

# HETVI DESAI

e: hetvi\_desai@berkely.edu

## EDUCATION

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<b>University of California- Berkeley</b> Doctorate of Philosophy, School Psychology	Present
<b>Pennsylvania State University</b> Master of Arts, Applied Clinical Psychology GPA: 4.0	August 2024
<b>Purdue University</b> Bachelor of Science, Psychological Sciences Minor: English and Creative Writing GPA: 3.36, Major GPA: 3.90	May 2021

## RESEARCH EXPERIENCE

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**Master's Thesis** August 2022 – July 2024  
Advisor: Dr. Melanie Hetzel-Riggin

The Thesis focused on the impact of ethnic identity on stressors and stress. This is an area that little is known about and has the potential to impact the well-being of immigrant college students and undergraduate retention rates for international students. The thesis will be funded by the Office of Humanities and Social Sciences. Data collection is projected to begin in January.

**Graduate Research Project** January 2023 – May 2024  
Virtual Augmented Reality Lab  
Advisor: Dr. Christopher Shelton

This project is a collaborative effort to develop an intervention strategy using Virtual Reality that aids in decreasing stress and improving affect for international students. In this study, participants will be recruited to complete a pre-test, attend two VR sessions using Google Earth to visit their hometown, and complete a post-test. Currently, training undergraduate students to manage participants and provide instructions on using VR technology. The study has received \$400 in funding from Penn State Behrend's International Student Office.

**Graduate Research Assistant** August 2022 - May 2024  
Emotion Regulation and Psychopathology Lab, *Penn State University*  
Principle Investigator: Dr. Wilson Brown

I am engaged in an independent project focusing on trauma, PTSD, and stress within Latin and Asian immigrant populations. The objective of this study is to gain insights into the variations in minority experiences, aiming to develop culturally sensitive interventions. The data utilized is sourced from the National Asian and Latin Study. In the initial stage of this

study, a hierarchical regression was employed to comprehend differences in trauma exposure and the expression of PTSD symptoms. This research is a component of a scholarship project supported by Penn State Behrend's Office of Humanities and Social Sciences, with an awarded scholarship amount of \$8,000 per year.

**Research Assistant**

August 2022 – May 2024

Food Insecurity and Disordered Eating, *Penn State University*  
Principle Investigator: Dr. Melanie Hetzel-Riggin

This project is conducted with collaborations from different departments at Penn State Behrend. The goal of the project was to understand the relationship between food insecurity, climate anxiety, and disordered eating in college students. The study serves as a needs assessment, and the results will be used to develop resources for students. Responsibilities include developing the survey, recruiting over 500 participants, coordinating compensation distribution, data cleaning, and data analysis. A manuscript will be submitted regarding the results of the overall study. An independent project was developed from this data, and the findings were presented as a poster at a national research conference.

**Graduate Research Assistant**

January 2023 – May 2023

Coping risk and resiliency for aggression and interpersonal violence, *Penn State University*  
Principle Investigator: Dr. Melanie Hetzel-Riggin

Collaborated with a team of students to prepare two manuscripts for publication. The first manuscript focused on a community intervention to reduce suicide rates in Black youth. The second manuscript explored teacher stress and burnout during the COVID-19 pandemic. An independent project was conducted to examine the impact of race and sexual orientation on body image and attractiveness. The findings from this project were presented as a poster at a national research conference.

**Undergraduate Research Assistant**

October 2020 – August 2022

Adjustment and Cultural Transitions Lab, *Purdue University*  
Principal Investigator: Dr. David Rollock

Worked under the Principal Investigator (PI) and graduate assistants for a cross-sectional study on adjustment in Asian immigrants. Assisted in developing the self-report questionnaire, distributed the survey to participants, facilitated compensation distribution, and formulated a data cleaning protocol. Initiated an independent project investigating the impact of self-esteem on ethnic identity and adjustment. Currently, I am leading a meta-analysis examining the diversity of the Asian population in clinical psychology research.

**Undergraduate Research Assistant**

May 2020 – August 2022

Sleep and Developmental Studies Lab, *Purdue University*  
Principal Investigator: Dr. Amy Schwichtenberg

Collaborated with a team of students to conduct a comprehensive literature review on the Glymphatic system's relationship with sleep. Led and managed a team of students for an NIH funded multidisciplinary project focused on of service dogs to improve sleep in veterans with PTSD. Coded sleep data and developed data cleaning protocols. Conducted an Autism and Sleep Literature Review, including article survey and coding, co-authored a manuscript on sleep in children with Autism, and summarized the current state of the literature. Independently initiated and completed a project investigating the importance of sleep for children with language development issues. Cleaned and analyzed data using SPSS and presented findings as a poster at a university wide research conference.

**Undergraduate Student Researcher**

Independent Project, *Purdue University*  
Research Mentors: Dr. Wendy Kline & Caitlin Fendley

August 2019 to December 2020

Worked with a research mentor to develop a project regarding the impact of policy and media on xenophobia during the bubonic plague in the 1900s. Used archival data such as newspapers, speeches from politicians, medical records, and official government policy to assess for antagonizing language and hateful messages. Presented results as a talk at a university wide research conference in 2019. Expanded on the project to compare the xenophobia during the bubonic plague to the COVID-19 pandemic. Presented findings at two more research university-level research conferences as a talk and a poster presentation. Won second place for research talks with archival data.

**Undergraduate Research Assistant**

Dark Matter Lab, *Purdue University*  
Principal Investigator: Dr. Rafael Lang

August 2019 to December 2020

Collaborated with a team of students to develop two projects analyzing data from the Xenon It detector. Projects investigated muon spallation and solar neutrino occurrences in the detector. Learned and applied Python coding skills. Presented findings as posters at a university-wide conference in fall 2019, spring 2020, and fall 2020. Won third place in the spring 2020 conference for the College of Science.

**INTERNSHIPS**

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**Clinical Intern**

August 2023 - August 2024

Internship, *Journey to a Trauma-Informed Life*

- Handling a case load of multiple clients from various age, race, gender, and sexual orientation.
- Providing trauma-informed care to clients.
- Shadowing multiple therapists to learn various methods of therapeutic interventions and practices.
- Writing reports of client intakes, progress, and treatment plans.
- Collaborating with other interns to develop and lead group therapy sessions.

**Big Data Analyst**

Internship, *Fluor Corporation*

May 2019 - August 2019

- Developed code to create and analyze graphs and charts for various properties of projects such as labor hours, progress, and schedule delay.
- Developed reports based on the detailed data analysis on health check of multibillion-dollar projects globally.
- Reports were used to optimize the distribution of labor resources on ongoing and future projects.

**Intern Scientist**

June 2016 - August 2016

Internship, *Ecosystems Management*

- Developed Environment Impact Assessment (EIA) notification and Report, Preparation, Quality Assurance and Quality Check (QA/QC) inspection of various reports.
- Collaborated with colleges in India and translated reports from Hindi and Gujarati to English.

**WORK EXPERIENCE**

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**Translator**

March 2023 – Present

Psychological evaluations, *Dr. Maria Espinola*

- Assisting Dr. Espinola in conducting hardship evaluations for clients at risk of deportation.
- Writing legal reports building client background and the results of the hardship evaluations.
- Translating interview and assessment question to Hindi and Gujarati for clients.
- Interviewing with clients from various age ranges and language skills.

**Copy Editor**

March 2022 – Present

Freelance, *Link Right Media*

- Editing articles written to promote local business in Texas.
- Ensuring that information is accurate, concise, and comprehensible for the general audience.
- Collaborating with a team of writers to publish informative articles and promote business.

**Writer**

August 2023 - May 2024

News Paper Writer, *Behrend Beacon*

- Writing informative and engaging articles for multiple sections of Penn State's newspaper.
- Keeping up to date with current events and new novels to develop articles.
- Bringing more diverse voices and stories to the forefront of the news coverage.
- Expanding the arts and entertainment section to go beyond the traditional entertainment modes including more recent forms such as YouTube entertainment and podcasts.

**Teaching Assistant**

August 2022 - December 2022

Health and Human Sciences, *Penn State University*

- Worked under professor to develop curriculum for four communications classes.

- Curriculum incorporated current media, social media, and news to better understand bidirectional relationship between the media and individuals' perceptions.
- Independently instructed up to 40 students and individually met with them to provide feedback and additional guidance.
- Assisted with grading and assignment development.

**Student Associate**

August 2017 - March 2020

Purdue Dining and Housing, *Purdue University*

- Correspond with parents, faculty, and students to answer questions and concerns related to on campus housing.
- Collaborated with fellow student associates to schedule meetings, conduct meetings, and rent out equipment for rest of the office staff.

**Tutor**

January 2017 - July 2017

Math tutoring services, *Mathnaisum*

- Designed and modified a personalized learning plan for students by assessing their strengths and weaknesses.
- Managed a group of 4-8 students at a time and worked independently with them to ensure their progress.
- Tutor and track their progress.
- Reported progress to parents and guardians.

**POSTER PRESENTATIONS & TALKS**

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**Desai. H,** Gottumukkala. S, Manelick. A, Sokeechand. R, & Shelton. C (2024, November). *Use of Virtual Reality (VR) To Improve Mental Outcomes of International Students.* Poster presented at the 2024 Association for Behavioral and Cognitive Therapies Conference in Philadelphia.

Babb. Z, Manelick. A, Sokeechand. R, Gottumukkala. S, **Desai. H,** & Shelton. C (2024, November). *Functional Impairment Associated with Diagnosed and Subthreshold ADHD in Adults Is Mediated by Tech Use Focused on Mental Health.* Poster presented at the 2024 Association for Behavioral and Cognitive Therapies Conference in Philadelphia.

**Desai. H,** Berner. M, Gottumukkala. S & Hetzel-Riggin. M. (2023, November). *Impact of Race and Sexual Orientation on Body Image and Attractiveness.* Poster presented at the 2023 Association for Behavioral and Cognitive Therapies Conference in Seattle.

**Desai. H,** Berner. M, Gottumukkala. S & Hetzel-Riggin. M. (2023, November). *Impact of Race and Sexual Orientation on Body Image and Attractiveness.* Poster presented at the 2023 Association for Behavioral and Cognitive Therapies Conference in Seattle.

**Desai. H,** Hetzel-Riggin. M, Brown. W, Lowry. N, Eaton. D, Fredericks. K, Patterson. P, Christ. K & Eaton, T. (2023, November). *Populations at Elevated Risk for Climate Anxiety.* Poster presented at the 2023 Association for Behavioral and Cognitive Therapies Conference in Seattle.

**Desai. H,** Gottumukkala. S, Babb. Z & Brown. W. (2023, November). *Trauma Exposure and PTSD Symptom Expression Among Asian and Latin Immigrants*. Poster presented at the 2023 Association for Behavioral and Cognitive Therapies Conference in Seattle.

**Desai. H,** Osnaya, A. & Rollock, D. (2021, July). *Relationship Between Self-identity and Self-Esteem in International College Students*. Poster presented at the (virtual) 2021 APA Division 45 Research Conference.

**Desai. H,** Osnaya. A & Rollock. D (2021, April). *Relationship Between Self-identity and Self-Esteem in International College Students*. Poster presented at the Diversifying clinical psychology conference by Council of University Directors of Clinical Psychology, virtual.

**Desai. H,** Schwichtenberg A.J (2021, April). *Sleep Behaviors in Infants with Speech and Language Issues*. Poster presented at the Purdue Undergraduate Research Symposium, virtual.

**Desai. H,** Economou. G, Frederick. J, and Zhou. Y, Zhu. H, Kopec. & Lang. R (2020, November). *CEvNS Events in the XenonIT Detector*. Poster presented at the Purdue Undergraduate Research Symposium, virtual.

**Desai. H,** Fendley. C (2020, July). *Historical analysis of social effects of Orientalis and applications to the Coronavirus*. Poster presented at the Purdue Undergraduate Research Symposium, virtual.

**Desai. H,** Fendley. C (2020, April). *Devastating Effects of the Bubonic Plague Due to Poor Communication between Officials and the Public*. Talk given at the Purdue Undergraduate Research Symposium, virtual.

**Desai. H,** Economou. G, Harmon. T, and Huynh. A & Depoian. A (2020, April). *Removing Muon Spallation and Muon Track Background in XENONIT*. Poster presented at the Purdue Undergraduate Research Symposium, virtual.

**Desai. H,** Fendley. C (2019, November). *Devastating Effects of the Bubonic Plague Due to Poor Communication between Officials and the Public*. Talk given at the Purdue Undergraduate Research Symposium, West Lafayette, Indiana.

Agrillo. M, Brar. M, **Desai. H,** Kopec. A & Lang. R (2019, November). *Investigating Effects of Muon Spallation in XENONIT*. Poster presented at the Purdue Undergraduate Research Symposium, West Lafayette, Indiana.

## **PAPERS & PUBLICATIONS**

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Johnson M, Wiley B, Atkinson M, Hetzel-Riggin M D, Berner M, Gottumukkala S, **Desai H,** Rametse L, & Owodunni B. Addressing Black Youth Suicide: The Importance of Participatory Research and Coordinated Responses. Manuscript under review.

Schwichtenberg, A. J., Janis, A., Lindsay, A., **Desai, H.,** Sahu, A., Kellerman, A., Chong, P.

L., Abel, E. A., & Yatecilla, J. K. (2022). Sleep in children with autism spectrum disorder: A narrative review and systematic update. *Current Sleep Medicine Reports*, 8(4), 51–61. <https://doi.org/10.1007/s40675-022-00234-5>

Schwichtenberg, A. J., Janis, A., **Desai, H.**, Zhang, S., & Zoog, O. (2020). *A good night of sleep*. Brief created for the Wellness Wednesday initiative of Families Tacking Tough Times Together.

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#### **FUTURE PAPERS & PUBLICATIONS**

Hetzel-Riggin, M D., Berner, M., Owodunni, B., **Desai, H.**, Gottumukkala, S., & Rametse, L. Educator’s Experiences of Burnout and Institutional Betrayal During the COVID-19 Pandemic. Manuscript in preparation.

Puglia, M., Sitzler, N., Smith, A., **Desai, H.**, Brown, W. *Thought Suppression as a Mediator of the Relationship Between Negative Affect and PTSD*. Manuscript in preparation.

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#### **PRE-REGISTRATION WITH OPEN SCIENCE FRAMEWORK**

**Desai, H.**, Rollock, D., & Osnaya, A. (2021, September 24). Comprehensive Review of Diversity Within the Asian Population in Psychology Literature. Retrieved from [osf.io/z86tm](https://osf.io/z86tm)

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#### **PROFESSIONAL AFFILIATIONS/LEADERSHIP**

**Association for Behavioral and Cognitive Therapies** October 2023 – Present  
A member of ABCT. Presented three posters at their annual conference in Seattle in 2023.

**Asian American Psychological Association** September 2021 - Present  
A member of the AAPA and two of its divisions: Division on South Asian Americans & Division on Students.

**The Veranda** May 2020 - March 2024  
Administrative member of a social media group meant to promote and encourage writers of South Asian background. Responsibilities include managing, leading, and coordinating the screenwriting team, working with lawyers to register the script and the company as a legal entity, collaborating with the administrative team to develop a community and social media presence, creating a creative writing course for middle school students, and recruiting experienced writers for the screenwriting and administrative team.

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#### **LANGUAGES/SKILLS/SPECIALIZED COURSES**

##### **Languages:**

English: Second Language  
Hindi: Second Language  
Gujarati: Native language

##### **Programming Languages:**

R studio                      HTML  
SPSS                              LINUX

Unix	Vim
MATLAB	C Programming
Python	CATIA

**Certifications:**

Health Insurance Portability and Accountability Act Certification  
Collaborative Institutional Training Initiative Certification

**Specialized Courses:**

Purdue Data Mine Learning Community 2018 - 2020  
A learning community at Purdue University where I have taken specialized classes in data science and data analytics. I have spent two semesters learning how to work with Big Data and work with R studio.

**HONORS AND AWARDS**

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**Graduate Research Scholarship** 2022 - 2024  
**Pennsylvania State University**  
Academic scholarship from Pennsylvania State University for secondary research project proposal.

**3<sup>rd</sup> Place College of Sciences:**  
**Purdue Undergraduate Research Symposium** 2020  
Removing Muon Spallation Background from XENON1T

**2<sup>nd</sup> Place Purdue Archives & Special Collections:**  
**Purdue Undergraduate Research Symposium** 2020  
Historical analysis of social effects of *Orientalis* and applications to the Coronavirus

**6<sup>th</sup> place in State for Persuasion in Speech** 2020  
Need for publicly accessible menstrual hygiene products.

**Fluor Corporation Scholarship** 2017, 2018, 2019, 2020  
Academic scholarship from Fluor Corporation for outstanding academic performance for four years.

**Mu Alpha Theta Scholarship** 2017  
Academic scholarship from the National Math Honors Society.