

Gabrielle R. Messner

Curriculum Vitae

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Education

Washington University in St. Louis, St. Louis, MO
Master of Arts, Psychological & Brain Sciences
Area: Clinical Science
Advisor: Thomas L. Rodebaugh, Ph.D.
Expected May 2024
(First Year Graduate Student)

Barnard College of Columbia University, New York, NY
Bachelor of Arts, Psychology
May 2020

Honors & Awards

Outstanding Thesis Award
Barnard College of Columbia University, Department of Psychology
May 2020

Faculty Recognition Prize for Distinguished Achievement in Psychology
Barnard College of Columbia University, Department of Psychology
May 2020

Faculty Recognition Prize for Continued Dedication to Psychology
Barnard College of Columbia University, Department of Psychology
May 2020

Research Grants

Molberger Scholar Award Grant
Center for OCD & Related Disorders
Total Support: \$6,000
February 2021 – February 2022

Summer Research Institute Grant
Barnard College of Columbia University
Total Support: \$5,000
May 2019 – August 2019

Summer Internship Grant
Barnard College of Columbia University
Total Support: \$3,000
May 2018 – August 2018

Peer-Reviewed Publications

Published

Hezel, D. M., Rapp, A. M., Wheaton, M. G., Kayser, R. R., Rose, S. V., **Messner, G. R.**, Middleton, R., & Simpson, H. B. (2022). Resilience predicts positive mental health outcomes during the COVID-19 pandemic in New Yorkers with and without obsessive-compulsive disorder. *Journal of Psychiatric Research, 150*, 165–172. <https://doi.org/10.1016/j.jpsychires.2022.03.040>

Wheaton, M. G., Prikhidko, A., & **Messner, G. R.** (2021). Is fear of COVID-19 contagious? The effects of emotion contagion and social media use on anxiety in response to the coronavirus pandemic. *Frontiers in Psychology, 11*, 567379. <https://doi.org/10.3389/fpsyg.2020.567379>

Peer-Reviewed Publications (Continued)

Published

Wheaton, M. G., **Messner, G. R.**, & Marks, J. B. (2021). Intolerance of uncertainty as a factor linking obsessive-compulsive symptoms, health anxiety and concerns about the spread of the novel coronavirus (COVID-19) in the United States. *Journal of Obsessive-Compulsive and Related Disorders*, 28, 100605. <https://doi.org/10.1016/j.jocrd.2020.100605>

Under Review

Patel, S. R., **Messner, G. R.**, Radigan, M., Sang, Y., Wang, R., Gu, G., Meyers, R. W., Dixon, L., & Simpson, H. B. (2022). Obsessive-compulsive disorder in a public behavioral health system: a retrospective claims analysis of New York State Medicaid enrollees.

Poster & Symposium Presentations

Presented

Patel, S. R., **Messner, G. R.**, Radigan, M., Sang, Y., Wang, R., Gu, G., Meyers, R. W., Dixon, L., & Simpson, H. B. (2022, March). Obsessive-compulsive disorder in a public behavioral health system: a retrospective claims analysis of New York State Medicaid enrollees. *Poster presented at the Anxiety and Depression Association of America (ADAA) 2022 Conference*, Denver, CO.

Wheaton, M. G., **Messner, G. R.**, & Marks, J. B. (2021, November). Intolerance of uncertainty as a factor linking obsessive-compulsive symptoms, health anxiety and concerns about the spread of the novel coronavirus (COVID-19) in the United States. *Symposium presented at the Association for Cognitive and Behavioral Therapies (ABCT) 2021 Virtual Conference*.

Messner, G. R., Rose, S.V., Simpson, H.B., Wheaton, M. G. (2021, November). Shorter might be better: Examination of the OBQ-20 in patients with obsessive-compulsive disorder and anxiety disorder. *Poster presented at the ABCT 2021 Virtual Conference*.

Rose, S.V., **Messner, G. R.**, Raskin, M., Simpson, H. B., & Wheaton, M. G., (2021, July). Locus of control in OCD, anxiety, and healthy volunteers. *Poster presented at the International Obsessive-Compulsive Disorder Foundation (IOCDF) 2021 Virtual Conference*.

Messner, G. R., & Wheaton, M. G. (2021, March). The effect of priming response inhibition on contamination fear: A pilot study. *Poster presented at the Anxiety and Depression Association of America (ADAA) 2021 Virtual Conference*.

Messner, G. R., Marks, J., & Wheaton, M. G. (2020, November). Does intolerance of uncertainty play a role in the relationship between OCD, health anxiety, and coronavirus-specific anxiety? *Poster presented at the Anxiety Special Interest Group Exposition, ABCT 2020 Virtual Conference*.

Messner, G. R. & Wheaton, M. G. (2020, November). Does ruminative thinking play a role in contamination-related distress? *Poster presented at the ABCT 2020 Virtual Conference*.

Messner, G. R. (2020, May). The effect of exercising response inhibition on contamination fear in a non-clinical sample. *Poster presented at Barnard College 2020 Virtual Spring Research Festival*.

Messner, G. R., Harmon, C., Wheaton, M. G., & Tottenham, N. (2019, July). Awe enhances creativity as indexed by comprehension of garden path sentences: a pilot study. *Poster presented at Barnard College 2019 Summer Research Institute Poster Session*, New York, NY.

Poster & Symposium Presentations (Continued)

Accepted

Messner, G. R. & Wheaton, M. G. (Accepted*, 2020, March). Ruminative response styles and contamination related obsessive-compulsive symptoms. *Poster accepted to the ADAA 2020 Conference, San Antonio, TX.*

**Conference canceled due to COVID-19 pandemic.*

Research Experience

Anxiety & Psychopathology Laboratory August 2022 – Present
 Washington University in St. Louis, St. Louis, MO
Graduate Research Assistant
 Director: Thomas L. Rodebaugh, Ph.D.

Current research interests include the relationship between dual mechanisms of cognitive control and generalized anxiety disorder, shame and guilt before and after interpersonal conflict in those with and without social anxiety disorder, and using ecological momentary assessment to measure mindfulness.

Center for OCD & Related Disorders Aug 2020 – July 2022
 New York State Psychiatric Institute/Columbia University Irving Medical Center, New York, NY
Research Coordinator
 Director: H. Blair Simpson, M.D., Ph.D.

Lead research coordinator for multiple projects investigating the neural mechanisms of obsessive compulsive-disorder; responsibilities included collecting PET and fMRI data, collecting biological samples, collecting behavioral task data, collecting clinical interview and self-report data, neuropsychological testing, recruiting participants, conducting phone screens, supervising research assistants, analyzing data, and contributing to manuscripts and poster presentations.

Anxiety Disorders Laboratory April 2019 – May 2020
 Barnard College of Columbia University, New York, NY
Senior Research Assistant
 Director: Michael G. Wheaton, Ph.D.

Research assistant for senior research thesis project and other projects examining cognitive mechanisms of obsessive-compulsive and anxiety disorders; responsibilities included designing and running a senior thesis study investigating the relationship between a response inhibition and contamination fear in a sample of un-screened undergraduate students, collecting and entering data for other lab projects, analyzing data, preparing poster presentations, and contributing to manuscripts.

Developmental Affective Neuroscience Laboratory April 2018 – September 2019
 Columbia University, New York, NY
Research Assistant
 Director: Nim Tottenham, Ph.D.

Research assistant for independent research project and other projects investigating a variety of affective and cognitive processes; responsibilities included designing and executing pilot study on the cognitive correlates of the affective experience of awe, collecting and entering data for other lab projects, supervising research assistants, analyzing data, and preparing a poster presentation.

Teaching Experience

Department of Psychology
Barnard College of Columbia University, New York, NY
Teaching Assistant

September 2017 – April 2021

Teaching assistant for a variety of undergraduate psychology courses, including lecture and laboratory classes; responsibilities included grading assignments, setting up and assisting laboratory activities, answering student questions, and fostering an inclusive learning environment.

Erica Mann Jong '63 Writing Center
Barnard College of Columbia University, New York, NY
Writing Fellow

November 2017 – May 2020

Writing fellow (peer writing tutor) attached to a variety of undergraduate courses; responsibilities included tutoring students in one-on-one appointments, preparing and teaching lectures on science writing to students in introductory-level science courses, and (2019-2020) coaching students through the writing process of their senior undergraduate thesis papers in urban studies.

Community Service

The Door, New York, NY
Intake Counselor

December 2019 – May 2020

Intake counselor responsibilities included conducting one-on-one psychosocial assessments with young people seeking in-house social services and referring them to appropriate services based on their needs and preferences.

Relevant Skills

Languages: English (fluent) and Spanish (proficient)

Computer: Amazon MTurk, E-Prime, Epic Electronic Medical Records System (EMR), Google Office Suite, Gorilla, KIS EMR, iLab, IBM SPSS, Lab Archives, MATLAB, Mendeley, Microsoft Office Suite, Qualtrics, R, REDCap, Sonata Systems, and Zotero

Medical: Phlebotomy, electrocardiography, urine toxicology and pregnancy testing