

KRISTEN A. CHU

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EDUCATION

- University of California, Santa Barbara (UCSB)** 9/2015-6/2019
B.A. Psychology, B.A. Communication, Minor in Applied Psychology
Highest Honors, GPA: 3.91
- King's College London** 9/2018-1/2019
Educational Abroad Program
GPA: 4.0

HONORS & AWARDS

- Highest Honors, UCSB** 2019
Presented to the top 2.5% of undergraduates at graduation for receiving a GPA of 3.88 or above in the College of Letters & Science.
- Award for Academic Excellence, UCSB** 2019
Presented to those among the highest academic honors in the Communication Department, maintaining an overall 3.8 or higher GPA over their academic careers.
- Faculty Research Assistance Program (FRAP) Grant, UCSB** 2016
Received \$350 grant supporting research in the Research Center for Virtual Environments and Behavior.

PUBLICATIONS

- Chu, K.**, Schwartz, C., Towner, E., Kasparian, N. A., & Callaghan, B. (2021). Parenting Under Pressure: A mixed-methods investigation of the impact of COVID-19 on family life. *Journal of Affective Disorders Reports*, 100161.
- Towner, E., Ladensack, D., **Chu, K.A.**, & Callaghan, B.L. (under review). Welcome to My Zoom Party – Virtual Social Interaction, Loneliness, and Well-Being Among Emerging Adults Amid the COVID-19 Pandemic.
- Uy, J.P., Schwartz, C., **Chu, K.A.**, Towner, E., Lemus, A., Brito, N., & Callaghan, B.L. (under review). Parenting Under Pressure: Parental Transmission and Buffering of Child Fear During the COVID-19 Pandemic.
- Chu, K. A.**, Querdasi, F.R., Uy, J.P., Towner, E., Gancz, N., Taylor, E., & Callaghan, B. (in preparation). The Role of Parent-Child Interaction in Emotional Processing, Alexithymia, and Mental Health.
- Stanek, C., Towner, E., **Chu, K.A.**, & Callaghan, B.L. (in preparation). 'I Grieve the Loss of Normality': A Mixed-Methods Analysis of Mental Health in Young Adults during COVID-19.

PRESENTATIONS

- Chu, K.A.**, Querdasi, F.R, Towner, E., Taylor, E., & Callaghan, B. (2021, November 10-12). *The Role of Parent-Child Interaction in Emotional Processing, Alexithymia, and Mental Health* [Poster Presentation]. International Society for Developmental Psychobiology 2021 Virtual 54th Annual Meeting, Hybrid conference.
- Chu, K.A.** & Boyer, M.P. (2021, August 12-14). *Examining College Students' Reactions to Racial Microaggressions Vignettes* [ePoster Presentation]. American Psychological Association, Society for the Psychological Study of Culture, Ethnicity and Race

(Division 45) 2021 Meeting, Virtual conference.

Stanek, C., Towner, E., **Chu, K.A.**, Callaghan, B. (2021, June). *I Grieve the Loss of Normality': A Mixed-Methods Analysis of Mental Health in Young Adults during COVID-19* [ePoster Presentation]. EQuIP 2021, Virtual conference.

Chu, K.A., Schwartz, C., Towner, E., Kasparian, N., & Callaghan, B. (2021, April 9). *Parenting Under Pressure: a Mixed-Methods Investigation of the Impact of COVID-19 on Family Life* [ePoster Presentation]. Society for Research in Child Development 2021 Biennial Meeting, Virtual conference.

Schwartz, C., **Chu, K.A.**, Towner, E., Lemus, A., Brito, N., & Callaghan, B. (2021, April 9). *Inducing and Buffering Pathways of Familial Distress During the COVID-19 Pandemic* [ePoster Presentation]. Society for Research in Child Development 2021 Biennial Meeting, Virtual conference.

Chu, K.A., Schwartz, C., Towner, E., Kasparian, N., & Callaghan, B. (2020, October 23). *Parenting Under Pressure: Emotional and Behavioral Reactions to COVID-19 in Parents and Children* [ePoster Presentation]. International Society for Developmental Psychobiology 2020 Virtual 53rd Annual Meeting, Virtual conference.

Schwartz, C., **Chu, K.A.**, Towner, E., Lemus, A., Brito, N., & Callaghan, B. (2020, October 22). *Inducing and Buffering Pathways of Familial Distress During the COVID-19 Pandemic* [ePoster Presentation]. International Society for Developmental Psychobiology 2020 Virtual 53rd Annual Meeting, Virtual conference.

*Ahmbi, S., †**Chu, K.A.**, Concepcion, M.C., Irodistan, A. (2019, May 5). *Depression in the Asian American/Pacific Islander Community* [Conference presentation]. UC Santa Barbara's 4th Mental Health Conference, Goleta, CA, United States.

***Chu, K.A.**, Concepcion, M.C. (2019, May 5). *High Context Communication and Mental Health* [Conference presentation]. UC Santa Barbara's 4th Mental Health Conference, Goleta, CA, United States.

***Chu, K.A.**, Concepcion, M.C., Irodistan, A. (2018, May 5). *Mental Health and the Asian American Pacific Islander (AAPI) Community* [Conference presentation]. UC Santa Barbara's 3rd Mental Health Conference, Goleta, CA, United States.

***Chu, K.A.** & Ding, A. (2017, April 23). *Exploring the Role of Family in Asian American/Pacific Islander Mental Health* [Conference presentation]. UC Santa Barbara's 2nd Mental Health Conference, Goleta, CA, United States.

*Indicates clinical focused talk or presentation

†Indicates presenting author when not first author

RESEARCH EXPERIENCE

LAB MANAGER/STAFF RESEARCH ASSOCIATE

02/2020 – Present

University of California, Los Angeles – Department of Psychology

Brain and Body Lab (PI: Dr. Bridget Callaghan)

General Duties

- Hiring, managing, and training team of 23 Research Assistants in participant recruitment, data collection, and data management of multiple research studies
- Consistently mentoring 3 undergraduates through independent research projects and poster presentations
- Fostering open science through the management of public OSF channels and GitHub repositories, developing and updating shared study protocols written in R Markdown for 5 studies
- Developing IRB project submissions and managing amendment modifications
- Budgeting and managing both intramural and federal grants

Parenting Under Pressure Study (4/2020-12/2020)

- Co-developed and coordinated online study aimed at examining the impacts of the global pandemic on families, caregivers, and children (N = 324)

- Wrote IRB, wrote study protocols, collected, and analyzed quantitative and qualitative data
- Programmed REDCap surveys with advanced branching logic offered in both English and Spanish versions, collected data from 377 caregivers online, and preregistered mixed-methods analysis plan (<https://osf.io/ka7qf>) and quantitative analysis plan (<https://osf.io/c3epi>)
- Utilized thematic analysis to code and analyze parent and child qualitative responses about COVID-19; engaged in mixed methodology mapping highly endorsed qualitative themes onto quantitative measures, cleaning and analyzing data using R (see **published paper and poster**)

Mind, Brain, Body Study (ongoing)

- Study coordinator for NIH-funded three-year longitudinal study examining the impacts of early life adversity on memory and emotional development of N = 150 children and adolescents aged 6-16
- Organizing large scale community outreach events for recruitment and retention of both typically developing children and children who have experienced early life adversity
- Screening, scheduling, enrolling, and consenting children, adolescents, and parents, writing study protocols, training and overseeing research study staff
- Collecting physiological data (Electrocardiogram (ECG), Galvanic Skin Response (GSR), Electrogastrogram (EGG)); collecting and storing biological samples (hair, saliva, stool, and dried blood spot), administering intelligence tests and clinical interviews
- Developing study protocols viable for transition of in-person study procedures to virtual study procedures (including remote collection of biological samples, behavioral tasks, recorded behavioral interactions, and survey data) post COVID-19
- Creating and designing [Lab newsletter](#) for participant engagement and retention in longitudinal study
- Programming associative memory tasks using Gorilla; coordinating collection of behavioral task data from N = 71 participants through the UCLA Subjects Pool for validation of the behavioral task
- Coding data scoring, cleaning, and analysis scripts in R

Other

- Pre-processing and analyzing resting state fMRI data (seed-based amygdala-prefrontal cortex functional connectivity) using the FMRIB Software Library (FSL) for a large longitudinal cohort study (Growing up in Singapore Towards healthy Outcomes [GUSTO]) examining the impacts of early life stress on child brain development and mental health

RESEARCH ASSISTANT

07/2019 –02/2020

University of California, Los Angeles – Department of Psychology
Anxiety and Depression Research Center (PI: Dr. Michelle Craske)

Behaviour Research and Therapy

- Assisted a peer-reviewed scientific journal focused on cognitive, behavioral, and physiological approaches to the understanding of emotional and behavioral disorders in prevention and treatment

RISE Study

- Managed data for study evaluating the effects of a computer-based treatment in reducing symptoms of social anxiety in employment settings and increasing employment success
- Scored, entered, and managed data for the Mini-International Neuropsychiatric Interview (M.I.N.I.) and the Structured Clinical Interview for DSM-5 (SCID)
- Scheduled participants and maintained participant records

Fear Generalization Study

- Trained in behavioral sessions administering physiological equipment (ECG, GSR, eye-tracking)

INDEPENDENT RESEARCH PROJECT

01/2019 – 07/2019

University of California, Santa Barbara – Department of Psychology
(PI: Dr. Shelly Gable)

- Spearheaded development of online study examining emotional reactions to microaggression narratives in college students
- Created IRB proposal, programmed survey on Qualtrics, collected data from 152 through the UCSB subjects pool, actively involved in data cleaning and quantitative analysis using SPSS

STRATEGY AND DESIGN INTERN

06/2018 – 08/2018

HopeLab, San Francisco, CA

- Brainstormed development of digital mental health product at HopeLab, a company and ‘social innovation lab’ creating behavior-change technology supporting teens and young adults
- Contributed to development of digital mental health product related to loneliness and wellbeing in young adults as part of an interdisciplinary strategy, research, and design team transforming scientific research into product ideation
- Researched and analyzed thorough report on Generation Z to inform product on target population and mental health trends, presenting companywide including senior executives

RESEARCH ASSISTANT

01/2018 – 08/2018

University of California, Santa Barbara – Department of Counseling, Clinical, and School Psychology
Positive Psychotherapy Process Lab (PI: Dr. Collie Conoley)

- Worked closely with PhD student Evelyn Plumb on her research project examining multicultural competency in cross-cultural therapy experiences by incorporating Consensual Qualitative Research (CQR) processes to transcribe, code, and analyze qualitative interview data

RESEARCH ASSISTANT

03/2018 – 06/2018

University of California, Santa Barbara – Department of Psychology
Self & Social Identity Lab (PI: Dr. Brenda Major)

- Consented participants and administrated questionnaires in a longitudinal study examining risk, resilience, health, and wellbeing in students’ transition to college
- Collected blood pressure, dried blood spot, and anthropomorphic measurements from participants

MARKET RESEARCH INTERN

07/2017 – 09/2017

Yoobi, El Segundo, CA

- Analyzed company competitors by researching call-to-actions on website, email, and social media content to identify marketing strategies; developed and presented a research project showcasing a market strategy on company target populations to senior marketing executives

RESEARCH ASSISTANT

03/2016 – 06/2017

University of California, Santa Barbara – Department of Psychology
Research Center for Virtual Environments and Behavior (PI: Dr. Jim Blascovich)

- Worked closely with PhD student William Ryan on his research project investigating elements of the self-determination theory coming out stories from members of the LGBTQ community
- Collected physiological measures of impedance, ECG, GSR, blood pressure, and respiration while conducting structured interviews recounting coming out stories from over 40 participants
- Transcribed and quantitatively coded qualitative interview data

RESEARCH ASSISTANT

04/2016 – 08/2016

University of California, Santa Barbara – Department of Psychology
Cognition and Development Lab (PI: Dr. Tamsin German)

- Coordinated and memorized various scripts for Theory of Mind tasks such as the Dimensional Change Card Sort (DCCS), False Photograph Task, and Elicited False Belief Task
- Contacted over 20 families to recruit child participants for the study

CLINICAL EXPERIENCE

MENTAL HEALTH PEER

09/2016 – 06/2019

University of California, Santa Barbara
Counseling and Psychological Services (CAPS)

- Trained with Mental Health Professionals to learn counseling skills rooted in Cognitive Behavioral Therapy (CBT) and participated in weekly clinical development training on topics of depression, anxiety, stress, microaggression, grief, and intersectional identities
- Utilized active listening and crisis management skills in drop-in peer counseling sessions with students seeking support, triaging to Mental Health Professionals and campus resources
- Provided one-on-one school anxiety sessions with students, offering time management and coping skills as a part of the CAPS School Anxiety Program
- Developed mental health outreach programming for targeted student populations such as cultural minorities in STEM, first-generation college, and Asian American students
- Led quarterly workshops on stress reduction, school anxiety, and bystander intervention

CLINICAL RESEARCH ASSISTANT

01/2018 – 06/2018

University of California, Santa Barbara – Department of Counseling, Clinical, and School Psychology
Koegel Autism Center (PI: Dr. Ty Vernon)

- Led weekly social skills group discussion as a peer mentor for participants with Autism Spectrum Disorder (ASD) in the Social Tools And Rules for Teens (START) Program, a socialization intervention for adolescents and young adults
- Conducted intakes involving administration of the Kaufman Brief Intelligence Test (KBIT) and social skill surveys on potential participants for screening and baseline measurements
- Collected target skill and social skill data through weekly one-on-one skill development sessions

SKILLS & QUALIFICATIONS

- **Certifications/Trainings:** Validated Family Interaction Macro-Coding System (FIMS) Behavioral Coder, Consensual Qualitative Research (CQR), Thematic Analysis
- **Instrument/Clinical Interview administration:** Wechsler Abbreviated Scale of Intelligence (WASI-II), Wechsler Individual Achievement Test (WIAT-III), Kiddie Schedule for Affective Disorders and Schizophrenia (K-SADS), Kaufman Brief Intelligence Test (KBIT)
- **Physiological Data Collection:** electrocardiogram (ECG), galvanic skin response (GSR), electrogastrogram (EGG), eye-tracking, impedance, respiration, blood pressure
- **Biological Sample Collection:** dried blood spot, saliva, hair, stool
- **Programming:** *Proficient* with R, FSL, *Familiar* with SPSS
- **Applications:** Rmarkdown, GitHub, WordPress, Canva, Quirkos, REDCap, Qualtrics, Gorilla, Biopac, Zotero, AcqKnowledge, Microsoft Suite, *Familiar* with PsychoPy