

Christine E. Callahan, MS, RYT-200

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Chapel Hill, NC 27599
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EDUCATION

The University of North Carolina at Chapel Hill | School of Medicine, Chapel Hill, NC
Doctor of Philosophy in Human Movement Science | Expected Graduation May 2023
Dissertation: Associations among Perceived Stress, Mindfulness, and Concussion-Related Outcomes in Young Adults with Concussion History
Advisor: Johna K. Register-Mihalik, PhD, LAT, ATC

University of Michigan | Rackham Graduate School and School of Kinesiology, Ann Arbor, MI
Master of Science in Kinesiology (Movement Science) | May 2019
Thesis: Assessing the Relationship Between Concussion Outcomes and Depression
Advisor: Steven P. Broglio, PhD, ATC

Northwestern University | Weinberg College of Arts and Sciences, Evanston, IL
Bachelor of Arts in Psychology | June 2016

RESEARCH EXPERIENCE

Doctoral Research Assistant
Matthew Gfeller Center | The University of North Carolina at Chapel Hill
July 2019 – Present

Research Intern
Injury Prevention Center | University of Michigan
May 2019 – July 2019

Graduate Research Assistant
Concussion Center | University of Michigan
September 2018 – May 2019

Research Coordinator
Feinberg School of Medicine | Northwestern University
March 2017 – June 2018

Research Coordinator
Center for Cognitive and Social Neuroscience | University of Chicago
October 2016 – March 2017

ACTIVE RESEARCH PROJETS

The Acceptability, Feasibility, and Effectiveness of an Online Mindfulness Intervention in Young Adults with Concussion History: A Pilot Study

Role: Principal Investigator

Associations among Perceived Stress, Mindfulness, and Concussion-Related Outcomes in Young Adults with Concussion History

Role: Principal Investigator

Relationships among Personal, Psychological, and Behavioral Outcomes in Young Adults with and without a Concussion History: A Pilot Study

Role: Co-Investigator

A Pragmatic Rehabilitation Intervention to Supplement Progressive Return to Activity Following Mild Traumatic Brain Injury in Service Members: The Active Rehab Study

Role: Research Assistant

Funded by the Department of Defense

Using Eye Tracking to Assess the Effectiveness of the Behavior, Attitudes, Norms, and Knowledge (BANK) Concussion Education Course

Role: Principal Investigator

Understanding Mental Health Stigma and Readiness to Engage in Psychotherapeutic Rehabilitation Post-Concussion

Role: Principal Investigator

PUBLICATIONS

Callahan CE, Stoner L, Zieff GH, Register-Mihalik JK. The additive benefits of aerobic exercise and cognitive training post-concussion: Current clinical concepts. *Journal of Athletic Training*. 2022; Online. DOI:10.4085/1062-6050-0186.22.

Callahan CE, Bloom JO, Fonseca J, Ramsey K, DeMaio V, Deitchmeister M, Register-Mihalik JK. Presence of persistent parent reported emotional and behavioral-related concussion symptoms is associated with lower health-related quality of life in adolescent athletes. *Journal of Neurotrauma*. 2022; Online. DOI:10.1089/neu.2021.0398.

Callahan CE, Kossman MC, Mihalik JP, Marshall SW, Gildner P, Kerr ZY, Cameron KL, Houston MN, Mrazik M, Register-Mihalik JK. The association between sensation-seeking behaviors and concussion-related knowledge, attitudes, and perceived norms among collegiate student-athletes. *Journal of Sport Science and Medicine*. 2022; 21:33-42. DOI:10.52082/jssm.2022.33.

Kerr ZY, Ingram BM, **Callahan CE**, Nedimyer AK, Chandran A, Kossman MC, Hoang J, Gildner P, Mihalik JK. Reporting of concussion symptoms by a nationwide survey of United States parents of middle school children. *International Journal of Environmental Research and Public Health*. 2021; 18(22):12070. DOI:10.3390/ijerph182212070.

Callahan CE, Bloom JO, Fonseca J, Ramsey K, Register-Mihalik JK. Association between parent reported persistent emotional and behavioral-related symptoms and health-related quality of life of adolescent athletes. North American Society for the Psychology of Sport and Physical Activity 2021 Annual Conference Outstanding Student Paper Award in Sport and Exercise Psychology. *Journal of Sport and Exercise Psychology*. 2021; 42(S1). DOI:10.1123/jsep.2020-0172.

Callahan CE, Moore RD, Crew AA, Vesia M, Register-Mihalik JK, Kay JJM, Broglio SP. Post-concussion depressive symptoms and clinical assessment associations in adolescents. *Translational Journal of the American College of Sports Medicine*. 2021; 6(2):e000159. DOI:10.1249/TJX.000000000000159.

Callahan CE, Kay MC, Kerr ZY, Hinson MT, Linnan LA, Hennink-Kaminski H, Gildner P, Marshall SW, Houston MN, Cameron KL, Register-Mihalik JK. Association between previous concussion education and concussion care-seeking outcomes among NCAA division I student-athletes. *Journal of Athletic Training*. 2020; Online. DOI:10.4085/211-10.

Register-Mihalik JK, **Callahan CE**. Postconcussion exertion evolution: Clinical and behavioral considerations. *Current Sports Medicine Reports*. 2020; 19(4):151-156. DOI:10.1249/JSR.0000000000000703.

Register-Mihalik JK, DeFreese JD, **Callahan CE**, Carneiro KA. Utilizing the biopsychosocial model in concussion treatment: Post-concussion headache and beyond. *Current Pain and Headache Reports*. 2020; 24(8):44. DOI:10.1007/s11916-010-00870-y.

In Review

Chandler MC, Bloom JO, Fonseca J, Ramsey K, DeMaio V, **Callahan CE**, Register-Mihalik JK. Individual symptom report prevalence in children and adolescents with one, two, and three or more persistent symptoms after concussion: A brief report. *Clinical Journal of Sports Medicine*. 2022; In Review.

Callahan CE, Beisecker L, Pearce K. LoveYourBrain Mindset: Feasibility, Acceptability, Usability, and Effectiveness of an Online Yoga, Mindfulness, and Psychoeducation Intervention for People with Traumatic Brain Injury. *Brain Injury*. 2022; In Review.

PUBLISHED ABSTRACTS

Callahan CE, DeFreese JD, Duquette P, Beisecker L, Register-Mihalik JK. Associations among concussion history, mental health history, mental stigma, and mental health care-seeking/readiness. *Journal of Athletic Training*. 2022; In Press.

Callahan CE, DeFreese JD, Duquette P, Beisecker L, Register-Mihalik JK. Associations among mental health care-seeking, stigma, and psychotherapy readiness in those with a concussion history. *Medicine and Science in Sports and Exercise*. 2022; In Press.

Kerr ZY, Ingram B, **Callahan CE**, Nedimyer AK, Chandran, Kossman MK, Hoang J, Gildner P, Register-Mihalik JK. Recall of concussion symptoms by a nationwide survey of united states parents of middle school children. *Journal of Athletic Training*. 2022; In Press.

Ingram BM, Kossman MK, **Callahan CE**, Williams RM, Woods AN, Gildner P, Kerr ZY, Register-Mihalik JK. A qualitative study of factors and perceptions impacting concussion care among collegiate club sport athletes. *Journal of Athletic Training*. 2022; In Press.

Chandler MC, **Callahan CE**, Bloom J, Fonseca J, Ramsey K, DeMaio VJ, Register-Mihalik JK. Predictive factors of at least one versus three or more persistent symptoms after concussion in youth athletes. *Journal of Sport and Exercise Psychology*. 2022; In Press.

Chandler MC, **Callahan CE**, Bloom J, Fonseca J, Ramsey K, DeMaio VJ, Register-Mihalik JK. Individual symptom report prevalence in youth with one, two, and three or more persistent symptoms after concussion. *Journal of Athletic Training*. 2022; In Press.

Beisecker L, **Callahan CE**, DeFreese JD, Register-Mihalik JK. Willingness to use telehealth among female-identified participants: A pilot study. *Journal of Applied Psychology*. 2022; In Press.

Callahan CE, Bloom JO, Fonseca J, Ramsey K, Register-Mihalik JK. Association between parent reported persistent emotional and behavioral-related symptoms and health-related quality of life of adolescent athletes. *Journal of Sport and Exercise Psychology*. 2021; 42(S1).

Callahan CE, Kay MC, Mihalik JP, Marshall SW, Gildner P, Kerr ZY, Cameron KL, Houston MN, Mrazik M, Register-Mihalik JK. The association between sensation-seeking behaviors and concussion care-seeking intentions and disclosure behaviors among collegiate student-athletes. *Medicine and Science in Sports and Exercise*. 2021; 53(8S):330.

Callahan CE, Kay MC, Mihalik JP, Marshall SW, Gildner P, Kerr ZY, Cameron KL, Houston MN, Mrazik M, Register-Mihalik JK. The association between sensation-seeking behaviors and concussion-related knowledge, attitudes, and perceived norms among collegiate student-athletes. *Journal of Athletic Training*. 2021; In Press.

Ingram BM, Kay MC, **Callahan CE**, Gildner P, Kerr ZY, Register-Mihalik JK. Effects of an interactive concussion education platform on concussion-related knowledge, attitudes, perceived norms, and intention to disclose in collegiate club sport athletes. *Medicine and Science in Sports and Exercise*. 2021; 53(8S):391.

Crosby Jr. AS, Nedimyer AK, Kerr ZY, **Callahan CE**, Register-Mihalik JK. Relationship between racial identity and concussion care-seeking behaviors in collegiate student-athletes. *Journal of Athletic Training*. 2021; In Press.

Register-Mihalik JK, Chandran A, Nedimyer AK, Kay MC, **Callahan CE**, Gildner P, Kostogiannes V, Krieg S, Haarbauer-Krupa JK, Kerr ZY. Middle school sport parents' reported norms concerning youth athlete concussion care-seeking and playing behaviors: Implications for concussion prevention. *Medicine and Science in Sports and Exercise*. 2021; 53(8S):330.

Callahan CE, Cameron KL, Marshall SW, Gildner P, Peck KY, Houston MN, Svoboda SJ, Kay MC, Kerr ZY, Register-Mihalik JK. Perceived school level care and support and concussion disclosure behaviors among collegiate student-athletes. *Journal of Sport and Exercise Psychology*. 2020; 42(S1).

Callahan CE, Moore RD, Crew AA, Vesia M, Register-Mihalik JK, Broglio SP. Assessing the relationship between depression-related symptoms and post-concussion clinical outcomes: 3454 Board #275 May 29 1:30-3:00 PM. *Medicine and Science in Sports and Exercise*. 2020; 52(7S):956.

Callahan CE, Cameron KL, Marshall SW, Gildner P, Peck KY, Houston MN, Svoboda SJ, Kay MC, Kerr ZY, Register-Mihalik JK. Assessing influencers of perceived school-level concussion care and support among collegiate student-athletes. *Journal of Athletic Training*. 2020; 55(6S): S212.

Register-Mihalik JK, Cameron KL, Gildner P, Peck KY, Houston MN, Svoboda SJ, Kay MC, Kerr ZY, **Callahan CE**, Marshall SW. Associations between perceived concussion care, organizational support, and concussion care-seeking outcomes in collegiate student-athletes. *Journal of Sport and Exercise Psychology*. 2020; 42(S1).

Register-Mihalik JK, Cameron KL, Gildner P, Peck KY, Houston MN, Svoboda SJ, Kay MC, Kerr ZY, **Callahan CE**, Marshall SW. Associations between contact/collision sport participation and key concussion care seeking behaviors among first year collegiate student-athletes: The BANK Study. *Journal of Athletic Training*. 2020; 55(6S): S213.

PRESENTATIONS

Callahan CE, DeFreese JD, Duquette P, Beisecker L, Register-Mihalik JK. Associations among concussion history, mental health history, mental stigma, and mental health care-seeking/readiness. Presented at: National Athletic Trainers' Association 73rd NATA Clinical Symposia and AT Expo; June 2022.

Callahan CE, DeFreese JD, Duquette P, Beisecker L, Register-Mihalik JK. Associations among mental health care-seeking, stigma, and psychotherapy readiness in those with a concussion history. Presented at: American College of Sports Medicine Annual Meeting; June 2022.

Callahan CE, Bloom JO, Fonseca J, Ramsey K, Register-Mihalik JK. Association between parent reported persistent emotional and behavioral-related symptoms and health-related quality of life of adolescent athletes. Presented at: North American Society for the Psychology of Sport and Physical Activity Annual Conference; June 2021; Virtual.

Callahan CE, Kay MC, Mihalik JP, Marshall SW, Gildner P, Kerr ZY, Cameron KL, Houston MN, Mrazik M, Register-Mihalik JK. The association between sensation-seeking behaviors and concussion care-seeking intentions and disclosure behaviors among collegiate student-athletes. Presented at: American College of Sports Medicine Annual Meeting; June 2021; Virtual.

Callahan CE, Kay MC, Mihalik JP, Marshall SW, Gildner P, Kerr ZY, Cameron KL, Houston MN, Mrazik M, Register-Mihalik JK. The association between sensation-seeking behaviors and concussion-related knowledge, attitudes, and perceived norms among collegiate student-athletes. Presented at: National Athletic Trainers' Association 72nd NATA Clinical Symposia and AT Expo; June 2021; Virtual.

Callahan CE, Cameron KL, Marshall SW, Gildner P, Peck KY, Houston MN, Svoboda SJ, Kay MC, Kerr ZY, Register-Mihalik JK. Assessing influencers of perceived school-level concussion care and support among collegiate student-athletes. Presented at: National Athletic Trainers' Association 71st NATA Clinical Symposia and AT Expo; June 2020; Virtual.

Callahan CE, Cameron KL, Marshall SW, Gildner P, Peck KY, Houston MN, Svoboda SJ, Kay MC, Kerr ZY, Register-Mihalik JK. Perceived school level care and support and concussion disclosure behaviors among collegiate student-athletes. Presented at: North American Society for the Psychology of Sport and Physical Activity Annual Conference; June 2020; Virtual.

Callahan CE, Moore RD, Crew AA, Vesia M, Register-Mihalik JK, Broglio SP. Assessing the relationship between depression-related symptoms and post-concussion clinical outcomes. Presented at: American College of Sports Medicine Annual Meeting; June 2020; Virtual.

Callahan CE, Moore RD, Crew AA, Broglio SP. Relationship between depression and post-concussion outcomes. Presented at: University of Michigan School of Kinesiology Graduate Student Showcase; April 2019; Ann Arbor, MI.

GRANTS

North American Society for the Psychology of Sport and Physical Activity (NASPSPA) *Graduate Student Research Grant*

Associations among perceived stress, mindfulness, and concussion outcomes in young adults with concussion history.

2022-2023

Submitted – Not Funded

American College of Sports Medicine (ACSM) Foundation *Doctoral Student Research Grant*

Associations among perceived stress, mindfulness, and concussion outcomes in young adults with concussion history.

2022-2023

Submitted – Not Funded

**National Institute of Health (NIH) – National Institute of Neurological Disorders and Stroke
F31 – Ruth L. Kirschstein National Research Service Award Individual Predoctoral Fellowship**
Associations among perceived psychological stress, mindfulness, and clinical and psychological
outcomes in persistent concussion symptom patients.

2021-2023

Submitted – Not Funded

TEACHING EXPERIENCE

Graduate Research Consultant

Department of Exercise and Sport Science / The University of North Carolina at Chapel Hill

EXSS 273: Research in Exercise and Sport Science

Fall 2022

Teaching Assistant

Department of Exercise and Sport Science / The University of North Carolina at Chapel Hill

EXSS 273: Research in Exercise and Sport Science

Fall 2022

Teaching Assistant

Department of Exercise and Sport Science / The University of North Carolina at Chapel Hill

EXSS 380: Neuromuscular Control and Learning

Spring 2022

Teaching Assistant

Department of Exercise and Sport Science / The University of North Carolina at Chapel Hill

EXSS 273: Research in Exercise and Sport Science

Fall 2021

Teaching Assistant

Department of Exercise and Sport Science / The University of North Carolina at Chapel Hill

EXSS 175: Human Anatomy

Spring 2021 (Online)

Instructor

Department of Exercise and Sport Science / The University of North Carolina at Chapel Hill

EXSS 380: Neuromuscular Control and Learning

Summer 2020 (Online)

Teaching Assistant

Department of Exercise and Sport Science / The University of North Carolina at Chapel Hill

EXSS 175: Human Anatomy

Spring 2020

Teaching Assistant

Department of Exercise and Sport Science / The University of North Carolina at Chapel Hill

EXSS 380: Neuromuscular Control and Learning

Fall 2019

PROFESSIONAL SERVICE

Leadership

President

Interdisciplinary Health and Occupational Professionals Organization

The University of North Carolina at Chapel Hill

May 2020 – Present

Mentorship

Master's Thesis Committee Member

Department of Exercise and Sport Science / The University of North Carolina at Chapel Hill

Associations between burnout, quality of life, and concussion outcomes in young adults with concussion history (Smith L).

August 2021 - Present

Master's Thesis Committee Member

Department of Exercise and Sport Science / The University of North Carolina at Chapel Hill

Examination of factors impacting the stigmatization and utilization of mental health resources in Division I collegiate student-athletes (Deatherage H).

August 2020 – May 2022

Master's Thesis Committee Member

Department of Exercise and Sport Science / The University of North Carolina at Chapel Hill

Effects of concussion history on clinical eye tracking measures (Minyard K).

August 2019 – May 2021

Undergraduate Research Project Mentor

Matthew Gfeller Sport-Related Traumatic Brain Injury Research Center / The University of North Carolina at Chapel Hill

August 2019 – Present

Undergraduate Honors Thesis Mentor

NeuroTrauma Research Laboratory / University of Michigan

September 2018 – July 2019

Clinical Research Coordinator Trainer

Feinberg School of Medicine / Northwestern University

March 2017 – June 2018

Journal Peer Reviewer

International Journal of Athletic Therapy and Training
Journal of Athletic Training
Journal of Sport and Exercise Psychology

HONORS AND AWARDS

Scholarship of Excellence | Association of Schools Advancing Allied Health Professions
August 2021

Outstanding Student Paper Award in Sport and Exercise Psychology | North American Society for the Psychology of Sport and Physical Activity
June 2021

Graduate Student Scholarship | North American Society for the Psychology of Sport and Physical Activity
June 2021

Graduate Student Scholarship | North American Society for the Psychology of Sport and Physical Activity
June 2020

Summit Scholarship | University of Michigan Injury Prevention Center
May 2019 – July 2019

Peter C. & Betty Jane Kinton Fellowship Award | University of Michigan School of Kinesiology
September 2018 – May 2019

Integrated Marketing Communications Certificate | Northwestern University
September 2013 – June 2016

PROFESSIONAL ORGANIZATIONS

American Association of University Women
January 2021 - Present

North American Society for the Psychology of Sport and Physical Activity
August 2019 – Present

American College of Sports Medicine
April 2019 – Present

University of Michigan Injury Prevention Center
April 2019 – Present

Yoga Alliance
June 2016 – Present

CERTIFICATIONS

LoveYourBrain Yoga Teacher Certified
June 2020 - Present

American Red Cross CPR/AED Certified
August 2019 - Present

200-Hour Yoga Teacher Certified
June 2016 – Present