

ZOÉ MESTRE

EDUCATION

SDSU/UCSD JOINT DOCTORAL PROGRAM <i>Ph.D. in Clinical Psychology, anticipated June 2021</i>	San Diego, CA September 2015 – Present
SAN DIEGO STATE <i>M.S. in Clinical Psychology (4.0 GPA)</i>	San Diego, CA August 2015 – May 2017
UNIVERSITY OF WASHINGTON <i>B.S. in Psychology (magna cum laude, 3.94 GPA)</i>	Seattle, WA August 2009 – June 2013

GRANTS & AWARDS

F31DK117556 NATIONAL RESEARCH SERVICE AWARD (\$133,090.00) <i>National Institute of Diabetes, Digestive & Kidney Diseases</i>	2018 – 2021
UCSD GRADUATE STUDENT ASSOCIATION TRAVEL GRANT (\$500)	2019
NATIONAL ACADEMY OF NEUROPSYCHOLOGY BEST STUDENT POSTER AWARD (\$100)	2018
DOROTHY FRACK AWARD FOR OUTSTANDING PSYCHOLOGY STUDENT (\$1000) <i>San Diego State University</i>	2018
CENTER FOR TRANSLATION RESEARCH INSTITUTE GRADUATE STUDENT AWARD (\$5,000) <i>University of California, San Diego</i>	2017
CENTER FOR TRANSLATION RESEARCH INSTITUTE AWARD (\$40,000) <i>University of California, San Diego</i>	2017
NATIONAL STUDENT EXCHANGE PROGRAM <i>University of Washington</i>	2011 – 2012

RESEARCH EXPERIENCE

UCSD WELLNESS INITIATIVE FOR SENIOR ENRICHMENT LAB <i>Graduate Student Researcher</i>	San Diego, CA January 2017 – Present
<ul style="list-style-type: none">Study the effects of physical activity and diet on brain aging using MRI and neuropsychological testingDevelop treatment materials and lead diet and exercise interventions in older adults as part of a 2017 pilot grantAdminister neuropsychological assessments and perform/analyze MRI and fMRI in the context of research	
UCSD CENTER FOR HEALTHY EATING AND ACTIVITY RESEARCH <i>Graduate Student Researcher</i>	San Diego, CA June 2015 – Present
<ul style="list-style-type: none">Project director of 5-year pediatric neuroimaging RO1 grant; oversee all aspects of project execution including monitoring study recruitment progress, supervising study research team during study assessments, and collecting/analyzing MRI dataResearch the effects of obesity on brain development in children using neuropsychological testing and neuroimaging (MRI and functional MRI)Develop treatment materials and lead groups for research studies examining novel intervention-based treatment strategies for children and adultsConduct comprehensive psychological intake assessments with families, children, and adults in the context of research	
SEATTLE CHILDREN'S RESEARCH INSTITUTE, BRIAN SAELENS LAB <i>Post-graduate research scientist</i>	Seattle, WA June 2014 – June 2015
<ul style="list-style-type: none">Studied effects of home food environments/monitoring and parental praising on treatment outcomes in obese kidsPrepared and wrote preprocessing pipelines for new MRI and fMRI projects being performed in labTrained incoming graduate students in neuroimaging research methods and research subject interactions	
UNIVERSITY OF WASHINGTON, ELLEN SCHUR LAB <i>Full-Time Research Assistant</i>	Seattle, WA June 2013 – June 2015
<ul style="list-style-type: none">Studied effects of anxiety on the perception of food cues and food intake in obese adultsAcquired training for and executed MRI brain scans and high-density EEG in research participantsConsented, managed, and scheduled participants for several projects being performed in the lab	

CLINICAL EXPERIENCE

VA NEUROPSYCHOLOGICAL ASSESSMENT UNIT <i>Neuropsychology</i>	San Diego, CA July 2018 – Present
<ul style="list-style-type: none">Conduct comprehensive neuropsychology testing batteries in veterans to determine level of cognitive impairment	

- Perform structured clinical interviews and feedback sessions with veterans to convey results of testing
- Attend weekly supervision sessions to discuss case results, receive feedback, and optimize treatments

CENTER FOR HEALTHY EATING AND ACTIVITY RESEARCH CLINIC

San Diego, CA

Psychology

July 2017 – July 2018

- Conducted comprehensive psychological intake assessments with families, children, and adults
- Performed individual and family therapy for eating disorders like CBT, CBT-E, DBT, and FBT-AN
- Administered therapy within the Partial Hospitalization Program and Intensive Outpatient Program for Binge Eating
- Collaborated care with medical team at Rady Children's Hospital Medical Behavioral Unit

SAN DIEGO STATE UNIVERSITY PSYCHOLOGY CLINIC

San Diego, CA

Psychology & Neuropsychology

July 2016 – July 2017

- Conducted clinical interviews and neuropsychology testing batteries for psychological diseases
- Executed a wide range of psychological treatment strategies like CBT, DBT, FBT, ACT, and couples' therapy
- Attended weekly supervision sessions and present cases to peers during monthly case conferences

CHILD AND TEEN MENTAL HEALTH AND ADDICTION TREATMENT CENTER

Seattle, WA

Therapy as Behavior Specialist I

July 2014 – July 2015

- Offered therapeutic guidance for adolescents with mental illness like conduct disorder, depression, and PTSD
- Guided patients through structured programs and used verbal de-escalation techniques during crisis interventions

PEER-REVIEWED PUBLICATIONS

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- Bergmann, K., **Mestre, Z.**, Strong, D., Eichen, D., Kyung, R., Crow, S., Wifley, D., Boutelle, K. (2019). Comparison of two models of family-based treatment for childhood obesity: a pilot study. *Childhood Obesity*
 - **Mestre, Z. L.**, Bischoff-Grethe, A., Eichen, D. M., Wierenga, C. E., Strong, D., Boutelle, K. N. (2017). Altered brain responses to pleasant tastes and hippocampal atrophy in obese children. *International Journal Obesity*, doi: 10.1038/ijo.2017.130
 - Richards, T., Pettet, M., Askren, M., **Mestre, Z.**, Grabowski, T., Yagle, K., Wallis, P., Northey, M., Abbott, R., and Berninger, V. (2017). ERPs While Judging Meaningfulness of Sentences With and Without Homonym or Morpheme Spelling Foils: Comparing 4th to 9th Graders With and Without Spelling Disabilities. *Developmental Neuropsychology*, 1-14
 - Yagle, K., Richards, T., Askren, K., **Mestre, Z.**, Beers, S., Abbott, R., Nagy, W., Boord, P., Berninger, V. (2017). Relationships between Eye Movements during Sentence Reading Comprehension, Word Spelling and Reading, and DTI and fmri Connectivity In Students with and without Dysgraphia or Dyslexia. *J Syst Integr Neurosci*, 3(1): 1-11
 - **Mestre, Z. L.**, Melhorn, S. J., Askren, M. K., Tyagi, V., Gatenby, C., Young, L., Mehta, S., Webb, M. F., Grabowski, T. J., Schur, E. A. (2016). Effects of Anxiety on Caloric Intake and Satiety-Related Brain Activation in Women and Men. *Psychosom Med*, 78(4), 454-64. doi: 10.1097/PSY.0000000000000299
 - Richards, T. L., Grabowski, T. J., Boord, P., Yagle, K., Askren, M., **Mestre, Z.**, Robinson, P., Welker, O., Gulliford, D., Nagy, W., Berninger, V. (2015). Contrasting brain patterns of writing-related DTI parameters, fMRI connectivity, and DTI-fMRI connectivity correlations in children with and without dysgraphia or dyslexia. *Neuroimage Clin*, 28(8), 408-21. doi: 10.1016/j.nicl.2015.03.018. eCollection 2015.
 - Rane, S., Koh, N., Boord, P., Askren, M. K., Gatenby, J. C., Madhyastha, T., **Mestre, Z.**, Grabowski, T. J. (2016). Cerebrovascular reserve as a marker of vascular pathology and cognitive status in older adults. *Alzheimer's & Dementia*, 12(7), 502–503. doi: http://dx.doi.org/10.1016/j.jalz.2016.06.997
 - Askren, M. K., McAllister-Day, T. K., Koh, N., **Mestre, Z.**, Dines, J. N., Korman, B. A., Melhorn, S. J., Peterson, D. J., Peverill, M., Qin, X., Rane, S. D., Reilly, M. A., Reiter, M. A., Sambrook, K. A., Woelfer, K. A., Grabowski, T. J., Madhyastha, T. M. (2016). Using Make for Reproducible and Parallel Neuroimaging Workflow and Quality-Assurance. *Front Neuroinform*, 2(10), 2. doi: 10.3389/fninf.2016.00002. eCollection 2016.

MANUSCRIPTS UNDER REVIEW / IN PREPARATION

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- **Mestre, Z.**, Boutelle, K. N., Aranda, B., Brown, M., Hostermann, E., Strong, D. (*under review*). The impact of mood and food hedonics on eating in the absence of hunger among overweight adolescents.
 - **Mestre, Z.**, Eichen, D. M., Bischoff-Grethe, A., Wierenga, C. E., Boutelle, K. (*in preparation*). Change in hippocampal structure and connectivity with increased BMI in 12 to 18-year olds
 - Aron, A., **Mestre, Z.**, Freeman, S., Monreal, T., Boutelle, K. (*under review*). The Pavlovian-to-Instrumental transfer effect is diminished in individuals with high reward eating drive.
 - Zlatar, Z. Z., Hays, C., **Mestre, Z.**, Campbell, L., Meloy, M. J., Bangen, K. J., Liu, T. T., Kerr, J., Wierenga, C. E. (*under review*). Is sedentary time bad for your brain? Relationships between sedentary time and physical activity with resting cerebral blood flow in aging.

- Appleton-Knapp, S. L., **Mestre, Z.**, Manzano, M., Delis, D, Rhee, K. E., Strong, D. R., Boutelle, K. N. (*in preparation*). Memory Performance in Children with Overweight and Obesity.

PUBLISHED MANUALS

- Madhyastha, T. M, **Mestre, Z. L.** (2015). Using GNU Make for Neuroimaging Workflow. Research, doi: 10.13140/RG.2.1.3015.7920, 2015-07-02 T 01:18:01 UTC

PUBLISHED ABSTRACTS

- **Mestre, Z.**, Bischoff-Grethe, A., Boutelle, K., Zlatař Z. Z. (submitted, Feb 2019). Effects of saturated fat on brain aging and cognition in healthy older adults: a pilot study. Poster submitted to the International Neuropsychology Society conference, New York
- Zlatař Z. Z., **Mestre, Z.**, Hays, C. C., Meloy, M. J. Osuna, J., Wierenga, C. E. (submitted, Feb 2019). Passive rather than active sedentary behavior is associated with worse cognitive performance in older adults. Poster submitted to the International Neuropsychology Society conference, New York
- Osuna, J., **Mestre, Z.**, Thomas, K., Harys, C, Campbell, L, Wierenga, C. (submitted, Feb 2019). The Relationship between Arterial Stiffness, APOE Genotype, and Cognition in Cognitively Normal Older Adults. Poster submitted to the International Neuropsychology Society conference, New York
- Manzano, M., **Mestre, Z.**, Appleton-Knapp, S. L., Boutelle, K. N. (November 2018). Self-Reported Cravings During Exposure To Highly Craved Foods in Children with Overweight and Obesity. Poster accepted at the Obesity Week in Nashville, Tennessee
- **Mestre, Z.**, Osuna, J., Wierenga, C.E., Zvinka, Z. (October 2018). Positive effects of body mass index on memory performance, irrespective of activity level, in healthy aging older adults. Poster accepted at the National Academy of Neuropsychology, New Orleans
- **Mestre, Z.**, Eichen, D. M., Bischoff-Grethe, A., Wierenga, C. E., Boutelle, K. (July 2017). Greater BMI in children is associated with reduced fornix white matter integrity. Poster presented at the annual meeting of the Society for the Study in Ingestive Behaviors, Montreal Canada
- Kurniadi, N., **Mestre, Z.**, Liang, J., Boutelle, K. (February 2017). Specificity of Disinhibition in Overweight and Obese Children. Poster presented at the annual meeting of the International Neuropsychological Society, New Orleans, Louisiana
- **Mestre, Z.**, Bischoff-Grethe, A., Wierenga, C. E., Strong, D., Boutelle, K. (November 16th 2016). Hypersensitivity and slower rate of habituation to pleasant food tastes in reward brain regions in obese compared to healthy weight children. Poster presented at the annual meeting of the Society for Neuroscience, San Diego, CA
- **Mestre, Z.**, Melhorn, S.J., Mehta, S., Webb, M., Tyagi, V., Grabowski, T., Schur, E.A. (2014, July). Does anxiety affect food perception and intake in women and men? Poster presented at the annual meeting of the Society for the Study of Ingestive Behaviors, Seattle, WA. Abstract retrieved from http://www.ssib.org/public/core_routines/view_abstract_no.php?show_close_window=yes&abstractno=214
- Berninger, V., Richards, T., Grabowski, T., Askren, K., Boord, P., Yagle, K., **Mestre, Z.**, (2014, February 19). Understanding the writing brain from the perspective of the human connectome: Structural and functional connectivity in transcription and translation. In S. Hooper (organizer). Writing across the lifespan: Advances in the neurological underpinnings, measurement, and intervention, Writing Research across the Borders III, Paris, France.
- Richards, T., Grabowski, T., Askren, K., Boord, P., Yagle, K., **Mestre, Z.**, Reitz, F., Welker, O., Gulliford, D., Young, L., Collins, E., Berninger, V. (November 8, 2013). Functional and Structural Connectivity across Levels of Language in Children with Dysgraphia. Poster presented at the Society for the Neurobiology of Language, Annual Meeting, San Diego
- Askren, K., **Mestre, Z.**, Yagle, K., Grabowski, T., Richards, T., Berninger, V. (July, 2015). Altered Functional Connectivity in Functionally defined Language Networks in Children with Dyslexia. Poster presented at the Organization for Human Brain Mapping, Annual Meeting, Honolulu Hawaii
- Richards, T., Robinson, P., Askren, K., **Mestre, Z.**, Grabowski, T., Yagle, K., Berninger, V. (July, 2015). Diffusion Tensor Imaging in Learning Disabilities Following Computerized Instruction in Children. Poster presented at the Organization for Human Brain Mapping, Annual Meeting, Honolulu Hawaii
- Yagle, K., Richards, T., Askren, K., Beers, S., **Mestre, Z.**, Grabowski, T., Berninger, V. (July, 2015). Eyetracking during Sentence Processing in an fMRI Study of Children with Learning Disabilities. Poster presented at the Organization for Human Brain Mapping, Annual Meeting, Honolulu Hawaii

ORAL PRESENTATIONS

- Osuna, J., **Mestre, Z.**, Wierenga, C.E., Appleton-Knapp, S. L., Boutelle, K., Zvinka, Z. (October 2018). Exploring the Dose-response Effect of Physical Activity and Cognition in Healthy Aging Older Adults. Oral Presentation accepted at the National Academy of Neuropsychology, New Orleans

- **Mestre, Z.,** Bischoff-Grethe, A., Wierenga, C. E., Strong, D., Boutelle, K. (July 15th, 2016). Altered brain responses to pleasant taste and hippocampal atrophy in obese children. Accepted for Presentation at the Society for the Study of Ingestive Behaviors, Annual Meeting, Porto, Portugal

LEADERSHIP APPOINTMENTS

CLASS REPRESENTATIVE FOR CLINICAL PSYCHOLOGY JOINT DOCTORAL PROGRAM
University of California, San Diego

San Diego, CA
September 2016 – September 2018

PROGRAMMING KNOWLEDGE

- Proficient in R and R studio, Stata, and SPSS
- Proficient in Linux based programming languages (i.e., Bash and Makefile scripting)
- Working knowledge of Matlab, Presentation, and Eprime

SCIENTIFIC MEMBERSHIPS

- **Society for the Study of Ingestive Behaviors**, current Student Member
- **Society for Neuroscience**, current Student Member
- **National Academy of Neuropsychology**, current Student Member
- **International Neuropsychology Society**, current Student Member

REFERENCES

KERRI BOUTELLE, PH.D.

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and Activity Research (CHEAR)
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