

Curriculum Vita
Danika A. Quesnel

EDUCATION

- 2022- PhD Clinical & Counseling Psychology, University of Toronto, Toronto, ON, Canada
Supervisor: Dr. Catherine Sabiston & Dr. Amanda Uliaszek
- 2022 MSc Clinical Psychology, Western University, London, ON, Supervisor: Dr. Rachel Calogero
- 2016 MSc Interdisciplinary Studies, Health Sciences and Psychology, University of British Columbia Okanagan, Kelowna, BC, Supervisor: Dr. Cristina Caperchione
- 2014 BHk Human Kinetics, University of British Columbia Okanagan, Kelowna, BC

SELECTED RESEARCH EXPERIENCE

- 2022 – present Research Assistant, Study and Treatment of Emotion Dysregulation and Personality Pathology Lab, Department of Clinical Psychological Science, University of Toronto, Supervisor: Dr. Amanda Uliaszek
- 2022 – present Research Assistant, Mental Health and Physical Activity Research Centre, Department of Kinesiology and Physical Education, University of Toronto, Supervisor: Dr. Catherine Sabiston
- 2018 – 2019 Clinical Research Coordinator, Weight Watcher’s International, Department of Psychology, University of British Columbia, Supervisor: Dr. Lesley Lutes and Dr. Debora Tate
- 2018 – 2019 Lab Manager, Centre for Obesity and Well-Being Research Excellence (CORE) Lab, Department of Psychology, University of British Columbia, Supervisor: Dr. Lesley Lutes
- 2017 – 2019 Research Assistant, Department of Psychology, Perfectionism and Psychopathology Lab, UBC, Supervisor: Dr. Paul Hewitt
- 2013 – 2018 Senior Research Assistant, Department of Health and Exercise Sciences, Physical Activity and Behavioural Health (PHAB) Lab, UBC, Supervisor: Dr. Cristina Caperchione

HONORS AND AWARDS

2023	Project Grant, Canadian Institute of Health Research (CIHR)	\$10,000
2023	Ontario Women’s Health Scholar Award (Ph.D), University of Toronto	Finalist
2022	Franco Vaccarino Graduate Scholarship, University of Toronto	\$2,500
2022	Bassili Award, University of Toronto	\$3,500
2022	Ontario Graduate Scholarship *declined	\$15,000
2022	Canada Graduate Scholarship (Doctoral) – SSHRC	\$80,000
2021	Ontario Women’s Health Scholar Award (Master’s), Western University	\$26,000
2021	Mitac’s Accelerate International Grant, Western University	\$30,000
2021	Canada Graduate Scholarship (Master’s) – SSHRC	\$17,500
2021	Graduate Research Award Fund, Western University	\$750
2020	Peter Beaumont Award Nominee, International Conference for Eating Disorders	
2020	Canada Graduate Scholarship (Master’s) – SSHRC *declined	\$17,500
2016	Graduate Student Travel Grant, University of British Columbia	\$1000
2015	Pursue your Passion, The Looking Glass Foundation, BC, Can	\$2500
2010	Entrance Scholarship, University of British Columbia	\$500

SELECTED PEER-REVIEWED PUBLICATIONS

11. **Quesnel, D.A.**, Cooper, M., Cook.B., Calogero, R. (Submitted). Evaluating the impact of a safe exercise training on knowledge and self-efficacy to manage dysfunctional exercise among clinicians at Alsana eating disorders center.
10. Hopkins, D. W., **Quesnel, D. A.**, & Cooper, M. (2023). A Justification for Exercise Intervention during Eating Disorder Treatment. *ACSM's Health & Fitness Journal*, 27(4), 51-56. 10.1249/FIT.0000000000000879
9. **Quesnel, D.A.**, Cooper, M., Fernandez-del-Valle, M., Dobinson, A., Calogero, R. (2023). Medical and physiological complications of exercise for individuals with an eating disorder: A narrative review. *The Journal of Eating Disorders*, 11(3). 10.1186/s40337-022-00685-9
8. **Quesnel, D. A.**, Hefner, T., Fernandez-del-Valle, M., & McComb, J. (2022). Menstrual dysfunction in youth female athletes and their management in the context of models of energy deficiency. *The Health & Fitness Journal of Canada*, 15(1), 3-17. <https://doi.org/10.14288/hfjc.v15i1.361>
7. Agne, A., **Quesnel, D. A.**, Larumbe-Zabala, E., Olmedillas, H., Graell-Berna, M., Perez, M., & Fernandez-del-Valle, M. (2022). Progressive resistance exercise as complementary therapy improves quality of life and body composition in anorexia nervosa: A randomized controlled trial. *Complementary Therapies in Clinical Practice*, 101576. <https://doi.org/10.1016/j.ctcp.2022.101576>
6. **Quesnel, D.A.**, Cook, B., Caperchione, C. (2020). Guiding principles for exercise protocols in eating disorder treatment. *The Canadian Journal of Health and Exercise*, 13, 2. <https://doi.org/10.14288/hfjc.v13i2.297>

5. Deborah, T., **Quesnel, D. A.**, Hatley, K., Nezami, , Wojtanowski, A., Pinto, A., Power, J., Diamond, M., Polzien, K., Lutes, L., & Foster, G. (2020). Initial efficacy of a partial dietary self-monitoring approach in behavioral weight management. *Obesity Science and Practise*, 6, p.353-364. 10.1002/osp4.416
4. Dang, S.S., **Quesnel, D.A.**, Hewitt, P.L., Flett, L.G., Deng, X. (2020). Perfectionistic traits and self-presentation are associated with negative attitudes and concerns about seeking professional psychological help. *Journal of Clinical Psychology & Psychotherapy*, 27,p.621-627. 10.1002/cpp.2450
3. **Quesnel, D. A.**, Libben, M., & Caperchione, C. M. (2018). Preliminary assessment criteria for prescribing exercise when treating eating disorders: What do the experts have to say?. *Mental Health and Physical Activity*, 15, 27-33. <https://doi.org/10.1016/j.mahpa.2018.06.006>
2. **Quesnel, D. A.**, Cook, B., Murray, K., & Zamudio, J. (2018). Inspiration or thinspiration: The association among problematic internet use, exercise dependence, and eating disorder risk. *International Journal of Mental Health and Addiction*, 16(5), 1113-1124. 10.1007/s11469- 017-9834
1. **Quesnel, D. A.**, Libben, M., Oelke, N. D., Clark, M. I., Willis-Stewart, S., & Caperchione, C. M. (2017). Is abstinence really the best option? Exploring the role of exercise in the treatment and management of eating disorders. *Eating Disorders*, 1-21. 10.1080/10640266.2017.1397421

OTHER PUBLICATIONS

BOOK CHAPTERS AND REVIEWED PUBLICATIONS IN EDITED VOLUMES

4. Álvarez Carnero, E., Guilford, B. L., **Quesnel, D. A.**, Cardona-Gonzalez, C., Robert-McComb, J. J., & Fernandez-del-Valle, M. (2023). Exercise Guidelines During Pregnancy. In *The Active Female: Health Issues throughout the Lifespan* (pp. 483-502). Cham: Springer International Publishing. https://doi.org/10.1007/978-3-031-15485-0_27
3. Roberts, C. M., & **Quesnel, D. A.** (2023). The Psychology of Female Sport Performance from a Gender Perspective. In *The Active Female: Health Issues throughout the Lifespan* (pp. 55-67). Cham: Springer International Publishing. https://doi.org/10.1007/978-3-031-15485-0_3
2. Fernandez-del-Valle, M., **Quesnel, D. A.**, Mitchell, J. J., & Robert-McComb, J. J. (2023). Screening for Eating Disorders, Dysfunctional Exercise, and Menstrual Dysfunction in Female Athletes. In *The Active Female: Health Issues throughout the Lifespan* (pp. 183-210). Cham: Springer International Publishing. https://doi.org/10.1007/978-3-031-15485-0_12
1. Cisneros, A., **Quesnel, D. A.**, and Robert-McComb, J. J. (2023). A Modern Understanding of the Models of Energy Deficits in Athletes. In *The Active Female: Health Issues throughout the Lifespan*, pp. 85-93. Cham: Springer International Publishing. https://doi.org/10.1007/978-3-031-15485-0_5

SELECTED CONFERENCE PRESENTATIONS

INVITED PRESENTATIONS

2. **Quesnel, D. A.**, (2023, August). *If the shoe fits; Exercise and eating disorder*. Invited Speaker for the Exercise in Clinical Populations Conference (PECP), Stratford, Manchester, United Kingdom
1. **Quesnel, D.A.*.**, Cooper, M*., Dobinson, A. (2021, August). *Clinical management of exercise in eating disorder treatment*. Invited Clinical Workshop for the New Zealand and Australia Academy for Eating Disorders, International Conference on Eating Disorders, Perth, Australia *Co-first author

WORKSHOPS

3. **Quesnel, D.A.**, Cooper, M. Dobinson, A., (2020, June). *Returning Athletes to Sport Introducing The Safe Exercise At Every Stage (SEES-A) Guideline: A Practical Guide To Prescribing Exercise For Athletes With An Eating Disorder Workshop*. Presentation at Academy for Eating Disorders, International Conference on Eating Disorder, Sydney, Australia
2. Dobinson, A., Cooper, M., **Quesnel, D.A.**, (2019, March). *When abstinence doesn't work: A practical guide to prescribing safe exercise for individuals with an eating disorder*. Workshop Presentation at Academy for Eating Disorders, International Conference on Eating Disorder, New York, USA
1. Dobinson, A., Cooper, M., **Quesnel, D.A.**, (2018, August). *When abstinence doesn't work: A practical guide to prescribing safe exercise for individuals with an eating disorder*. Workshop Presentation at Australia and New Zealand Academy for Eating Disorder Conference, Melbourne, Australia

ORAL PRESENTATIONS

3. Marashi, M., **Quesnel, D. A.**, Sabiston, C. (2023, June). *Self-compassion moderates the relationship between self-oriented perfectionism and disordered eating in a sample of health and exercise professionals*. Oral Presentation at the North American Society for the Psychology of Sport and Physical Activity Conference, Toronto, Canada
2. Solomon-Krakus, S., **Quesnel, D. A.**, Uliaszek, M., Sabiston, C. (2023, June). *The relationships between body-related emotion intolerance and restrictive eating as a function of multidimensional perfectionism*, Oral Presentation at the Canadian Psychological Association Conference, Toronto, Canada
1. **Quesnel, D. A.**, Huelleman, K., Cooper, M., & Calogero, M.R (2022, June), *Bridging the gap in clinician knowledge in managing dysfunctional exercise in eating disorders*, Oral Presentation at Academy for Eating Disorders, International Conference on Eating Disorder, Virtual