

**Name:** Thayle Reid-Hellberg

**Year in Course:** 3rd (Senior)

**Topic:** Polycystic Ovarian Syndrome (PCOS), anxiety, self-esteem, app development

**Mentor:** Jen Plouffe, Head of Medical Outreach of PCOSAA, Kevin Tarczali, OWL Cyber Defense

**Title:** The Impact of TealTracker, a Polycystic Ovarian Syndrome Mobile Application, on the Wellbeing of Women with PCOS.

**Biography:**

Thayle Reid-Hellberg is a senior at Pawling High School this is her third year in the Science Research Program provided by SUNY Albany. Academically, Thayle has been taking Advanced Placement classes since her junior year and was an all honors student prior. Thayle has been extremely involved in the PHS Concert Band all throughout high school and has been the Concert Band Class President since her junior year. Extracurricular activities are also another area in which Thayle has been very involved. She is a member of the Parent Teacher Student Association (PTSA), a member of Peer Leadership, the Pawling High School Pep Band, and the Health and Wellness Committee since freshman year. Thayle was inducted into the French National Honor Society in her freshman year and was inducted into both the Science National Honor Society and National Honor Society in her junior year. She also participates in the Varsity Dance Team and has been involved every season since freshman year and is currently team captain. The motivation to enroll in the Science Research Program was to investigate the field of psychology as a way to help others. She chose to research Polycystic Ovarian Syndrome (PCOS) as both a medical and psychological project because it encompasses both her passion for biology and behavioral science.

Thayle’s research entitled “The Effects of Polycystic Ovarian Syndrome (PCOS) of Anxiety and Self Esteem” has opened a doorway to many opportunities. Through her research Thayle discovered her passion for advocacy, especially for women’s health. In her sophomore year, Thayle competed at the annual Somer’s Science Fair. Junior year, Thayle competed in JSHS Eastern competition with her research as well as at the annual Dutchess Science Fair. She was also accepted to the International Association for Psychological Science Conference in Paris, France in March of 2019 and was also accepted and attended the National Association for Psychological Science Conference in Washington D.C. in May 2019. Thayle also presented her research at PCOS Con in Washington D.C. in September 2019. As a result of so many opportunities presented as a result of her research Thayle has been able to network in the field of psychology and women’s health as well as educate the public on PCOS and mental health which was her most crucial goal when entering the program. She is currently one of the Co-heads of Medical Outreach at the Polycystic Ovarian Syndrome Awareness Association and is currently developing an app entitled TealTracker that will provide helpful tools and resources for women with PCOS. Thayle will continue to research PCOS, women’s health and mental health and will continue to spread awareness on such topics.