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:*** Cum Laude Distinction | Dean's List | Carolina Research Scholar
- ***Research Interests:*** Early Life Adversity | Positive Youth Development | Underrepresented Community Mental Health | Culturally Adapted Intervention

PUBLICATIONS

- Badola, A.*, **Yu, W.***, King, A. (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.**, Badola, A., Lazarus S., Duchemin A.-M., Virk, S., King, A. (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.] Badola, A.*, **Yu, W.***, King, A. (2025). *Effects of Mindfulness-Based Cognitive Therapy and Single-Session IV Ketamine on Treatment-Resistant Depression.*

- [In Prep.] **Yu, W.**, King, A. (2025). *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. (2025). *Behavior Change Techniques used in Just-In-Time Adaptive Interventions for Smoking Cessation: A Systematic Review and Meta-Analysis.*

POSTERS AND PRESENTATIONS

- **Wenfei Yu**, Arushi Badola, Melanie Bozzay, Subhdeep Virk, Anne-Marie Duchemin, Anthony King (Nov. 2025). *Tracking Emotional Adaptation in Real Time: Decentering Dynamics During Ketamine-Assisted MBCT.* Presented at IBMR Research Day, Columbus, OH.

- **Wenfei Yu**, Arushi Badola, Sophie Lazarus, Anne-Marie Duchemin, Subhdeep Virk, Valeria Esis, Anthony King (Nov. 2025). *Rapid and Longitudinally Sustained Antidepressant Effects of Ketamine-Assisted MBCT of Treatment-Resistant Depression*. Presented at IBMR Research Day, Columbus, OH.

- **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.

- Sammy Thotapalli, **Wenfei Yu**, Arushi Badola, Michelle Jiang, Anthony King (Nov. 2025). *Postural Heart Rate Variability and PTSD Symptom Change in a Pilot Study of Mindfulness-Based Cognitive Therapy*.

- 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.

- 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 statistical analysis using longitudinal/multilevel modeling (linear & generalized mixed-effects; random-intercept/slope growth curves); latent mixture/trajectory modeling (LCGA, GMM); structural equation modeling (SEM); and general linear models.
- Developed a pipeline to preprocess RR-intervals and analyze heart rate variability (HRV) metrics.
- Preprocess and analyze EEG and fMRI data, using EEGLab, ENIGMA HalfPipe, fMRIPrep, SPM12
- 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

- Backfilled and organized clinical visit data on REDCap for a longitudinal study of perinatal obsessive-compulsive disorder (OCD).
- Prepared biospecimen collection kits to support participant data collection.

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 screening (title/abstract and full text) and study-level data extraction for a meta-analysis on behavior change techniques in mobile health Just-In-Time Adaptive Interventions (JITAI).
- Standardized binary outcomes to SMDs, incorporated study-reported effect sizes, and calculated pooled meta-analytic estimates (Cohen's *d*, Hedges' *g*).

Research Assistant, Advanced Computational Medicine Lab   Dec. 2022-Mar. 2023

UNC Department of Psychiatry, Chapel Hill, NC

- Segmented and quality-checked MRI and light-sheet microscopy images (10+ mouse brain image sets) in ITK-SNAP, deriving regional brain volumes to assess CHD8 haploinsufficiency.

Research Volunteer, UNC Weight Research   Sept. 2023-Dec. 2023

UNC Lineberger Comprehensive Cancer Center, Chapel Hill, NC

- Edited educational video tutorials for cancer survivors using Adobe Premiere Pro, emphasizing positive psychology and weight-management strategies.

CLINIC EXPERIENCES

Clinical Administrative Assistant, Calhoun Psychology PLLC   Aug. 2023-Aug. 2024

Chapel Hill, NC

Director: Casey D. Calhoun, PhD

- Built a JavaScript-based online referral intake that auto-routed cases to assigned clinician folders and sent status emails; authored a step-by-step operations manual with video tutorial.
- Performed monthly quality assurance reviews of clinician documentation; coordinated with providers to resolve discrepancies; generated session-volume and compliance reports.
- Developed and maintained SOPs for outcomes reporting; consolidated outcome measure scores into standardized tables for reports.
- Produced patient education and outreach materials (resources, flyers) and connected with community networks for optimal client referral options.

Counseling Assistant Intern, ZhuJunHao Psychology   July 2023-Jan. 2024

Beijing, China

- Managed online intake: responded to inquiries, coordinated weekly follow-ups, and scheduled consultations.
- Scored and summarized standardized assessments to support clinical decision-making.
- Conducted literature reviews and wrote biweekly web articles on prevalent mental-health topics.
- Supported social media operations: scheduled posts, monitored engagement, and assisted with outreach/marketing.

PROJECT EXPERIENCES

A Web-Based Platform to Promote Transitioning Student's Confidence   Spring 2024

- Developed a web-based VR intervention using 3D/360° video to promote students' sense of belonging and confidence during school transitions, designed using community-based research methods.

SKILLS

Programming: R | Python | MATLAB | EEGLAB | JavaScript | fMRIPrep | ENIGMA HalfPipe | SPM12 | SPSS

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