

## EDUCATION

University of North Carolina at Chapel Hill – Chapel Hill, NC

Aug. 2020-May 2024

Psychology B.S., Minors in Neuroscience and Data Science

- **Major GPA:** 3.75 / 4.00
- **Honors:** Graduation with Distinction | Dean's List | Carolina Research Scholar
- **Research Interests:** Underrepresented Community Mental Health | Cultural-Specific Therapy | Psychopathology | Positive Youth Development and Digital Tools | Childhood Maltreatment

## PUBLICATIONS

- Badola, A. & Yu, W. (2025). *Mindfulness-Based Interventions for Psychological Trauma and Posttraumatic Stress Disorder (PTSD)*. *Curr Treat Options Psych* 12, 29 (2025).  
<https://doi.org/10.1007/s40501-025-00364-x>
- Yu, W., et al. (2025). 179. *Ketamine-assisted mindfulness-based cognitive therapy for treatment-resistant depression* [Abstract]. *Biological Psychiatry*, 97(9S), S168–S169.  
<https://doi.org/10.1016/j.biopsych.2025.02.416>
- [In Review] Gottfredson O'Shea, N., Hurley, L., Gurumurthy, N., Pei, Y., Kazemi, M., Yu, W., Dhillon, A. S., & Choi, S. M., Nezami, B. T. *Behavior Change Techniques used in Just-In-Time Adaptive Interventions for Smoking Cessation: A Systematic Review and Meta-Analysis*.
- [In Prep.] Yu, W., et al. *Effect of Childhood Maltreatment in Treatment Effectiveness*.

## POSTERS AND PRESENTATIONS

- Wenfei Yu, Arushi Badola, Sophie Lazarus, Anne-Marie Duchemin, Subhdeep Virk, Anthony King (2025, May). *Extending Therapeutic Effect of Ketamine for Treatment-Resistant Depression using Mindfulness-Based Treatment*. Presented at EPICENTER Research Day, Columbus, OH.
- Arushi Badola, Wenfei Yu, Anthony King (2025, May). *Mindfulness-Based Intervention Effects on DMN Cross-Network Resting FC Associated with Symptom Improvement*. Presented at EPICENTER Research Day, Columbus, OH.
- Wenfei Yu, Arushi Badola, Sophie Lazarus, Anne-Marie Duchemin, Subhdeep Virk, Anthony King (2025, April). *Pilot Study: Ketamine-Assisted Mindfulness-Based Cognitive Therapy for Treatment-Resistant Depression*. Presented at the annual meeting of Anxiety & Depression Conference, Las Vegas, NV and the annual meeting of Society of Biological Psychiatry, Toronto, Canada. (Updated data from Cohort 2)
- Arushi Badola, Jimmy Jagan, Subhashini Madhavan, Wenfei Yu, Anthony P. King (2025, April). *Aberrant Functional Connectivity (rsFC) Between Subgenual ACC and Default Mode Network in Adults with History of Childhood Maltreatment*. Presented at the annual meeting of Anxiety & Depression Conference, Las Vegas, NV and the annual meeting of Society of Biological Psychiatry, Toronto, Canada.
- Wenfei Yu, Arushi Badola, Sophie Lazarus, Anne-Marie Duchemin, Subhdeep Virk, Anthony King (2024, November). *Pilot Study: Ketamine-Assisted Mindfulness-Based Cognitive Therapy for Treatment-Resistant Depression*. Presented at IBMR Research Day, Columbus, OH.
- Selina Shi, Wenfei Yu, and Guorong Wu (2024, April). *Neuroimaging Preprocessing, Denoising, and Quality Control*. Presented at the Celebration of Undergraduate Research at UNC Chapel Hill, NC.

## RESEARCH EXPERIENCES

---

### **Clinical Research Assistant, The Mindfulness Lab**

Aug. 2024-Present

*OSU Wexner Medical Center Department of Psychiatry, Columbus, OH*

Director: Anthony P. King, PhD

- Coordinate all phases of ongoing clinical research studies, including protocol development, IRB submissions, participant recruitment and retention, running study visits, and data collection and management.
- Perform data cleaning and statistical analysis in R to support manuscript preparation, conference presentations, and internal reporting.
- Preprocess and analyze neuroimaging and physiological data, including EEG, MRI, and heart rate variability (HRV), to contribute to study outcomes.
- Design and manage REDCap, Qualtrics, and Ecological Momentary Assessment (EMA) databases, including study setup, complex survey development, and longitudinal tracking.
- Oversee administrative operations, including training and supervising undergraduate research assistants, designing study flyers, and developing training materials such as procedure manuals and video tutorials.
- Manage lab business operations, including submitting spend authorizations, processing expense reports, and coordinating lab purchases.

### **Research Assistant, Stress and Anxiety Lab**

Aug. 2023-Aug. 2024

*UNC Department of Psychology, Chapel Hill, NC*

Director: Jonathan Abramowitz, PhD

- Backfill data for a NIMH-funded longitudinal study of perinatal OCD from the clinical visits on a weekly basis with REDCap.
- Assemble and prepare biospecimen collection kits for participant data collection.
- Conduct full-text screening in a meta-analysis project to examine symptom dimension on OCD research.

### **Research Assistant, Behavior Change Technique (BCT) Meta-analysis**

Apr. 2022-July 2023

*UNC Gillings School of Public Health, Department of Health Behavior, Chapel Hill, NC*

Director: Nisha Gottfredson O'Shea, PhD

- **[1 manuscript under review]** Performed literature review, full text screening and extraction analysis for a meta-analysis on behavior change techniques applied within mobile health interventions using just-in-time (JIT) components focused on inhibitory self-efficacy.
- Analyzed the binary proportion standardized mean difference of 35+ studies on their measures of effect size (Cohen's d and Hedge's g).

### **Research Assistant, Advanced Computational Medicine Lab**

Dec. 2022-Mar. 2023

*UNC Department of Psychiatry, Chapel Hill, NC*

- Performed MRI regional volume analysis with ITK-SNAP to obtain brain volume data for examining the effect of CHD8 haploinsufficiency on mouse brains.
- Utilized ITK-SNAP to conduct MRI and Light-Sheet Microscopy image segmentation and quality control on more than 10 sets of mouse brain images.

### **Research Volunteer, UNC Weight Research**

Sept. 2023-Dec. 2023

*UNC Lineberger Comprehensive Cancer Center, Chapel Hill, NC*

- Employed Adobe Premiere Pro to edit video tutorials for cancer survivors with a focus on positive psychology and weight loss.

## CLINIC EXPERIENCES

---

**Clinical Administrative Assistant**, Calhoun Psychology PLLC

Aug. 2023-Aug. 2024

*Chapel Hill, NC*

Director: Casey D. Calhoun, PhD

- Programmed an online referral system that automatically sorts incoming referral information into assigned clinician folders and sends email updates with JavaScript and created a manual with a step-by-step video tutorial for clinic daily operations.
- Conducted clinician documentation reviews, communicated with clinicians to ensure data accuracy, and generated reports of clinician therapy sessions every month.
- Conceptualized procedure protocols for clinic tasks to maintain the report system in the clinic.
- Assisted with designing administrative and marketing materials, including mental health resources and flyers, and connected with community networks for optimal client referral options.
- Summarized self-report assessment scores for clinical sessions and finalize data tables in the reports.

**Counseling Assistant Intern**, ZhuJunHao Psychology

July 2023-Jan. 2024

*Beijing, China*

- Managed online reception for new visitors, answered inquiries, coordinated weekly follow-up, and arranged consultations.
- Analyzed assessment scales based on training with therapeutic assessments and counseling measures.
- Literature reviewed and drafted original web articles on popular psychological topics on a bi-weekly basis.
- Assisted with social media and public account operation and marketing.

## PROJECT EXPERIENCES

---

**A Web-Based Platform to Promote Transitioning Student's Confidence**

Spring 2024

- Developed a web-based Virtual Reality game using 3D video editing to promote student's belonging and confidence when transitioning to a new school.
- Designed the study protocol using community-based research strategies; Interviewed the school principal, school social worker, and an alumni representative from Duke School.

## SKILLS

---

**Programming:** R • Python • MATLAB • EEGLAB • JavaScript • fMRIPrep • CONN Toolbox • SPSS Data Analysis Software

**Database Management:** REDCap • Ecological Momentary Assessment (EMA) • Covidence Systematic Review • Qualtrics

**Others:** ITK-SNAP • Adobe Premiere Pro (2D & 3D video editing) • Adobe Photoshop • Microsoft Office Suite

## CERTIFICATES

---

EMBARK training on Major Depressive Disorder

MRI Safety Training

MRI Study Personnel Training

CITI Program Essential Trainings for Clinical Research

Behavior Change Technique (BCT) Taxonomy