

Umara Hansen

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EDUCATION

University of California, Berkeley | Berkeley, California | September 2022 – present

PhD Student in School Psychology, Berkeley School of Education

- Current GPA: 4.0

University of Ottawa | Ottawa, Ontario | September 2016 – April 2020

Bachelor of Science, Honours Psychology, Summa Cum Laude Distinction (Highest Distinction)

- Cumulative GPA over the last two years: 9.9 (out of 10)
- Cumulative GPA over the full four years: 9.4 (out of 10)

PEER-REVIEWED PUBLICATIONS

Vallani, T., Best, J.R., Selles, R.R., Negreiros, J., Hansen, R.M., Naqqash, Z., Lin, B., Lu, C., Stewart, E. (2022). School and parent perspectives on symptomatology in pediatric obsessive-compulsive disorder (OCD). *Journal of Obsessive-Compulsive and Related Disorders, Volume 33*. <https://doi.org/10.1016/j.jocrd.2022.100731>.

Boileau, K., Stanson, N., Hansen, U., Barbeau, K., Comeau, G., Fang, Z., Smith, A. (in press). Validation and use of a social-evaluative anxiety-provoking fMRI task in musicians with performance anxiety who underwent a brief mindfulness training program: A pilot study. *Journal of Positive Psychology*.

CONFERENCES

Hansen, U., Smith, A. (2020). The neurophysiological effects of mindfulness on musical performance anxiety. [Poster presentation]. Psychology Honours Specialization Conference, Virtual due to COVID-19, Ottawa, ON.

Hansen, U., Smith, A. (2020). The neurophysiological effects of mindfulness on musical performance anxiety. [Poster presentation]. Peer-reviewed Interdisciplinary Conference in Psychology (ICP), Virtual due to COVID-19, Ottawa, ON.

Hansen, U., Smith, A. (2020). The neurophysiological effects of mindfulness on musical performance anxiety. [Poster presentation]. Musicians Wellness Centre Study Day, Cancelled due to COVID-19, Ottawa, ON.

Hansen, U., Smith, A. (2020). The neurophysiological effects of mindfulness on musical performance anxiety. [Poster presentation]. Undergraduate Research Opportunity Program Symposium, Ottawa, ON.

AWARDS AND DISTINCTIONS

- **Berkeley Fellowship** – September 2022 and January 2023
- **Completion of the 2020 Summer Studentship Research Program** – July 2020
- **Summa Cum Laude Distinction Honours B.Sc. in Psychology, Univ. of Ottawa** – April 2020
- **Undergraduate Research Opportunity Scholarship** – 2018, 2019
- **Dean's List - University of Ottawa (average above 85%)** - 2017, 2018, 2019, 2020
- **Merit Scholarship, University of Ottawa** – 2017, 2018, 2019, 2020
- **Admission Scholarship, University of Ottawa** – 2016, 2017
- **DELFB2 Exam**- officially bilingual French/English – 2016

RESEARCH EXPERIENCE

Depression, Anxiety and Stress Lab, University of British Columbia | Vancouver, BC | April 2021 – present

Study Coordinator

- Currently working as a Study Coordinator with the Intra-and Interpersonal Emotion Regulation Study under the supervision of Dr. LeMoult.
- Managing the study and lab setup, completing ethics approvals, mentoring and supervising 15-20 research assistants.
- Led the recruitment of over 50 participants aged 18-65, in-person testing of participants including collecting saliva samples, conducting standardized tasks and administering questionnaires.
- Weekly engagement in meetings with Dr. LeMoult, the graduate students, and the administrative team where we discuss current research and scientific rigor of various research methods.
- Attending weekly meetings in the Equity, Diversity and Inclusion meeting to advocate and ensure these principles within the lab.

Stress and Development Lab, Harvard University | Boston, Massachusetts | August 2020 – March 2021

Research Assistant

- Worked as a research assistant under the supervision of Dr. Katie A. McLaughlin and Dr. Rachel Romeo.
- Investigated a longitudinal study of 200 children from preschool through to adolescence which analyzed at-risk youth, determined by their level of socioeconomic status (SES), and early language interaction to investigate how these factors influenced language acquisition, cognitive development and risk for psychopathology.
- Duties included transcribing videos of parent-child interactions, classifying types of speech using CHAT/CLAN conventions, coding for emotional regulation strategies and analyzing cognitive developmental and psychopathology risk measures.
- Actively participated at weekly team meetings by engaging in readings, summaries and discussions.

Institute for the Reduction of Youth Violence, Simon Fraser University |Vancouver, BC |
Fall 2020 – Spring 2021

Research Assistant

- Assisted with the Response to Distress study, under the supervision of Dr. Robert McMahon.
- The study evaluated a novel family-based intervention aimed at reducing violence in children aged 3-7 with conduct problems.
- Responsibilities included coding videos of parent-child interactions using an observational coding system to rate the child's verbal empathy and verbal/nonverbal lack of concern.

BC Children's Hospital Research Institute Summer Student Research Program |Vancouver, BC | Summer 2020

Summer Research Student

- Accepted into an education program offering in-depth research at the BCCHRI.
- Engaged in bi-weekly seminar series, networking, live streamed workshops, student presentations, faculty presentations.
- Presented findings at the 2020 Summer Student Research Program poster conference.
- Participated in weekly lab and mentorship meetings with Dr. Evelyn Stewart and the research team at the OCD Clinic.
- Skills further developed include statistical analysis, programming and methodological reasoning such as R Studio, Qualtrics, SPSS, Excel.

The Brain Imaging Group, University of Ottawa | Ottawa, ON | 2018/2019/2020

Research Assistant

- Conducted an independent analysis on the neurological correlates of mindfulness on musical performance anxiety.
- Managed participant recruitment, administered questionnaires and worked with a Neuro-Technician with the protocol for fMRI scans at the Royal Ottawa Mental Health Centre.
- Results presented at the March 2020 Honours Symposium and the 2020 Peer-Reviewed Interdisciplinary Conference in Psychology.
- Abstract was also accepted into the University of Ottawa Musicians Wellness Study Day.
- As a member of the Brain Imaging Group, assisted with setup and protocol and conducted fMRI brain scanning for a study that analyzed different cultural groups, to compare the neural correlates which may be associated with past trauma and discrimination.

Undergraduate Research Opportunity Program, University of Ottawa |Ottawa, ON |
2018/2019

Research Assistant

- Awarded a scholarship to conduct fMRI research analyzing the neurophysiological effects of mindfulness on students suffering from musical performance anxiety.
- Program included devoting 75 hours to chosen research and preparing a poster which was presented at the March 2019 UROP Symposium.

SCHOOL PSYCHOLOGY EXPERIENCE

Horace Mann Elementary School, Oakland Unified School District | Oakland, California | September 2022 – December 2022

1st Grade Classroom Volunteer

- Observed the classroom environment, student behavior, teacher classroom management strategies and overall school climate
- Conducted informal assessments with both my teacher and students to enhance my understanding on school psychology
- Assisted my teacher with various tasks around the classroom

CLINICAL EXPERIENCE

Clinical Phone Screening, Depression, Anxiety and Stress Lab, University of British Columbia | Vancouver, BC | September 2021 – present

Study Coordinator

- Underwent extensive training in the DSM-V in order to identify various disorders.
- Gained hands on training and experience conducting phone screening with participants to see if they meet the inclusion criteria for a study investigating the comorbidity of social anxiety and depression.

Pediatric Obsessive-Compulsive Disorder Clinic and Research Program at BC Children's and Women's Health Centre | Vancouver, BC | Summer 2020

Research Assistant

- Worked and job shadowed with a team of medical and health professionals in the lab of Dr. Evelyn Stewart, a faculty member at UBC and Director of the Pediatric Obsessive-Compulsive Disorder Clinic.
- Attended and contributed to weekly clinical meetings, acquired knowledge of treatment plans for youth with OCD including cognitive behavioral therapy.
- Spearheaded a manuscript for publication on assessing the utility and consistency of teacher rating scales relative to clinician ratings of pediatric obsessive-compulsive disorder.
- Findings presented at the 2020 SSRP poster conference.

The Child, Adolescent and Family Centre of Ottawa (CAFCO) | Ottawa, ON | 2020

Receptionist

- Involved with various care services offered at CAFCO, a multidisciplinary clinic comprised of a group of clinical psychologists, neuropsychologists, psychotherapists and therapists.

ADHD and Development Lab, University of Ottawa | Ottawa, ON | 2019/20

Research Assistant

- Under the supervision of Dr. Maria Rogers, clinical psychologist, assisted in the implementation of the parent engagement project administering pre-literacy and pre-numeracy tests to 200 kindergarten students in the community.

**Alberta Edmonton Hospital - Mental Health and Addictions Centre | Edmonton, AB |
Summer 2019**

Volunteer

- Worked one-on-one with patients suffering from a mental illness and/or addiction in the Greenhouse Program, a vocational program aimed at providing skills for patients re-entering the workforce.

RELEVANT SKILLS AND CERTIFICATIONS

- Skills For Psychological Recovery Certificate, January 26th 2023
- Proficient in using STATA, R-studio, SPSS, SPM12, Qualtrics, E-prime, Microsoft Excel and MATLAB as data analysis tools
- Trained in Phone Screening Interviews based on the DSM-V
- Preparation of ethics and grant submission
- Proficient in coding videos using CHAT/CLAN conventions
- Proficient in fMRI protocol and data analysis
- TCPS 2: CORE Research Ethics Certificate
- Biosafety for Study Team Members Certificate
- Emergency First Aid & CPR-C

LEADERSHIP ACTIVITIES

Anxiety Canada National Youth Committee | Ottawa, ON | Fall 2019 - present

Outreach Lead

- Spearheaded the implementation of a nationwide youth ambassador program.
- Managing and leading a group of 15+ youth from across Canada.
- Spokesperson at various mental health conferences, recruiting members, planning and executing events within my community, promoting Anxiety Canada resources and raising awareness of mental health.
- Leading a project which educates and raises awareness of anxiety in elementary schools around Canada.
- Launching a project which provides accessible resources and support for immigrant communities throughout Canada who are often underserved.

Best Buddies Canada, University of Ottawa | Ottawa, ON | 2014 – 2020

Executive Activities Coordinator

- Organizing and facilitating group events of 70+ individuals with intellectual and developmental disabilities to promote inclusivity within the community.
- Led a group of students in effectively executing events.
- Worked one-on-one with Buddies within the community to understand their barriers and implement solutions to create a more inclusive and caring environment.

University of Ottawa | Ottawa, ON | 2018

Statistics Mentor

- Based on academic excellence and competencies in statistics and research methodology,

was asked to mentor 2nd year psychology students in Statistics I: Quantitative methods (PSY2106).

- Created and facilitated hour long workshops for students as well as worked one-on-one with students to ensure confidence and success in their class.

Canadian Student Leadership Conference |Halifax, NS | 2015

Spirit Leader

- Led a group of students from across the country on a week-long leadership conference that included presentations and teamwork activities.

VOLUNTEER ACTIVITIES

Program Advisory Committee | University of California, Berkeley | 2022

Volunteer

- Duties include the overall planning and ongoing internal evaluation of the Program and increasing student-faculty communication.
- Organize and run the welcome back event for all incoming students
- Create and distribute the Program Newsletter

Sandy Hill Seniors Network | Ottawa, ON | 2020

Event Organizer

- As part of the Community Service Learning Program, organized and promoted events for older adults in the Sandy Hill Community to mitigate loneliness and encourage socialization.

Edmonton General Continuing Care Centre | Edmonton, AB | 2019

Volunteer

- Assisted a team of health care professionals in providing care and social activities for residents.

Community Service Learning Program, Garderie Bernadette Child Care Centre |Ottawa, ON| 2018

Creative Volunteer

- Encouraged creative thinking and supervised children ages 4-5 as a Creative Workshop Volunteer.

WORK HISTORY

Graduate Tutor | University of California, Berkeley Athletic Study Center | January 2023-present

- Work one-on-one with academically vulnerable student athletes and a paired specialist to provide academic support, foster independent and self-empowerment.
- Model academic skills and provide counselling for time-management, organization, study skills, reading, and writing strategies.

- Complete written session reports following each session and maintain open communication with learning specialist, director of academic support, and graduate tutor coordinator.

University of Ottawa | Ottawa, ON | 2019

Statistics Tutor

- Assisted students with Statistics II (PSY2116) course material to achieve their academic goals.

YMCA of Greater Vancouver, Healthy Child Development | Vancouver, BC | Summer 2018

Camp Group Leader

- Promoted active living and supervised children aged 5-12 at a weekly day camp.

Kinap Athletic Club | Halifax, NS | Summer 2017

Camp Group Leader

- Facilitated outdoor activities and supervised children aged 5-12 at a weekly day camp.

REFERENCES

Dr. Rachel Romeo, Neuroscientist and Clinical Speech Language Pathologist

Post-Doctoral Student, Stress and Development Lab

Harvard University

Email: rachelromeo@fas.harvard.edu

Phone: 1-617-775-6841

Dr. Andra Smith,

Professor, Brain Imaging Group

University of Ottawa

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Phone: 613-562-5800 ext. 2671

Dr. Heather Poole

Professor

University of Ottawa

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Phone: 905-869-2975

Dr. Joelle LeMoult

Professor, Depression, Anxiety and Stress Lab

University of British Columbia

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