

## CURRICULUM VITAE

**Agatha A. Laboe, BA (she/her)**

University of Wisconsin-Madison  
 Department of Psychology  
 1202 W. Johnson St., Madison, WI 53706  
 Email: laboe@wisc.edu  
 Phone: 773-456-7098

**EDUCATION**

- |   |                 |
|---|-----------------|
| <b>University of Notre Dame</b>   | May 2021        |
| B.A. Psychology, Minor in Poverty Studies, <i>cum laude</i>                           |                 |
| Overall GPA: 3.83; Major GPA: 4.0   |                 |
| Honors Thesis: Body Dissatisfaction and Disordered Eating in the Mother-Daughter Dyad |                 |
| <br><b>University College Dublin</b>  | <br>Spring 2020 |
| Study Abroad Student, College of Social Sciences and Law                              |                 |

**HONORS AND AWARDS**

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|---|----------------------------|
| <b>Hertz Travel Award</b>   | September 2023             |
| <i>University of Wisconsin-Madison, Department of Psychology</i>  |                            |
| An award in the amount of \$750 to present first-author work at a domestic conference.  |                            |
| <br><b>Radically Open Dialectical Behavioral Therapy Conference Scholarship</b>   | <br>June 2023              |
| <i>Radically Open Blended Learning</i>  |                            |
| A competitive award in the amount of \$125 to attend the inaugural Radically Open Dialectical Behavioral Therapy Conference.  |                            |
| <br><b>Wisconsin Symposium on Emotion Travel Award</b>  | <br>March 2023             |
| <i>University of Wisconsin-Madison, Health Emotions Research Institute</i>  |                            |
| A competitive award in the amount of \$300 for travel and 2 nights gratis hotel accommodations to attend the Wisconsin Symposium on Emotion and present a poster during the poster session and reception.   |                            |
| <br><b>Santos Award for Distinctive Achievement in Psychology</b>   | <br>May 2021               |
| <i>University of Notre Dame, Department of Psychology</i>   |                            |
| The highest award in the amount of \$250 presented by the Department of Psychology to a student who has distinguished themselves through consistently high levels of achievement in their coursework, their research activities, and in their service to the department, university, and community. |                            |
| <br><b>Bernoulli Award Honorable Mention</b>  | <br>May 2021               |
| <i>University of Notre Dame, Department of Economics</i>  |                            |
| Award in the amount of \$500 for exceptional research papers that use advanced statistical methods to analyze an original and relevant intellectual question.   |                            |
| <br><b>McNeill Fellowship</b>   | <br>July 2020 - May 2021   |
| <i>University of Notre Dame, Center for Social Concerns</i>   |                            |
| A selective leadership development program that equips students with the skills to advocate and educate for human dignity.  |                            |
| <br><b>Notre Dame Club of Chicago Scholarship</b>   | <br>August 2017 - May 2021 |
| <i>University of Notre Dame</i>   |                            |
| A University of Notre Dame Academic Scholarship, in the amount of \$6,000 annually for 4 years.   |                            |

**College of Arts & Letters Honesty Committee**  
*University of Notre Dame, College of Arts & Letters*

May 2019 - May 2021

A selective committee that requires nomination and recognizes students for their integrity and humility.

**Facilitator Training Scholarship**

April 2020

*The Body Positive*

A \$2,000 scholarship to complete facilitator training with The Body Positive and spearhead a Be Body Positive Initiative at Notre Dame.

**Dean's List**

Spring 2018 - Spring 2021

*University of Notre Dame, College of Arts and Letters*

Recognizes students with GPAs in the top 30% in the College of Arts and Letters.

**PEER-REVIEWED PUBLICATIONS (N=5) \*indicates co-first authors**

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1. **Laboe, A.A.\***, D'Adamo, L.\*, McGinnis, C., Grammer, A.C., Davison, G., Balantenkin, K.N, Graham, A.K., Smolar, L., Fitzsimmons-Craft, E.E., Taylor, C.B., Wilfley, D.E. (2023). The relation of food insecurity to eating disorder characteristics and treatment-seeking among adult respondents to the National Eating Disorders Association online screen. *Eating Behaviors*.
2. Haas, A.\* , **Laboe, A.A.\*** , McGinnis, C. G., Firebaugh, M., Bardone-Cone, A.M., Pike, K., Taylor, C.B., Wilfley, D.E., & Fitzsimmons-Craft, E.E. (2023). Adapting a mobile app to support patients with anorexia nervosa following post-acute care: Perspectives from treatment center representatives. *Frontiers in Digital Health*.
3. Fitzsimmons-Craft, E.E., **Laboe, A.A.**, McGinnis, C., Firebaugh, M., Shah, J., Wallendorf, M., Jacobi, C., Bardone-Cone, A.M., Pike, K., Taylor, C.B., & Wilfley, D.E. (2023). A pilot randomized controlled trial of a cognitive-behavioral therapy-guided self-help mobile app for the post-acute treatment of anorexia nervosa: A registered report. *The International Journal of Eating Disorders*.
4. **Laboe, A. A.**, Hocking, J., & Gondoli, D. (2022). Body dissatisfaction and disordered eating within the mother-daughter dyad: An actor-partner interdependence approach. *Body Image*. doi: 10.1016/j.bodyim.2022.08.004
5. Grammer, A.C., Shah, J., **Laboe, A. A.**, McGinnis, C. G., Balantekin, K. N., Graham, A. K., Smolar, L., Taylor, C. B., Wilfley, D. E., & Fitzsimmons-Craft, E. E. (2022). Predictors of treatment seeking and uptake among respondents to a widely disseminated online eating disorders screen in the United States. *The International Journal of Eating Disorders*. doi: 10.1002/eat.23760

**INVITED BOOK CHAPTERS (N=1)**

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1. **Laboe, A.A.**, Shah, J., & Fitzsimmons-Craft, E.E. (2023). The transition to college as a risk factor for eating disorders. In P. Robinson, T. Wade, B. Herpertz-Dahlmann, F. Fernandez-Aranda, J. Treasure, & S. Wonderlich (Ed.), *Eating Disorders: An International Comprehensive View*. New York: Springer.

**MANUSCRIPTS UNDER REVIEW (N=2)**

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1. **Laboe, A. A.**, Nelson, N.A., & Bergeman, C.S. (under review: *The Gerontologist*). Daily stress reactivity: The joint effects of duration and intensity of physical activity.
2. Pictor, L., **Laboe, A. A.**, Dillon, K., Frank, M., Gavuzzi, M., & Schaumberg, K. (under review: *Eating Disorders: The Journal of Treatment and Prevention*). A pilot randomized trial of the Body Advocacy Movement: A novel, dissonance-based intervention designed to target fear of weight gain and anti-fat bias in young adults.

**MANUSCRIPTS IN PREPARATION (N=4)** \*indicates co-first authors

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1. **Laboe, A.A.**, McGinnis, C., Fennig, M., Firebaugh, M., Shah, J., Bardone-Cone, A.M., Pike, K., Taylor, C.B., Wilfley, D.E., & Fitzsimmons-Craft, E.E. (in preparation). User-centered development of a cognitive-behavioral therapy-guided self-help mobile app for the post-acute treatment of anorexia nervosa.
2. **Laboe, A.A.**, Pictor, L., Kreyenin, A., Frank, M., Micali, N., & Schaumberg, K. (in preparation). A longitudinal investigation of maladaptive exercise behaviors in adolescents with restrictive eating disorders.
3. Gioia, A., **Laboe, A. A.**, Reilly, E. (in preparation). Clinical feedback about family-based treatment for eating disorders.
4. Vendlinski, S.\*, **Laboe, A.A.\***, Fennig, M., McGinnis, C., Fitzsimmons-Craft, E. E., & Accurso, E. (in preparation). Adaptations of an online cognitive behavioral therapy intervention for binge-purge type eating disorders in publicly insured and uninsured adults: A pilot study.

**CONFERENCE PAPER PRESENTATIONS (N=2)**

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1. **Laboe, A.A.**, D'Adamo, L., McGinnis, C., Grammer, A.C., Davison, G., Balantekin, K.N, Graham, A.K., Smolar, L., Fitzsimmons-Craft, E.E., Taylor, C.B., Wilfley, D.E. (June 2023). Comparing eating disorder characteristics and treatment in individuals with and without food insecurity: Results of the National Eating Disorders Association online screening tool. International Conference on Eating Disorders. Washington, DC.
2. Fitzsimmons-Craft, E. E., **Laboe, A.A.**, McGinnis, C., Zucker, K., Fennig, M., Firebaugh, M., Shah, J., Wu, E., Levitan, J., Bardone-Cone, A.M., Pike, K., Taylor, C.B., & Wilfley, D.E. (June 2023). User-centered development of a cognitive-behavioral therapy-guided self-help mobile app for the post-acute treatment of anorexia nervosa. International Conference on Eating Disorders. Washington, DC.  
^Selected as a Top Ten Paper submission for the 2023 International Conference on Eating Disorders

**CONFERENCE POSTER PRESENTATIONS (N=13)**

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1. **Laboe, A.A.**, Frank, M., Schaumberg, K. (November 2023). An empirical investigation of the affect regulation theory of compulsive exercise. Poster to presented at the Association for Behavioral and Cognitive Therapies 57<sup>th</sup> Annual Convention. Seattle, WA.
2. **Laboe, A.A.**, Pictor, L., Kreyenin, A., Frank, M., Micali, N., & Schaumberg, K. (September 2023). A longitudinal investigation of maladaptive exercise behaviors in adolescents with restrictive eating disorders. Poster to be presented at the Eating Disorder Research Society meeting. Boston, MA.
3. McGinnis, C., **Laboe, A.A.**, Haas, A., Firebaugh, M., Shah, J., Bardone-Cone, A.M., Pike, K., Taylor, C.B., Wilfley, D.E., Fitzsimmons-Craft, E.E. (June 2023). Adapting a mobile app to support patients with anorexia nervosa following post-acute care: Perspectives from eating disorder treatment center stakeholders. Poster presented at the International Conference on Eating Disorders. Washington, DC.
4. **Laboe, A.A.**, D'Adamo, L., McGinnis, C., Grammer, A.C., Davison, G., Balantekin, K.N, Graham, A.K., Smolar, L., Fitzsimmons-Craft, E.E., Taylor, C.B., Wilfley, D.E. (May 2023). The relation of food insecurity to eating disorder characteristics and treatment-seeking among adult respondents to the National Eating Disorders Association online screen. Poster presented at the Washington University Institute of Clinical and Translational Sciences Symposium. St. Louis, MO.
5. **Laboe, A.A.**, Frank, M., Schaumberg, K. (April 2023). An empirical investigation of the affect regulation theory of compulsive exercise. Poster presented at the Wisconsin Symposium on Emotion. Madison, WI.

6. **Laboe, A.A.**, Fennig, M., McGinnis, C., Shah, J., Firebaugh, M., Bardone-Cone, A.M., Pike, K., Taylor, C.B., Wilfley, D.E., Fitzsimmons-Craft, E.E. (October 2022). Development and usability testing of a cognitive-behavioral therapy-guided self-help mobile app for the post-acute treatment of anorexia nervosa. Poster presented at the Washington University in St. Louis Institute for Public Health's Annual Conference. St. Louis, MO.
7. Grammer, A.C., Shah, J., **Laboe, A. A.**, McGinnis, C. G., Balantekin, K. N., Graham, A. K., Smolar, L., Taylor, C. B., Wilfley, D. E., & Fitzsimmons-Craft, E. E. (October 2022). Predictors of treatment seeking and uptake among respondents to a widely disseminated online eating disorders screen in the United States. Poster presented at the Washington University in St. Louis Institute for Public Health's Annual Conference. St. Louis, MO.
8. **Laboe, A.A.**, Fennig, M., McGinnis, C., Shah, J., Firebaugh, M., Bardone-Cone, A.M., Pike, K., Taylor, C.B., Wilfley, D.E., Fitzsimmons-Craft, E.E. (September 2022). Iterative development of a cognitive-behavioral therapy-guided self-help mobile app for the post-acute treatment of anorexia nervosa. Poster presented at the Eating Disorder Research Society meeting. Philadelphia, PA.
9. **Laboe, A.A.**, Fennig, M., McGinnis, C., Shah, J., Firebaugh, M., Bardone-Cone, A.M., Pike, K., Taylor, C.B., Wilfley, D.E., Fitzsimmons-Craft, E.E. (June 2022). User-centered design and usability testing of a cognitive-behavioral therapy-guided self-help mobile app for the post-acute treatment of anorexia nervosa. Poster presented virtually at the Society for Digital Mental Health Annual Meeting.
10. Grammer, A.C., Shah, J., **Laboe, A. A.**, McGinnis, C. G., Balantekin, K. N., Graham, A. K., Smolar, L., Taylor, C. B., Wilfley, D. E., & Fitzsimmons-Craft, E. E. (June 2022). Predictors of treatment seeking and uptake among respondents to a widely disseminated online eating disorders screen in the United States. Poster presented virtually at the Society for Digital Mental Health Annual Meeting.
11. Grammer, A.C., Shah, J., **Laboe, A. A.**, McGinnis, C. G., Balantekin, K. N., Graham, A. K., Smolar, L., Taylor, C. B., Wilfley, D. E., & Fitzsimmons-Craft, E. E. (April 2022). Predictors of treatment seeking and uptake among respondents to a widely disseminated online eating disorders screen in the United States. Poster presented at the Society for Behavioral Medicine Health Annual Meeting. Baltimore, MD.
12. **Laboe, A. A.**, Hocking, J., & Gondoli, D. The bidirectional effects of body dissatisfaction in the mother-daughter dyad. (May 2021). Poster presented virtually at the Midwestern Psychological Association Annual Meeting.
13. **Laboe, A. A.**, Nelson, N.A., & Bergeman, C.S. Daily stress reactivity: The joint effects of duration and intensity of physical activity. (May 2021). Poster presented virtually at the Midwestern Psychological Association Annual Meeting.

### **INVITED TALKS (N=2)**

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1. Wilfley, D.E., Davison, G., **Laboe, A.A.** (November 2022). Racial and socioeconomic disparities in the efficacy of a family-based treatment program for pediatric obesity. Presented at The Obesity Society Annual Meeting. San Diego, California.
2. Wilfley, D.E., Davison, G., Thomas, F., **Laboe, A.A.** (May 2022). Food insecurity and eating disorders in the college population. Presented virtually for the Eating Recovery Center Campus Webinar Series.

## RESEARCH EXPERIENCE

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### Clinical Research Coordinator & Data Assessor

June 2021 - Present

Washington University School of Medicine, Center for Healthy Weight & Wellness

PIs: Denise Wilfley, PhD, and Ellen Fitzsimmons-Craft, PhD

#### R34 MH127203: Development and Pilot Testing of a Cognitive-Behavioral Therapy-Guided Self-Help Mobile App for the Post-Acute Treatment of Anorexia Nervosa

- Form and maintain strong partnerships with eating disorder treatment centers to recruit participants.
- Collaborate closely with industry partner, SilverCloud Health, to develop a Cognitive Behavioral Therapy-based, guided self-help app.
- Draft IRB protocols and amendments.
- Draft NIH progress reports.
- Design visually appealing recruitment materials on Canva.
- Serve as point person for all post-award research management duties.
- Conduct semi-structured interviews with participants to solicit app feedback.
- Integrate participant feedback into existing app content.
- Lead weekly team meetings.
- Supervise undergraduate research assistants.
- Wrote six out of eleven empirically-based app modules (e.g., Addressing Food, Relapse Prevention).

#### PCS 2017C2-7542: A Pragmatic Family-Centered Approach to Childhood Obesity Treatment

- Coordinate and conduct phone screens and virtual assessments with study participants (e.g., binge eating screen, weight and shape concern scale).
- Meet with onboarded medical providers biweekly to encourage recruitment.
- Document recruitment milestones and newly enrolled participants.
- Track retention and brainstorm case management plans when participants are identified as at risk of attrition.
- Take detailed minutes for weekly management and recruitment meetings.
- Assemble visually appealing slide decks for meetings with advisory boards.

#### R01 MH115128: Harnessing Mobile Technology to Reduce Mental Health Disorders in College Populations

- Train and supervise undergraduate research assistants.
- Draft IRB protocols and amendments.
- Oversee participant payment.
- Created a comprehensive payment protocol.
- Coded feedback from university leadership representatives.
- Conducted t-tests and chi-squared tests in SPSS to analyze differences in university leadership and student representatives' endorsement of utilization of mental health resources on college campuses.

#### NEDA Feeding Hope 2020 Grant: Online Cognitive Behavioral Therapy Intervention Adaptation for Adults with Bulimia Nervosa and Binge Eating Disorder on Public Health Insurance

- Reviewed eight modules of the adapted Student Bodies-Eating Disorders program and offered feedback to make more relevant to a population on public health insurance.
- Will serve as a coach for the program upon finalization of adaptations and launch of pilot testing.

**Senior Honors Thesis Student**

May 2020 – May 2021

*University of Notre Dame, Adolescent Development Lab**Faculty Advisor: Dawn Gondoli, PhD*Body Dissatisfaction and Disordered Eating within the Mother-Daughter Dyad: An Actor-Partner Interdependence Approach

- Designed senior honors thesis project based on preexisting data due to COVID-19 restrictions.
- Actively participated in a seminar-style senior honors thesis class, presenting each section of the thesis, and offering constructive feedback to peers.
- Conducted descriptive and correlational analyses in SPSS 26 and APIM analyses using the R package “lavaan.”

**Independent Undergraduate Research Intern**

August 2020 – May 2021

*University of Notre Dame, Adult Development & Aging Lab**Faculty Advisor: Cindy Bergeman, PhD*Daily Stress Reactivity: The Joint Effects of Duration and Intensity of Physical Activity

- Designed independent project with data from the Notre Dame Study of Health & Well-being dataset.
- Interpreted results of two-level multilevel model from SAS Proc Mixed.

**Poverty Studies Capstone Student**

January 2021 – May 2021

*University of Notre Dame, Adolescent Development Lab**Faculty Advisors: Dawn Gondoli, PhD, and Connie Mick, PhD*Eating Disorders are Not Just a Skinny, White, Affluent, Girl Issue: Eating Disorders and Poverty

- Conducted a literature review on the link between eating disorders and poverty, honing in on four overlapping factors: food insecurity, overweight/obesity, stress, and minoritized racial or ethnic identity.

**Research Assistant**

August 2017 – May 2021

*University of Notre Dame, Adult Development & Aging Lab**PI: Cindy Bergeman, PhD*R01 AG023571: The Notre Dame Study of Health & Well-being

- Coded questionnaires and was the only undergraduate student selected to enter data into the study database.
- Administered tests of neurocognitive functioning, including the Flanker Inhibitory, Picture Vocab, and List Sort Working Memory tests, to those experiencing age-related cognitive decline.
- Performed salivary sampling for later cortisol response analysis.

**CLINICALLY RELEVANT EXPERIENCE****Body U Coach**

September 2021 – present

*Washington University School of Medicine – St. Louis, MO*

- Serve as coach for program that offers eating disorders, depression, and anxiety screens then directs individuals to tailored online interventions aimed at promoting healthy behaviors and addressing these issues.
- Message clients asynchronously to give them feedback on their progress and offer encouragement.
- Engage in weekly supervision calls designed to cultivate digital coaching skills.

**Youth Advocate Consultant for K-8 Body Positive Curriculum Development**

April 2021 – December 2021

*The Body Positive - Virtual*

- Interviewed prospective Body Positive Youth Advocates.
- Conducted trainings with Body Positive Youth Advocates on how to lead a focus group.
- Coded and analyzed information from focus group videos and notes.
- Led sessions for Body Positive Youth Advocates to develop ideas for a K-8 Be Body Positive curriculum.

**Founder & Group Facilitator**

April 2020 – May 2021

*Be Body Positive, University of Notre Dame – South Bend, IN*

- Selected to receive a fully-funded training scholarship by The Body Positive in Spring 2020.
- Completed intensive 25-hour facilitator training.
- Coordinated with representatives from various areas of campus, including the Center for Student Well-Being, Gender Relations Center, and Office of Residential Life, to spearhead Be Body Positive Initiative.
- Piloted 8-week initiative in Fall 2020, facilitating 2 groups of 12 students.
- Expanded the program in Spring 2021, training new facilitators, and ultimately leading 6 groups of 10 students.
- Conducted surveys with relevant measures (e.g., Body Appreciation Scale, Self-Compassion Scale) before and after participant completion of curriculum, yielding data suggesting benefits of long-term adoption of initiative.

**Nonprofit Leadership Intern**

August 2020 – May 2021

*Mental Health Awareness of Michiana – South Bend, IN*

- Recruited 10 therapists for Pro Bono Counseling Project, spearheaded in Fall 2020.
- Created comprehensive database of licensed mental health professionals in the Michiana region.
- Launched Facebook campaign on eating disorders and racial disparities, reaching 7,400 followers.
- Organized webinar on eating disorders and racial disparities in partnership with Project HEAL.

**Live-In Staff Member**

May 2018 – July 2018

*Bethany Catholic Worker House – Rochester, NY*

- Lived as a full-time volunteer in a house of women recovering from addiction, escaping domestic violence situations, and suffering from mental illness.
- Administered medications.
- Connected guests of the house to more permanent housing placements.
- Ran Facebook page, soliciting donations and promoting house events.
- Fostered community within the house, organizing community dinners and leading yoga and mindfulness sessions.

**LEADERSHIP AND SERVICE**

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**Head Student Manager**

January 2018 – May 2021

*North Dining Hall, University of Notre Dame – South Bend, IN*

- Adapted to every-changing system in light of COVID-19 with ease, liaising between management and student workers.
- Created, organized, and managed shift schedule for 60 student workers.
- Verified hours and oversaw payroll in a timely fashion.
- Created attendance policy and tracking system to ensure workers fulfilled expectations.
- Established employee recognition system.

**President**

September 2018 – May 2021

*Health and Fitness Club, University of Notre Dame – South Bend, IN*

- Revised mission statement to account for diverse embodiments of health.
- Streamlined membership process, creating email management system with 574 members.
- Distributed weekly professional newsletter with science-backed holistic health and fitness information.
- Coordinated events, including meetings with local health professionals and virtual workouts.

**Breakfast Program Volunteer**

January 2020 – March 2020

*Little Flower Penny Dinners – Dublin, Ireland*

- Shared breakfast with individuals experiencing homelessness and suffering from mental illness.
- Distributed meals to homebound members of the community.

**Getting Real on Well-being (GROW) Peer Educator, Body Positivity Subcommittee** May 2018 – April 2019  
*McDonald Center for Student Well-Being, University of Notre Dame – South Bend, IN*

- Organized social media campaign for body appreciation.
- Created and dispersed “Dining Hall Hacks Recipe Book” with creative suggestions for balanced meals.
- Served as student representative at Health Huts to promote McDonald Center services.

**Wellness Commissioner** May 2018 – April 2019  
*Pasquerilla West Residence Hall, University of Notre Dame – South Bend, IN*

- Planned monthly wellness events, including yoga classes and Thankful Thursdays.
- Collaborated with representatives from Howard Hall to plan Glow Yoga event with over 70 attendees.
- Developed inspirational quote system to promote positivity in the dorm.

**General Manager** August 2017 – December 2018  
*College Mentors for Kids, University of Notre Dame – South Bend, IN*

- Directed afterschool programming for 15 2<sup>nd</sup> graders and their college mentors.
- Coordinated with other general managers to plan engaging activities, such as build-your-own-pizza at the dining hall and paper airplanes with aerospace engineers.

**Appalachia Seminar and Urban Plunge Participant** Fall 2018  
*Center for Social Concerns, University of Notre Dame – South Bend, IN*

- Traveled to Clearfork, Tennessee over mid-semester break and learned about rural poverty.
- Engaged with those in inner city Chicago experiencing poverty over winter break.

## RELEVANT SKILLS

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Data Collection: Qualtrics, REDCap

Data Analysis: R, SPSS

Design: Canva

Clinically Relevant: 200 Hour Certified Yoga Teacher, Licensed Yoga for Eating Disorders Teacher, Licensed Be Body Positive Facilitator

## PROFESSIONAL ORGANIZATIONS

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Association for Behavioral and Cognitive Therapies

2023 – present

Academy for Eating Disorders

2023 – present

Society for Digital Mental Health

2022 – present

Psi Chi

2021 – present