

Eleanna M. L. Varangis

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EDUCATION

University of North Carolina - Chapel Hill, Chapel Hill, NC

Cognitive Psychology doctoral student (August 2012 - 2017)

Master of Arts in Psychology (*Defended March 2015, Expected May 2015*)

Advisors: Kelly Giovanello, Kevin Guskiewicz

Areas of Research: Sport-related Concussion, Memory, Aging

Barnard College, Columbia University, New York, NY

Bachelor of Arts, May 2010

Majors: Psychology, Economics

Dean's List: 2008-2010

WORK EXPERIENCE

Mount Sinai School of Medicine, Psychiatry Department New York, NY

Clinical Research Coordinator, Eating and Weight Disorders Program, Program for Appearance and Performance Enhancing Drug Use Research (January 2010 – July 2012)

- Coordinator for ongoing research studies
 - NIDA-funded K23 study on neurocognitive effects of anabolic steroid use in adult males involving 9 visits over the course of 6-8 months
 - Pilot fMRI study of emotional regulation for women with bulimia nervosa with and without borderline personality disorder
 - Treatment study comparing mirror exposure vs. non-directive therapy for use in the treatment of body image concerns
 - NIDA-funded R21 study utilizing PET imaging and the [11C]Vorzole ligand to examine aromatase activity in anabolic steroid users over the course of an anabolic steroid cycle
- Assisted in the submission of multiple grant applications (R01, R21, and R41 mechanisms)
- Responsible for maintaining databases and analyzing data for ongoing studies
- Trained in conducting various psychological interviews (SCID I-II, EDE, PEDE, YBC-ED, Y-BOCS, YMRS, K-SADS, APEDUS), and neuropsychological tests (WASI, Go/No-Go task, Affective Go/No-Go Task, SKIP Paradigm, TCIP Paradigm)
- Assisted in editing, analyzing, and graphing data for publications being written

Barnard College, Psychology Department Personality Lab New York, NY

Independent Study (August 2009 – May 2010)

- Ran lab sessions with other independent study students
- Worked on TAT and goal coding associated with the experiment

TEACHING EXPERIENCE

Teaching Assistant/Instructor (UNC-CH)

- Psychology Research Methods (Spring 2014, Fall 2014, Spring 2015)
- Statistical Principles of Psychological Research (Summer 2014)

Instructional Assistant (UNC-CH)

- Cognitive Psychology (Fall 2012, Spring 2013, Fall 2013)

Teaching Assistant (Barnard College)

- Educational Psychology (Fall 2009)

VOLUNTEER EXPERIENCE

Minds Matter New York, NY

Mentor (September 2011 – May 2012)

- Mentor for a low-income New York City High School senior
- Met with the mentee at least once per week to help with essay-writing, college applications, SAT preparations, and long-term goal setting

American Red Cross National Naval Medical Center, Bethesda, MD

Volunteer/Special Events Coordinator (May – August, 2009)

- Volunteer from May-August 2009
- Helped plan the Naval Medical Center Family Fun Day, along with the base Command, for over 800 active duty members and their families
- Assisted in the organization, recruitment, and orientation of Red Cross Volunteers

PUBLICATIONS

Peer-Reviewed Publications

Kerr, Z., Littleton, A., Cox, L., **Varangis, E.**, DeFreese, J. D., Lynall, R. C., Schmidt, J. D., Marshall, S., & Guskiewicz, K. (2015). Estimating contact exposure in football using the Head Impact Exposure Estimate (HIEE). *Journal of Neurotrauma*, 32, 1-7.

Hildebrandt, T., Shope, S., **Varangis, E.**, Klein, D., Pfaff, D. W., Yehuda, R. (2014). Exercise reinforcement, stress, and β -endorphins: An initial examination of exercise in anabolic-androgenic steroid dependence. *Drug and Alcohol Dependence*, 139, 86-92.

Varangis, E., Lanzieri, N., Hildebrandt, T., Feldman, M. (2012). Gay Male Attraction Toward Muscularity: Does Mating Context Matter? *Body Image*, 9, 270-278.

Book Chapters

Hildebrandt, T., **Varangis, E.**, & Lai, J. (2011). Performance Enhancing Drug Use in Sport. *Handbook on Sport and Performance Psychology*. London: Oxford University Press.

PRESENTATIONS

Varangis, E. (2015, May). Long-term cognitive effects of concussion: What is lying beneath the surface? *Elon BrainCARE Symposium*. Presentation conducted at the Moseley Center, Elon University, Elon, NC.

Varangis, E., Giovanello, K. S., Gates, K., Lane, S., & Guskiewicz, K. M. (2015, March). Dissociation between univariate and functional connectivity fMRI differences during working memory performance in retired football players. Poster presented at the Cognitive Neuroscience Society, San Francisco, CA.

Varangis, E., Giovanello, K. S., Gates, K., Lane, S., & Guskiewicz, K. M. (2015, February). Dissociation between univariate and functional connectivity fMRI differences during working memory performance in retired football players. Poster presented at the North Carolina Cognition Conference, Elon, NC.

Lane, S., **Varangis, E.**, Henry, T., Giovanello, K., Guskiewicz, K., Gates, K. (2014, June). Quantifying heterogeneity in functional connectivity across a sports-related concussed sample. Paper presented at the Organization for Human Brain Mapping conference, Hamburg, Germany.

Varangis, E., Giovanello, K. S., Foster, C., Kerr, Z., DeFreese, J. D., & Guskiewicz, K. M. (2014, April). Effects of sport-related concussion and football exposure on the neural mechanisms of working memory. Poster presented at the Cognitive Neuroscience Society Conference, Boston, MA.

Varangis, E., Giovanello, K. S., Foster, C., Kerr, Z., DeFreese, J. D., & Guskiewicz, K. M. (2014, March).

Effects of concussion history and football exposure on working memory performance in retired National Football League and college football players. Poster presented at the North Carolina Cognition Conference, Durham, NC.

Varangis, E., Giovanello, K. S., Foster, C., Guskiewicz, K. (2013, February). Effects of concussion history and football exposure on working memory performance in retired NFL and college football players. Poster presented at the North Carolina Cognition Conference, Raleigh, NC.

Varangis, E., Folberth, W., Hildebrandt, T., & Langenbucher, J. (2012, May). Confirmatory factor analysis for the Muscle Dysmorphic Disorder Inventory among male appearance and performance enhancing drug users. Poster presented at the International Conference on Eating Disorders, Austin, TX.

Hildebrandt, T., Hazlett, E., Goldstein, K., **Varangis, E.,** Loeb, K. (2012, May). Psychophysiological and Neurological Correlates of Emotion Dysregulation in Women with Bulimia Nervosa. Paper presented at a plenary session at the International Conference on Eating Disorders, Austin, TX.

Morris, B., Hildebrandt, T., Loeb, K., **Varangis, E.,** Izzo, G. (2012, May). Impact of Distress, Obsessionality, and Control on Outcomes from Two Psychological Treatments for Body Image Disturbance. Poster presented at the International Conference on Eating Disorders, Austin, TX.

Varangis, E., Hildebrandt, T., Klein, D., Alfano, L. (2011, April). Initial Validation of the Work for Exercise Task for Anabolic Steroid Users. Poster presented at the International Conference on Eating Disorders, Miami, FL.

Hildebrandt, T., Loeb, K., Lai, J., **Varangis, E.** (2011, April). Preliminary Data on the Efficacy of Mirror Exposure as an Adjunct Treatment for Men and Women with Eating Disorders. Paper presented at the International Conference on Eating Disorders, Miami, FL.