **Schaumberg, K**., Anderson, L. M., & Donahue, J. M. (2018). Weight suppression and its relation to eating disorder and weight outcomes: a narrative review. *Eat Disord*, 1-30. doi:10.1080/10640266.2018.1499297
14. **Schaumberg, K**., Reilly, E. E., Anderson, L. M., Gorrell, S., Wang, S. B., & Sala, M. (2018). Improving prediction of eating-related behavioral outcomes with zero-sensitive regression models. *Appetite, 129*, 252-261. doi:10.1016/j.appet.2018.06.030
15. Schaefer, L. M., Burke, N. L., Anderson, L. M., Thompson, J. K., Heinberg, L. J., Bardone-Cone, A. M., Higgins Neyland, M. K., Frederick, D. A., Kelly, M. C., Anderson, D. A., **Schaumberg, K.,** Nerini, A., Stefanile, C., Dittmar, H., Klump, K. L., Vercellone, A. C., & Paxton, S. J. (2018). Comparing internalization of appearance ideals and appearance-related pressures among women from the United States, Italy, England, and Australia. *Eat Weight Disord*. doi:10.1007/s40519-018-0544-8
16. Lantz, E.L., Gaspar, M.S., DiTore, R., Piers, A.D. & **Schaumberg, K.** (2018). Conceptualzing body dissatisfaction in eating disorders within a self-discrepancy framework: A review of the evidence. *Eat Weight Disord, 23*(3), 275-291. doi:10.1007/s40519-018-0483-4
17. Kerrigan, S. G., Call, C., **Schaumberg, K.,** Forman, E., & Butryn, M. L. (2018). Associations between change in sedentary behavior and outcome in standard behavioral weight loss treatment. *Translational Behavioral Medicine,* 8, 299-304.
18. **Schaumberg, K**., Welch, E., Breithaupt, L., Hubel, C., Baker, J. H., Munn-Chernoff, M. A. … Bulik, C. B. (2017). The science behind the Academy for Eating Disorders’ *Nine Truths* about eating disorders. *European Eating Disorders Review*, 25, 432-450.
19. Baker, J.H., **Schaumberg, K**., Munn-Chernoff, M.A. (2017). Genetics of anorexia nervosa. *Current Psychiatry Reports,* 19, 84*.*
20. Kilpela, L. S., **Schaumberg, K.**, Hopkins, L. B. & Becker, C. B. (2017). Mechanisms of action during a dissonance-based intervention through 14-month follow-up: The roles of body shame and body surveillance. *Body Image,* 23, 171-175*.*
21. Reilly, E.E., Anderson, L.M., Gorrell, S.C., **Schaumberg, K,** & Anderson, D.A. (2017). Expanding exposure-based interventions for eating disorders. *International Journal of Eating Disorders,* 50, 1137-1141*.* doi: 10.1002/eat.22761
22. Butryn, M.L., Forman, E.M., Lowe, M.R., Gorin, A., Zhang, F., & **Schaumberg, K.** (2017). Efficacy of environmental and acceptance-based enhancements to behavioral weight loss treatment: The ENACT Trial. *Obesity*, *25*, 866-872. doi:10.1002/oby.21813.
23. **Schaumberg, K.** & Anderson, D.A. (2016). Dietary restraint and weight loss as risk factors for eating pathology. *Eating Behaviors*, *23*, 97-103. doi:10.1016/j.eatbeh.2016.08.009
24. Rosenbaum, D.L., Schumacher, L.M., **Schaumberg, K**., Piers, A.D., Gaspar, M., Lowe, M.R., Forman, E.M., & Butryn, M.L. (2016). Calorie highs and lows: how much does consistency matter in weight control? *Clinical Obesity,* *6*, 193-201. doi:10.1111/cob.12142
25. **Schaumberg, K**., Schumacher, L.M., Rosenbaum, D.L., Kase, C.A.\*, Piers, A.D\*, Lowe, M.R., Forman, E.M., & Butryn, M.L. (2016). The role of negative reinforcement eating expectancies in the relation between experiential avoidance and disinhibition. *Eating Behaviors* \*mentored post-baccalaureate co-author
26. Kase, C.A.\*, Piers, A.D.\*, **Schaumberg, K**., Forman, E.M., & Butryn, M.L. (2016). The relationship of alcohol use to weight loss in the context of behavioral weight loss treatment. *Appetite*, 99, 105-111. doi: 10.1016/j.appet.2016.01.014 \*mentored post-baccalaureate co-author
27. **Schaumberg, K.,** Anderson, D.A., Anderson, L.M., Reilly, E. E., & Gorrell, S.C. (2016). Dietary restraint: What’s the harm? A review of the relationship between dietary restraint, weight trajectory, and the development of eating pathology*. Clinical Obesity, 6*, 89-100. doi:10.1111/cob.12134
28. Anderson, L. M., Reilly, E. E., Gorrell, S.C., **Schaumberg, K**., & Anderson, D. A. Gender-based differential item functioning in the Difficulties in Emotion Regulation Scale. (2016). *Personality and Individual Differences.* 92, 87-91. doi*:*10.1016/j.paid.2015.12.016
29. **Schaumberg, K.,** Anderson, L.M., Reilly, E.E., Dmochowski, S.C., Anderson, D.A., & Earleywine, M. (2016). Considering alternative calculations of weight suppression. *Eating Behaviors,* 20, 57-63*.* doi*:*10.1016/j.eatbeh.2015.11.003
30. Kerrigan, S., **Schaumberg, K**., Kase, C.A\*, Gaspar, M.E, Forman, E.M., & Butryn, M.L. (2016) From last supper to self-initiated weight loss: Pre-treatment weight change may be more important than previously thought. *Obesity*, *24*, 843-849. doi:10.1002/oby.21423 \*post-baccalaureate co-author
31. Anderson, L. M., **Schaumberg, K**., Anderson, D. A., & Kirschenbaum, D. S. (2016). Participation as a leader in immersion weight loss treatment: a 1-year follow-up study. *Clinical Obesity*, *6*, 51-60. doi:10.1111/cob.12126
32. Reilly, E., Dmochowski, S.C., **Schaumberg, K**., Earleywine, M., & Anderson, D. A. (2015). Gender-moderated links between urgency, binge drinking, and excessive exercise. *Journal of American College Health*, 64, 104-111. doi:10.1080/07448481.2015.1085056
33. Anderson, L.M., Reilly, E. E., **Schaumberg, K**., Dmochowski, S.C., & Anderson, D.A. (2015). Contributions of mindful eating, intuitive eating, and restraint to BMI, disordered eating, and meal consumption in college students. *Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity*. 1-8. doi:10.1007/s40519-015-0210-3
34. **Schaumberg, K.,** Anderson, D.A., Reilly, E.E., & Anderson, L.M. (2015). Does short-term fasting promote pathological eating patterns? *Eating Behaviors, 19, 168-172.* doi*:*10.1016/j.eatbeh.2015.09.005
35. Anderson, D. A. **Schaumberg, K.,** Anderson, L.M., Reilly, E.  (2015). Is level of intuitive eating associated with plate and portion size effects? *Eating Behaviors*, *18, 125-130*. doi:10.1016/j.eatbeh.2015.05.005
36. **Schaumberg, K.** Anderson, D.A., Kirschenbaum, D.S., & Earleywine, M. (2015). Participation as a leader in immersion weight loss treatment may benefit, not harm, healthy young adults*. Clinical Obesity,* 5, 226-235*.* doi: 10.1111/cob.12106.
37. **Schaumberg, K.** Mota, N.P., Dixon, L., Sippel, L., Jackson, M., Vinci, C., . . . Coffey, S.F. (2015). The Paper Chase: Reflections on an exercise in collaborative scientific writing. *the Behavior Therapist, 38, 43-47.* http://www.abct.org/docs/PastIssue/38n2.pdf
38. Mota, N.P., **Schaumberg, K.,** Vinci, C., Sippel, L.M., Jackson, M., Schumacher, J. A., Coffey, S.F. (2015). Vividness ratings during exposure treatment for posttraumatic stress disorder as a predictor of treatment outcome. *Behavior Research and Therapy*, 69, 22-28.
39. **Schaumberg, K.** Vinci, C., Raiker, J.S., Mota, N.P., Jackson, M., Whalen, D., . . .Coffey, S.F. (2015). PTSD-related alcohol expectancies and impulsivity interact to predict alcohol use severity in a substance dependent sample with PTSD. *Addictive Behaviors, 51, 41-45*. doi:10.1016/j.addbeh.2014.09.022.
40. Schaefer, L. M., Burke, N. L., Thompson, J. K., Dedrick, R. F., Heinberg, L. J., Calogero, R. M., . . . Swami, V. (2014). Development and Validation of the Sociocultural Attitudes Towards Appearance Questionnaire-4 (SATAQ-4). *Psychological Assessment*. doi:10.1037/a0037917
41. **Schaumberg, K.,** Anderson, L.M., Reilly, E., & Anderson, D.A. (2014). Patterns of compensatory behaviors and disordered eating in college students. *Journal of American College Health.* doi*:*10.1080/07448481.2014.930468
42. Reilly, E., Anderson, L.M., **Schaumberg, K**., & Anderson, D.A. (2014). Gender-based differential item functioning in common measures of body dissatisfaction. *Body Image. 11,* 206-209.doi:10.1016/j.bodyim.2014.02.001
43. **Schaumberg, K**. & Anderson, D. A. (2014). Does short-term fasting promote changes in state body image? *Body Image. 11,* 167-170*.* doi:10.1016/j.bodyim.2014.01.005
44. Kuerbis, A. N., **Schaumberg, K**., Davis, C. M., Hail, L., & Morgenstern, J. (2014). Unpacking personalized feedback: An exploratory study of the impact of its components and the reactions it elicits among problem drinking men who have sex with men. *Substance Use and Misuse. 49,* 383-394*.* doi:10.3109/10826084.2013.841247
45. **Schaumberg, K.,** & Earleywine, M. (2013). Evaluating the acquired preparedness model for bulimic symptoms and problem drinking in male and female college students. *Eating Behaviors, 14*, 47-52. doi:10.1016/j.eatbeh.2012.10.012
46. **Schaumberg**, **K.**, Kuerbis, A. N., Morgenstern, J., & Muench, F. (2013). Attributions of change and self-efficacy in a randomized controlled trial of medication and psychotherapy for problem drinking. *Behavior Therapy,* 44, 88-99. doi:10.1016/j.beth.2012.07.001
47. Becker, C. B., Bull, S., **Schaumberg, K**., Cauble, A., & Franco, A. (2008). Effectiveness of peer-led eating disorders prevention: A replication trial. *Journal of Consulting and Clinical Psychology,* 76, 347-54. doi:10.1037/0022-006X.76.2.347
48. Becker, C. B., Darius, E., & **Schaumberg, K.** (2007). An analog study of patient preferences for exposure versus alternative treatments for posttraumatic stress disorder. *Behaviour Research and Therapy*, 45, 2861-73. doi:10.1016/j.brat.2007.05.006

**MANUSCRIPTS INVITED FOR RESUBMISSION**

1. **Schaumberg, K**., Zerwas, S. C., Bulik, C. M., Fiorentini, C., & Micali, N. *Prospective Associations between Childhood Social Communication Processes and Adolescent Eating Disorder Symptoms in an Epidemiological Sample*

**MANUSCRIPTS UNDER INITIAL REVIEW**

1. Brosof, L., Levinson, C., **Schaumberg, K**., Goodman, E., Bulik, C.M., Forbush, K., Zerwas, S., Micali, N. *Understanding the comorbidity of obssesive-compulsive and eating disorder symptoms during adolescence: A network model.*
2. **Schaumberg, K**, Reilly, EE, Gorrell, S, Levinson, C, Farrell, NR, Brown, TA, Smith, KM, Schaefer, LM, Essayli, JH, Haynos, AF, & Anderson, LM. (Under Review). *Conceptualizing Eating Disorder Psychopathology Using an Anxiety Disorders Framework: Evidence and Implications for Exposure-based Clinical Research.*
3. Reilly, E.E., Anderson, L.M., Gorrell, S.C., & Yu., X, Burton, H., Earleywine, M., & **Schaumberg, K**. *Navigating Skew in Eating Disorders Research: Exploring the “Power” of Transformation.*
4. Richson, B.N., Forbush, K.T., **Schaumberg, K**., Crosby, R.D., Peterson, C.B., Crow, S.J., Mitchell, J.E. *Are the Criterion B Binge-Eating Symptoms Interchangeable in Conveying Latent Binge-Eating Trait Level? An Item Response Theory Analysis.*

**BOOK CHAPTERS**

1. Anderson, D. A., **Schaumberg, K**., Reilly, E. E. & Anderson, L. M.(2015)*.* Research tools for assessing eating disorders. In M. Levine & L. Smolak (Eds.) *The Wiley-Blackwell Handbook of Eating Disorders (2nd Ed.).* New York: John Wiley & Sons, Ltd

**OPEN ACCESS PREPRINTS AND PRE-REGISTRATIONS**

1. **Schaumberg, K**., Reilly, E. E**.,** Gorrell, S., Anderson, D. A., & Anderson, L. M. (2020). The Impact of Default Options and Reinforcement Ratios on Food Choice. *PsyArXiv.* doi:10.31234/osf.io/puv6q

**PRESENTATIONS**

**PAPER PRESENTATIONS AND SYMPOSIA**

1. Reilly, E., Levinson, C., Gorrell, S., Brown, T., & **Schaumberg, K**. (2019). *To Approach, Avoid, or Both? Towards an Improved Characterization of Positive and Negative Valence Systems in Eating Disorders*. Role: Discussant. Symposia to be presented at the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
2. Baker, J., Yilmaz, Z., Thornton, L.M., Zerwas, S.C., **Schaumberg, K**., Fernandez-Aranda, F., … Bulik, C. (2019). *Polygenic risk scores of temperament: Associations with temperament in anorexia nervosa.* To be presented at the 49th annual meeting of the Behavior Genetics Association.

1. **Schaumberg, K.,** Brosof, L., Llyod, C., Zerwas., S.C., & Micali, N. (2019). *Childhood neuropgsychological predictors of eating disorder symptoms and diagnoses in adolescence.* Paper to be presented at the International Conference on Eating Disorders, New York, NY.
2. Scharmer, C.,Gorrell, S., **Schaumberg, K.,** Iles, B. R., Anderson, D. A. (2019). *Compulsive Exercise or Exercise Dependence? An Examination of the Associations Between Two Models of Maladaptive Exercise and Eating Disorder Pathology.* Paper to be presented at the International Conference on Eating Disorders, New York, NY.
3. Baker, J., Yilmaz, Z., Thornton, L., Zerwas, L., **Schaumberg, K**., Fernandez-Aranda, F., Jimenez-Murcia, S., Karwautz, A., Mitchell, K., Eating Disorders Working Group of the Psychiatric Genomics Consortium, Bulik, C. (2018). *Shared genetic association between anorexia nervosa and temperament.* Paper presented at the International Conference on Eating Disorders, Chicago, IL
4. Gorrell, S., Anderson, D. A., Boswell, J., Hormes, J., & **Schaumberg, K**. (2018). *Female athlete body project intervention with professional dancers*. Paper presented at the International Conference on Eating Disorders, Chicago, IL
5. Zerwas, S., Yilmaz, Z., Crowley, J., **Schaumberg**, K. Halvorsen, M., Breen, G., Bulik, C. M., Micali, N. (2017). *Anorexia nervosa and obsessive compulsive disorder polygenic risk score. Associations with adolescent eating disorder phenotypes*. Paper presented at the World Congress of Psychiatric Genetics, Orlando, Fl.
6. **Schaumberg, K**., Zerwas, S. C., Crowley, J. J., Yilmaz, Z., & Micali, N. (2017). *Childhood anxiety disorders predict adolescent eating disorders in a large birth cohort.* Paper presented at the XXIIIrd meeting of the Eating Disorders Research Society, Leipzig, Germany.
7. Reilly, E. E., Anderson, L. M., **Schaumberg, K**., & Anderson, D. A. (2017). Evaluating the utility of subtyping male undergraduates along dietary restraint and negative affectivity. In E. E. Reilly & M. D. Jones (Chairs). *Alternative Classification System within Eating Disorders: Insights from Innovative Methodological Investigations.* Paper presented at the 51st meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
8. **Schaumberg, K**., Reilly, E., Anderson, L.M., & Gorrell, S. (2016). *When your distributions are a diSTATSter: Exploring the utility of zero-inflated regression models in eating disorder clinical research.* Paper presented at the International Conference on Eating Disorders. San Franscisco, CA.
9. Reilly, E.E., Gorrell, S.C., Anderson, L.M., **Schaumberg, K**., Murray, H.B., Donahue, J., Anderson, D.A., & Earleywine, M. (2016). *Back from the edge: Transforming skew of pathology-related variables: The example of binge eating.* Paper presented at the International Conference on Eating Disorders. San Franscisco, CA.
10. **Schaumberg, K**., Flanagan, J., Roemer, L., Orsillo, S., Pantelone, D. & Block-Lerner, J. (2015) *Innovative approaches to collaborative scientific writing.* Panel discussion presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
11. **Schaumberg, K**., Anderson, L. M., Reilly, E. E., Dmochowski, S., Anderson, D. A., & Earleywine, M. (2015). *Considering alternative calculations of weight suppression*. Paper presentation presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
12. Kerrigan, S.G., Kase, C., **Schaumberg, K**., Forman, E., Lowe, M., & Butryn, M.L. (2015). *Who gains weight before behavioral weight loss treatment and what are implications for treatment success?* Paper presented at the 36th annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
13. Anderson, L.M., **Schaumberg, K**., Anderson, D.A., & Kirschenbaum, D. (2014). *Can participation as a leader in immersion weight loss treatment produce beneficial, long-lasting effects for healthy young adults one year later?* Paper presented at the International Conference on Eating Disorders, New York, NY.
14. Becker, C. B., Bull, S., Cauble, A., **Schaumberg, K**., & Franco, A. (2007). *Peer-led sorority eating disorders prevention: A large scale randomized effectiveness trial.* Paper presented at the 41sr Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA

**POSTER PRESENTATIONS**

1. Schaefer, L. M., Hazzard, V. M., **Schaumberg, K.,** Bardone-Cone, A. M., Frederick, D. A., Klump, K. L., Anderson, D. A., & Thompson, J. K. (2018). *Appearance ideal internalization, appearance pressures, and eating disorder pathology among heterosexual, bisexual, and lesbian women*.Poster to be presented at the annual meeting of the Eating Disorder Research Society, Sydney, Australia.
2. Brosof, L.C., Levinson, C.A., Forbush, K. T., Goodman, E., **Schaumberg, K**., Bulik, C., Micali, N., Zerwas, S. (2018). *Purging is a bridge symptom in a network model of eating disorer and obsessive-compulsive symptoms*. Poster presented at the International Conference on Eating Disorders, Chicago, IL.
3. Remmert J.E., Rosenbaum D.L., **Schaumberg K**., Forman E., Butryn M.L. (2016). *Driven to learn: Beahvioral drive predicts acquisition of food-related acceptance and willingness skills in a beahvioral weight loss intervention.* Poster presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
4. Schaefer, L.M., Choquette, E., Heinberg, L.J., Guarda, A., **Schaumberg, K**., Anderson, D.A., & Thompson, K. (2016). *Validation of the sociocultural attitudes towars appearance questionnaire-4 (SATAQ-4) in a clinical sample and comparison with a college sample.* Poster submitted to the 22nd Annual Meeting of the Eating Disorders Research Society, New York, NY
5. Hopkins, L. B., Kilpela, L. S., **Schaumberg, K.**, & Becker, C. B. (2016). *Cross-sectional and longitudinal examination of the role of body shame in objectification theory.* Poster submitted to the 22nd Annual Meeting of the Eating Disorders Research Society, New York, NY.
6. Kerrigan., S.G., Call, C., **Schaumberg, K**., Forman, E.M., Butryn, M.L. (2016). *Changes in sedentary behavior during a behavioral weight loss program.* Poster presented at the European Obesity Summit, Gothenburg, Sweden.
7. Schumacher, L. M., **Schaumberg, K**., Rosenbaum, D. L., Piers, A., Kase, C., Forman, E. M., Lowe, M. R., & Butryn, M. L. (2015). *Negative reinforcement eating expectancies mediate the relation between experiential avoidance and eating-related disinhibition among obese, treatment-seeking adults*. Poster presented at the 49th Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
8. **Schaumberg, K.,** Butryn, M.L., Lowe, M., Gorin, A.A., & Forman, E. (2015). *Power of Food Moderates the Relationship between an Obesogenic Home Environment and Caloric Intake*. Poster presented at the 36th annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
9. Wyckoff, E., Schumacher, L., Manasse, S., **Schaumberg, K**., Forman, E., Butryn, M., Lowe, M. (2015). *An examination of weight suppression as a predictor of outcomes in behavioral weight loss treatment.* Poster presented at the 36th annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
10. Kase, C., Piers, A.D., **Schaumberg, K**., Forman, E.M., & Butryn, M.L. (2015). *Alcohol use, disinhibition, and treatment outcome in overweight and obese adults*. Poster presented at the International Conference on Eating Disorders, Boston, MA.
11. Knauf, L.E., **Schaumberg, K**., & Anderson, D.A. (2014). *Negative affect moderates the relation between dietary restraint and bulimic symptoms in undergraduate men.* Poster presented at the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.
12. Dmochowski, S., Reilly, E.E., **Schaumberg, K**., Earleywine, M., & Anderson, D.A. (2014). *Gender differences in the relation among urgency, binge drinking, and excessive exercise*. Poster presented at the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.
13. Anderson, L.M., Reilly, E.E., **Schaumberg, K**., Dmochowski, S., & Anderson, D.A. (2014). *Mindful eating, intuitive eating, and low dietary restraint: What’s the difference?* Poster presented at the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.
14. Reilly, E.E., Anderson, D.A., Anderson, L.M., Dmochowski, S.C., **Schaumberg, K**., Knauf, L.E. (2014)*. The relation of EDI personality subscales to binge-purge status in a college sample*. Poster presented at the Eating Disorders Research Society, San Diego, CA.
15. Anderson, L.M., Anderson, D.A., Reilly, E.E., Dmochowski, S.C., **Schaumberg, K**., & Knauf, L.E. (2014). *Gender-specific relationships between teasing history and body dissatisfaction*. Poster presented at the Eating Disorders Research Society, San Diego, CA.
16. Anderson, D. A., Dmochowski, M.A., Reilly, E.E., Anderson, L.M., **Schaumberg, K.,** & Knauf, L.E. (2014). *Evaluating the interaction of weight suppression and BMI associated with eating disorder symptoms in college students.* Poster presented at the Eating Disorders Research Society, San Diego, CA.
17. Anderson, L. M., Reilly, E. E, **Schaumberg, K**., & Anderson, D. A. (2014). *Body Dissatisfaction in Runners as a Function of Appearance Vs. Sport Performance Concerns.* Presented at the 20th annual International Conference on Eating Disorders, New York, NY.
18. **Schaumberg, K**., Anderson, D.A., Anderson, L.M., & Reilly, E. (2014). T*he relationship between clinically high shape and weight concern and eating disorders in college students.* Poster presented at the International Conference on Eating Disorders, New York, NY.
19. **Schaumberg, K.** Anderson, D. A., Kirschenbaum, D., & Earleywine, M. (2013). *Participation as a leader in immersion weight loss treatment may produce beneficial effects for healthy young adults.* Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
20. Anderson, D. A., **Schaumberg, K.**, & Anderson, L.M. (2013). *Comparing the transdiagnostic model and the cognitive behavioral model of eating disorders in college students.* Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
21. Schaefer, L. M., Burke, N. L., Thompson, J. K., Heinberg, L. J., Calogero, R. M., Klump, K. L., Vercellone, A. C., Anderson, D. A, **Schaumberg, K.,** & Frederick, D. A. (2013). *Sociocultural Attitudes Towards Appearance Questionnaire-4 (SATAQ-4): Validation in college males.* Poster presented at the 19th annual Eating Disorder Research Society Meeting, Bethesda, MD.
22. Anderson, D. A.,Reilly, E., Anderson, L. M., & **Schaumberg, K**. (2013). *Differential item functioning between men and women on common measures of body dissatisfaction.* Poster presented at the 19th annual meeting of the Eating Disorders Research Society, Bethesda, MD.
23. Anderson, D. A., **Schaumberg, K.** Anderson, L. M., & Reilly, E. (2013). *Evaluating the severity of eating pathology associated with excessive exercise in college students.* Poster presented at the 19th annual meeting of the Eating Disorders Research Society, Bethesda, MD.
24. **Schaumberg, K.** & Anderson, D. A. (2013). *Does short-term fasting promote changes in state body image?* Poster presented at the International Conference on Eating Disorders, Montreal, QC, Canada.
25. **Schaumberg, K.,** & Anderson, D. A.(2012). *Gender moderates the relationship between expectancies and bulimic symptoms.* Poster presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, Maryland.
26. Greenwood, C., Anderson, D.A., & **Schaumberg, K.** (2012). *Marijuana use affects dietary intake in college students.* Poster presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, Maryland.
27. Anderson, D.A., & **Schaumberg, K.** (2012). *A behavioral economic analysis of food choice after fasting.* Poster presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, Maryland.
28. Anderson, D. A., & **Schaumberg, K**. (2012). *Are intuitive eaters less sensitive to variations in portion size?* Poster presented at the International Conference on Eating Disorders, Austin, Texas.
29. Anderson, D. A., & **Schaumberg, K.** (2012). *Does short-term fasting predict binge eating?* Poster presented at the International Conference on Eating Disorders, Austin, Texas.
30. Anderson, D. A., & **Schaumberg, K**. (2011). *Subscales of the three-factor eating questionnaire predict binge eating and purging.* Poster presented at the 17th annual meeting of the Eating Disorders Research Society, Edinburgh, Scotland.
31. Anderson, D. A., & **Schaumberg, K.** (2011). *A behavioral economic analysis of food choice in college students*. Poster presented at the 17th annual meeting of the Eating Disorders Research Society, Edinburgh, Scotland.
32. Anderson, D.A., Murray, A.D., & **Schaumberg, K.** (2010). *A comparison of the weight loss and health at every size paradigms.* Poster presented at the 44th Annual of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
33. Kuerbis, A. N., **Schaumberg, K.**, Hagman, B. T., Heidinger, B. E., Wolf, F. L., Morgenstern, J. (2009). *Severity of personal feedback as a mediator of moderated drinking among men-who-have-sex-with-men*. Poster Presented at the 32nd Meeting of the Research Society on Alcoholism, San Diego, CA.
34. Hagman, B. T., Morgenstern, J., Kuerbis, A.N., Heidinger, B., Zilberman, S., & **Schaumberg, K.**  (2009). *Correspondence between interactive voice response and timeline follow-back self-reports of risky sexual behavior among men-who-have-sex-with-men.* Poster presented at the 137th meeting of the American Public Health Association, Philadelphia, PA.
35. **Schaumberg, K**., Bux, D. A., Morgenstern, J., & Kuerbis, A. N. (2008). *Attributions of change in a trial of combined medication and cognitive behavioral therapy for moderation of problem drinking.* Poster presented at the 42nd Annual Meeting of the Association for Behavioral and Cognitive Therapies, Orlando, Fl.
36. Becker, C.B., **Schaumberg, K**., Mallett, J., Hay, L., & Williams, A. (2007). *A randomized pilot trial of peer-led healthy weight eating disorders prevention.* Poster presented at the 13th Annual Meeting of the Eating Disorder Research Society, Pittsburgh, PA.
37. **Schaumberg, K.**, Mallett, J., Hay, L., Williams, A., & Becker, C.B. (2007). *Peer-facilitated eating disorder prevention in sororities: A comparison of dissonance and healthy weight*. Poster presented at Our Lady of the Lake University psychology conference, San Antonio, TX.
38. Becker, C. B., Darius, E., **Schaumberg, K.**, & Robinson, F. (2006). *Exposure versus my therapy buddy: An analogue study of patient preferences for empirically supported and pseudoscientific treatments for PTSD*. Poster presented at the 40th Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
39. Becker, C.B., Bull, S., Cauble, A., **Schaumberg, K**., Gillespie, S., Byrd, H., & Carter, J. (2006). *A pilot open trial of dissonance eating disorders prevention in a national sorority.* Poster presented at the 40th Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

**GRANTS AND AWARDS**

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Current Support

**K01MH123914, Schaumberg (PI)** 06/01/2020-05/31/2024

NIMH

Driven exercise and risk for eating disorders: A combined genetic and longitudinal epidemiological investigation

**Virginia Horne Henry Fund for Women’s**  05**/**01/2020-07/31/2021

**Physical Education and Movement, Schaumberg (PI)**

Clarifying exercise-related risk among women with eating disorders

**NIH Loan Repayment Award, Schaumberg (PI)** 09/01/2019-09/01/2021

Specifying phenotypic associations and genetic risk for driven exercise in eating disorders

**R01MH112443, Stice (PI)** 01/01/2018-01/01/2021

Implementation Support for Prevention Program Delivery by College Peer Educators

Role: Consultant

Completed Research Support

**R21MH109917, Zerwas/Micali (Co-PIs)** 09/01/17-07/17/18 Role: Postdoctoral Fellow

NIMH

Polygenic and trans-diagnostic risk for anorexia nervosa and obsessive-compulsive disorder: Novel associations with emotional, behavioral, and cognitive dysfunction in a population-based cohort.

**T32MH076694, Bulik (PI)** 09/01/16-08/31/17 Role: Postdoctoral Fellow

NIH/NRSA

Postdoctoral Research Training in Eating Disorders

This grant provided one year of support to acquire methodological research skills in addition to mentored research experience with established investigators in eating disorder research at UNC-School of Medicine.

**R01DK100345, Butryn (PI)** 08/11/14-08/12/16 Role: Postdoctoral Fellow

NIH/NIDDK

An Innovative, Physical Activity-Focused Approach to Weight Loss Maintenance

The goal of this study is to conduct a randomized, controlled trial to determine if experimental behavioral treatments for obesity can improve 1) long-term adherence to physical activity prescriptions and 2) weight loss maintenance. I worked as a clinician and research fellow on this investigation.

**Blanchard Dissertation Award** 01/01/12-06/01/14 Role: Principal Investigator

**Initiatives for Women Grant**

**Graduate Initiative Grant**

**CRC Health, Inc**

Effects of Participation as a Leader in Immersion Weight Loss Treatment

This goal of this project was to examine the health of staff members at a weight management summer camp over the course of a summer.

**R01AA015553, Morgenstern (PI)**06/01/07-06/01/09 Role: Research Coordinator

NIH/NIAAA

Naltrexone and Cognitive Behavioral Therapy for Problem Drinking

The goal of this project was to compare medication (Naltrexone) and Cognitive Behavioral Therapy along with the combination of these interventions for moderation of problem drinking in a sample of men who have sex with men. I served as a research coordinator on this project.

Awards

**Tuition Scholarship** 2009-2014

University at Albany – State University of New York

**Graduate Fellowship** 2009-2013

University at Albany – State University of New York

**Travel Grant to Present at the Association for Behavioral and Cognitive Therapies** 2013

Sponsor: Graduate Initiative Grant, University at Albany

**Outstanding Senior in Psychology** 2007

Trinity University Psychology Department

**Mach Student Research Fellowship** ($1000) 2006

Trinity University

**Study Abroad Scholarship** 2005

Boston University - Sydney Internship Program

**Trustees’ Tuition Scholarship** 2003-2007

Trinity University merit-based scholarship program

**TEACHING AND MENTORSHIP**

**Chronic and Preventative Care Psychiatry Small Group Sessions** 2018-2020

Medical Students

University of Wisconsin School of Medicine and Public Health

**Medical Student Group Teaching, Child Psychiatry** 2018

University of Wisconsin School of Medicine and Public Health

**Three-part lecture – The 9 truths about eating disorders** 2018-2020

Clinical Psychology Trainees

Department of Psychiatry – University of Wisconsin

**Two-part lecture – Eating disorder risk and treatment** 2018-2020

Child Psychiatry Fellows

Department of Psychiatry – University of Wisconsin

**Eating Disorders ELO** 2018

Video Lecture

University of Wisconsin School of Medicine and Public Health

**Dissertation Committees**

Sasha Gorrell (University at Albany) 2018

Christine Call (Drexel University) 2020

**Thesis Committees**

Ross Nedoma (University College London) 2018

Kathryn Kay (University College London) 2018

Brianne Richson (University of Kansas) 2020

**Clinical Supervision of Cognitive Behavioral Therapy** 2017-2018

PGY-3 Psychiatry Resident

**Early Career Mentor**

Erin Reilly ([erinreilly22@gmail.com](mailto:erinreilly22@gmail.com)) 2012-2018

Lisa Anderson ([lmanderson@gmail.com](mailto:lmanderson@gmail.com)) 2012-2018

Sasha Gorrell ([sashadmo@gmail.com](mailto:sashadmo@gmail.com)) 2013-2018

Monika Gaspar ([mon.gaspar@gmail.com](mailto:mon.gaspar@gmail.com)) 2014-2016

Amani Piers ([amanipiers@gmail.com](mailto:amanipiers@gmail.com)) 2014-2016

Colleen Kase ([colleen.kase@gmail.com](mailto:colleen.kase@gmail.com)) 2014-2016

**Clinical Supervision of Acceptance-Based Behavioral Therapy for Weight Loss** 2014-2016

**Clinical Supervision of Behavioral Weight Loss Treatment** 2014-2016

**Instructor of Record** 2016

PSY 828: Eating and Weight Disorders Philadelphia, PA

Graduate Seminar

Drexel University

**Instructor of Record** 2014

PSY 356: Women’s Health Psychology Philadelphia, PA

Drexel University

**Instructor of Record** 2012

APSY 338: Abnormal Psychology Albany, NY

University at Albany, State University of New York

**Instructor** 2010

Discussion Section – Introduction to Psychology Albany, NY

University at Albany, State University of New York

**Graduate Mentor** 2010-2012

Undergraduate Honors Research Albany, NY

University at Albany, State University of New York

**Colloquium Presenter** Yearly: 2009-2012

Risk Factors for Eating and Weight Disorders Albany, NY

University at Albany, State University of New York

**Teacher** 2010

Institute for Reading Development Albany, NY

**CLINICAL EXPERIENCE**

**Licensed Psychologist**

Wisconsin, License #3574 – 57 2018-present

North Carolina, License #5045 2016-2018

**Master Trainer, Dissonance Eating Disorder Prevention** 2017-present

**R01MH112443 (PI: Stice)**

Implementation support for prevention program delivery by college peer educators

**Outpatient Psychologist** 2016-2018

Center of Excellence for Eating Disorders Chapel Hill, NC

University of North Carolina

**Research Therapist** 2014-2016

Laboratory for Innovations in Health-Related Behavior Change Philadelphia, PA

Drexel University

**Clinical Psychology Resident** 2013-2014

University of Mississippi Medical Center Jackson, MS

G.V. (Sonny) Montgomery Veterans Affairs Medical Center

Rotations: Evidence-Based Practice, Mental Health in Primary Care, Acceptance-Based Behavioral Therapy for Anxiety, Dialectical Behavior Therapy, Pediatric Psychology

**Graduate Assistant and Therapist** 2012-2013

Psychological Services Center Albany, NY

**Clinical Psychology Extern and Therapist** 2012-2013

Doane Stuart School (K-12)Albany, NY

**Group Facilitator: Eating Disorder Support Group** 2012

Health Psychology AssociatesAlbany, NY

**Clinical Psychology Extern and Therapist** 2011-2012

St. Anne Institute for GirlsAlbany, NY

**Behavioral Coach** 2011

Wellspring Weight Loss CampsCanton, NC

**Clinical Psychology Extern and Therapist** 2010-2011

Psychological Services CenterAlbany, NY

**Research Assessor** 2007-2009

Columbia Addiction Services and Psychotherapy Interventions Research New York, NY

**Student Intern** 2006

ChildSafe Children’s Advocacy CenterSan Antonio, TX

**Peer Trainer** 2006-2007

Trinity University Sorority Body Image Program San Antonio, TX

**Peer Facilitator** 2005

Trinity University Sorority Body Image ProgramSan Antonio, TX

**Student Intern** 2005

Rivendell Child, Adolescent, and Family Mental Health ServicesSydney, Australia

**PROFESSIONAL DEVELOPMENT AND SPECIALIZED TRAINING**

**Statistical Genetics** 2020

Instructor: Qiongshi Lu

Semester graduate level course on statistical genetic methodology

**Genetic Epidemiology** 2019

Instructor: Corinne Engelman

Semester graduate level course on genetic epidemiology

**Longitudinal Structural Equation Modeling** 2017

Presented by: Dan Bauer and Patrick Curran

A one-week workshop on the design and analysis of longitudinal research questions using a structural equation modeling approach

**Acceptance and Commitment Therapy, Community Consultation Group** 2017-2018

Led by: Dr. Rhonda Merwin

A monthly consultation group for clinicians who are utilizing Acceptance and Commitment Therapy in their clinical practice.

**Strengthening Causal Inference in Behavioral Obesity Research** 2015

Presented by: Dr. David Allison and Dr. Kevin Fontaine

Sponsored by: National Heart Lung and Blood Institute, University of Alabama - Birmingham

A one-week workshop on key questions and novel research designs in behavioral obesity research

**ACT Founders’ BootCamp** 2014

Presented by: Dr. Steven Hayes, Dr. Kelly Wilson, Dr. Kirk Strosahl, Dr. Patricia Robinson

An intensive 4-day experiential and skill building training on Acceptance and Commitment Therapy

**Prolonged Exposure for Posttraumatic Stress Disorder** 2013

Presented by: Dr. Scott Coffey and Dr. Julie Schumacher

A 16-hour training seminar on the delivery of Prolonged Exposure for PTSD, coupled with weekly supervision to assess treatment adherence

**Acceptance and Commitment Therapy Seminar** 2011

Taught by: Dr. John Forsyth

A semester-long course with focus on research and practice related to Acceptance and Commitment Therapy

**Statistical skills:** Data input and analysis using, R, IBM Statistical Package for Social Sciences (SPSS), JMP, Mplus

**SERVICE**

**Gene X Environment Special Interest Group (SIG) Co-Chair** 2019-present

Academy for Eating Disorders

**Editorial Board Member** 2017-present

*Eating Disorders: Journal of Treatment and Prevention*

**Program Committee Member** 2014-present

Association for Behavioral and Cognitive Therapies

**Embody Carolina** 2016-2018

University of North Carolina at Chapel Hill Chapel Hill, NC

Served as professional consultation during student led workshops (2x/year) on eating disorder risk

**Facilitator Training** 2016

Drexel UniversityPhiladelphia, PA

Led a 1-day workshop on delivery of healthy weight eating disorder prevention

**Therapist Training: Prolonged Exposure for Posttraumatic Stress Disorder** 2014

Mississippi State University Starkville, MS

Delivery of a 16-hour training seminar on Prolonged Exposure for PTSD for community providers

**Presentation: Evidenced-based Psychotherapies** 2014

Delta Regional Medical Center Greenville, MS

Presentation on evidence-based therapy options for mental health conditions for community providers

**Ad Hoc Reviewer**

*Body Image, International Journal of Eating Disorders, The American Journal on Addictions, Journal of Contextual and Behavioral Sciences, Frontiers in Psychology, Eating Behaviors, Psychiatry Research, Addiction Research and Theory, European Eating Disorders Review, Behavior Therapy, PloS One, Appetite*

**MEDIA AND OUTREACH**

**Embark Lab** 2019- present

@embarklab on Twitter and Instagram

**Staff Contributor**  2016-2018

Exchanges – Blog of the UNC Center of Excellence for Eating Disorders

<https://uncexchanges.org>

**New Plates Podcast: Episode 24**  11/2017

Nine Truths about Eating Disorders and the Supporting Facts

[http://www.circummensam.com/new-plates-podcast.html](http://mail01.tinyletterapp.com/MPLPHD/podcast-on-the-nine-truths-plus-welcoming-a-new-member-plus-4-recent-and-very-relevant-articles-on-the-cost-effectiveness-of-prevention-and-or-treatment/10251017-www.circummensam.com/new-plates-podcast.html?c=c6f65a3f-1913-43ac-86c6-e6558d136f22)

**PROFESSIONAL AFFILIATIONS**

**­­­­­­­­­Eating Disorders Research Society** 2019-present

**Association for Contextual and Behavioral Science** 2014-present

**Academy for Eating Disorders** 2007-present

**Association for Behavioral and Cognitive Therapies** 2006-present