

# CURRICULUM VITA

## Shelby Elyse Baez, Ph.D., LAT, ATC

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### **Office**

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CV Updated: August 2026

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### **Educational Background**

#### **Doctor of Philosophy in Rehabilitation Sciences**

University of Kentucky, Lexington KY  
Dissertation: Injury-Related Fear in Patients after ACL Reconstruction  
Conferred: May 2019

#### **Master of Science in Athletic Training**

University of Kentucky, Lexington, KY  
CAATE Accredited Post-Professional Program  
Research Project: Use of Response Shift to Enhance Agreement between Patient-Reported Outcome Measures and Performance-Based Testing in Knee Patients  
Conferred: May 2016

#### **Bachelor of Art in Exercise and Sport Science - Athletic Training**

University of North Carolina at Chapel Hill, Chapel Hill, NC  
Conferred: May 2013

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### **Professional Experience**

#### **Assistant Professor**

##### **University of North Carolina at Chapel Hill, Chapel Hill, NC**

Primary Appointment: College of Arts and Sciences, Department of Exercise and Sport Science, July 1, 2022 – Present

Adjunct Appointment: College of Arts and Sciences, Department of Exercise and Sport Science, January 6, 2022 – June 2022

Director: The Psychology of Sport Injury Laboratory, July 1, 2022 – Present

Associate Director: Human Movement Sciences Curriculum Ph.D. Program, Department of Health Sciences, School of Medicine, July 1, 2026 - Present

#### **Assistant Professor**

##### **Michigan State University, East Lansing, MI**

Primary Appointment: College of Education, Department of Kinesiology, August 16, 2019 – June 30, 2022

Program Affiliation: College of Natural Science, Neuroscience Program, July 8, 2021 – June 30, 2022

Director: The Behavioral Research & Athletic Injury Neuroscience (BRAIN) Laboratory, November 1, 2020 – June 30, 2022

**Mental Performance Consultant Intern****Midway University, Midway, KY**

Midway University Athletics, March 2018 – May 2019

**Research Assistant****University of Kentucky, Lexington, KY**

Research Assistant to Dr. Johanna Hoch, August 2017 – June 2019

**Old Dominion University, Norfolk, VA**

Research Assistant to Dr. Johanna Hoch, August 2016 – May 2017

**Clinical Athletic Trainer****University of Kentucky Graduate Assistant, Lexington, KY**

Head Athletic Trainer, Midway University, August 2014 – May 2016

**ActivCare Physical Therapy, Clayton, NC**

Assistant Athletic Trainer, July 2013 – April 2014

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**Honors and Awards**

1. National Athletic Trainers' Association Research and Education Foundation Dr. Freddie & Mrs. Hilda Pang Fu New Investigator Award, June 2024
2. Mid-Atlantic Athletic Trainers' Association Distinguished Young Professional Award, May 2024.
3. University of Kentucky College of Health Sciences Young Alumni Award, March 2024
4. Professional Member, National Academies of Practice – Athletic Training, December 2023
5. National Athletic Trainers' Association Research & Education Foundation Research/Faculty Mentor Program - Mentor, June 2023
6. American College of Sports Medicine New Investigator Award, May 2023
7. Approved Non-Certified Mentor by the Certification Council of the Association for Applied Sport Psychology, February 2022
8. University of Kentucky John Getchell Grant Writing Award, April 2021
9. Association for Applied Sport Psychology Doctoral Dissertation Award, October 2020
10. American Psychological Association Division 47 Professional Poster Award, August 2020
11. US Bone and Joint Young Investigators Initiative Member, February 2020
12. National Athletic Trainers' Association Research & Education Foundation Research/Faculty Mentor Program – Mentee, January 2020
13. Lyman T. Johnson Torch of Excellence for African-American Alumni Award, October 2019
14. Association of Applied Sport Psychology Student Travel Award, October 2019
15. University of Kentucky College of Health Sciences Robinson Graduate Award for Research Creativity, March 2019
16. National Athletic Trainers' Association Research & Education Foundation Doctoral Scholarship Recipient, June 2018
17. Lyman T Johnson Fellowship, University of Kentucky, August 2014-May 2016, August 2018-May 2019.

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## **Publications**

### **Peer-Reviewed Manuscripts - (N= 77; \*indicates student mentorship)**

1. Wiese-Bjornstal DM, Kenow LJ, Flint FA, Arvinen-Barrow M, **Baez SE**, Granquist MD, Griffin MA, Kochanek J, Sturch BM, Weiss WM. Applying sport psychology to clinical practice in athletic training and athletic therapy. *J Sport Psych Act.* 2026;17(3):177-196.
2. Brochin G\*, Marmura H, Brinkman-Holland C, Cruise A, Genoese F, **Baez SE**. Lower self-reported knee function is associated with slower reaction time after ACL reconstruction. *Percept Mot Skills.* Accepted 7/8/2026.
3. Thompson J, Goodwin J, Vallabhajosula S, **Baez SE**, Thoma L. Association of kinesiophobia with exercise participation in axial spondyloarthritis. *Clin Rheum.* Accepted 6/14/2026.
4. Weaver A, **Baez SE**, Scott J, Kuenze C. Examining longitudinal changes in physical activity from 6 to 9 months after adolescence ACL reconstruction using the ACL reasons survey. *Phys Ther Sport.* Accepted 5/23/2026.
5. Petushek E, Murphy T, Lyons L, Mertz-Bynum N, Lugin A, Harkey M, **Baez SE**, Kuenze C, Diekfuss J, Myers G. Determinants of psychological readiness to return to sport after ACL reconstruction. *J Athl Train.* Accepted 5/11/2026.
6. Sylvester J, **Baez SE**, Charity D, DelBiondo G, Duncan G, Hill C, Adams Morncie N, Tayne S, Smith-Ryan A. Female athletes through the lifespan: clinical considerations and a call for comprehensive musculoskeletal healthcare. *Med Sci Sport Exerc.* Accepted 4/7/2026.
7. **Baez SE**, Marmura H, Pietrosimone B, Moser J. Virtual reality mindfulness meditation for patients after ACL reconstruction: An NIH stage 1 behavioral intervention development protocol. *JMIR Res Protoc.* Accepted 4/20/2027.
8. Wade Z\*, Kadam D, **Baez SE**, Marmura H. Risk factors for bone stress injury in female distance runners: a critically appraised topic. *Int J Athl Ther Train.* Accepted 4/7/2026.
9. Genoese FM\*, Harkey MS, Kuenze C, **Baez SE**. Self-reported symptoms of anxiety and depression are associated with knee pain severity in individuals with anterior cruciate ligament reconstruction. *Ortho J Sports Med.* Accepted 3/9/2026.
10. Marmura H\*, Spang J, ARROW, **Baez SE**. Psychological and physical readiness profiles for return to sport in patients after anterior cruciate ligament reconstruction: an analysis of 822 patients. *Orthop J Sports Med.* Accepted 3/2/2026.
11. Brinkman-Holland C\*, Marmura H, Cruise A, Hughes J, Register-Mihalik J, DeFreese J, Spang J, **Baez S**. Qualitatively characterizing sleep behaviors after ACL reconstruction. *J Athl Train.* Accepted 2/24/2026.
12. Jochimsen K, Johnson G, Cope T, Beneciuk J, Dover G, Doorley J, Pietrosimone L, Main C, Lentz T, **Baez SE**. From research to practice: barriers for implementation of psychologically informed practice in sports settings. *Br J Sport Med.* Accepted 2/5/2026.

13. Laws M\*, Brinkman C, **Baez SE**, Marmura H. Impact of insomnia treatment on systemic inflammation in patients with knee osteoarthritis: a critically appraised topic. *Int J Athl Ther Train*. Accepted 11/21/2025. <https://doi.org/10.1123/ijatt.2025-0100>
14. Albert S, **Baez SE**, Wikstrom E. Impact of mind-body interventions on dynamic postural control in CAI patients: a critically appraised topic. *J Sport Rehab*. 2026;35(2):182-187.
15. Cruise A\*, Marmura H, Fielitz L, **Baez SE**. Psychological skills intervention in a basic training environment for military service academic cadets as a means for promoting resilient physical performance. *J Clin Sport Psych*. 2025;1.aop:1-11. <https://doi.org/10.1123/jcsp.2025-0066>
16. Butler L, **Baez SE**, Walker C, Roman D, Douthit T, Kuenze C, ARROW, Ulman S. Self-reported physical activity and psychological readiness to return to sport after anterior cruciate ligament reconstruction. *Front Psychol*. 2025;16:1623398.
17. Petushek E, Harkey M, Santiago K, Stamm A, **Baez SE**, Diekfuss J, Myer G, Kuenze C. Biopsychosocial profiles following ACL reconstruction: A latent class analysis of barriers to return-to-activity. *Phys Ther in Sport*. 2025;75:144-150. <https://doi.org/10.1016/j.ptsp.2025.08.004>
18. Suttmilller A, Cavallario JM, **Baez SE**, McCann R. Understanding injury-related fear in individuals with chronic ankle instability: a qualitative approach. *J Athl Train Educ Pract*. 2025;21(3):212-227.
19. Genoese FM\*, Harkey MS, Liu T, Covassin T, **Baez SE**. Pain catastrophizing is associated with slower lower extremity visuomotor reaction time in individuals with ACL reconstruction during simulated sport distraction. *J Sport Rehabil*. 2025;1(aop):1-8. <https://doi.org/10.1123/jsr.2025-0099>
20. Murray M\*, Genoese F, **Baez SE**. Motivation as a mediator of the perfectionism-athlete burnout relationship in junior and collegiate athletes: a critically appraised topic. *Int J Athl Ther Train*. Accepted May 7, 2025.
21. Mishra MK\*, Thoma LM, Charity DD, Thompson XD, Hart JM, **Baez SE**. Do kinesiophobia levels during recovery change after primary vs. secondary ACL reconstruction? *J Sport Rehabil*. 2026;35(2):137-141.
22. Hoch JM, Kleis R, Hoch MC, Dlugonski DM, **Baez SE**. The test-retest reliability of multiple patient-reported and clinician-based outcomes in people with a history of anterior cruciate ligament reconstruction. *J Sport Rehabil*. 2025;35(1):74-79.
23. Roman D, Ulman S, Butler L, Walker C, Douthit T, Kuenze C, ARROW, **Baez SE**. Age and sex differences in ACL-RSI subscale scores of emotion, risk appraisal, and confidence after ACL reconstruction. *Ortho J Sports Med*. 2025;13(7). doi:[10.1177/23259671251356273](https://doi.org/10.1177/23259671251356273)
24. Weaver A, Roman D, Kuenze C, **ARROW**, Thompson X. Isokinetic knee strength and patient reported outcome measures differ between graft types in adolescents with ACL reconstruction: a multi-center study by the ARROW group. *Ortho J Sports Med*. 2025;13(5). doi: [10.1177/23259671251334143](https://doi.org/10.1177/23259671251334143).
25. Ellison O, Bullard L, Lee G, Vazou S, Pfeiffer K, **Baez SE**, Pontifex M. Examining efficacy and potential mechanisms of mindfulness-based cognitive therapy for anxiety and stress reduction among college students in a cluster-randomized controlled trial. *Int J Clin Health Psychol*. 2024;24(4):100514.

26. Bennett A, Bartels A, Harkey M, Covassin T, **Baez SE**, Genoese FM. The relationship between coping skills and self-reported knee function in individuals with anterior cruciate ligament reconstruction. *J Athl Train*. 2025;60(3):224-229.
27. Williams S, **Baez SE**, Derrico D, Robinson H, Coyne K, Settle H, Jochimsen K. Resilience and well-being over the course of an NCAA Division I Gymnastics Season. *J Sport Rehabil*. 2024;34(4):423-427.
28. Murray M\*, Wekesser M, DeFreese J, Kuenze CM, Gould D, **Baez SE**. Patient perceptions of psychological and rehabilitation experiences after ACL reconstruction: a qualitative study. *J Sport Rehabil*. 2024;34(2):77-83.
29. Avedesian J, Covassin T, **Baez SE**, Nash J, Dufek J. The influence of sports-related concussion on cognition and landing biomechanics in collegiate athletes. *Scand J Med Sci Sports*. 2024;34(7):e14698.
30. Lisee C, **Baez SE**, Bjornsen E, Thoma L, Blackburn T, Spang JT, Creighton RA, Kamath G, Hu J, Pietrosimone B. Preoperative kinesiophobia, not pain, is associated with aberrant gait biomechanics following anterior cruciate ligament injury. *Ortho J Sports Med*. 2024;2(3):264-271.
31. Coyne N, **Baez SE**, Murro M, Derrica D, Mancinelli CA, Jochimsen KN. Pain self-efficacy is a treatment target for improving patient-reported function in individuals with chronic hip pain. *J Orthop Sport Phys Ther*. 2024;2(3):264-271.
32. Chernelstein R, Ulman S, Kuenze C, Harkey MS, **ARROW**, Butler L. Greater changes in self-reported activity level are associated with decreased quality of life in patients following an anterior cruciate ligament reconstruction. *Phys Ther Sport*. 2024;67(1):149-154.
33. Brinkman CA\*, Reiche E, **Baez SE**. Athletic trainer's perceptions of implementing psychological strategies for patient management: a systematic review. *J Athl Train*. 2024;59(11):1139-1152.
34. Brinkman CA\*, Reiche ET, Genoese FM, Hoch JM, **Baez SE**. No association between injury-related fear and isokinetic quadriceps strength in individuals with a history of anterior cruciate ligament reconstruction. *J Sports Rehabil*. 2024;33(4):275-281.
35. Genoese FM\*, Walaszek, MC, Collins KA, Reiche E, Triplett A, Harkey MS, Kuenze CM, **Baez SE**. Lower extremity visuomotor reaction time is not different between males and females following ACL reconstruction. *Int J Athl Ther Train*. 2024;29(4):202-207.
36. Harkey MS, Driban JB, **Baez SE**, Genoese FM, Reiche E, Collins K, Walaszek M, Triplett A, Wilcox CL, Schorfhaar A, Shingles M, Joseph S, Kuenze C. Persistent early knee osteoarthritis symptoms from six to twelve months after ACL reconstruction. *J Athl Train*. 2024;59(9):891-897.
37. **Baez SE**, Harris NA. Inclusive steps for paving the path for racial and ethnic diversity in athletic training research. *J Athl Train*. 2024;59(4):335-337. JAT DEI Special Issue.
38. Reiche E\*, Collins K, Genoese F, Walaszek M, Triplet A, Kuenze C, Harkey M, **Baez SE**. Individuals with contact ACL injuries exhibit slower lower-extremity reaction time than individuals with non-contact ACL injuries. *J Athl Train*. 2024;59(1):66-72.

39. Delfin D, Wallace J, **Baez SE**, Karr J, Terry D, Hibbler T, Yengo-Kahn A, Newman S. Social support and the stress-buffering hypothesis: effects on stress and mental health in adolescent football athletes. *J Athl Train*. Accepted 11/1/2023. JAT DEI Special Issue.
40. **Baez SE**, Genoese FM, Reiche ET, Harkey MS, Kuenze CM, Moser J, Pietrosimone B. Feasibility of mobile application-delivered mindfulness meditation for individuals with history of anterior cruciate ligament reconstruction. *Intl J Athl Ther Train*. 2023;29(2):95-100.
41. **Baez SE**, Jochimsen KN. Current clinical concepts: integration of psychologically informed practice for management of sports-related injuries. *J Athl Train*. 2023;58(9):687-696. JAT Mental Health Special Issue.
42. Tracey AJ, Bateman AG, **Baez SE**, Covassin T. Effectiveness of interventions for the improvement of mental health and well-being post-concussion: a systematic review. *Brain Injury*. 2023;37(10):1135-1158.
43. **Baez SE**, Harkey MC, Birchmeier T, Triplett A, Collins K, Kuenze C. Psychological readiness and injury-related fear are associated with persistent knee symptoms after ACL reconstruction. *J Athl Train*. 2023;58(11-12): 998-1003.
44. Reiche ET\*, Lam K, Genoese FM, **Baez SE**. Integrating mindfulness to reduce injury rates in athletes: a critically appraised topic. *Int J Athl Ther Train*. 2023;28(6):291-298.
45. Loftin M, Covassin T, **Baez SE**. Application of theory for those with sport-related concussion: understanding the impact of athletic identity on health outcomes. *J Athl Train*. 2023;58(9):781-787.
46. Kuenze CM, Weaver A, Grindstaff TL, Ulman S, Norte GE, Roman DP, Giampetruzzi N, et al. Reference values for clinical outcomes in adolescent patients receiving from ACL reconstruction: considerations for sex and age. *J Orthop Sports Phys Ther*. 2023;53(4):194-201.
47. Bain KA, **Baez SE**, Kosik KB, Hoch MC, Hoch JM, Johnson NF, Andreatta RD, Gribble PA. Relationship between health-related quality of life and lower extremity visuomotor reaction time following lateral ankle sprain. *J Sports Rehabil*. 2023;32(4):433-439.
48. Kuenze CM, Lisee C, Triplett A, Collins K, Walaszek M, Lewis J, Farner N, Harkey M, **Baez SE**. Development and validation of a survey to characterize barriers to physical activity reengagement after anterior cruciate ligament reconstruction: ACL research survey. *J Athl Train*. 2023;58(10):841-848.
49. **Baez SE**, Collins KA, Harkey MS, Birchmeier T, Triplett AN, Pietrosimone B, Kuenze CM. Kinesiophobia is associated with peak knee abduction angle during jump landing after ACL reconstruction. *Med Sci Sport Exerc*. 2023;55(3):462-468.
50. Driban J, Vincent H, Rojjan T, Ambrose K, **Baez SE**, Beresic N, Berkoff D, et al. Preventing osteoarthritis after an anterior cruciate ligament injury: an osteoarthritis action alliance consensus statement. *J Athl Train*. 2023;58(3):193-197.
51. Driban J, Vincent H, Rojjan T, Ambrose K, **Baez SE**, Beresic N, Berkoff D, et al. Evidence review for preventing osteoarthritis after an anterior cruciate ligament injury: an osteoarthritis action alliance consensus statement. *J Athl Train*. 2023;58(3):198-219.

52. Genoese FM\*, Harkey MC, **Baez SE**. The neuromatrix theory of pain and transactional theory of stress and coping: improving understanding of pain catastrophizing in individuals with ACL reconstruction and knee OA. *Int J Athl Ther Train*. 2023;28(2):77-83
53. Genoese FM\*, Zynda A, Ford K, Hoch MC, Covassin T, Hoch JM, **Baez SE**. The examination of knee self-efficacy in individuals with a history of ACL reconstruction and sport-related concussion. *J Sports Rehabil*. 2022;32(2):177-182.
54. Suttmilller A, **Baez SE**, Cavallario J, Martinez J, Mccann R. Perceived instability, pain, and psychological factors predict function and disability in individuals with chronic ankle instability. *J Athl Train*. 2022;47(11-12):1048-1054.
55. Kuenze C, Collins K, Triplett AN, Bell DR, Norte GE, **Baez SE**, Harkey MS, Lisee CM. Adolescents are less physically active than adults 6 to 12 months after anterior cruciate ligament reconstruction. *Ortho J Sport Med*. 2022;10(2): 23259671221075658.
56. Harkey M, **Baez SE**, Lewis J, Grindstaff T, Hart J, Driban J, Schorfhaar A, Kuenze C. Prevalence of early knee osteoarthritis illness using patient-reported classification criteria at six months following anterior cruciate ligament reconstruction. *Arthritis Care Res*. 2022;74(3):377-385.
57. **Baez SE**, Andersen A, Andreatta R, Cormier M, Gribble P, Hoch JM. Authors' Response. *J Athl Train*. 2021;56(10):1156-1158.
58. **Baez SE**, Cormier MC, Andreatta R, Gribble PA, Hoch JM. Implementation of *in vivo* exposure therapy to decrease injury-related fear in females with a history of ACL reconstruction: a pilot study. *Phys Ther Sport*. 2021; 52:217-223.
59. Avedesian JM, Covassin T, **Baez SE**, Nash J, Nagelhout E, Dufek J. The relationship between cognition and lower extremity injury risk in collegiate athletes: implications for sports-related concussion. *Orthop J Sports Med*. 2021;9(8):1-10.
60. **Baez SE**, Hoch JM, Mattacola CG, Gribble PA, Howard JS. Use of response shift to improve agreement between patient-reported outcomes and performance-based measures in patients with knee injury. *Clin Pract Athl Train*. 2021;4(1):24-35. (BIPOC Special Issue)
61. Brinkman C\*, **Baez SE**, Quintana CQ, Andrews M, Hoch MC, Heebner N, Hoch JM. The reliability of an upper and lower extremity visuomotor reaction time task. *J Sports Rehabil*. 2021;30(5): 828-831.
62. Genoese FM\*, **Baez SE**, Hoch MC, Heebner N, Hoch JM. Examination of the relationship between injury-related fear and visuomotor reaction time in patients after anterior cruciate ligament reconstruction. *J Sports Rehabil*. 2021;30(3):353-359.
63. Barchek A\*, Dlugonski D, **Baez SE**, Hoch MC, Hoch, JM. The relationship between injury-related fear and physical activity levels in people with a history of anterior cruciate ligament reconstruction. *Phys Ther Sport*. 2021; 50:201-205.
64. **Baez SE**, Andersen A, Andreatta RM, Gribble PA, Hoch JM. Neuroplasticity in corticolimbic brain activation in patients after anterior cruciate ligament reconstruction. *J Athl Train*. 2021;56(4):418-426.
65. **Baez SE**, Hoch JM, Cormier MC. The Stress and Injury Model and the Cognitive Appraisal Model: Implications for patients after anterior cruciate ligament reconstruction. *Athl Train Sports Health Care*. 2020;12(4):181-187.

66. **Baez SE**, Hoch MC, Hoch JM. Psychological factors are associated with return to preinjury sport and physical activity levels after ACL-reconstruction. *Knee Surg Sports Traumatol Arthrosc.* 2020;28(4):495-501.
67. Hoch JM, Houston MN, **Baez SE**, Hoch MC. Fear-avoidance beliefs and health-related quality of life in post-ACL reconstruction and healthy athletes: a case control study. *J Sports Rehabil.* 2020;29(6):772-776.
68. Brinkman C\*, **Baez SE**, Genoese FG, Hoch JM. Use of goal-setting to enhance self-efficacy after sports-related injury: a critically appraised topic. *J Sports Rehabil.* 2020;29(4):498-502.
69. Barchek A\*, **Baez SE**, Hoch MC, Hoch JM. The relationship between musculoskeletal injury and objectively measured physical activity levels: a critically appraised topic. *J Sports Rehabil.* 2020;29(2):243-247.
70. Hunt E, **Baez SE**, Olson A, Butterfield T, Dupont-Versteegden E. Using massage to combat fear-avoidance and the pain tension cycle. *Int J Athl Train Ther.* 2019;24(5):198-201.
71. Hoch JM, **Baez SE**, Hoch MC. Examination of ankle function in individuals with a history of ACL reconstruction. *Phys Ther Sport.* 2019;36:55-61.
72. **Baez SE**, Cramer RJ, Hoch JM. Social cognitive theory and the fear avoidance model: the explanation of poor health outcomes after ACL reconstruction. *Athl Train Sports Health Care.* 2019;11(4):168-173.
73. Hoch JM, **Baez SE**, Cramer RJ, Hoch MC. Differences in the modified disablement in the physically active scale in those with and without chronic ankle instability. *J Sport Rehabil.* 2019, 28, 476-480.
74. Genoese FM\*, **Baez SE**, Hoch JM. The association of fear-avoidance beliefs and self-reported knee function in patients with a knee injury: a critically appraised topic. *Int J Athl Ther Train.* 2018;23(5):187-191.
75. **Baez SE**, Hoch MC, Hoch JM. Evaluation of cognitive behavioral interventions and psychoeducation implemented by rehabilitation specialists to treat fear-avoidance beliefs in patients with low back pain: a systematic review. *Arch Phys Med Rehabil.* 2018;99(11):2287-2298.
76. Hoffman E\*, D'Onofrio A\*, **Baez SE**, Cavallario J. The effectiveness of kinesio-tape in decreasing kinesiophobia in patients with musculoskeletal pain: a critically appraised topic. *Int J Athl Ther Train.* 2018;23(1):10-15.
77. **Baez SE**, Hoch JM, Uhl TL. The effectiveness of cervical traction and exercise in decreasing neck and arm pain in patients with cervical radiculopathy: a critically appraised topic. *Int J Athl Ther Train.* 2017;22(5):4-11.

#### **Publications in Review (N= 11; \*indicates student mentorship)**

1. Wikstrom E, Marmura H, Fisher L, Ostrowski N, Alamri R, **Baez SE**. Preliminary feasibility, acceptability, and efficacy of a 1-week graded exposure intervention for those with chronic ankle instability. *J Athl Train.* In Review.
2. Marmura H\*, **Baez SE**. Fear as a missing link: The relationship between knee pain/function and physical activity in physically active adults with patellofemoral pain. *Med Sci Sport Exerc.* In Review.
3. Levet-Bourtayre J, Brinkman C, Pacheco G, Levy E, **Baez SE**, Blue MNM. Can a smart ring improve sleep? Investigating the effect of a 4-week oura ring trial on sleep duration and quality. *J Technol Behav Sci.* In Review.

4. Blue MNM, Courtney JB, Brinkman-Holland C, Chauntry AJ, **Baez SE**. Agreement between the Oura Ring and ActiGraph for Moderate and Vigorous Physical Activity. *J Meas Phys Behav*. In Review.
5. Robison H, **Baez SE**, Shanahan M, Schleich K, Register Mihalik J. Understanding injury outcomes through the socioecological and life course frameworks: a theoretical narrative review. *Sports Med*. In Review.
6. Edison A, Birchmeier T, Dennis J, Pietrosimone B, Wikstrom E, Kiefer A, **Baez SE**, Blackburn T. The effects of stroboscopic vision on muscle activation strategies during walking following anterior cruciate ligament reconstruction. *J Electromyogr Kinesiol*. In Review.
7. Edison A, Dennis J, Birchmeier T, Wikstrom E, Pietrosimone B, Kiefer A, **Baez SE**, Blackburn T. Visual perturbation and external focus of attention improve knee biomechanics after anterior cruciate ligament reconstruction. *J Athl Train*. In Review.
8. Murphy T, Lyons L, Mertz-Bynum N, **Baez SE**, Diekfuss J, Harkey M, Kuenze C, Lugin A, Myer G, Petushek E. Determinants of psychological readiness to return to sport after ACL reconstruction. *J Athl Train*. In Review.
9. Brochin G\*, Shcherbakova A, **Baez SE**. Anterior Cruciate Ligaments: Studying Updates in neuroCognition After Knee Manipulation Study Protocol. PLoS One. In Review.
10. Beisecker L, Chandler M, Harrison P, **Baez SE**, Chandran A, Brinkman C, Aitcheson-Huehn, DeFreese JD. Association between past and current athletic identity and athlete mental health among self-identified athletes during the COVID-19 pandemic. *Psych Sport Exerc*. In Review.
11. Genoese F\*, Reiche ET, Harkey M, **Baez SE**. Upper and lower extremity visuomotor reaction time are not correlated in individuals with anterior cruciate ligament reconstruction. *J Sport Rehabil*. In Review

#### **Textbook Contributions (N=4)**

1. Cormier M and **Baez SE**. Chapter 18: Psychological aspects of injury and recovery: applications for sport, exercise, and beyond. In: Martin A & Byrd M. *Performance Psychology for Sport and Other Domains*. Kendall Hunt Publishing Company. 1<sup>st</sup> Edition. March 2026.
2. Marmura H and **Baez SE**. Common goals of post-operative rehabilitation: psychological consideration: In: *Principles and Objectives of Post-Operative Rehabilitation*. Anticipated 2026.
3. **Baez SE**, Adams-Morancie N, Sylvester J. Chapter 7: Mental health considerations in female athletes. In: *American Medical Society for Sports Medicine's Essentials for the Female Athlete*. April 2024
4. **Baez SE** and Genoese FM. Chapter 14 box: The fear of moving. In: Andreatta R, ed. *Neuroscience Fundamentals for Communication Sciences and Disorders*. 2<sup>nd</sup> edition. Plural Publishing; 2022.

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## **Presentations**

#### **Invited Presentations (N=47)**

1. **Baez SE**. Don't psych yourself out: Optimizing return to activity, sport, and performance through a psychologically informed practice. *Cincinnati Children's Load Management Conference*. April 18, 2026.

2. **Baez SE.** Psychophysiological considerations to enhance outcomes after sport injury. *Wake Early College of Health and Science's Career Extravaganza*. March 6, 2026.
3. **Baez SE.** Psychologically informed practice to enhance outcomes in patients after ACL reconstruction. *Fayetteville Academy Sports Medicine Seminar*. January 12, 2026.
4. **Baez SE.** Get your head in the game: Identifying your zone of optimal functioning. *North Carolina Central Women in Sport Presentation*. October 6, 2025.
5. **Baez SE.** Psychologically informed practice to enhance outcomes in patients after ACL reconstruction. *Appalachian State University College of Health Sciences Seminar in Health, Activity, Rehabilitation, and Exercise*. September 12, 2025.
6. **Baez SE.** Psychologically informed practice to enhance outcomes in patients with traumatic knee injuries. *UNC-NC State Closed Loop Engineering for Advanced Rehabilitation Lecture Series*. June 20, 2025.
7. **Baez SE.** Get your head in the game: Identifying your zone of optimal functioning. *North Carolina Central Women in Sport Presentation*. March 19, 2025.
8. **Baez SE.** Ask Me Anything: Dr. Baez's Journey into Athletic Training. *UNC Women in Sports Elevate Sport Psychology Group*. February 24, 2025.
9. **Baez SE.** Psychologically informed practice for patients after ACL Reconstruction. *Midsouth Biomechanics Conference*. February 20, 2025.
10. **Baez SE.** Integrating psychologically informed practice. *Canadian Athletic Therapists Association Webinar Series*. October 22, 2024.
11. **Baez SE.** Psychologically informed practice to enhance outcomes in patients with traumatic knee injuries. *University of Wyoming Department of Kinesiology Lecture Series*. September 17, 2024.
12. **Baez SE.** Integrating graded exposure therapy to address injury-related fear after sport-related injury. *Healthy Roster CEU Program*. August 28, 2024. Virtual.
13. **Baez SE.** Psychology of Sport Injuries. *Morehead Planetarium and Science Center Carolina Science Cafe*. July 2, 2024. Carrboro, NC.
14. Gunter K, Poole L, **Baez SE.** Psychologically informed practice for culturally competent healthcare after sports-related injuries. *AT 100 Conference*. April 26, 2024. Virtual.
15. **Baez SE.** Differences in physical activity between individuals with high and low kinesiophobia after ACL reconstruction. *American Medical Society for Sports Medicine. NATA/AMSSM Exchange Lecture*. March 14, 2024. Baltimore, MD.
16. **Baez SE.** Psychologically informed practice to enhance health outcomes after sports-related injury. *Osteoarthritis Action Alliance Lunch & Learn*. March 20, 2024. Virtual
17. **Baez SE.** Psychologically informed practice to enhance outcomes after sports-related injury. *Association for Applied Sport Psychology Southeast Annual Conference*. February 25, 2024. Tallahassee, Florida. Keynote Presentation.
18. Brewer B, Christino M, **Baez SE**, Feller J. Psychological aspects of ACL injury and return to play. *American Journal of Sports Medicine Webinar Series*. December 12, 2023. Virtual.
19. **Baez SE.** Psychologically informed practice to enhance outcomes after traumatic knee injury. *University of Virginia Department of Kinesiology Speaker Series*. December 2, 2023. Charlottesville, VA.

20. Ellis H, Christino M, Brewer B, **Baez SE**. ACL Webinar Series: The mental side of a pediatric ACL injury: From pre-treatment to return to play readiness. *Pediatric Research in Sports Medicine Webinar Series*. November 2, 2023. Virtual.
21. **Baez SE**. Technology-enhanced care to improved clinical outcomes after traumatic knee injuries. *Quadroathletics*. October 31, 2023. Istanbul, Turkey. Virtual.
22. **Baez SE**. Psychologically informed practice to enhance outcomes after traumatic knee injury. *Texas Christian University Harris College of Nursing & Health Science Ranhoff Speaker Series*. October 24, 2023. Fort Worth, Texas.
23. **Baez SE**. Psychological informed practice to enhance outcomes after sports-related injuries. *Baylor University*. September 26, 2023.
24. **Baez SE**. Psychologically informed practice to enhance health outcomes after injury. *High Point University Distinguished Lecture Series*. September 20, 2023. High Point, NC.
25. **Baez SE**, Genoese F. Pain and the Brain: Using psychologically-informed practice to reduce pain after sports-related injuries. *Quadroathletics*. September 12, 2023. Istanbul, Turkey. Virtual.
26. **Baez SE**. Psychologically informed practice after ACL reconstruction. *Quadroathletics*. June 15, 2023. Istanbul, Turkey. Virtual.
27. **Baez SE**. Patient-Centered, Clinician Focused: Professional Values. *High Point University Athletic Training Professional Values Dinner*. June 8, 2023. High Point, NC.
28. **Baez SE**, Jochimsen KJ. Coping with stress: using mental skills to enhance performance. *Women's Collegiate Lacrosse Associates (USA Lacrosse)*. April 23, 2023. Virtual.
29. **Baez SE**. Understanding psychological responses after traumatic knee injuries. *UNC Chapel Hill Sports Medicine Lunch & Learn*. March 22, 2023. Chapel Hill, NC.
30. **Baez SE**. Psychologically informed practice to enhance outcomes after sports-related injury. *North Carolina Athletic Trainers' Association*. March 3, 2023. Winston Salem, NC.
31. **Baez SE**. Understanding psychological responses after traumatic knee injuries. *Massachusetts General Hospital/Harvard University*. February 10, 2023. Virtual Presentation.
32. **Baez SE**. Injury-related fear in patients after anterior cruciate ligament reconstruction. *UNC Chapel Hill Social Psychology Seminar Series*. January 30, 2023. Chapel Hill, NC.
33. **Baez SE**. Assessment and intervention of injury-related fear after ACL reconstruction. *UNC Chapel Hill Exercise and Sport Science Seminar Series*. January 25, 2023. Chapel Hill, NC.
34. **Baez SE**. Psychological rehabilitation and mental health care for athletes. *2023 USA Lacrosse Sports Medicine Symposium*. January 20, 2023. Baltimore, MD.
35. **Baez SE**. Psychological responses and secondary injury. *Duke Musculoskeletal Journal Club*. December 7, 2022. Virtual.

36. **Baez SE.** Psychologically informed clinical practice: addressing psychosocial factors to enhance outcomes after knee injury. *University of North Carolina Sports Medicine Institute Annual Conference*. September 30, 2022.
37. **Baez SE.** Psychological rehabilitation and mental health care for athletes. *Baylor University*. September 27, 2022.
38. **Baez SE.** Coping with injury: using mental skills to enhance recovery. *Nike*. September 15, 2022.
39. **Baez SE,** Goodway J, Blanton J. Midwest Sport and Exercise Psychology Symposium (MSEPS) Faculty Panelist. *Michigan State University*. February 25, 2022.
40. **Baez SE.** Psychologically informed clinical practice: Addressing psychosocial factors to enhance clinical outcomes. *University of Illinois Chicago Department of Kinesiology and Nutrition*. November 30, 2021.
41. **Baez SE.** Your emotional brain: addressing injury-related fear to improve health outcomes after traumatic knee injury. *Neuroscience Program Seminar, Michigan State University*. November 15, 2021.
42. Jochimsen K, **Baez SE.** The who, when, & how of mental health screening in athletes. *Mid-Atlantic Athletic Trainers' Association Annual Meeting and Symposium*. Charlotte, North Carolina, May 2021. EBP Keynote Presentation.
43. **Baez SE,** Baer R. Psychological rehabilitation and mental health for student-athletes. *Athletic Training Education Endowment Fund, Michigan State University*. April 19, 2021.
44. **Baez SE.** Your emotional brain: the psychological and neurological consequences of injury-related fear after ACL reconstruction. *Old Dominion University College of Health Sciences*. April 5, 2021.
45. **Baez SE.** Psychologically informed clinical practice: Addressing psychosocial factors to enhance clinical outcomes. *NATA Webinar Continuing Education Series*. February 6, 2020.
46. **Baez SE.** Injury-related fear in patients after ACL reconstruction. *UNC-Chapel Hill Department of Exercise and Sport Science*. December 18, 2019.
47. **Baez SE.** Addressing psychosocial factors to improve outcomes after sports-related injury. *Michigan Athletic Trainers' Society Student Seminar*. October 20, 2019.

#### **Abstracts/Peer-Reviewed Original Research Presentations (N =127; \*indicates student mentorship)**

##### **Local**

1. Bright J\*, Reiche ET, Brinkman CA, **Baez SE.** No difference in kinesiophobia in individuals with contact or non-contact mechanisms of ACL injury. *UNC Chapel Hill Celebration of Undergraduate Research*. April 2024.
2. Wade Z\*, Brinkman CA, Reiche ET, **Baez SE.** No relationship between single-leg hop performance and changes in activity level following Anterior Cruciate Ligament Reconstruction. *UNC Chapel Hill Celebration of Undergraduate Research*. April 2024.
3. Laws M\*, Brinkman CA, Reiche ET, **Baez SE.** Virtual reality mindfulness meditation to improve patient-reported outcomes following anterior cruciate ligament reconstruction: a case report. *UNC Chapel Hill Celebration of Undergraduate Research*. April 2024.

4. Oku E, Pohl C, Genoese FM, Harkey M, **Baez SE**. Differences in confidence for sport between individuals with and without history of anterior cruciate ligament reconstruction. Michigan State University Undergraduate Research and Arts Forum. April 2023. Accepted for Poster Presentation. 1<sup>st</sup> Place Best Kinesiology Poster Award.
5. Pohl C, Oku E, Genoese FM, Harkey M, **Baez SE**. Differences in risk appraisal for sport between individuals with and without history of anterior cruciate ligament reconstruction. Michigan State University Undergraduate Research and Arts Forum. April 2023. Accepted for Oral Presentation.
6. Onuoha C\*, Reiche ET, Brinkman CA, **Baez SE**. Higher peak isokinetic knee flexion torque is associated with higher kinesiophobia post-anterior cruciate ligament reconstruction. *UNC Chapel Hill Celebration of Undergraduate Research*. April 2023.
7. Wade Z\*, Brinkman CA, Reiche ET, **Baez SE**. Higher confidence is associated with higher peak isometric extension torque in individuals with a history of anterior cruciate ligament reconstruction. *UNC Chapel Hill Celebration of Undergraduate Research*. April 2023.
8. Laws M\*, Reiche ET, Brinkman CA, **Baez SE**. The relationship between upper extremity perceptual-motor function and time since surgery in individuals after anterior cruciate ligament reconstruction. *UNC Chapel Hill Celebration of Undergraduate Research*. April 2023.
9. **Baez SE**, Andersen AH, Andreatta RD, Noehren BW, Gribble PA, Cormier MC, Hoch JM. Neuroplasticity and corticolimbic brain regions in patients after Anterior Cruciate Ligament reconstruction. *2019 College of Health Sciences Research Day*, Lexington, KY, May 2019, Poster Presentation.
10. **Baez SE**, Hoch JM, Cramer R, Powden CJ, Hogan KK, Hoch MC. Differences in the modified disablement in the physically active scale in those with and without chronic ankle instability. *2018 College of Health Sciences Research Day*, Lexington, KY, April 2018, Poster Presentation.
11. Santiago GM, Pointer CE, **Baez SE**, Clines S, Hartley EM, Hoch JM. Differences in ankle function in post-ACL reconstruction subjects. *Old Dominion University GRAD Day*, Norfolk, VA, March 2017, Oral Presentation; co-author.

## State/Regional

1. Pacheco G, Brinkman-Holland C, Levet-Bourtayre J, **Baez S**, Courtney JB, Levy E, Blue MNM. Adherence and User Perception of a Smart Ring during a 4-Week Trial. *Southeast American College of Sports Medicine Annual Meeting*. Greenville, SC. February 2026.
2. Wade Z\*, Marmura H, **Baez SE**. The relationship between social support and kinesiophobia in patients after anterior cruciate ligament reconstruction. *Southeast American College of Sports Medicine Annual Meeting*. Greenville, SC. February 2026.
3. Levet-Bourtayre J, Brinkman C, **Baez S**, Courtney JB, Blue MNM. Evaluating Differences in Objective Sleep Outcomes by Physical Activity Status in College-Aged Individuals. *Southeast American College of Sports Medicine Annual Meeting*. Greenville, SC. February 2025.

4. Desai P\*, Genoese F, Reiche E, **Baez SE**. No association between injury-related fear and isokinetic quadriceps strength in individuals with a history of anterior cruciate ligament reconstruction. *Michigan Osteopathic Association Autumn 2021 Virtual SRE*, East Lansing, MI. 2<sup>nd</sup> place best poster award.
5. **Baez SE**. Psychologically informed clinical practice: Addressing psychosocial factors to enhance clinical outcomes. *Mid-Atlantic Athletic Trainers' Association Annual Meeting and Symposium*. Ocean City, Maryland, May 2019. Accepted for Special Topics presentation.
6. **Baez SE**, Andersen AH, Andreatta RD, Noehren BW, Gribble PA, Cormier MC, Hoch JM. Activation in Corticolimbic Brain Regions during a Sports-Specific Picture Imagination Task in Patients after Anterior Cruciate Ligament Reconstruction. *29<sup>th</sup> Annual Midwest Sport and Exercise Psychology Symposium*. Lexington, Kentucky. February 2019. Accepted for Podium Presentation.

## National/International

1. Genoese FM\*, Harkey MS, Liu T, Covassin T, **Baez SE**. Depression symptoms are related to greater asymmetries in limb loading when landing during simulated sport distraction among individuals with ACL reconstruction. Accepted for oral presentation at the *National Athletic Trainer's Association Clinical Symposia*. Philadelphia, PA. June 2026.
2. **Baez SE**, Marmura H. Integrating psychological skills training via tech-driven solutions to reduce sport-related injury risk. *American College of Sports Medicine Annual Conference*. Salt Lake City, Utah. May 2025. Accepted tutorial lecture.
3. Genoese FM\*, Harkey MS, Liu T, Covassin T, **Baez SE**. Differences in landing force symmetry during simulated sport distraction in individuals with ACL reconstruction. Accepted for poster presentation at the *American College of Sports Medicine Annual Meeting*. Salt Lake City, UT. May 2026.
4. Laws M\*, Brinkman-Holland C, **Baez SE**, Marmura H. The reliability of a novel and portable upper-extremity visuomotor reaction time task. Accepted for poster presentation at *American College of Sports Medicine's 73rd Annual Meeting*, Salt Lake City, UT. May 2026.
5. Kyaw E, Sheeran P, **Baez SE**, Courtney JB. Inactive adults' perceived barriers, facilitators, and intentions after moderate-intensity walking in three different environments. Accepted for poster presentation at *American College of Sports Medicine's 73rd Annual Meeting*, Salt Lake City, UT. May 2026.
6. Edison A, Birchmeier T, Dennis J, Pietrosimone B, Wikstrom E, Kiefer A, **Baez SE**, Blackburn JT. Somatosensory function influences gait biomechanics under a visual disruptive task in those with ACL reconstruction. Accepted for poster presentation at *American College of Sports Medicine's 73rd Annual Meeting*, Salt Lake City, UT. May 2026.
7. Genoese FM\*, Harkey MS, Liu T, Covassin T, **Baez SE**. Mental health symptoms and lower extremity visuomotor reaction time under simulated sport distraction in individuals with ACL reconstruction. Accepted for oral presentation at *ACL Research Retreat X*. Chapel Hill, NC. April 2026.
8. Edison A, Bruch-Leicht A, Dennis J, Birchmeier T, Pietrosimone B, Wikstrom E, Kiefer A, **Baez SE**, Blackburn T. Statistical parametric mapping reveals differential interlimb responses to visual disruption in ACLR versus healthy gait. Accepted for Platform Presentation at *2026 ACL Research Retreat*. Chapel Hill, NC. April 2026.

9. Marmura H\*, **Baez SE**. The influence of athletic identity on psychological outcomes after ACL reconstruction. Accepted for Platform Presentation at *2026 ACL Research Retreat*. Platform Presentation. Chapel Hill, NC. April 2026
10. **Baez SE**, Harkey M, Grozier C, Tolzman J, Frederick I, Kuenze C, Marmura H. Biopsychosocial predictors of kinesiophobia in patients after ACL reconstruction. Accepted for Platform Presentation at *2026 ACL Research Retreat*. Chapel Hill, NC. April 2026.
11. Marmura H\*, **Baez SE**. Fear as a missing link: The relationship between knee pain and physical activity in athletes with patellofemoral pain. *Orthopaedic Research Society Annual Meeting, Charlotte, NC*. March 2026.
12. Edison A., Birchmeier T., Dennis J., Pietrosimone B., Wikstrom E, Kiefer A, **Baez SE**, & Blackburn T. The Effects Of Visual Disruption On Muscle Activation Strategies During Walking Following Anterior Cruciate Ligament Reconstruction, *Orthopaedic Research Society Annual Meeting, Charlotte, NC*. March 2026.
13. Murray M\*, Genoese FM, **Baez SE**. Motivation as a mediator of the perfectionism-athlete burnout relationship in junior and collegiate athletes: a critically appraised topic. *Association for Applied Sport Psychology Annual Conference*. October 2025. Accepted Poster Presentation.
14. White T, **Baez SE**, Coube-Lilley JE, Jackson C. Integrating psychological frameworks to enhance injury recovery in athletes. *Association for Applied Sport Psychology Annual Conference*. October 2025. Accepted Panel Presentation.
15. Brinkman CA\*, DeFreese JD, Hughes JM, Register-Mihalik JK, Spang JT, **Baez SE**. Don't Sleep on Getting Sleep: Examining the Association between Objective Sleep Outcomes and Mental Health Symptoms after ACL Reconstruction. *Association for Applied Sport Psychology Annual Conference*. October 2025. Accepted Lecture Presentation.
16. Genoese FM\*, Harkey M, Liu T, Covassin T, **Baez SE**. Pain catastrophizing is associated with slower lower extremity visuomotor reaction time among individuals with ACL reconstruction during simulated sport distraction. Accepted for poster presentation at the *National Athletic Trainers' Association Clinical Symposia*. Orlando, Florida. June 2025.
17. **Baez SE**, Marmura H. Integrating psychological skills training to reduce sport-related injury risk. *National Athletic Trainers' Association Clinical Symposia*. Orlando, Florida. June 2025. Accepted Special Topics.
18. DeFreese J, **Baez S**, Marmura H, Chandran A. Examining profiles of athlete burnout, psychosocial outcomes, and their associations with injury status and rehabilitation resources in self-identified athletes during COVID-19. *North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference*, Lake Tahoe, NV. June 2025.
19. Beisecker L, Harrison P, Reifsteck E, Register-Mihalik J, **Baez S**, DeFreese J. Physical activity, adjustment to college, and mental health among first-year college women. *North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference*, Lake Tahoe, NV. June 2025.
20. Levet-Bourtayre J, Brinkman C, **Baez S**, Courtney JB, Blue MNM. Evaluating Differences in Objective Sleep Outcomes by Physical Activity Status in College-Aged Individuals. *National American College of Sports Medicine Annual Meeting*. Atlanta, GA. May 2025.

21. Lisee C, **Baez S**. Mind over movement: Psychological barriers and treatment to modify movement following traumatic knee injury. *American College of Sports Medicine Annual Meeting Online Component*. Virtual. May 2025.
22. Genoese FM\*, Harkey M, **Baez SE**. The influence of emotion regulation strategies on subjective knee pain in individuals with anterior cruciate ligament reconstruction. Accepted for poster presentation at the *United States Association for the Study of Pain Annual Meeting*. Chicago, Illinois. April 2025.
23. Butler L, Ulman S, Roman D, Walker C, Douthit T, Kuenze C, ARROW, **Baez SE**. The relationship between physical activity level and psychological readiness to return to sport after anterior cruciate ligament reconstruction. Accepted for Poster Presentation at the *2025 Pediatric Research in Sport Medicine Annual Meeting*. Columbus, OH. January 2025.
24. Butler L, Ulman S, Roman D, Walker C, Douthit T, Kuenze C, ARROW, **Baez SE**. The relationship between psychological readiness to return to sport and kinesiophobia in adolescent and young adult athletes after anterior cruciate ligament reconstruction. Accepted for Poster Presentation at the *2025 Pediatric Research in Sport Medicine Annual Meeting*. Columbus, OH. January 2025.
25. Kuenze C, Walaszek MC, ARROW, **Baez SE**. Childhood Opportunity Does Not Influence ACL-RSI Scores Across the First Year After ACL Reconstruction: An ARROW Study. Accepted for Podium Presentation at the *2025 Pediatric Research in Sport Medicine Annual Meeting*. Columbus, OH. January 2025.
26. Roman DP, Ulman S, Butler L, Walker C, Douthit T, Kuenze C, ARROW, **Baez SE**. Age and Sex Differences in ACL-RSI Subscale Scores of Emotion, Risk-Appraisal, and Confidence after ACL Reconstruction. Accepted for Poster Presentation at the *2025 Pediatric Research in Sport Medicine Annual Meeting*. Columbus, OH. January 2025.
27. Butler L, Ulman S, Roman D, Walker C, Douthit T, Kuenze C, ARROW, **Baez SE**. Physical activity and psychological readiness to return to sport after anterior cruciate ligament reconstruction. *American Physical Therapy Association Combined Sections Meeting*. Houston, TX. February 2025. Accepted for Poster Presentation. January 2025.
28. Roman D, Ulman S, Butler L, Walker C, Douthit T, Kuenze C, ARROW, **Baez SE**. Age and sex differences in ACL-RSI subscale scores of emotion, risk-appraisal, and confidence after ACLR. *American Physical Therapy Association Combined Sections Meeting*. Houston, TX. February 2025. Accepted for Poster Presentation.
29. Butler L, Ulman S, Roman D, Walker C, Douthit T, Kuenze C, ARROW, **Baez SE**. The relationship between psychological readiness and kinesiophobia in adolescents and young adults after ACL reconstruction. *American Physical Therapy Association Combined Sections Meeting*. Houston, TX. February 2025. Accepted for Poster Presentation.
30. Abbey-Bada M\*, Reiche ET, **Baez SE**. Application of theory of patients returning from ACLR: An integrated approach to stress and injury and attention control using the default mode network. *Association for Applied Sport Psychology*. Las Vegas, NV. October 2024. Accepted for Poster Presentation. Student Travel Award Winner.

31. Brinkman CA\*, Genoese FM, **Baez SE**. The relationship between psychological readiness to return to sport and athlete coping skills after ACL reconstruction. *Association for Applied Sport Psychology*. Las Vegas, NV. October 2024. Accepted for Poster Presentation.
32. **Baez SE**, Brinkman CA, Genoese FM. Demystifying the rehabilitation specialist perspective of psychologically informed practice: discussion of barriers, benefits, and opportunities for collaboration to improve care of injured athletes. *Association for Applied Sport Psychology*. Las Vegas, NV. October 2024. Accepted for Panel Presentation.
33. Genoese FM\*, **Baez SE**. Pain and the brain: psychological assessment and intervention for pain management after sports-related injuries. *National Athletic Trainers' Association Clinical Symposia*. New Orleans, LA. June 2024.
34. **Baez SE**, Jochimsen K. Don't psych yourself out: optimizing return to sport through a psychologically informed practice. *National Athletic Trainers' Association Clinical Symposia*. New Orleans, LA. June 2024.
35. Reiche ET\*, Genoese FM, Coffman CA, Pontifex MA, **Baez SE**. Self-reported knee symptoms influence emotional responses post-ACL reconstruction. National Athletic Trainers' Association Clinical Symposia. New Orleans, LA. June 2024.
36. Genoese FM\*, Reiche EL, Harkey MS, **Baez SE**. Constructs of pain catastrophizing are associated with knee pain severity in individuals with ACL reconstruction. *National Athletic Trainers' Association Clinical Symposia*. June 2024. New Orleans, LA.
37. Brinkman CA\*, Murray M, Wekesser M, DeFreese J, Kuenze C, Gould D, **Baez SE**. Patient Perceptions of Psychological and Rehabilitation Experiences after ACL Reconstruction: A Qualitative Study. *National Athletic Trainers' Association Annual Meeting*. June 2024. New Orleans, LA.
38. Genoese FM\*, Harkey MS, Kuenze CK, **Baez SE**. Self-reported anxiety symptoms are associated with knee pain severity in individuals with ACL reconstruction. *American College of Sports Medicine Annual Meeting*. May 2024. Boston, MA.
39. Reiche ET\*, Genoese FM, Brinkman CA, **Baez SE**. Multiple object tracking and knee symptoms in healthy controls and individuals with ACL reconstruction. *American College of Sports Medicine Annual Meeting*. May 2024. Boston, MA.
40. **Baez SE**, Reiche E, Brinkman C, Genoese F, Jochimsen K. No sex differences in kinesiophobia in individuals with a history of ACL reconstruction. *American College of Sports Medicine Annual Meeting*. May 2024. Boston, MA.
41. **Baez SE**, Jochimsen K. Psychologically-informed practice to enhance outcomes after sports-related injuries. *American College of Sports Medicine Annual Meeting*. May 2024. Online Component.
42. Petushek EJ, Diekfuss J, **Baez SE**, Myer GD, Kuenze C. Psychological and biomechanical predictors of fear of reinjury following ACL injury – a hierarchical regression analysis. *European Society of Sports Traumatology, Knee Surgery & Arthroscopy Congress*. May 2024. Milan, Italy.
43. Loftin MC, **Baez SE**, Kim J, Kelly K, Covassin T. Unmasking the Impact: Analyzing Athletic Identity's Role on Concussion Outcomes in Collegiate Athletes. *Targeted Rehabilitation and Evidence-*

*based Active Treatments (TREAT) Sport-related Concussion Conference Poster Presentation. April 2024. Pittsburgh, PA.*

44. Megna M\*, Thoma L, Charity D, Thompson X, Hart J, **Baez SE**. Do kinesiophobia levels during recovery change after primary vs. secondary ACL reconstruction? *American Physical Therapy Association Combined Sections Meeting 2024*. February 2024. Boston, MA.
45. Kuenze C, Harkey MS, **Baez SE**, Grindstaff T, Hart JM, Farmer B, Roman D, Collins K, Walaszek MC, Ulman S, Weaver A. Interactive reference value dashboard for performance-based and patient-reported outcome measures in adolescents and young adults with ACL reconstruction. *Pediatric Research in Sports Medicine (PRISM) Annual Meeting*. January 2024. Anaheim, CA.
46. **Baez SE**, Brinkman C. Integrating graded exposure therapy to address injury-related fear after sport-related injury. *Association for Applied Sport Psychology Annual Meeting*. October 2023. Orlando, FL.
47. Brinkman C\*, Reiche E, **Baez SE**. Athletic trainers' perception of implementing psychological strategies for patient management: a systematic review. *Association for Applied Sport Psychology Annual Meeting*. October 2023. Orlando, FL.
48. **Baez SE**, Reiche ET, Brinkman CA, Genoese FM. Differences in physical activity between individuals with high and low kinesiophobia after ACL reconstruction. *American College of Sports Medicine Annual Meeting*. May 2023. Denver, CO. \*New Investigator Award Winner
49. Birchmeier T, **Baez SE**, Collins K, Genoese F, Walaszek M, Kuenze CM. Sex related differences in laboratory and field-based change of direction tasks after ACL reconstruction. *American College of Sports Medicine Annual Meeting*. May 2023. Denver, CO.
50. Reiche ET, Chandler MC, Coffman CA, Genoese FM, Pontifex MB, **Baez SE**. No Difference In Emotional Response Between Threatening Sport And Non-Sport Images In Individuals After Anterior Cruciate Ligament Reconstruction. *American College of Sports Medicine Annual Meeting*. May 2023. Denver, CO.
51. Genoese FM, Reiche ET, Harkey MS, **Baez SE**. No differences in lower extremity visuomotor reaction time between individuals with and without ACL reconstruction. *American College of Sports Medicine Annual Meeting*. May 2023.
52. Hoch JM, **Baez SE**, Kleis RR, Hoch MC, Dlugonski D. Improving patient-based outcomes in individuals with a history of ACL reconstruction: a pilot randomized control trial. *National Athletic Trainers' Association 2023 Clinical Symposia & AT Expo*. June 2023. Indianapolis, IN.
53. Genoese FM\*, Reiche ET, Collins KA, Walaszek MC, Harkey MS, Kuenze C, **Baez SE**. Sex differences in self-reported systems of anxiety, but not depression, among individuals with ACL reconstruction. *National Athletic Trainers' Association 2023 Clinical Symposia & AT Expo*. June 2023. Indianapolis, IN.
54. Reiche ET\*, Genoese FM, Collins KA, Walaszek MC, Harkey MS, Kuenze C, **Baez SE**. Kinesiophobia is associated with lower extremity perceptual-motor function after ACL reconstruction. *National Athletic Trainers' Association 2023 Clinical Symposia & AT Expo*. June 2023. Indianapolis, IN.

55. Brinkman CA\*, Reiche E, Genoese FM, Hoch JM, **Baez SE**. No association between injury-related fear and isokinetic quadriceps strength in individuals with history of anterior cruciate ligament reconstruction. *National Athletic Trainers' Association 2023 Clinical Symposia & AT Expo*. June 2023. Indianapolis, IN.
56. **Baez SE**, Reiche E, Genoese FM. Simple reaction time is associated with self-reported knee function in individuals after anterior cruciate ligament reconstruction. *National Athletic Trainers' Association 2023 Clinical Symposia & AT Expo*. June 2023. Indianapolis, IN.
57. **Baez SE**, Kuenze C. Understanding patient perceptions: considering psychosocial barriers for patients with knee injury. *National Athletic Trainers Association 2023 Clinical Symposia & AT Expo*. June 2023. Indianapolis, IN.
58. Mace RA, Lee JL, **Baez SE**, Persky S. Setting up for success in virtual reality-based trials. *Society of Behavioral Medicine 44<sup>th</sup> Annual Meeting & Scientific Sessions*. April 2023. Phoenix, AZ.
59. Collins K, Harkey M, **Baez SE**, Lisee C, Birchmeier T, Triplett A, McQuire T, Kuenze C. Function is associated with limb loading symmetry among women 6 months following anterior cruciate ligament reconstruction. *Orthopaedic Research Society 2023 Annual Meeting*. February, 2023. Dallas, TX.
60. Kuenze C, Collins K, Weaver A, Giampetruzzi N, Grindstaff T, Farmer B, Walaszek M, **Baez SE**, Harkey M. Biologic sex and age influence quadriceps strength 6 months post-anterior cruciate ligament reconstruction. *Orthopaedic Research Society 2023 Annual Meeting*. February, 2023. Dallas, TX.
61. Kuenze C, Lisee C, Triplett A, Collins K, Walaszek M, Lewis J, Farner N, **Baez SE**. Development and validation of a survey to characterize barriers to physical activity reengagement after anterior cruciate ligament reconstruction. *Pediatric Research in Sports Medicine Society Annual Meeting*. Denver, CO. February 2023
62. Zynda AJ, Klott K, Tomczyk CP, Loftin MC, Pollard-McGrandy AM, Tracey AJ, **Baez SE**, Covassin T. To play or not to play?: Sensorimotor impairments at medical clearance following sport-related concussion. *Big Ten-Ivy League 2022 TBI Research Summit*. Philadelphia, PA. July 2022.
63. DeFreese JD, Beisecker L, Chandran A, **Baez SE**. Athlete identity, burnout, and psychological health in self-identified athletes during the COVID-19 pandemic. *APA Annual Convention Division 47 program*. Minneapolis, MN. August 2022. Poster Presentation.
64. Zynda AJ, **Baez SE**, Wallace J, Kuenze C, Covassin T. The Reliability of a Computerized Sensory Station for the Assessment of Visual and Sensorimotor Skills. *American College of Sports Medicine 69<sup>th</sup> Annual Meeting Presentation*. May 31 – June 4, 2022, San Diego, CA.
65. **Baez SE**, Genoese FM, Harkey MS, Pietrosimone B, Kuenze CM. Mobile-delivered mindfulness meditation in individuals with ACL reconstruction: A phase I, single-arm feasibility study. Accepted at the *National Athletic Trainers Association 2022 Clinical Symposia & AT Expo*. June 2022. Philadelphia, PA.
66. Kuenze C, **Baez SE**. Considering sex differences to improve patient care after traumatic knee injury. *National Athletic Trainers Association 2022 Clinical Symposia & AT Expo*. June 2022. Philadelphia, PA.

67. Reiche ET\*, Genoese FM, Harkey MS, Collins K, Walaszek M, Triplett A, Kuenze CM, **Baez SE**. No differences in lower extremity reaction time between patients with contact and non-contact ACL injuries. Accepted at the *National Athletic Trainers Association 2022 Clinical Symposia & AT Expo*. June 2022. Philadelphia, PA.
68. Genoese FM\*, Harkey MS, Kuenze CM, **Baez SE**. The relationship between pain catastrophizing and reaction time in individuals with ACL reconstruction. Accepted at the *National Athletic Trainers Association 2022 Clinical Symposia & AT Expo*. June 2022. Philadelphia, PA.
69. Harkey MS, **Baez SE**, Genoese FM, Reiche E, Collins K, Walaszek M, Triplett A, Wilcox CL, Schorfhaar A, Shingles M, Kuenze C. The majority of individuals meet criteria for early knee osteoarthritis symptoms throughout the first two years post-ACL reconstruction. Accepted at the *National Athletic Trainers Association 2022 Clinical Symposia & AT Expo*. June 2022. Philadelphia, PA.
70. Birchmeier T, Lisee C, **Baez SE**, Ranganathan R, Covassin T, Schorfhaar A, Kuenze CM. Knee kinetics during change of direction after ACL reconstruction. Accepted at the *National Athletic Trainers Association 2022 Clinical Symposia & AT Expo*. June 2022. Philadelphia, PA.
71. Kuenze C, Collins K, Walaszek MC, Genoese FM, Reiche E, Triplett AN, Harkey MS, Wilcox CL, Schorfhaar A, Shingles M, Joseph S, **Baez SE**. Adolescents and adults experience different psychological response to injury five months after ACL reconstruction. Accepted at the *National Athletic Trainers Association 2022 Clinical Symposia & AT Expo*. June 2022. Philadelphia, PA.
72. Bain KA, **Baez SE**, Hoch JM, Johnson NF, Andreatta RD, Hoch MC, Kosik KB, Gribble PA. The relationship between constructs of health-related quality of life and lower extremity visuomotor reaction time in females with history of lateral ankle sprain. Accepted at the *National Athletic Trainers Association 2022 Clinical Symposia & AT Expo*. June 2022. Philadelphia, PA.
73. Suttmilller AMB, Cavallario JM **Baez SE**, Martinez JC, McCann RS. Perceived instability, pain, and psychological factors predict function and disability in individuals with chronic ankle instability. Accepted at the *National Athletic Trainers Association 2022 Clinical Symposia & AT Expo*. June 2022. Philadelphia, PA.
74. Zynda AJ, Tomczyk CP, Loftin MC, Pollard-McGrandy AM, Tracey AJ, **Baez SE**, Covassin T. Differences in visual and sensorimotor skills in college students with and without a history of concussion. Accepted at the *National Athletic Trainers Association 2022 Clinical Symposia & AT Expo*. June 2022, Philadelphia, PA.
75. Kuenze C, Collins K, Hart JM, Grindstaff TL, **Baez SE**, Walaszek M, Triplett AN, Lisee C, Birchmeier T, Genoese F, Reiche E, Harkey MS. Adults are more likely than adolescents to report early knee OA symptoms 6 months after anterior cruciate ligament reconstruction. Accepted at the *2022 Osteoarthritis Research Society International World Congress on Osteoarthritis*. April 2022. Berlin, Germany.
76. Harkey MS, **Baez SE**, Genoese FM, Reiche E, Collins K, Walaszek M, Triplett A, Wilcox CL, Schorfhaar A, Shingles M, Joseph S, Kuenze C. Longitudinal change in the prevalence of early knee osteoarthritis symptoms across various time-periods after anterior cruciate ligament reconstruction. Accepted at the *2022 Osteoarthritis Research Society International World Congress on Osteoarthritis*. April 2022. Berlin, Germany.

77. **Baez SE**, Harkey MS, Birchmeier, Triplett A, Collins K, Kuenze CM. Psychological readiness and injury-related fear are associated with early knee osteoarthritis illness after ACL reconstruction. Accepted at *ACL Research Retreat IX: The Pediatric Athlete*. March 2022. High Point, NC.
78. Reiche ET\*, Collins KA, Genoese FM, Walaszek MC, Triplett AN, Harkey MS, Kuenze CM, **Baez SE**. Elevated injury-related fear is associated with greater knee abduction angle during jump-landing in individuals with ACL reconstruction. Accepted at *ACL Research Retreat IX: The Pediatric Athlete*. March 2022. High Point, NC.
79. Walaszek MW, Collins KA, Genoese FM, Reiche ET, Triplett AN, Harkey M, **Baez SE**, Kuenze C. Landing kinetics do not differ based on meniscal surgical interventions at the time of ACL reconstruction. *ACL Research Retreat IX: The Pediatric Athlete*. March 2022. High Point, NC.
80. Genoese FM\*, Walaszek MC, Collins KA, Reiche ET, Triplett AN, Harkey MS, Kuenze CH, **Baez SE**. Sex differences in lower extremity visuomotor reaction time in individuals with history of ACL reconstruction. *ACL Research Retreat IX: The Pediatric Athlete*. March 2022. High Point, NC.
81. Harkey MS, **Baez SE**, Genoese FM, Reiche E, Collins K, Walaszek M, Triplett A, Wilcox CL, Schorfhaar A, Shingles M, Joseph S, Kuenze C. Adolescent and adult participants differ in the change in the prevalence of early knee osteoarthritis symptoms after ACL reconstruction. *ACL Research Retreat IX: The Pediatric Athlete*. March 2022.
82. **Baez SE**, Kuenze C. Understanding patient perceptions: considering psychosocial barriers for patients with knee injury. *Pediatric Research in Sports Medicine Society Annual Meeting*. January 2022.
83. **Baez SE**, Genoese FM, Hoch MC, Hoch JM. Injury-related fear and knee pain in individuals with a history of anterior cruciate ligament reconstruction. *Association for Applied Sport Psychology Annual Symposium*. October 2021. Virtual Poster Presentation.
84. Genoese FM\*, DeFreese JD, Hoch MC, Hoch MJ, **Baez SE**. No sex differences in knee self-efficacy in patients after anterior cruciate ligament reconstruction. *Association for Applied Sport Psychology Annual Symposium*. October 2021. Virtual Oral Presentation.
85. **Baez SE**, Cormier MC. Defeating the stigma: Getting patient buy-in for psychological rehabilitation and mental health care. *National Athletic Trainers' Association Annual Meeting and Symposium*. June 2021. Virtual Forum Presentation.
86. **Baez SE**, Genoese-Strathe FM, Hoch MC, Hoch JM. History of sport-related concussion may negatively influence knee self-efficacy in individuals with a history of ACL Reconstruction. *National Athletic Trainers' Association Virtual Meeting and Symposium*. June 2021. Virtual Oral Presentation.
87. Genoese FM\*, Hoch MC, Hoch JM, **Baez SE**. Pain catastrophizing is associated with knee-related quality of life in individuals with a history of anterior cruciate ligament reconstruction. *National Athletic Trainers' Association Virtual Meeting and Symposium*. June 2021. Virtual Live Oral Presentation.
88. Hoch JM, **Baez SE**, Kleis RR, Dlugonski D, Hoch MC, Ireland ML. The clinical utility of multiple patient-reported outcomes in people with a history of ACL reconstruction. *National Athletic Trainers' Association Virtual Meeting and Symposium*. June 2021. Virtual Oral Presentation.

89. Kleis RR, **Baez SE**, Dlugonski D, Hoch MC, Ireland ML, Hoch JM. Test-retest reliability of clinician-based outcomes in individuals with history of ACL reconstruction. *National Athletic Trainers' Association Virtual Meeting and Symposium*. June 2021. Virtual Oral Presentation.
90. **Baez SE**. Your emotional brain: neuroplasticity, injury-related fear, and traumatic knee injury. *American College of Sports Medicine*. Virtual Conference. June 2021. Tutorial Lecture Series.
91. Zynda AJ, Covassin T, **Baez SE**. The influence of sport-related concussion history on self-reported and objective physical functioning following ACL reconstruction. *Sports Neuropsychology Society Symposium*. May 2021. Virtual Poster Presentation.
92. DeFreese JD, **Baez SE**. Examining profiles of collegiate athlete psychosocial factors and burnout and their associations with injury status and psychological well-being. *North American Society for the Psychology of Sport and Physical Activity Virtual Meeting*. May 2021. Virtual Poster Presentation.
93. DeFreese JD, **Baez SE**. Injury status and burnout in collegiate athletes. *APA Annual Convention Division 47 program*. Washington, DC. August 2020. Poster Presentation. Professional Poster Award Winner; Co-Author.
94. **Baez SE**, Cormier MC, Noehren BW, Hoch JM. Effectiveness of *in vivo* exposure therapy on decreasing injury-related fear in patients post ACL-reconstruction: an exploratory study. *National Athletic Trainers' Associate Annual Meeting and Symposium*. Atlanta, Georgia. June 2020. Virtual Poster Presentation.
95. Brinkman CA\*, **Baez SE**, Heebner NR, Hoch MC, Hoch JM. The reliability of an upper-extremity and lower-extremity visuomotor reaction time task using the FitLight Trainer. *National Athletic Trainers' Associate Annual Meeting and Symposium*. Atlanta, Georgia. June 2020. Virtual Poster Presentation; Co-Author.
96. Barchek AR, Johnson A, **Baez SE**, Dlugonski D, Hoch MC, Hoch JM. The relationship between injury-related fear and physical activity levels in patients with a history of anterior cruciate ligament reconstruction. *National Athletic Trainers' Associate Annual Meeting and Symposium*. Atlanta, Georgia. June 2020. Virtual Oral Presentation; Co-Author.
97. Genoese FM\*, Hoch JM, **Baez SE**. Iron deficiency anemia induced peripheral neuropathy in an adolescent athlete: a level 4 rare events CASE study. *National Athletic Trainers' Associate Annual Meeting and Symposium*. Atlanta, Georgia. June 2020. Virtual RapidFire Presentation; Primary Mentor and Co-Author.
98. **Baez SE**, DeFreese JD. Primary motor cortex activation and injury-related fear in patients after anterior cruciate ligament reconstruction. *North American Society for the Psychology of Sport and Physical Activity*. Virtual. June 2020. *J Sport Exerc Psychol*, Aug. 220, 42, S66.
99. **Baez SE**, DeFreese JD. Neuroplasticity, injury-related fear, and activities of daily living in females after anterior cruciate ligament reconstruction. *North American Society for the Psychology of Sport and Physical Activity*. Virtual. June 2020. *J Sport Exerc Psychol*, Aug. 220, 42, S66.
100. **Baez SE**, Andersen AH, Andreatta RD, Noehren BW, Gribble PA, Cormier MC, Hoch JM. Corticolimbic brain activation in patients after anterior cruciate ligament reconstruction. *Association for Applied Sport Psychology Annual Symposium*. Portland, Oregon. October 2019. Podium Presentation. AASP Research Travel Award Winner.

101. Genoese FM\*, **Baez SE**, Hoch MC, Heeber N, Hoch JM. The relationship between injury-related fear and visuomotor reaction time in individuals after anterior cruciate ligament reconstruction. *National Athletic Trainers' Association Annual Meeting and Symposium*. Las Vegas, Nevada, June 2019. Oral presentation. Master's Oral Award Winner; Doctoral Mentor and Co-Author.
102. **Baez SE**, Hoch MC, Hoch JM. Patient-based factors are associated with return to preinjury levels of sport and physical activity after ACL-Reconstruction. *Mid-Atlantic Athletic Trainers' Association Annual Meeting and Symposium*. Ocean City, Maryland, May 2019. Oral presentation.
103. **Baez SE**, Hoch MC, Hoch JM. Examination of physical activity levels and fear-avoidance beliefs in participants post-ACL reconstruction. *National Athletic Trainers' Associate Annual Meeting and Symposium*. New Orleans, Louisiana, June 2018. Oral presentation.
104. Hoch JM, Houston MN, **Baez SE**, Hoch MC. Fear-avoidance beliefs and health-related quality of life in post-ACL reconstruction and healthy athletes. *National Athletic Trainers' Associate Annual Meeting and Symposium*. New Orleans, Louisiana, June 2018. Oral presentation; Co-Author.
105. **Baez SE**, Allman AS, Cates SN, Lamborn L. From the lab to the clinic: Implementation of evidence based clinical outcome measures for ACL rehabilitation and return to sport. *National Athletic Trainers' Association Annual Meeting and Symposium*. New Orleans, Louisiana. June 2018. Learning Laboratory presentation.
106. **Baez SE**, Hoch JM, Cramer RJ, Houston MN, Hogan KK, Hoch MC. Differences in the modified disablement in the physically active scale in those with and without chronic ankle instability. 7<sup>th</sup> *International Ankle Symposium*. Chapel Hill, NC. September 2017. Poster presentation. *Brit J Sports Med*, Oct. 2017, 51(Suppl 1) A15.
107. Santiago GM, Pointer CE, **Baez SE\***, Clines S, Hartley E, Hoch JM. Differences in ankle function in post-ACL reconstruction subjects. 7<sup>th</sup> *International Ankle Symposium*. Chapel Hill, NC. September 2017. Poster presentation. *Brit J Sports Med*, Oct. 2017, 51(Suppl 1) A29. \*Presenting Author.
108. **Baez SE**, Howard JS, Mattacola CG, Gribble PA, Hoch JM. Effect of response shift on agreement between patient reported outcome measures and performance-based testing in knee patients. *National Athletic Trainers' Associate Annual Meeting and Symposium*. Houston, TX, June 2017. *J Athl Train*, July 2017, 52(6):S56. Oral presentation.
109. Smoot KM, **Baez SE\***, Hoch JM. Morel-lavalle lesion in a collegiate softball athlete. *National Athletic Trainers' Association Annual Meeting and Symposium*. Houston, TX, June 2017. RapidFire presentation. *J Athl Train*, July 2017, 52(6):S202. \*Presenting Author.
110. **Baez SE**, Howard JS, Smith B. Viral costochondritis in a female basketball athlete. *National Athletic Trainers' Association Annual Meeting and Symposium*. St Louis, MO June 2015. RapidFire presentation.

## Media Appearances/Interviews

### Podcast

1. **Baez SE**. *The Richard Watkins Podcast*. Psychology of sport injury. August 30, 2024.
2. **Baez SE**. *JAT Chat*. Integrating psychologically informed practice. November 27, 2023.

3. **Baez SE.** *JAT Chat*. Women scholars in ACL Research. March 29, 2021.

## Television

1. **Baez SE.** *WILX News 10* segment, interview. “Gymnastics and mental health”. July 27, 2021.
2. **Baez SE.** *PBS Science NC* segment. “Virtual Rehabilitation”. November 6, 2025.  
<https://www.pbs.org/video/walking-science-mlslu1/>

## Print

1. **Baez SE.** *UNC Research Endeavors*, “From Student to Scientist”. October 17, 2025.  
<https://research.unc.edu/story/from-student-to-scientist/>. Most read UNC research article in 2025-2026 academic year.
2. **Baez SE.** *UNC Research Endeavors*, “Virtual Rehabilitation”. March 21, 2024.  
<https://endeavors.unc.edu/virtual-rehabilitation/>
3. **Baez SE.** *Self Magazine*, Op-Ed Fitness and Mental Health, interview. “10 signs you really should take a rest day.” October 14, 2020.

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## Teaching

### University of North Carolina at Chapel Hill

#### Undergraduate Courses Taught

Exercise and Sport Science 581: Biopsychosocial Aspects of Athletic Injury (Spring 2024 [N=18], Spring 2025 [N=38], Spring 2026 [N=38])

Exercise and Sport Science 265: Foundations of Sports Medicine (Spring 2023 [N=40])

#### Courses Developed

Exercise and Sport Science 581: Biopsychosocial Aspects of Athletic Injury (Spring 2024)

### Michigan State University

#### Undergraduate Courses Taught

Kinesiology 424: Psychology of Injury (Fall 2019 [N=40], Fall 2020 [N=40])

Kinesiology 126: Introduction to Athletic Injury (Spring 2020 [N=39])

#### Graduate Courses Taught

Kinesiology 921: Biopsychosocial Aspects of Athletic Injury (Fall 2021 [N=12])

Kinesiology 838: General Medical Conditions in Athletic Training (Spring 2021 [N=3])

#### Courses Developed

Kinesiology 921: Biopsychosocial Aspects of Athletic Injury (Fall 2021)

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## Mentoring

### Junior Faculty Mentorship (N=1)

1. Ashley Gray, DAT, LAT, ATC – Assistant Professor in the Department of Athletic Training at Alvernia University. *National Athletic Trainers’ Association Mentor-Mentee Program*. July 2023 – July 2024.

**Postdoctoral Fellow Mentorship (N=2)**

1. Gannon Brochin, DC, MS - T32 Mentee – Fall 2024 – Spring 2026: UNC School of Medicine Research Fellowship in Complementary & Integrative Healthcare (NIH T32)
2. Hana Marmura, Ph.D., MPT – Summer 2024 – Fall 2026: Canadian Institutes of Health Research Fellowship Recipient – ACSM New Investigator Award Winner Spring 2026

**Doctoral Student Mentorship (N=17; \*Chair of Dissertation Committee)**

| <b><u>Doctoral Student</u></b> | <b><u>University</u></b> | <b><u>Program</u></b>   | <b><u>Year</u></b>        | <b><u>Thesis Title</u></b>                                                                                                | <b><u>1<sup>st</sup> Position Post Graduation</u></b>                                        |
|--------------------------------|--------------------------|-------------------------|---------------------------|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| Ellie Prinster*                | UNC-Chapel Hill          | Human Movement Sciences | Fall 2026 - Present       | TBD                                                                                                                       |                                                                                              |
| Leah Harris*                   | UNC-Chapel Hill          | Human Movement Sciences | Fall 2026 - Present       | TBD                                                                                                                       |                                                                                              |
| Joel Thompson                  | UNC-Chapel Hill          | Human Movement Sciences | Fall 2025 - Present       | TBD                                                                                                                       |                                                                                              |
| Jasper Mark                    | UNC-Chapel Hill          | Human Movement Sciences | Spring 2025 – Spring 2026 | Hierarchical organization and modulation of motor control                                                                 |                                                                                              |
| Alison Cruise*                 | UNC-Chapel Hill          | Human Movement Sciences | Fall 2024 - Present       | TBD                                                                                                                       |                                                                                              |
| Alex Nilius                    | UNC-Chapel Hill          | Human Movement Sciences | Spring 2024-Spring 2025   | Effects of a visual disruptive task on walking biomechanics in individuals with anterior cruciate ligament reconstruction | Postdoctoral Fellow at the University of Kentucky                                            |
| Ling Beisecker                 | UNC-Chapel Hill          | Human Movement Sciences | Spring 2023 – Spring 2025 | Physical activity and mental health among women transitioning into college                                                | Instructor in the Department of Health, Physical Education and Recreation at Duke University |
| Nikki Aitcheson-Huehn          | UNC-Chapel Hill          | Human Movement Sciences | Spring 2023-Spring 2024   | Evaluating the effect of physical and visual load on gaze behavior and performance in ice hockey                          | Biomechanics Intern with the Toronto Blue Jays                                               |

|                    |                           |                                                  |                           |                                                                                                                                                |                                                                        |
|--------------------|---------------------------|--------------------------------------------------|---------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| Caitlin Brinkman*  | UNC-Chapel Hill           | Human Movement Sciences                          | Fall 2022 – Spring 2025   | Characterizing sleep after anterior cruciate ligament reconstruction                                                                           | Postdoctoral Fellow at the University of North Carolina at Chapel Hill |
| Elaine Reiche      | UNC-Chapel Hill           | Human Movement Sciences                          | Fall 2021 – Fall 2024     | From fear to physical function: investigating cognitive-affective-motor responses after ACL reconstruction                                     | Kansas University Medical Center                                       |
| Megan Loftin       | Michigan State University | Kinesiology – Athletic Injury and Rehabilitation | Spring 2021 – Spring 2024 | Unmasking the impact: analyzing the role of athletic identity on concussion outcomes in collegiate athletes                                    | Postdoctoral Fellow at Walter Reed Army Institute of Research          |
| Mary Anne Walker   | Michigan State University | Kinesiology – Sport and Exercise Psychology      | Fall 2020 – Spring 2024   | Holistic life foundation: a program evaluation of a social emotional learning curricula enhancing wellness through self-regulation of the body | Senior International Research Specialist at Michigan State University  |
| Aaron Zynda        | Michigan State University | Kinesiology – Athletic Injury and Rehabilitation | Fall 2020 – Spring 2023   | The influence of sport-related concussion on sensorimotor skills in collegiate athletes                                                        | Postdoctoral Fellow at the University of Pittsburgh                    |
| Francesca Genoese* | Michigan State University | Kinesiology – Athletic Injury and Rehabilitation | Fall 2020 – Spring 2024   | Pain catastrophizing in individuals with anterior cruciate ligament reconstruction                                                             | Tenure-Track Assistant Professor at the University of Wyoming          |
| Katherine Bain     | University of Kentucky    | Rehabilitation Sciences                          | Fall 2020 – Fall 2021     | Neurophysiological and psychological characteristics of individuals with a history of lateral ankle sprain                                     | Assistant Professor at Shenandoah University                           |
| Ashley Suttmiller  | Old Dominion University   | Kinesiology and Rehabilitation                   | Spring 2020 – Spring 2021 | Injury-related fear in individuals with chronic ankle instability                                                                              | Research Assistant at Atlantic Orthopaedic Specialists                 |
| Thomas Birchmeier  | Michigan State University | Kinesiology – Athletic Injury and Rehabilitation | Fall 2019 – Spring 2021   | Change of direction and psychological response to injury as risk factors for second ACL injury                                                 | Postdoctoral Fellow at UNC-Chapel Hill                                 |

**Master Student and Professional Doctoral Student Membership (N=16; \*Chair of Thesis Committee)**

| <b><u>Master Student</u></b> | <b><u>University</u></b> | <b><u>Program</u></b>                          | <b><u>Year</u></b>        | <b><u>Thesis Title</u></b>                                                                                                                                         |
|------------------------------|--------------------------|------------------------------------------------|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Alejandra Sandoval*          | UNC-Chapel Hill          | Kinesiology                                    | Fall 2026 - Present       | TBD                                                                                                                                                                |
| Noelle Smith                 | UNC-Chapel Hill          | Post-Professional Masters in Athletic Training | Spring 2025 – Spring 2026 | Association among NIL markers and Division 1 athletes seeking healthcare                                                                                           |
| Nicholas Ostrowski           | UNC-Chapel Hill          | Post-Professional Masters in Athletic Training | Spring 2025 – Spring 2026 | Acceptability and feasibility of a 1-week graded exposure intervention on balance, visual-motor reaction time, and fear in patients with chronic ankle instability |
| Lauren Fisher                | UNC-Chapel Hill          | Post-Professional Masters in Athletic Training | Spring 2025 – Spring 2026 | 1-week graded exposure intervention on balance, visual moto reaction time and fear in patients with chronic ankle instability                                      |
| Juliette Levet-Bourtayre     | UNC-Chapel Hill          | Exercise Physiology                            | Spring 2024 – Spring 2025 | Can a smart ring improve sleep? Investigating the effect of a 4-week oura ring trial on sleep duration and quality                                                 |
| Rhyan Creighton*             | UNC-Chapel Hill          | Post-Professional Masters in Athletic Training | Fall 2023 – Spring 2025   | Examining social support and perceived stress in racial and/or ethnic minority athletes following ACL reconstruction                                               |
| Megna Mishra                 | UNC-Chapel Hill          | Doctor of Physical Therapy                     | Fall 2022 – Spring 2023   | Investigating kinesiophobia levels after primary and secondary ACL reconstruction                                                                                  |
| T'era Brown*                 | UNC-Chapel Hill          | Post-Professional Masters in Athletic Training | Fall 2022 – Spring 2024   | Examining differences in depression and anxiety between racial and ethnic minority athletes and white athletes following anterior cruciate ligament reconstruction |
| Alexis Richardson            | UNC-Chapel Hill          | Post-Professional Masters in                   | Fall 2022 – Spring 2024   | Exploring mental health and coping resources in college athletes: a pilot investigation comparing international and domestic student-athletes                      |

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|--------------------|---------------------------|------------------------------------------------|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                    |                           | Athletic Training                              |                           |                                                                                                                                                                    |
| Mikaela Thompson   | University of Kentucky    | Sport and Exercise Psychology                  | Spring 2022 – Spring 2022 | Comprehensive exam only                                                                                                                                            |
| Elizabeth Maheras* | Michigan State University | Professional Masters in Athletic Training      | Fall 2021 – Spring 2023   | Sex differences in trait mindfulness among individuals with anterior cruciate ligament reconstruction                                                              |
| Autumn Bennett*    | Michigan State University | Professional Masters in Athletic Training      | Fall 2021 – Spring 2023   | Examination of the relationship between coping skills and self-reported knee function in individuals with anterior cruciate ligament reconstruction                |
| Kayla Ford*        | Michigan State University | Sport and Exercise Psychology                  | Fall 2021 – Spring 2022   | Transferred after departure from MSU                                                                                                                               |
| Brandon DeSmyter*  | Michigan State University | Sport and Exercise Psychology                  | Fall 2021 – Spring 2022   | Transferred after departure from MSU                                                                                                                               |
| Kevin Lam*         | Michigan State University | Professional Athletic Training                 | Fall 2020 – Spring 2022   | Use of mindfulness meditation to reduce lower extremity injury risk: a critically appraised topic                                                                  |
| Megan Murray*      | Michigan State University | Sport and Exercise Psychology                  | Fall 2020 – Spring 2022   | Examining perceptions of motivation, athlete burnout, and injury-related fear in patients post-anterior cruciate ligament reconstruction                           |
| Myles Englis       | University of Kentucky    | Sport and Exercise Psychology                  | Spring 2020 – Spring 2021 | Helping the have-nots: examining the relationship between rehabilitation adherence and self-efficacy beliefs in injured NAIA and NCAA DII and DIII female athletes |
| Aaron Clifton*     | Michigan State University | Post-Professional Masters in Athletic Training | Fall 2020 – Spring 2021   | The relationship between psychological readiness to return to sport and secondary ACL injury: a critically appraised topic                                         |
| Caitlin Brinkman   | University of Kentucky    | Post-Professional Masters in Athletic Training | Fall 2018 – Spring 2020   | The reliability of an upper-and-lower extremity visuomotor reaction time task                                                                                      |

|                   |                        |                                                |                         |                                                                                                                                                      |
|-------------------|------------------------|------------------------------------------------|-------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| Francesca Genoese | University of Kentucky | Post-Professional Masters in Athletic Training | Fall 2017 – Spring 2019 | The relationship between injury-related fear and visuomotor reaction time in individuals with a history of anterior cruciate ligament reconstruction |
|-------------------|------------------------|------------------------------------------------|-------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|

### **Undergraduate Student Thesis Mentorship (N=1; \*Chair of Thesis Committee)**

| <b><u>Undergraduate Student</u></b> | <b><u>University</u></b> | <b><u>Program</u></b>      | <b><u>Year</u></b>      | <b><u>Thesis Title</u></b>                                                                                                                                            |
|-------------------------------------|--------------------------|----------------------------|-------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Zoe Wade*                           | UNC-Chapel Hill          | Exercise and Sport Science | Fall 2025-Spring 2026   | The influence of resilience and social support on measures of physical readiness to return to sport and kinesiophobia after anterior cruciate ligament reconstruction |
| Morayo Abey-Bada*                   | Duke University          | Neuroscience               | Fall 2023 – Spring 2025 | Trait mindfulness and neuroplasticity in individuals with anterior cruciate ligament reconstruction                                                                   |
| Sara Axtell                         | UNC-Chapel Hill          | Exercise and Sport Science | Fall 2023 – Spring 2024 | The association of note-taking methods with perceived hand fatigue and note-taking rationale                                                                          |

## **Funding Activities**

### **External Grants (Submitted):**

1. Source: National Institute of Health Clinical Trial Implementation Cooperative Agreement (UG3/UH3)  
Title: A Virtual Reality-Based Neuromuscular Training Trial Targeting Neuromechanical Impairment to Reduce Lower Extremity Injury Risk in vulnerable Adolescent Athletes  
Co-PI: David Howell and Greg Myer  
Role: Co-I  
Period: 01/2027 – 6/2033
2. Source: National Institute of Health Research Project Grant Program (R01)  
Title: Examining injury-related fear as a predictor of physical activity, persistent knee symptoms, and cardiometabolic outcomes after ACL reconstruction  
PI: Shelby Baez  
Effort: 3.0 Calendar Months  
Period: 2027-2032  
Amount: \$3,906,237 (Total)  
Description: The objective of this proposal is to characterize whether injury-related fear impacts physical activity levels, body composition, knee symptoms, and cardiometabolic health after ACLR.

### **External Grants (Funded):**

1. Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIH-NIAMS) Small Grant Program (R03) – 1R03AR085215  
Title: Characterizing injury-related fear in patients after anterior cruciate ligament reconstruction  
PI: Shelby Baez

Effort: 0.0 Calendar Months

Period: 08/28/25-08/27/27

Amount: \$165,527 (Total)

Description: The objective of this proposal is to characterize fear of movement, fear of reinjury, and fear-avoidance beliefs, quantitatively and qualitatively, throughout the recovery process in patients who undergo ACL reconstruction.

2. Source: Association for Applied Sport Psychology

Title: Mind on the mission: exploring attentional control, resilience, and psychological readiness in ROTC Cadets

PI: Alison Cruise

Role: Faculty Advisor

Effort: 0.0 Calendar Months

Period: 07/30/2025 to 07/30/2026

Amount: \$2,000 (Total)

Description: The objective of this proposal is to examine the relationships between attentional control and resilience as a means to define psychological readiness in ROTC cadets.

3. Source: Canadian Institutes of Health Research Fellowship Awards

Title: Going F.A.R. with VR: A Randomized Clinical Trial to Assess Female Athlete Readiness to Return to Sport Following Anterior Cruciate Ligament Reconstruction using Virtual Reality Mindfulness Meditation

PI: Hana Marmura

Role: Sponsor

Period: 04/01/2025 – 03/31/2028

Amount: \$225,000 CAD

Description: The objective of this proposal is to understand the influence of a virtual reality mindfulness meditation intervention on psychological readiness (emotions, confidence in performance, and risk appraisal) to return to activity following ACL reconstruction in females.

4. Source: National Athletic Trainers' Association Research & Education Foundation Doctoral Student Grant

Title: Characterizing sleep, kinesiophobia, and reinjury anxiety after ACL reconstruction

PI: Caitlin Brinkman

Role: Faculty Advisor

Effort: 0.0 Calendar Months

Period: 08/01/2024-07/31/2025

Amount: \$2409 (Total)

Description: The objective of this proposal is to characterize and examine the associations between sleep, kinesiophobia, and reinjury anxiety in individuals 1- to 3-months after ACL reconstruction through a longitudinal, observational design.

5. Source: National Athletic Trainers' Association Research & Education Foundation Doctoral Student Grant

Title: Biopsychosocial assessments of kinesiophobia and functional outcomes post-ACL reconstruction

PI: Elaine Reiche

Role: Faculty Advisor

Effort: 0.0 Calendar Months

Period: 07/01/2024-05/31/2025

Amount: \$2500 (Total)

Description: The objective of this proposal is to characterize the association between kinesiophobia and physical function at 6-months after ACLR to inform clinical decision-making and mitigate secondary ACL injury risk.

6. Source: Pennsylvania Athletic Trainers' Society  
Title: Concussion mental health screening practices in collegiate athletics  
PI: Erica Beidler  
Role: Co-I  
Effort: 0.0 Calendar Months  
Period: 6/01/24-5/01/25  
Amount: \$3,000 (Total)  
Description: The objective of this proposal is to characterize the types and administration of mental health screening practices related to concussion management at NCAA and NAIA institutions.
7. Source: Association for Applied Sport Psychology  
Title: Don't sleep on getting sleep: Characterizing sleep in patients after ACL reconstruction  
PI: Caitlin Brinkman  
Role: Faculty Advisor  
Effort: 0.0 Calendar Months  
Period: 07/30/2023 to 07/30/2024  
Amount: \$2,454 (Total)  
Description: The objective of this proposal is quantitatively and qualitatively characterize sleep and to identify the association between sleep quality and mental health symptoms in patients after ACL reconstruction.
8. Source: National Athletic Trainers Association Research & Education Foundation  
Title: The GEMM Trial: Graded Exposure and Mindfulness Meditation for Patients Post ACL-Reconstruction (Grant #2223GP01)  
PI: Shelby Baez  
Effort: 0.60 Calendar Months  
Period: 08/01/2023 to 07/31/2026  
Amount: \$52,055.04 (Total)  
Description: The objective of this proposal is to determine the efficacy of Graded Exposure Therapy and Mobile Mindfulness Meditation to decrease kinesiophobia and reinjury anxiety and improve lower extremity reaction time after ACL reconstruction.
9. Source: Mid-Atlantic Athletic Trainers Association  
Title: Examination of Perceptual-Motor Function in Individuals after ACL Reconstruction  
PI: Elaine Reiche  
Role: Faculty Advisor  
Effort: 0.0 Calendar Months  
Period: 11/8/2022 to 11/7/2023  
Amount: \$600  
Description: The objective of this proposal is to examine differences in perceptual functioning between individuals with history of ACL reconstruction and healthy controls.
10. Source: Great Lakes Athletic Trainers' Association  
Title: The Effect of Immersive Visual and Auditory Distraction on Lower Extremity Visuomotor Reaction Time and Jump-Landing Biomechanics in Individuals with Anterior Cruciate Ligament Reconstruction  
PI: Francesca Genoese

Role: Co-Faculty Advisor  
Effort: 0.0 Calendar Months  
Period: 10/01/2022-09/30/2023  
Amount: \$1376

Description: The objective of this proposal is to examine how virtual immersive settings that induce distractive states influence reaction time and biomechanics in individuals after ACL reconstruction.

11. Source: Michigan Athletic Trainers' Society

Title: The association of injury-related fear, self-reported knee function, and lower extremity reaction time in patients after ACL reconstruction.

PI: Francesca Genoese

Role: Faculty Advisor

Effort: 0.0 Calendar Months

Period: 01/01/2021– 12/31/2022

Amount: \$500

Description: The objective of this proposal is to examine the relationships between injury-related fear, self-reported knee function, and lower extremity reaction time in patients after ACL reconstruction.

12. Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIH-NIAMS) Parent K23 Career Development Award (1K23AR079056)

Title: Virtual reality mindfulness meditation in patients after anterior cruciate ligament reconstruction.

PI: Shelby Baez

Effort: 9.72 Calendar Months

Period: 06/05/2021 to 05/31/2026

Amount: \$678, 822 (Total)

Description: The objective of this proposal is to provide protected time for the career development of Dr. Baez and to examine the feasibility and preliminary efficacy of virtual reality mindfulness meditation to decrease injury-related fear, improve jump-landing biomechanics, and alter brain activity in women 9 to 12 months after ACL reconstruction.

13. Source: Great Lakes Athletic Trainers Association

Title: Keeping the Mind in Mind: Use of virtual reality mindfulness meditation to improve outcomes in patients after ACL reconstruction

PI: Shelby Baez

Effort: 0.0 Calendar Months

Period: 11/1/2020 to 10/31/2022 (NCE)

Amount: \$5, 926 (Total)

Description: The objective of this proposal is to examine the preliminary efficacy of virtual reality mindfulness meditation to decrease injury-related fear and improve lower extremity reaction time in patients 9 to 12 months after ACL reconstruction.

14. Source: National Athletic Trainers Association Doctoral Research Grant

Title: Implementation of *in vivo* exposure therapy to decrease fear in females after ACL-reconstruction: a pilot study.

PI: Shelby Baez

Effort: 0.0 Calendar Months

Period: 08/1/2018 to 07/31/2019

Amount: \$2, 488 (Total)

Description: The objective of this proposal is to examine the efficacy of *in vivo* exposure therapy to decrease injury-related fear in women at least 1-year after ACL reconstruction.

15. Source: Mid-Atlantic Athletic Trainers' Association Doctoral Research Grant.  
 Title: Examination of physical activity, patient-based and functional outcomes after ACL reconstruction.  
 PI: Shelby Baez  
 Effort: 0.0 Calendar Months  
 Period: 10/1/2016 to 09/30/2018 (NCE)  
 Amount: \$620 (Total)  
 Description: The objective of this proposal is to identify whether a combination of patient-based and functional outcomes are predictive of physical activity and return to sport after ACL reconstruction.
16. Source: National Athletic Trainer's Association Foundation Master Student Grant.  
 Title: Use of response shift to improve agreement between patient-reported outcome measures and performance-based testing in knee patients.  
 PI: Shelby Baez  
 Effort: 0.0 Calendar Months  
 Period: 08/1/2015 to 07/31/2016  
 Amount: \$1000 (Total)  
 Description: The objective of this proposal is to identify whether a response theory-based intervention would improve the agreement between patient-reported outcomes and performance-based measures in patients with knee injuries.

#### **External Grants (Not Funded):**

1. Source: National Institute of Health Exploratory Clinical Trial Grant (NIH R61)  
 Title: Mind in Motion: Using Mindfulness and Physical Activity Promotion to Improve Outcomes in Patients after Anterior Cruciate Ligament Reconstruction  
 PI: Christopher Kuenze  
 Role: Co-I  
 Period: 09/2026 – 08/2029  
 Amount: \$970,499 (Total)  
 Description: The objective of this proposal is to test the feasibility and preliminary efficacy of Mind in Motion, a phone application that combines physical activity and mindfulness, to decrease injury-related fear and improve physical activity engagement in patients after ACLR.
2. Source: National Institute of Health Pathway to Independence Award (K99/R00)  
 Title: Mindful Physical Activity to Improve Outcomes for Individuals with Patellofemoral Pain  
 PI: Hana Marmura  
 Role: Primary Mentor  
 Period: 07/2026 – 06/2031  
 Amount: \$930,667 (Total)  
 Description: The objective of this proposal is to develop and test a mindful physical activity intervention to reduce injury-related fear, reduce anterior knee pain, and increase cadence in individuals with patellofemoral pain.
3. Source: American College of Sports Medicine  
 Title: Fit to Focus: Exploring the Role of Physical Activity on Resilience and Psychological Readiness in Military Personnel  
 PI: Alison Cruise  
 Role: Faculty Advisor  
 Period: 07/01/2026-06/30/2027  
 Amount: \$5,000 (Total)

Description: The objective of this proposal is to examine relationships between physical activity engagement, resilience, and symptoms of mental health concerns, and to identify military personnel perceptions of physical activity engagement for improving physical and psychological readiness.

4. Source: National Institute of Health Research Project Grant Program (R01)  
Title: The peripheral motor repertoire as a neuromuscular constraint that precipitates community-based falls  
Co-PI: Franz and Allen  
Role: Co-I  
Effort: 0.5 Calendar Months  
Period: 2025-2030  
Amount: \$3,700,000 (Total)  
Scored: 15%  
Description: The objective of this proposal is to identify whether older adults with reduce peripheral motor repertoire exhibit more walking-related instability in response to balance perturbations.
5. Source: National Institute of Health Research Project Grant Program (R21)  
Title: Promoting joint health with wearable real-time gait biofeedback in patients with mild knee osteoarthritis  
PI: Pietrosimone  
Role: Co-I  
Effort: 0.25 Calendar Months  
Period: 2025-2028  
Amount: \$3,700,000 (Total)  
Description: The objective of this proposal is to identify the preliminary effects of low dosage, high dosage, and sham real time gait biofeedback on clinical outcomes in individuals with knee osteoarthritis.
6. Source: National Institute of Health Research Project Grant Program (R01)  
Title: Characterizing Injury-Related Fear and Reinjury Anxiety  
PI: Joe Hart  
Role: Co-I  
Effort: 0.6 Calendar Months  
Period: 2025-2030  
Amount: \$738,625 (Total)  
Description: The objective of this proposal is to characterize how injury-related fear and reinjury anxiety are associated with pertinent clinical outcomes in patients after ACL reconstruction.
7. Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIH-NIAMS) Ruth L. Kirschstein National Research Service Award (F31-Diversity)  
Title: Predicting clinical outcomes using psychophysiological assessments after ACL reconstruction  
PI: Elaine Reiche  
Role: Sponsor  
Effort: 0.0 Calendar Months  
Period: 07/01/2024-05/31/2026  
Amount: \$85,113 (Total)  
Description: The objective of this proposal is to assess psychophysiological responses via electroencephalogram in individuals 3-months after ACLR and to identify whether these responses are predictive of jump-landing biomechanics, perceptual-motor function, and kinesiophobia at 6-months post-ACLR.

8. Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIH-NIAMS) Ruth L. Kirschstein National Research Service Award (F31)  
Title: Characterizing sleep and mental health after ACL reconstruction  
PI: Caitlin Brinkman  
Role: Sponsor  
Effort: 0.0 Calendar Months  
Period: 07/01/2024-06/30/2026  
Amount: \$87,345 (Total)  
Description: The objective of this proposal is to characterize sleep behaviors and mental health symptoms, quantitatively and qualitatively, through a longitudinal, observational, mixed-methods design and to determine the predictive capabilities of sleep and mental health symptoms on knee function in individuals after ACL reconstruction.
9. Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIH-NIAMS) Exploratory Clinical Trial Grant (R21)  
Title: Graded exposure and mindfulness meditation after anterior cruciate ligament reconstruction  
PI: Shelby Baez  
Role: Sponsor  
Effort: 3.6 Calendar Months  
Period: 01/15/2024– 01/14/2027  
Amount: \$543,235 (Total)  
Description: The objective of this proposal is to examine whether graded exposure and mindfulness meditation can decrease injury-related fear and improve self-reported knee function and jump-landing biomechanics in individuals after ACL reconstruction.
10. Source: National Athletic Trainers Association Research & Education Foundation  
Title: Mobile-Application Delivered Mindfulness Meditation (Mobile MM) for patients post-ACL reconstruction.  
PI: Shelby Baez  
Effort: 0.60 Calendar Months  
Period: 08/01/2022 to 07/31/2025  
Amount: \$56, 772 (Total)  
Description: The objective of this proposal is to determine the efficacy of Mobile Mindfulness Meditation to decrease kinesiphobia and improve reaction time after ACL reconstruction.
11. Source: Great Lakes Athletic Trainers Association Professional Grant  
Title: The effects of extended rehabilitation with social support on clinical outcomes after ACL reconstruction.  
PI: Christopher Kuenze  
Role: Co-I  
Effort: 0.0 Calendar Months  
Amount: \$6,000 (Total)  
Description: The objective of this proposal is to examine whether extended rehabilitation with social support could improve outcomes in women after ACL reconstruction.
12. Source: Association for Applied Sport Psychology  
Title: The influence of motivation on injury-related fear and athlete burnout in patients post-anterior cruciate ligament reconstruction.  
PI: Megan Murray  
Role: Faculty Advisor  
Effort: 0.0 Calendar Months

Amount: \$2,009.99 (Total)

Description: The objective of this proposal is to examine the influence of motivation on injury-related fear and athlete burnout in patients after ACL reconstruction.

13. Source: National Athletic Trainers Association New Investigators Grant.

Title: Virtual reality mindfulness meditation and sensorimotor brain function in patients post-ACL Reconstruction.

PI: Shelby Baez

Effort: 0.60 Calendar Months

Amount: \$23,000 (Total)

Description: The objective of this proposal is to examine the preliminary efficacy of virtual reality mindfulness meditation to decrease injury-related fear and improve sensorimotor brain function in patients post-ACL reconstruction.

14. Source: National Institute of Arthritis Musculoskeletal and Skin Disease Ruth L. Kirschstein National Research Service Award Individual Predoctoral Fellowship to Promote Diversity in Health-Related Research

Title: Neural mechanisms of fear in patients after anterior cruciate ligament reconstruction.

PI: Shelby Baez

Effort: 9.00 Calendar Months

Amount: \$82, 588 (Total)

Description: The objective of this proposal is to provide protected time for the training of Shelby Baez, to examine differences in brain activity in emotional regulation centers in patients after ACL reconstruction, and to examine the efficacy of in vivo exposure therapy to decrease injury-related fear after ACLR.

15. Source: American College of Sports Medicine Doctoral Research Grant

Title: Neuroplasticity, neurocognitive functioning, and biopsychosocial impairments after ACL reconstruction: a case control study

PI: Shelby Baez

Effort: 0.00 Calendar Months

Amount: \$4987.50 (Total)

Description: The objective of this proposal is to examine differences in brain activity between women with history of ACL reconstruction compared to women without history of ACL reconstruction.

**Internal Grants (Submitted):**

1. Source: UNC Idea Grant

Title: The influence of injury-related fear on clinical outcomes in patients with chronic ankle instability.

PI: Shelby Baez

Period: 08/01/2025-07/31/2026.

Effort: 0.00 Calendar Months

Amount: \$24,298 (Total)

Description: To identify the association between injury-related fear, patient-based outcomes, performance-based outcomes, and physical activity levels in patients with chronic ankle instability.

**Internal Grants (Funded):**

1. Source: UNC Chapel Hill Junior Faculty Development Award

Title: Predictors of Injury-Related Fear in Patients after ACL Reconstruction

- PI: Shelby Baez  
 Period: 01/01/2023-12/31/2023.  
 Effort: 0.00 Calendar Months  
 Amount: \$10,000 (Total)  
 Description: To identify the biological, psychological, and social predictors of injury-related fear in patients after ACL reconstruction
2. Source: NC TraCS Clinical & Translational Science Pilot Grant Program  
 Title: Feasibility and validity of smart ring technology to reduce barriers for assessment of physical and mental health and well-being  
 Co-PI: Shelby Baez (Co-PI: Malia Blue)  
 Effort: 0 Calendar Months  
 Period: 04/03/2023 to 04/02/2024  
 Amount: \$48, 628 (Total)  
 Description: The objective of this proposal is to examine the feasibility, acceptability, and validity of the Oura Ring to measure physical activity in recreationally active adults.
  3. Source: Michigan State University College of Education Seed Grant Program.  
 Title: Neural processing and injury-related fear in patients after anterior cruciate ligament reconstruction.  
 PI: Shelby Baez  
 Period: 01/01/2020 to 12/31/2021 (NCE)  
 Effort: 0.00 Calendar Months  
 Amount: \$2,800 (Total)  
 Description: The objective of this proposal is to examine differences in electrocortical activity between women with history of ACL reconstruction compared to women without history of ACL reconstruction.
  4. Source: University of Kentucky Division of Athletic Training Project Funds  
 Title: The relationship between fear-avoidance beliefs, neurocognitive reaction time, and visuomotor reaction time in patients post-anterior cruciate ligament reconstruction.  
 PI: Francesca Genoese  
 Role: Co-I  
 Period: 06/30/2018 to 05/31/2019  
 Effort: 0.00 Calendar Months  
 Amount: \$367.60 (Total)  
 Description: The objective of this proposal is to examine the relationship between injury-related fear and visuomotor reaction time in patients after ACL Reconstruction
  5. Source: University of Kentucky Graduate School Pilot Funds Grant.  
 Title: Neuroplasticity and biopsychosocial impairments after anterior cruciate ligament reconstruction: a pilot study  
 PI: Shelby Baez  
 Period: 01/01/2018 to 12/31/2018  
 Effort: 0.00 Calendar Months  
 Amount: \$367.60 (Total)  
 Description: The objective of this proposal is to attain preliminary data examining the differences in brain activity between women with history of ACL reconstruction compared to women without history of ACL reconstruction.

#### **Internal Grants (Not Funded):**

1. Source: Innovate Carolina Translating Innovative Ideas for Public Good Award  
 Title: ACL REACT: Assessing Crucial Lifestyle & Recovery Elements via a Patient Report Card to Educate, Adapt, and Coordinate Treatment after ACL Reconstruction.  
 Co-PI: Shelby Baez  
 Period: 06/01/2025-05/31/2026.  
 Effort: 0.00 Calendar Months  
 Amount: \$50,000 (Total)  
 Description: To create an upgraded patient report card that includes lifestyle, psychosocial, and symptom-related outcomes for patients after ACL reconstruction.
  
2. Source: College of Arts and Sciences Seed Funding  
 Title: Mindful Miles: Assessing the Feasibility, Acceptability, and Impact of an In Situ Mindful Running Intervention for Runners with Patellofemoral Pain  
 Co-PI: Shelby Baez  
 Period: 07/01/2025-06/30/2026  
 Effort: 0.00 Calendar Months  
 Amount: \$25,000 (Total)  
 Description: To identify whether a mindful running intervention can improve knee pain in runners with patellofemoral pain.
  
3. Source: UNC Chapel Hill Junior Faculty Development Award  
 Title: Mobile mindfulness meditation for patients after traumatic knee injury  
 PI: Shelby Baez  
 Period: 01/01/2023-12/31/2023.  
 Effort: 0.00 Calendar Months  
 Amount: \$9929 (Total)  
 Description: The objective of this proposal is to examine the feasibility and preliminary efficacy of mobile mindfulness meditation to reduce injury-related fear and improve reaction time in patients between 6- to 12-months after ACL reconstruction.

### **Grants in Support of Research Mentorship**

1. Source: University of North Carolina at Chapel Hill Summer Undergraduate Research Fellowship  
 PI: Mia Laws  
 Role: Faculty Advisor  
 Period: 06/01/2025 to 07/31/2025  
 Effort: 0.00 Calendar Months  
 Amount: \$4,000 (Total)
  
2. Source: Michigan State University Summer Research Fellowship  
 PI: Francesca Genoese  
 Role: Faculty Advisor  
 Period: 05/31/2022 to 08/30/2022  
 Effort: 0.00 Calendar Months  
 Amount: \$6,000 (Total)
  
3. Source: Michigan State University Summer Research Development Fellowship  
 PI: Francesca Genoese  
 Role: Faculty Advisor  
 Period: 05/31/2021 to 08/30/2021  
 Effort: 0.00 Calendar Months

Amount: \$6,000 (Total)

4. Source: Michigan State University Summer Research Fellowship  
PI: Aaron Zynda  
Role: Co-Faculty Advisor  
Period: 05/31/2021 to 08/30/2021  
Effort: 0.00 Calendar Months  
Amount: \$6,000 (Total)
5. Source: Michigan State University Summer Research Development Fellowship  
PI: Aaron Zynda  
Role: Co-Faculty Advisor  
Period: 05/31/2020 to 08/30/2020  
Effort: 0.00 Calendar Months  
Amount: \$5,000 (Total)

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## **Professional Service**

### **National Service**

#### **Sport Injury Psychology Consulting**

1. New York Liberty, Women's National Basketball Association (Spring 2025 – Present)

### **Journal Editor**

1. Assistant Digital Content Editor, Journal of Athletic Training (Spring 2025 – Present)
2. Guest Editor. International Journal of Environmental Research and Public Health. *Mental Health in Sport Injury and Rehabilitation Special Issue*. (Summer 2024-Summer 2026)
3. Associate Editor. Journal of Sport Rehabilitation (Spring 2024 – Present)
4. Associate Editor. International Journal of Athletic Therapy and Training (Fall 2020 – Summer 2024)

### **Grant Reviewer**

1. Academy of Orthopaedic Physical Therapy Small Grants Program (Spring 2024)

### **Editorial Board Member**

1. Journal of Athletic Training (Spring 2022 – Present)
2. Journal of Sports Rehabilitation (Fall 2021 – Present)
3. Injury Prevention and Rehabilitation – Frontiers in Sports and Active Living (Spring 2021 – Present)
4. Journal of Clinical Sport Psychology (Fall 2020 – Present)

### **Manuscript Reviewer**

1. Journal of Orthopaedics and Sports Physical Therapy (Summer 2023 – Present)
2. Medicine & Science in Sport & Exercise (Fall 2020 – Present)

3. Journal of Science and Medicine in Sport (Spring 2020 – Present)
4. Sports Health (Spring 2020 – Present)
5. Sports Medicine (Fall 2019 – Present)
5. Physiotherapy Theory and Practice (Fall 2019 – Present)
6. Journal of Sports Rehabilitation (Fall 2017- Present)
7. International Journal of Athletic Therapy and Training (Fall 2017- Present)

### **Journal Social Media**

1. Co-Host of JAT Chat for the Journal of Athletic Training (Fall 2021 – Present)

### **Convention Program Reviewer**

1. Southeast American College of Sports Medicine Abstract Reviewer (Fall 2025 – Present)
2. Association for Applied Sport Psychology Convention Proposal Review (Spring 2020 – Present)
3. Great Lakes Athletic Trainers' Association Convention Proposal Reviewer (Fall 2019 – Fall 2021)
4. National Athletic Trainers' Association Convention Proposal Reviewer (Fall 2018 – Present)

### **Conference Moderator**

1. Pediatric Research in Sports Medicine Program Moderator (Spring 2024 – Present)
2. NATA Free Communications Program Moderator (Summer 2022 – Present)
3. ACL Research Retreat Moderator (Spring 2022)

### **National Committees**

1. ACSM ACCESS Committee, (Summer 2025-Present)
2. United States Olympic & Paralympic Committee Psychology of Injury Working Group, (Spring 2025)
3. NATA Journals Advisory Task Force, (Summer 2024 – Present)
4. NATA Research and Education Foundation Research Committee, (Summer 2024 – Present)
5. ACL Reconstruction Rehabilitation Outcomes Workgroup, Steering Committee (Spring 2024 – Spring 2026)
6. AASP Sport Injury Special Interest Group, (Fall 2022 – Present)
7. ATOAC Promotion Working Group, (Summer 2022)

### **Departmental and University Service**

1. EXSS Graduate Education Committee, (Fall 2024-Spring 2025)
2. EXSS Black, Indigenous, and People of Color (BIPOC) Organization, Co-Faculty Advisor (Spring 2024)
3. EXSS Sport Psychology TAP Faculty Search Committee Member (Spring 2024 – Spring 2025)

4. EXSS Sports Administration Faculty Search Committee Member (Fall 2023 – Spring 2024)
5. Queen In You - Faculty Advisor (Fall 2023 – Present)
6. EXSS Scholarly Seminar Series Coordinator (Spring 2023 – Spring 2024)
7. UNC Sports Medicine Institute Annual Conference Planning Committee – Member (Spring 2023 – Fall 2024)
8. UNC Sports Medicine Institute Women’s Health Initiative – Member (Fall 2022 – Present)
9. HMSC Cultural Shift Committee – Member (Fall 2022 – Fall 2023)
10. Michigan State Athletic Training Faculty Search Committee Member (Spring 2022)
11. Director, College of Education Early Success Scholars Kinesiology Programming (Summer 2021-Summer 2022)
12. Michigan State Powerlifting Club, Faculty Advisor (Fall 2021 – Spring 2022)
13. Faculty Equity and Inclusion Committee (Fall 2021 – Spring 2022)
14. Guest lecture to Kinesiology Graduate Student Organization (KGSO) on Research and Diversity Statements (Spring 2020)
15. Deb Feltz Endowment Lecture Series on Sport, Exercise, and Human Movement Science in Africa Committee Member (Spring 2020 – Spring 2022)
16. Michigan State Athletic Training Faculty Search Committee Member (Fall 2019-Spring 2020)
17. Graduate Studies Committee Member (Fall 2019 – Spring 2021)

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## **Certifications**

1. Michigan Licensed Athletic Trainer (2601002350), December 2019 – December 2023.
2. Kentucky Licensed Athletic Trainer (AT 1155), June 2014 – June 2019.
3. North Carolina Licensed Athletic Trainer (2273), June 2013 – Present.
4. BOC Certification (2000012765), May 2013 – Present. NPI: 1326588286
5. American Red Cross: CPR/AED for Professional Rescuers and Health Care Providers, May 2010 – Present.

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## **Memberships**

1. North American Society for the Psychology of Sport and Physical Activity, January 2020 – Present: *Member*
2. Great Lakes Athletic Trainers’ Association, July 2019 – July 2022: *Member*
3. Association for Applied Sports Psychology, February 2018 – Present: *Member*.
4. American College of Sports Medicine, November 2017 – Present: *Member*.
5. Kentucky Athletic Trainers’ Society, August -2017 – June 2019. *Member*
6. Graduate Athletic Trainers’ Association: University of Kentucky, August 2015 – May 2016: *President*.
7. Mid-Atlantic Athletic Trainer’s Association, January 2011 – Present: *Member*.
8. National Athletic Trainers’ Association, January 2011 - Present (42504): *Member*.