Wenfei Yu

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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 Prep.] **Yu, W.**, et al. *Childhood Maltreatment and Longitudinal Treatment Outcomes in Mindfulness-Based Cognitive Therapy.*

- [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.*

POSTERS AND PRESENTATIONS

- [In Prep.] **Wenfei Yu**, Kathryn J. Byrd, Arushi Badola, Melanie Bozzay, Subhdeep Virk, Anne-Marie Duchemin, Anthony King (Oct. 2025). *EMA and EEG Markers of Response to Ketamine + MBCT in Treatment-Resistant Depression.*

- **Wenfei Yu**, Arushi Badola, Sophie Lazarus, Anne-Marie Duchemin, Subhdeep Virk, Anthony King (Apr. 2025). *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)

- **Wenfei Yu**, Arushi Badola, Sophie Lazarus, Anne-Marie Duchemin, Subhdeep Virk, Anthony King (Nov. 2024). *Pilot Study: Ketamine-Assisted Mindfulness-Based Cognitive Therapy for Treatment-Resistant Depression.* Presented at IBMR Research Day, Columbus, OH.

- Arushi Badola, **Wenfei Yu**, Anthony King (May 2025). *Mindfulness-Based Intervention Effects on DMN Cross-Network Resting FC Associated with Symptom Improvement*. Presented at EPICENTER Research Day, Columbus, OH.

- Arushi Badola, Jimmy Jagan, Subhashini Madhavan, **Wenfei Yu**, Anthony P. King (Apr. 2025). *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.

- [In Prep.] Arushi Badola, **Wenfei Yu**, Sophie Lazarus, Anne-Marie Duchemin, Subhdeep Virk, Valeria Esis, Anthony King (Oct. 2025). *Rapid and Longitudinally Sustained Antidepressant Effects of Ketamine-Assisted MBCT of Treatment-Resistant Depression*.

- [In Prep.] Sammy Thotapalli, **Wenfei Yu**, Arushi Badola, Michelle Jiang, Anthony King (Oct. 2025). *Postural Heart Rate Variability and PTSD Symptom Change in a Pilot Study of Mindfulness-Based Cognitive Therapy*.
- Selina Shi, **Wenfei Yu**, and Guorong Wu (Apr. 2024). *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

- 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