

*Curriculum Vitae*

**Lauren E. Pictor, BA (she/her)**

EMBARK Lab, University of Wisconsin-Madison

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[pictor@wisc.edu](mailto:pictor@wisc.edu)

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## EDUCATION

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*Indiana University, Bloomington, Indiana*

2018 - 2022

**Bachelor of Arts** in Psychology with Honors, Highest Distinction

Clinical Psychological Science Certificate

**Bachelor of Arts** in English, Highest Distinction

**Overall GPA:** 4.00

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## HONORS & AWARDS

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Psi Chi Regional Research Award (\$400)

2022

Women's Research Poster Competition (\$75)

Margaret Banks James Scholarship (\$1,000)

2021

Women's Research Poster Competition (\$200)

Barbara Markman Scholarship (\$1,500)

2020

Paul E. and Mary F. Scholarship (1,000)

2019

Edward L. Hutton International Experiences Program Grant (\$1,100)

Founders Scholar

2018 - 2022

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

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**Pictor, L.,** Joshi, M., Freiburger, E., & Diekman, A. (invited resubmission: Social Psychological and Personality Science). Linking Structural and Psychological Adulthood: Role Inferences Underlie Adulthood Beliefs about Black Girls.

**Pictor, L.,** Laboe, A., Dillon, K., Frank, M., Gavuji, M., Krawczyk, A., & Schaumberg, K. (invited resubmission: 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.

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## MANUSCRIPTS IN PREPARATION (*N*=3)

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Schaumberg, K., **Pictor, L.,** Frank, M., Niemi, S., Bulik, C., & Micali, N. (in preparation). Prospective examination of driven exercise as an early eating disorder symptom in an epidemiological cohort.

Schaumberg, K., Frank, M., **Pictor, L.**, Niemi, S., Bulik, C., Cook, & Micali, N. (in preparation). Defining physical activity trajectories from childhood to young adulthood and characterizing associations with eating disorder risk.

Laboe, A., **Pictor, L.**, Frank, M., Kreynin, A., Micali, N., & Schaumberg, K. (in preparation). A Longitudinal Investigation of Maladaptive Exercise Behaviors in Adolescents with Restrictive Eating Disorders.

## **INVITED BOOK CHAPTERS (N=2)**

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Schaumberg, K., **Pictor, L.**, Frank, M., & Gorrell, S. (under review). Exercise in Eating Disorders. In Steinglass, J., Wierenga, C. *Handbook of the Neurobiology of Eating Disorders*.

Schaumberg, K., **Pictor, L.**, Frank, M. (under review). Exercise in Eating Disorders. In *Exercise and Mental Health*.

## **CONFERENCE PAPER PRESENTATIONS (N=3)**

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Schaumberg, K., **Pictor, L.**, Frank, M., Krawczyk, A., & Kreckler, S. The Body Advocacy Movement: A Novel Intervention to Reduce Fear of Weight Gain in Young Adults. Paper to be presented at the ABCT's 57th Annual Convention, Seattle, WA.

**Pictor, L.**, Joshi, M., & Diekman, A. (2022, April). The Color of Youth: Examining the Adultification of Black Girls from a Social Role Theory Perspective. Data blitz presented at the Midwestern Psychological Association, Chicago, IL.

**Pictor, L.**, Joshi, M., & Diekman, A. (2022, April). *Investigating the Moderation of the Adultification Bias using Role Context*. Paper presented at the 2022 Hutton Honors Symposium, Bloomington, IN.

## **CONFERENCE POSTER PRESENTATIONS (N=9)**

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**Pictor, L.**, Xue, T., Frank, M., & Schaumberg, K. Too Much of a Good Thing? Investigating the Potential Link between Facets of Compulsive Exercise and Suicidal Behavior. Poster to be presented at the ABCT's 57th Annual Convention, Seattle, WA.

Laboe, A., **Pictor, L.**, Kreynin, A., Frank, M., & Schaumberg, K. A Longitudinal Investigation of Maladaptive Exercise in Adolescents with Restrictive Eating. [Poster](#) presented at the Eating Disorders Research Society (EDRS) 29<sup>th</sup> Annual Meeting, Boston, MA.

**Pictor, L.** & Schaumberg, K. Exploring Dissonance-Based Interventions and Gender Identity: Implications for Eating Disorder Risk Factors. [Poster](#) presented at the EDRS 29<sup>th</sup> Annual Meeting, Boston, MA.

**Pictor, L.,** Krawczyk, A., Xue, T., & Schaumberg, K. (2023, June) Body Advocacy Movement: A Novel, Brief Intervention to Reduce Internalized Fatphobia and Anti-Fat Bias. [Poster](#) presented at the Academy for Eating Disorders ICED 2023 conference, Washington, DC.

Frank, M., **Pictor, L.,** & Schaumberg, K. (2023, June). Exercise Intensity in Response to Prescribed Eating: Change in Heart Rate Among Young Women With Restrictive Eating Pathology. [Poster](#) presented at the Academy for Eating Disorders ICED 2023 conference, Washington, DC.

Pham, S., Schaumberg, K., **Pictor, L.,** Frank, M., & Niemi, S. (2022, November). A Pilot Study on Driven Exercise: How Compulsive Exercise Presents in Young Women with and without Eating Disorders. Poster presented at the 21<sup>st</sup> Annual Medical Student Research Forum, Madison, WI.

**Pictor, L.,** Joshi, M., & Diekman, A. (2022, April). *The Color of Youth: Examining the Adultification of Black Girls from a Social Role Theory Perspective*. [Poster](#) presented at Center of Excellence for Women & Technology's 2022 Women's Research Poster Competition, Bloomington, IN.

- Poster won 2<sup>nd</sup> place in the Health and Behavioral Sciences category (\$75)

**Pictor, L.,** (2021, May). *The Significance Between Diagnosis and Housing*. [Poster](#) presented at Centerstone Research Institute, Bloomington, IN, Online.

**Pictor, L.,** Joshi, M., & Diekman, A. (2021, April). *How STEM Environments Influence Perceived Opportunities to Help Others*. [Poster](#) presented at Center of Excellence for Women & Technology's 2021 Women's Research Poster Competition, Bloomington, IN, Online.

- Poster won 1<sup>st</sup> place in the Health & Behavioral Sciences category (\$200)

## **RESEARCH EXPERIENCE**

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### **Research Coordinator**

EMBARK Lab

*University of Wisconsin-Madison, Madison, WI*

Principal Investigator: Katherine Schaumberg, PhD

June 2022 -

Present

### **R21 MH131787: Multimodal Assessment of Exercise and Eating Disorders (MAXED)**

Project Description: A pilot investigation of acute exercise response among girls and young women with and without eating disorders.

**Responsibilities:**

- Recruit, screen, schedule, and gather consent from participants
- Main point of contact for all interested and enrolled participants
- Administer intake assessment, including semi-structured diagnostic interviews (Diagnostic Interview for Anxiety, Mood, and Obsessive-compulsive and Neuropsychiatric Disorders [DIAMOND], Eating Disorder Examination [EDE], Mini Mental State Examination [MMSE])
- Coordinate and lead study visits involving physiological assessments, exercise testing, cognitive assessments, and self-report questionnaires
  - Perform phlebotomy and blood processing at four different time points with each participant
- Draft and amend Institutional Review Board (IRB) study protocols
- Develop and manage the project's data collection using REDCap
- Conduct data analysis using RStudio
- Develop recruitment materials such as flyers and postcards using Canva
- Track participant retention through the four timepoints of the study
- Supervise and train 13 undergraduate research assistants/medical students
- Lead weekly study coordination and recruitment meetings
- Aid research assistants with semester projects and organize their research materials/syllabus using Lab Archives

**Body Advocacy Movement (BAM)**

Project Description: A study of a dissonance-based program—adapted from the Body Project—that focuses on reducing anti-fat bias in college-aged individuals.

**Responsibilities:**

- Train research assistants to peer facilitate sessions
- Manage the project's REDCap, which consists of 16 measures including UMB-FAT, EDDS, and ED100K
- Collect and analyze data from over 200 participants using RStudio
- Contact interested participants in enrolling and follow up about completion of surveys at 3 separate time points
- Draft, amend IRB study protocols
- Track participant retention through the three study timepoints
- Create scoresheets and companions of measures to be uploaded to the project's repository on the lab's [GitHub](#) using RStudio

### **Body Acceptance Movement in High Schools (BAM High)**

Project Description: An implementation of BAM within high schools to assess the effectiveness of the program when used by adolescents.

#### **Responsibilities:**

- Recruit high schools within the Madison area through applications and communication with school administration
- Train social workers and graduate students to facilitate discussions and workshops with adolescent populations
- Gather and distribute self-report questionnaires validated in adolescents and adapted from the original BAM project using REDCap
- Create recruitment tools like flyers and online advertisements using Canva
- Plan workshop itinerary for high schools
- Lead weekly coordination meetings
- Conduct the same IRB tasks as with the BAM project

#### **Research Assistant**

2020 - 2022

Social Roles Lab

*Indiana University, Bloomington, IN*

Principal Investigator: Amanda Diekman, PhD

### **Honors Thesis: Linking Structural and Psychological Adultification**

Project Description: An assessment of the mental and physical adultification of Black girls compared to their White counterparts using a social role theory.

#### **Responsibilities:**

- Presented thesis multiple times throughout the year to peers, graduate students, and faculty
- Completed literature reviews to develop and shape project idea
- Created novel measures to investigate the research questions using images and adaptations of previously validated measures
- Collected stimuli from stock image photography websites and related publications
- Developed and publish 3 online study surveys using Qualtrics
- Recruited over 200 participants through Mechanical Turk and SONA
- Performed both descriptive and statistical analysis using Excel and SPSS

**Research Assistant Intern**  
Centerstone Research Institute  
*Centerstone, Bloomington, IN*

2021

**Responsibilities:**

- Reviewed Qlik analytic data to assess over 3,000 clients' medical records and coordinate initial contact with appointment dates
- Communicated with over 100 clients to conduct National Outcomes Measures Survey (NOMS)
- Added collected data to the Substance Abuse and Mental Health Services Administration (SAMHSA) database
- Attended weekly meetings to discuss progress and future tasks
- Analyzed data and presented novel findings to supervisors to develop future outreach ideas

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**WORK EXPERIENCE**

**Student Athletic Tutor**  
D. Ames Shuel Academic Center  
*Indiana University, Bloomington, IN*

2019 - 2022

Job Description: Engaged in a peer-tutoring model in which I used knowledge from past courses to help student athletes excel in their classes.

**Responsibilities:**

- Lead private and group tutoring sessions
- Managed ~20 athletes' class schedules at a time to ensure work was being completed by the due dates and assignments/exams were not being missed
- Taught study habits and management skills alongside academic teachings

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**PROFESSIONAL AFFILIATIONS**

Phi Beta Kappa	2022 - present
Psi Chi, The International Honor Society in Psychology	2021 - present
Midwestern Psychological Association (MPA)	2021 - present
Society for Personality and Social Psychology	2021 - present
Academy for Eating Disorders	2023 - present

## **LEADERSHIP AND VOLUNTEER**

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| <b>U Bring Change 2 Mind</b>   | 2021 - 2022 |
| <i>Indiana University</i>  |             |
| <ul style="list-style-type: none"><li>• Membership Director on the Executive Board</li></ul>                     |             |
| <b>Psychology Club at IU</b>   | 2019 - 2022 |
| <i>Indiana University</i>  |             |
| <ul style="list-style-type: none"><li>• Service Committee Member on the Executive Board from 2020-2021</li></ul> |             |
| <b>Indiana Canine Assistance Network (ICAN)</b>  | 2019 - 2022 |
| <i>Indiana University</i>  |             |
| <ul style="list-style-type: none"><li>• Membership Committee Chair from 2019-2020</li></ul>                      |             |