

CURRICULUM VITA

Shelby Elyse Baez, Ph.D., ATC

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University of North Carolina at Chapel Hill
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CV Updated: November 2024

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

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

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

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.

Publications

Peer-Reviewed Manuscripts - (N= 53; *indicates student mentorship)

1. 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*. Accepted 10/16/2024.
2. 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*. Accepted 10/9/2024.
3. 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*. Accepted 9/2/2024.
4. 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*. Accepted 8/19/2024.
5. 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*. Accepted 7/1/2024.
6. 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*. Accepted 5/6/2024.
7. 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*. Accepted 4/9/2024.
8. 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*. Accepted 4/4/2024.
9. Brinkman CA*, Reiche E, **Baez SE**. Athletic trainer's perceptions of implementing psychological strategies for patient management: a systematic review. *J Athl Train*. Accepted 3/19/2024.
10. 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.
11. 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*. Accepted 2/2/2024.
12. 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*. Accepted 1/8/2024.
13. **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.

14. 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.
15. 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.
16. **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.
17. **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.
18. 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.
19. **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.
20. 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;23:291-298.
21. 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.
22. 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.
23. 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.
24. 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.
25. **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.
26. 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.

27. 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.
28. 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
29. 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.
30. Suttmiller 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.
31. 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.
32. 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.
33. **Baez SE**, Andersen A, Andreatta R, Cormier M, Gribble P, Hoch JM. Authors' Response. *J Athl Train*. 2021;56(10):1156-1158.
34. **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.
35. 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.
36. **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)
37. 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.
38. 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.
39. 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.
40. **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.

41. **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.
42. **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.
43. 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.
44. 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.
45. 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.
46. 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 Oct;24(5):198-201.
47. 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.
48. **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.
49. 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.
50. 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.
51. **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.
52. 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.
53. **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= 13; *indicates student mentorship)

1. 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. *Am J Sports Medicine*. In Review.
2. 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*. In Review.

3. Suttmiller A, Cavallario JM, **Baez SE**, McCann R. Understanding injury-related fear in individuals with chronic ankle instability: a qualitative approach. *Qual Res Sport Exerc Health*. In Review.
4. Hoch JM, Kleis R, Hoch MC, Dlugonski DM, **Baez SE**. The clinical utility of multiple patient-reported and clinician-based outcomes in people with a history of ACL reconstruction. *J Sport Rehabil*. In Review.
5. 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*. In Review.
6. 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. *J Orthop Sport Phys Ther*. In Review.
7. Collins K, Lisee C, **Baez SE**, Harkey M, Pfeiffer KA, Goss DD, Kuenze C. Step counts and cadence among adolescents reporting elevated and acceptable kinesiophobia 6-9 months following ACL reconstruction. *J Athl Train*. In Review.
8. Reiche ET*, Shick MC, DelBionda GM, **Baez SE**, Spang JT. Kinesiophobia in patients with a history of ACL reconstruction: a clinical review. *Sports Medicine*. In Review.
9. Collins K, Harkey M, **Baez SE**, Lisee C, Birchmeier T, Triplett A, Joseph S, McGuire T, Kuenze C. Adolescents Demonstrate Greater Vertical Ground Reaction Force Symmetry Indices and Loading Rates During Early Stance Compared to Adults 6 Months after ACL Reconstruction. *Gait and Posture*. In Review.
10. **Baez SE**, Reiche ET, Genoese FM, Walaszek MC, Collins KA, Triplett AN, Harkey MS, Kuenze CM. Adolescents and adults experience a different psychological response to injury after ACL reconstruction. *Phys Ther Sport*. In Review.
11. **Baez SE**, Brinkman C, Reiche E, Genoese F, Spang J, Jochimsen KN. Differences in physical activity between those with high and low kinesiophobia after ACL reconstruction. *Clin J Sports Med*. In Review.
12. 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.
13. Genoese F*, Reiche ET, Harkey M, **Baez SE**. No relationship between upper and lower extremity visuomotor reaction time in individuals with anterior cruciate ligament reconstruction. *Intl J Athl Ther Train*. In Review.

Textbook Contributions

1. **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
2. **Baez SE** and Genoese FM. Chapter 14 box: The fear of moving. In: Andreatta R, ed. *Neuroscience Fundamentals for Communication Sciences and Disorders*. 2nd edition. Plural Publishing; 2022.

Presentations

Invited Presentations (N=38)

1. **Baez SE.** Integrating psychologically informed practice. *Canadian Athletic Therapists Association Webinar Series.* October 22, 2024.
2. **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.
3. **Baez SE.** Integrating graded exposure therapy to address injury-related fear after sport-related injury. *Healthy Roster CEU Program.* August 28, 2024. Virtual.
4. **Baez SE.** Psychology of Sport Injuries. *Morehead Planetarium and Science Center Carolina Science Cafe.* July 2, 2024. Carrboro, NC.
5. Gunter K, Poole L, **Baez SE.** Psychologically informed practice for culturally competent healthcare after sports-related injuries. AT 100 Conference. April 26, 2024. Virtual.
6. **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.
7. **Baez SE.** Psychologically informed practice to enhance health outcomes after sports-related injury. *Osteoarthritis Action Alliance Lunch & Learn.* March 20, 2024. Virtual
8. **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.
9. 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.
10. **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.
11. 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.
12. **Baez SE.** Technology-enhanced care to improved clinical outcomes after traumatic knee injuries. *Quadroathletics.* October 31, 2023. Istanbul, Turkey. Virtual.
13. **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.
14. **Baez SE.** Psychological informed practice to enhance outcomes after sports-related injuries. *Baylor University.* September 26, 2023.
15. **Baez SE.** Psychologically informed practice to enhance health outcomes after injury. *High Point University Distinguished Lecture Series.* September 20, 2023. High Point, NC.

16. **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.
17. **Baez SE**. Psychologically informed practice after ACL reconstruction. *Quadroathletics*. June 15, 2023. Istanbul, Turkey. Virtual.
18. **Baez SE**. Patient-Centered, Clinician Focused: Professional Values. *High Point University Athletic Training Professional Values Dinner*. June 8, 2023. High Point, NC.
19. **Baez SE**, Jochimsen KJ. Coping with stress: using mental skills to enhance performance. *Women's Collegiate Lacrosse Associates (USA Lacrosse)*. April 23, 2023. Virtual.
20. **Baez SE**. Understanding psychological responses after traumatic knee injuries. *UNC Chapel Hill Sports Medicine Lunch & Learn*. March 22, 2023. Chapel Hill, NC.
21. **Baez SE**. Psychologically informed practice to enhance outcomes after sports-related injury. *North Carolina Athletic Trainers' Association*. March 3, 2023. Winston Salem, NC.
22. **Baez SE**. Understanding psychological responses after traumatic knee injuries. *Massachusetts General Hospital/Harvard University*. February 10, 2023. Virtual Presentation.
23. **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.
24. **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.
25. **Baez SE**. Psychological rehabilitation and mental health care for athletes. *2023 USA Lacrosse Sports Medicine Symposium*. January 20, 2023. Baltimore, MD.
26. **Baez SE**. Psychological responses and secondary injury. *Duke Musculoskeletal Journal Club*. December 7, 2022. Virtual.
27. **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.
28. **Baez SE**. Psychological rehabilitation and mental health care for athletes. *Baylor University*. September 27, 2022.
29. **Baez SE**. Coping with injury: using mental skills to enhance recovery. *Nike*. September 15, 2022.
30. **Baez SE**, Goodway J, Blanton J. Midwest Sport and Exercise Psychology Symposium (MSEPS) Faculty Panelist. *Michigan State University*. February 25, 2022.
31. **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.
32. **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.

33. 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.
34. **Baez SE**, Baer R. Psychological rehabilitation and mental health for student-athletes. *Athletic Training Education Endowment Fund, Michigan State University*. April 19, 2021.
35. **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.
36. **Baez SE**. Psychologically informed clinical practice: Addressing psychosocial factors to enhance clinical outcomes. *NATA Webinar Continuing Education Series*. February 6, 2020.
37. **Baez SE**. Injury-related fear in patients after ACL reconstruction. *UNC-Chapel Hill Department of Exercise and Sport Science*. December 18, 2019.
38. **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 =102; *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. 1st 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. 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. 2nd place best poster award.
2. **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.
3. **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. *29th Annual Midwest Sport and Exercise Psychology Symposium*. Lexington, Kentucky. February 2019. Accepted for Podium Presentation.

National/International

1. 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.
2. 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.
3. 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.
4. 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.

5. 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.
6. 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.
7. 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.
8. 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.
9. 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.
10. **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.
11. 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.
12. **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.
13. 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.
14. 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.
15. 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.

16. 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.
17. 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
18. **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.
19. **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.
20. 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.
21. 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.
22. 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.
23. 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.
24. **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.
25. 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.
26. **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
27. 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.
28. 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.

29. 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.
30. 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.
31. 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.
32. 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.
33. 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.
34. **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.
35. **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.
36. Mace RA, Lee JL, **Baez SE**, Persky S. Setting up for success in virtual reality-based trials. *Society of Behavioral Medicine 44th Annual Meeting & Scientific Sessions*. April 2023. Phoenix, AZ.
37. 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.
38. 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.
39. 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

40. 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.
41. 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.
42. 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 69th Annual Meeting Presentation*. May 31 – June 4, 2022, San Diego, CA.
43. **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.
44. 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.
45. 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.
46. 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.
47. 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.
48. 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.
49. 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.
50. 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.

51. Suttmiller 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.
52. 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.
53. 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.
54. 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.
55. **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.
56. 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.
57. 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.
58. 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.
59. 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.
60. **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.
61. **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.

62. 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.
63. **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.
64. **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.
65. 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.
66. 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.
67. Kleis RR, **Baez SE**, Dlugoonski 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.
68. **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.
69. 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.
70. 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.
71. 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.
72. **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.
73. 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.
74. 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.

75. 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.
76. **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.
77. **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.
78. **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.
79. 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.
80. **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.
81. **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.
82. 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.
83. **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.
84. **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. *7th International Ankle Symposium*. Chapel Hill, NC. September 2017. Poster presentation. *Brit J Sports Med*, Oct. 2017, 51(Suppl 1) A15.
85. Santiago GM, Pointer CE, **Baez SE***, Clines S, Hartley E, Hoch JM. Differences in ankle function in post-ACL reconstruction subjects. *7th International Ankle Symposium*. Chapel Hill, NC. September 2017. Poster presentation. *Brit J Sports Med*, Oct. 2017, 51(Suppl 1) A29. *Presenting Author.

86. **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' Association Annual Meeting and Symposium*. Houston, TX, June 2017. . *J Athl Train*, July 2017, 52(6):S56. Oral presentation.
87. 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.
88. **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.

Print

1. **Baez SE**. *UNC Research Endeavors*, "Virtual Rehabilitation". March 21, 2024. <https://endeavors.unc.edu/virtual-rehabilitation/>
2. **Baez SE**. *Self Magazine*, Op-Ed Fitness and Mental Health, interview. "10 signs you really should take a rest day." October 14, 2020.

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])
 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)

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. Hana Marmura, Ph.D., MPT – Summer 2024 – Present
2. Gannon Brochin, DC, MS – Fall 2024 - Present

Doctoral Student Mentorship (N=14; *Chair of Dissertation Committee)

<u>Doctoral Student</u>	<u>University</u>	<u>Program</u>	<u>Year</u>	<u>Thesis Title</u>	<u>1st Position Post Graduation</u>
Alison Cruise*	UNC-Chapel Hill	Human Movement Sciences	Fall 2024 - Present	TBD	
Alex Nilius	UNC-Chapel Hill	Human Movement Sciences	Spring 2024-Present	Effects of a visual disruptive task on walking biomechanics in individuals with anterior cruciate ligament reconstruction	
Ling Beisecker	UNC-Chapel Hill	Human Movement Sciences	Spring 2023 - Present	Physical activity and mental health among women transitioning into college	
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 - Present	Characterizing sleep after anterior cruciate ligament reconstruction	
Tamaria Hibbler	Michigan State University	Kinesiology – Athletic Injury and Rehabilitation	Spring 2022 – Present	TBD	

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	
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=15; *Chair of Thesis Committee)

<u>Master Student</u>	<u>University</u>	<u>Program</u>	<u>Year</u>	<u>Thesis Title</u>
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Juliette Levet-Bourtayre	UNC-Chapel Hill	Exercise Physiology	Spring 2024 - Present	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 - Present	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 kinesiphobia 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 Athletic Training	Fall 2022 – Spring 2024	Exploring mental health and coping resources in college athletes: a pilot investigation comparing international and domestic student-athletes
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)

<u>Undergraduate Student</u>	<u>University</u>	<u>Program</u>	<u>Year</u>	<u>Thesis Title</u>
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
Morayo Abey-Bada*	Duke University	Neuroscience	Fall 2023 - Present	Trait mindfulness and neuroplasticity in individuals with anterior cruciate ligament reconstruction

Funding Activities

External Grants (Submitted):

1. 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)

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.

1. 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.
2. 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.
3. Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIH-NIAMS) Small Grant Program (R03)
Title: Characterizing injury-related fear in patients after anterior cruciate ligament reconstruction
PI: Shelby Baez
Effort: 0.0 Calendar Months
Period: 12/02/24-12/01/26
Amount: \$155,345 (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.

External Grants (Funded):

1. 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.

2. 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.
3. 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.
4. 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.
5. Source: National Athletic Trainers Association Research & Education Foundation
Title: The GEMM Trial: Graded Exposure and Mindfulness Meditation for Patients Post ACL-Reconstruction
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.
6. 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.

7. 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.

8. 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.

9. 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.

10. 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.

11. 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.
12. 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.
13. 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):

2. 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.
3. 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.

4. 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.

5. 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.

6. 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.

7. 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.

8. 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.
9. 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.
10. 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):

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: 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: 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)
2. 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)
3. 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)
4. 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)

Professional Service

National Service

Journal Editor

1. Guest Editor. International Journal of Environmental Research and Public Health. *Mental Health in Sport Injury and Rehabilitation Special Issue*. (Summer 2024-Summer 2025)
2. Associate Editor. Journal of Sport Rehabilitation (Spring 2024 – Present)
3. 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 – Present)

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- Fall 2021)
7. International Journal of Athletic Therapy and Training (Fall 2017-Fall 2020)

Journal Social Media

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

Convention Program Reviewer

1. Association of Applied Sport Psychology Convention Proposal Review (Spring 2020 – Present)
2. Great Lakes Athletic Trainers' Association Convention Proposal Reviewer (Fall 2019 – Fall 2021)
3. 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. NATA Journals Advisory Task Force, (Summer 2024 – Present)
2. NATA Research and Education Foundation Research Committee, (Summer 2024 – Present)
3. ACL Reconstruction Rehabilitation Outcomes Workgroup, Steering Committee (Spring 2024 – Present)
4. AASP Sport Injury Special Interest Group, (Fall 2022 – Present)
5. ATOAC Promotion Working Group, (Summer 2022)

Departmental and University Service

1. EXSS Graduate Education Committee, (Fall 2024)

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

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.

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*.