April 2026

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EDUCATION

2025 - expected 2030	**Loyola University Chicago** Ph.D., Clinical Psychology
2021	**University of California, San Diego** Master of Public Health Track: Public Mental Health/Health Promotion Master's Thesis: *The Zone and Instagram: An Exploratory Analysis of Health Promotion and Social Media for UC San Diego's Student Wellness Center* Thesis Advisor: Elizabeth Eikey, Ph.D | Secondary Advisor: Eric Hekler, Ph.D
2019	**University of California, Riverside** B.S., Biology, Neuroscience Minor

AWARDS AND SCHOLARSHIPS

2024	**Student Travel Award** | Dissemination and Implementation Science Special Interest Group, Association for Behavioral and Cognitive Therapies | $200
2024	**Student Poster Award** | Dissemination and Implementation Science Special Interest Group, Association for Behavioral and Cognitive Therapies | $25
2024	**Diverse Scholar Development Award** | Sexual and Gender Minority Special Interest Group, Association for Behavioral and Cognitive Therapies | $400

Undergraduate

2017	**MARC Research Training Program** | University of California, Riverside | $2500
2017	**Dean's Honors List, Winter** | University of California, Riverside
2016	**Dean's Honors List, Fall** | University of California, Riverside
2016	**Dean's Honors List, Winter** | University of California, Riverside

GRANTS AND FELLOWSHIPS

2026	**The Paul & Daisy Soros Fellowships for New Americans**, The Paul & Daisy Soros Fellowships for New Americans. Not awarded.
2025	**Graduate Student Research Fellowship**, National Science Foundation, Student P., Not awarded

PEER-REVIEWED PUBLICATIONS

In reverse chronological order

12. **Liu, M**., & Sung, J.Y. (*in press*). *Commentary on translational impact: "Intergenerational transmission of family healthy lifestyle on young adult well-being*". Translational Issues in Psychological Science.
11. Primack, Z., Palafu, T., Goshgarian-Miller, S., **Liu, M**., Chertavian, C., Rapadas, C., Yamane, R., An, K., Chin, S., Okamoto, S., Okamura, K. (*in press*). *Bridging culture and prevention: Facilitators of success in a culturally grounded drug prevention program for rural hawaiian youth*. Translational Issues in Psychological Science.
10. Okamura, K. H., Cramer, M. A., Palafu, T., Helm, S., Dalisay, F., Primack, Z., Carreira Ching, D., Goshgarian-Miller, S., **Liu, M**., Chin, S. K., Marshall, S. M., Saladino, P. A., Kon, Z. K., Song, S. D., Yamane, R., Yoshizumi-Kim, N., Rapadas, C. C., & Okamoto, S. K. (2026). *Ho'ouna Pono: A 20-year journey of designing, implementing, and sustaining prevention for rural, indigenous communities*. Substance Abuse Treatment, Prevention, and Policy. https://doi.org/10.1186/s13011-026-00715-8
9. **Liu, M**., LeFevre, C., & Chen, Y.A. (2026). *Curating digital coping ecologies: How queer emerging adults use social media to support their mental health*. In Proceedings of the 2026 CHI Conference on Human Factors in

Computing Systems (CHI'26). Association for Computing Machinery, New York, NY, USA. https://dl.acm.org/doi/10.1145/3772318.3790281

8. Kaveladze, B. T., Voelkel, J. G., Stagnaro, M. N., Huang, M., Smock, A. E., Sullivan, E. K., Xu, Y. M., McCall, M. P., Zapata, J. P., Ahmed, S. I., Bhattacharjee, A., Georgieva, I., Hernandez-Ramos, R., Huber, K. S., Jennings, J. K., Kirk, A. C., Knowles, R. S. M., Kornfield, R., Lind, M. N., **Liu, M**., … Schleider, J. L. (2026). *A crowdsourced megastudy of 12 digital single-session interventions for depression in American adults*. Nature Human Behaviour. https://doi.org/10.1038/s41562-026-02415-6
7. Primack, Z., Chertavian, C., Palafu, T., **Liu, M**., Goshgarian-Miller, S., Deakin, A., Clement, M., Kaopuiki-Santos, K., Hartsock, T., & Okamura, K. H. (2025). *Enhancing resilience and connection: SigBee® implementation after the Maui wildfires*. Healthcare Special Issue: Depression, Anxiety and Emotional Problems Among Healthcare Workers. https://doi.org/10.3390/healthcare13233004
6. **Liu, M.** & Lind, M.N. (2025). *Commentary on translational impact: "Navigating the modern landscape of social media: ethical considerations for research with adolescents and young adults"*. Translational Issues in Psychological Science. http://doi.org/10.1037/tps0000458
5. **Liu, M**., Pagador, A.J.T., Mizyed, J., Martinez, E.C., & Schueller, S.M. (2024). *Multi-media field test: Sleep better with cognitive-behavioral therapy: CBT-i coach provides support for insomnia.* Cognitive and Behavioral Practice. https://doi.org/10.1016/j.cbpra.2024.11.004
4. Taylor, M.E., **Liu, M**., Abelson, S., Eisenberg, D., Lipson, S.K., & Schueller, S.M. (2024). *The reach, effectiveness, adoption, implementation, and maintenance of digital mental health interventions for college students: a systematic review*. Current Psychiatry Reports. https://doi.org/10.1007/s11920-024-01545-w
3. **Liu, M**. & Schueller, S.M. (2024). *Integrating digital therapeutics with mental healthcare delivery*. Journal of Health Service Psychology, 1-9. https://doi.org/10.1007/s42843-024-00105-3
2. Bautista, J., **Liu, M**., Álvarez, M., & Schueller, S.M. (2024). *Multi-media field test: Cognitive-behavioral therapy at our fingertips: Sanvello provides on-demand support for mental health.* Cognitive and Behavioral Practice. https://doi.org/10.1016/j.cbpra.2023.12.008
1. **Liu, M**. & Schueller, S.M. (2023). *Moving evidence-based mental health interventions into practice: Implementation of digital mental health interventions*. Current Treatment Options in Psychiatry, 10(4), 333-345. https://doi.org/10.1007/s40501-023-00298-2

NON-PEER-REVIEWED PUBLICATIONS

1. Abelson, S., Eisenberg, D., Johnston, A., Lipson, S.K., **Liu, M.**, Ogden, S.N., & Schueller, S.M. (2024, May). *Digital mental health interventions at colleges and universities: Understanding the need, assessing the evidence, and identifying steps forward*. The Hope Center. Temple University. https://hope.temple.edu/digital-mental-health-interventions-highered

PUBLICATIONS UNDER REVIEW

In reverse chronological order

2. **Liu, M**., Wijaya, C., Pagador, A.J.T., & Orzada, B.W. (under review). *Wysa as a digital mental health tool: scalable mental health support with an AI-driven conversational agent*. Cognitive and Behavioral Practice.
1. Green, J., Atkins, D., **Liu, M**., & Henderson, M. (under review). *Digital mind-body interventions to improve mental Well-being in pregnant racial and ethnic minority women: a systematic review*. Behaviour Research and Therapy.

PAPER PRESENTATIONS

1. **Liu, M**., LeFevre, C., & Chen, Y.A. (April, 2026). *Curating digital coping ecologies: How queer emerging adults use social media to support their mental health*. Paper presentation for the 2026 CHI Conference on Human Factors in Computing Systems (CHI'26). Barcelona, Spain.

POSTER PRESENTATIONS

** denotes equal contribution*

11. **Liu, M**., Fitzsimmons-Craft, E. E., & Conley, C.S (2026, June). *Adoption and implementation factors of brief delivery of interpersonal psychotherapy (IPT): A systematic review*. Poster accepted for the 11th Biennial

International Society of Interpersonal Psychotherapy (ISIPT) Conference. Pittsburgh, PA.

10. **Liu, M**., Fitzsimmons-Craft, E. E., & Conley, C.S (2026, April). *Implementation and maintanence factors of brief delivery of interpersonal psychotherapy (IPT): A systematic review*. Poster accepted and presented at the 2026 Annual Anxiety and Depression Association of America (ADAA) Conference, Chicago, IL.
9. **Liu, M**., Taylor, M.E., Ableson, S., Eisenberg, D., Lipson, S.K., & Schueller, S.M. (2025, October). *Implementation and maintenance factors for digital mental health interventions among college students: A systematic review.* Poster accepted and presented at the 7th Annual Brookstone Conference. Chicago, IL.
8. Primack, Z., Palafu, T., **Liu, M.,** Chertavian, C., Goshgarian-Miller, S., Deakin, A., Clement, M., Kaopuiki-Santos, K., Hartsock, T., Okamura, K. H. (2025, August). *Enhancing resilience and connection: SigBee™ implementation after the Maui wildfires*. Poster accepted and presented at the 13th Scientific Meeting of the International Society for Research on Internet Interventions, San Diego, CA.
7. Chertavian, C., *Primack, Z., *Palafu, T., ***Liu, M.**, Goshgarian-Miller, S., Deakin, A., Clement, M., Kaopuiki-Santos, K., Hartsock, T., & Okamura, K. (2025, June). *Building interpersonal trust and resilience for frontline service providers through SigBee.* Poster accepted and presented for presentation at the 2025 Society for Digital Mental Health Conference. United States.
6. Primack, Z., Chertavian, C., *Palufa, T., *Kennedy, J., *Goshgarian-Miller, S., *Liang, V., ***Liu, M**., Chong, R., Kim, R., Cheron, D., Okamura, K. H. (2025, June). *Using machine learning to bridge gaps in youth mental health by elevating client and caregiver voices.* Poster accepted and presented at the 2025 Society of Clinical Child and Adolescent Psychology (SCCAP) Division 53 of the American Psychological Association, Chicago, IL
5. Primack, Z., An, K., Palafu, T., Goshgarian-Miller, S., **Liu, M.,** Chertavian, C., Chin, S. K., Marshall, S. M., Okamoto, S. K., & Okamura, K. H. (2025, May). *Bridging culture and prevention: facilitators of success in a culturally grounded drug prevention program in rural Hawaiian schools*. Poster accepted and presented at the 33rd Annual Society for Prevention Research. Seattle, WA.
4. *Green, J., *Atkins, D., ***Liu, M**., & Henderson, M. (2025, March). *Digital mind-body interventions to improve mental well-being in pregnant racial and ethnic minority women: a systematic review*. Poster accepted and presented at the 46th Annual Society for Behavioral Medicine. Seattle, WA.
3. *Taylor, M.E., ***Liu, M.**, Ableson, S., Eisenberg, D., Lipson, S.K., &Schueller, S.M. (2024, November). *Implementation and maintenance factors for digital mental health interventions among college students: A systematic review*. Poster accepted and presented at the 58th Annual Association of Cognitive Behavioral Therapy (ABCT) Dissemination and Implementation Science SIG Poster Session. Philadelphia, PA.
2. *Nip, H., *Rigor, R., *Pagador, A.J., ***Liu, M**., *Taylor, M.E., & Schueller, S.M. (2024, October). *Identifying the gap in digital mental health support for Asian American college students.* Poster presented at the 2024 Asian American Psychological Association (AAPA) Annual Convention. Atlanta, GA.
1. **Liu, M.**, Hagerty, S., Basuroy, S., Mustafa, M., Tram, A., & Eikey, E.V. (2020, November). *Developing a needs assessment: completing a UC San Diego institutional review board application and partnering with community centers*. Poster presented at the 2nd annual UC San Diego Public Health Research Day (UCSD PHRD). La Jolla, CA.

PANELS AND TALKS

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10. Landa, Y., Wen, Y., **Liu, M**., Reyes, Y., & Ramos, G. (2026, June). *Who stays engaged with digital mental health interventions? Evidence from racially and ethnically minoritized users*. Flash talk accepted at the Society for Digital Mental Health 5th Annual Meeting (Virtual).
9. **Liu, M**. (Chair). (2025, November). *Leveraging human-centered design: Prototyping, evaluating, and usability testing of evidence-based strategies to improve behavioral outcomes*. Panel presentation presented at the 59th Annual Association for Behavioral and Cognitive Therapies Convention, New Orleans, LA.
8. **Liu, M.** (2023, July). *Technological approaches to mental health*. Panel presented at the 2023 TransformAsian Conference for Asian Mental Health Collective. Irvine, CA.
7. **Liu, M**. (2021, March). *Breaking the binary: Intersectionality of women's rights and the identity spectrum*. Panel presented at the 2021 HERstory Month Talks. University of California San Diego Women's Center. La Jolla, CA.
6. Luu, M., **Liu, M.**, Abarca, B., Marmolejo, C. (2020, Feb). *Mental Health Across the Different Colleges: Humanities vs. STEM and Their Perception of Mental Health*. Presentation at the 2020 Active Minds National Conference, Washington D.C
5. **Liu, M.**, Luu, M., Marmolejo, C. (2019, Nov). *Erasing the Stigma: Effects on the Perception of Mental Health*. Presentation at the University of California, Riverside Citrus Health Conference. Riverside, CA.

4. Singh, S., Luu, M., **Liu, M.**, Abarca, B., Marmolejo, C. (2019, Feb). *"Validate-Appreciate-Refer": Crisis Intervention on College Campuses and Student Organizations*. 2019 Active Minds Conference, Washington D.C.
3. Singh, S., **Liu, M.**, Marmolejo, C., Sakamoto, D. (2019, Feb). *Building your own Mental Health Toolkit- Student Leadership Edition*. Presentation at the 4th Annual University of California Riverside Inspiring R'Leaders Conference, Riverside, CA.
2. **Liu, M.**, Singh, S., Marmolejo, C. (2018, Dec). "*Let's Talk About Mental Health": Building your Wellness Toolkit*. Presentation at the 2018 University of California, Riverside African American Student Programming-Mental Wellness Week. Riverside, CA.
1. **Liu, M.**, Shelar, P., García-Castro, M.I. (2017, Aug). *Top-down inhibition of BMP signaling: Fate-mapping of chicken neural crest cells in developing embryos*. Symposia at the 2017 Summer MARC Scholar Presentation Day. Riverside, CA.

RESEARCH EXPERIENCE

Lab for Expanding Access for Families (LEAF) Lab *Nov. 2025 - current*
Boston University
PI: Jenna Sung, PhD
Role: Graduate Research Assistant
Project: NCT04453865 - ***Empowering Anxious Parents to Manage Child Avoidance Behaviors (EMPOWER)***

- Conducted semi-structured interviews with caregivers of OCD family members for single-session intervention adaptation
- Led the secondary analysis of the moderators of using the single-session intervention amongst family members and its impact on the overall outcomes of the study
- Ran MANOVAs (SPSS) to observe moderator behavior of intervention acceptability and perceived effectiveness among two trials of the single-session intervention

Improving Mental Health & Promoting Adjustment through Critical Transitions Lab *Aug. 2025 - current*
Loyola University Chicago
PI: Colleen Conley, PhD
Role: Graduate Research Assistant
Project: ***The Impact of Mobile Technology-Delivered Interventions on Youth Well-Being***

- Collaborated on data extraction coding for three-level meta-analyses for 300+ articles on mobile technology-delivered interventions for youth
- Organized the data validation with the coding team to reach IRR > 0.60 for research articles pulled for the meta-analyses

Project: ***RE-AIM of Interpersonal Psychotherapy (IPT) Implementation***

- Led the analysis of the barriers, facilitators, and adoption metrics related to IPT implementation across community centers, academic wellness centers, and outpatient/inpatient hospitals using the RE-AIM Implementation framework
- Supervised the data exploration on Convidence with 4 undergraduate research assistants

Implementation Research Division- Okamura Lab *Sept. 2024 - June 2025*
The Baker Center for Children & Families, Harvard Medical Center
PI: Kelsie Okamura, Ph.D
Role: Senior Implementation Research Assistant
Project: NIH-DP1- ***Mohala Na Pia: Community-driven Drug Prevention Implementation Strategies for Native Hawaiian and Pacific Islander Youth in Rural Hawai'i***

- Coordinated and organized the implementation of a culturally grounded substance use prevention curriculum (Ho`ouna Pono) for Native Hawaiian and Pacific Islander youth using EMA to provide data to make real-time adaptations (just-in-time adaptive interventions) to the intervention curriculum
- Led a rapid prototyping and user-centered design sprint of the EMA tool with middle school teachers to decrease user/participant fatigue when tasked with delivering a curriculum to students
- Organized a scoping review of the current literature on the use of EMA toward implementation strategies

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Connecting the EdTech Research EcoSystem (CERES) Lab *Aug. 2024 - April 2026*
University of California, Irvine
PI: Giovanni Ramos, Ph.D, Anthony Chen, PhD
Role: Research Assistant
Project: ***Help-seeking with Social Media and Digital Tools among Queer Emerging Adults***

- Collect descriptive statistics of social media and digital platform preferences among emerging adults (n =313) who identify as Queer when seeking mental health support and belonging in JASP
- Conducted deductive and inductive thematic analysis to understand social media behaviors of queer emerging adults and why they use certain platforms to seek information, cope, disclose their lived experiences, or use them to watch uplifting content to improve their mood
- Analyzed the latent profile analysis of the participants to see how anxiety and depression symptoms drive disclosure of their experiences vs. the participant's self-disclosed "outness"

Project: ***Equity in Digital Mental Health Interventions for Marginalized Populations: Mindfulness for Us (MIND-US)***

- Consolidate and integrate participant data from individuals who experienced varying levels of discrimination and engaged in a self-guided, digital mindfulness intervention, MIND-US (n=235)
- Utilize quantitative analysis (SPSS) to assess mental health outcome variations between participants who received task-shifted mental health support (peer support) and those who did not

Mind-Body and Well-Being (MBWB) Lab *July 2023 - May 2025*
San Diego State University
PI: Jennifer Green, Ph.D
Role: Research Assistant
Project: K01 Pilot-Study- ***Culturally Tailoring a Mindfulness Meditation Mobile App to Reduce Psychological Distress in Black Adults.***

- Collaborated in the development of mindfulness, yoga, and well-being studies for pregnant mothers and co-wrote IRB paperwork, ensuring compliance with ethical research standards
- Successfully enrolled lower-income African American/Black pregnant women (n=29) in a pilot study evaluating the effectiveness of a yoga intervention in promoting maternal well-being
- Supervises and guides undergraduate research students in conducting a meta-analysis on maternal well-being and behavioral health outcomes using digital mindfulness interventions

Technology and Mental Health (TEAM) Lab *July 2022 - July 2024*
University of California, Irvine
PI: Stephen M. Schueller, Ph.D
Role: Digital Mental Health Specialist/Senior Project Manager
Project: ***"Uplift the Web" Challenge: The*** **Creation and Innovation of Single-Session Interventions (SSIs) Towards Reducing Depression in Adults**

- Assisted in the development of two SSIs: ***Therabee*** (a wayfinding SSI) and ***Savoring Strategies to Decrease Depression*** (a Positive Psychology Savoring SSI)
- Helped prepare the SSI submission application
- Designed the graphics to enhance the user experience of Therabee using Adobe Premiere and Canva

Project: ***One Mind Psyberguide*** (One Mind-funded project): an online open-access resource that stores the assessed credibility and efficacy of digital mental health (DMH) products on the iOS and Android app stores

- Led the evaluation of DMH mobile and web applications (n=256) by editing and reviewing their credibility and transparency through literature reviews
- Kept an updated record of DMHI's credibility scores and efficacy/effectiveness studies on the back end of OMPG
- Created a digital mental health app, re-reviewed SOP, and increased app review productivity from 1 application a week to 10 applications a week
- Oversaw 10+ research assistants on credibility reviews of applications through bi-weekly meetings and training

Project: ***Digital Mental Health Interventions at Colleges and Universities: Understanding the Need, Assessing the Evidence, and Identifying Steps Forward***: a study and critical review of specific DMHIs offered to college students

- Commissioned by the Ruderman Family Foundation, in partnership with the Healthy Minds Network (Daniel Eisenberg, Ph.D; Sarah K. Lipson, Ph.D, EdM; Sara Abelson, Ph.D, MPH)
- Conducted semi-structured interviews (n=21) with college mental health center decision-makers/policymakers across the United States to gather their opinions on the utilization of DMH tools within their counseling centers

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- Assisted in the creation of the Rutherford report by coding college mental health participant transcripts and gathering themes surrounding their opinions on DMH tools for their college student population using NVivo
- Coded the barriers, facilitators, and adoption metrics related to DMHI implementation

Project: ***Understanding Physiological Mechanisms of Negative Emotions with EMA***: graduate student dissertation project

- Coordinated CITI training among research assistants and maintained regulatory documents for UCI IRB
- Tracked participant progress in the study and ensured EMA device + assessments were delivered and scheduled

Mental Health in Design Lab (MiD Lab) *May 2020- June 2022*
University of California, San Diego
PI: Elizabeth V. Eikey, Ph.D
Graduate Research Student
Project: ***The Influence of Stigma on Mental Health and Well-being Behaviors Among College Students: Barriers to Wellness Resources on College Campuses***

- Contributed to research examining the barriers to mental healthcare on UC San Diego's campus and as a graduate student mentor for an undergraduate research assistant with their conference paper: *"Co-Designing Digital Tools to Support Students' Social Challenges During and Beyond COVID-19."*
- Identified the unmet needs and current practices for mental health and well-being management for students using online surveys
- Led semi-structured interviews and autoethnography with undergraduate students across the United States (n=133) to understand their lived experiences seeking out mental health resources on their college campus
- Identified areas for improvement in the current behavioral health approaches and co-created solutions (Human-Centered Design and Prototype Testing)

Kawasaki Disease Research Center (KDRC) *March 2022- July 2022*
University of California, San Diego
PI: Jane Burns, MD
Clinical Research Assistant
Project: ***R61: Diagnosing and Predicting Risk in Children with SARS-CoV-2-Related Illness.***

- Managed the Long-Term Outcomes study at the Kawasaki Research Center by renewing IRB protocols (KUALI) and initiating new participant surveys (RedCap)
- Developed stakeholder network by engaging medical examiners and cardiovascular pediatricians through social media marketing
- Led anxiety & stress sub-study with adult cohort (n=34) to better understand behavioral health and Kawasaki Disease by adding Depression Anxiety Stress Scales-21 (DASS-21) & Perceived Stress Scale (PSS) to the project
- Increased study subjects (n=299) by 20% through tracking "lost-to-follow-up" subjects and communicating with stakeholders across the United States

Mental Health in Design Lab (MiD Lab) *May 2020- June 2022*
University of California, San Diego
PI: Elizabeth V. Eikey, Ph.D
Graduate Research Student
Project: ***The Influence of Stigma on Mental Health and Well-being Behaviors Among College Students: Barriers to Wellness Resources on College Campuses***

- Contributed to research examining the barriers to mental healthcare on UC San Diego's campus and as a graduate student mentor for an undergraduate research assistant with their conference paper: *"Co-Designing Digital Tools to Support Students' Social Challenges During and Beyond COVID-19."*
- Identified the unmet needs and current practices for mental health and well-being management for students using online surveys
- Led semi-structured interviews and autoethnography with undergraduate students across the United States (n=133) to understand their lived experiences seeking out mental health resources on their college campus
- Identified areas for improvement in the current behavioral health approaches and co-created solutions (Human-Centered Design and Prototype Testing)
- Mixed-methods approach to creating new tools to help break down barriers to resources (Human-Centered Design)

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PROFESSIONAL EXPERIENCE

HealthLINK Center for Transdisciplinary Health Disparities Research *Oct. 2024 - July 2025*
San Diego State University
PIs: Elva M. Arredondo, Ph.D & Kelsey Dickson, Ph.D
Role: Intervention Methods Group Coordinator

- Developing formative research guides and scopes of work, including developing, translating, and adapting evidence-based interventions (EBIs) for diverse populations and settings
- Assisting in implementing intervention-related research, including training for intervention mapping, in-depth interviews, focus groups, and RAPID analysis, for pilot, center-funded, and independent research projects
- Develop and test protocols for assessing intervention fidelity, including community-based, clinic-based, organization-based, and technology-based interventions, such as Ecological Momentary Assessment (EMA)

Technology and Mental Health (TEAM) Lab *July 2023- July 2024*
University of California, Irvine
Irvine, US
TEAM Lab Meeting Manager

- Led project management for TEAM Lab activities (lab meetings, networking opportunities) and lab projects
- Created lab meeting agendas for each quarter by organizing meeting topics (journal/podcast discussion, guest speakers from industry and academia, student presentations, and research project discussions)
- Mentored research assistants by helping them explore research interests, connecting them to graduate student projects, and aiding them with project management education

UC Irvine Institute for Clinical and Translational Science (ICTS) Administrator

- Organize Dissemination and Implementation (D&I) activities (ie, consultations, presentations, conference talks) done in the 2022-2023 & 2023-2024 school years
- Promote ICTS D&I events, such as conferences, networking events, and symposiums
- Provide administrative support for ICTS directors and the leadership team through coordinating meetings, collecting contacts for future ICTS activities, and creating promotional materials for ICTS events

UC Irvine Wellness Initiative in Social Ecology (WISE) PAC Admin Advisor

- Oversaw WISE PAC leadership with their programming management, finances, and budgeting
- Provided guidance on resource allocation and management for campus events (WISE Wellness Wednesdays)
- Mentored WISE PAC leadership by guiding them on professional development talks, career development opportunities, and additional leadership opportunities

Choosing Therapy *Jan. 2024- May 2024*
Remote, US
Mental Health Technology Editor

- Reviewed and edited 20+ digital mental health platforms (telehealth, mental health apps) reviews by testing the platform's UI/UX, evidence-based treatment, and customer service
- Created mental health platform addenda for different mental health disorders (e.g., bipolar, obsessive-compulsive disorder) to help improve the credibility of the company
- Increased traffic to the Choosing Therapy website (WordPress) through SEO integration and keyword research via Ahrefs

AM LLC. *April 2021 - May 2022*
Remote, US
Operations Program Process Analyst

- Assisted in the implementation and evaluation of software and platforms by sharing evidence-based practices, improvement strategies, and educational resources with public health stakeholders
- Evaluated and recommended program policies, procedures, and operational changes through the creation of SOPs and prototypes
- Standardized workflows for the implementation team, programs, operations & clinical managers to create guidelines and SOPs for each issued contract

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Mental Health America of San Diego County *April 2021 - Jan 2022*
San Diego, CA
Marketing/Health Promotion Program Manager

- Oversaw the Together Towards Health campaign issued by The Public Health Institute and created health promotion guides with the help of community leadership from South Bay Community Services
- Aided the CalHope partners (SAMHSA) by enhancing communication, resilience, public awareness, and health education in vulnerable populations of San Diego County by utilizing an equity lens through different social media and traditional media channels to increase behavioral change and reduce the spread of COVID-19
- Led Psychological Triage (Psychological First Aid Training) with CalHOPE partners at resource sites in San Diego County

Women's Center, University of California, San Diego *Aug. 2020 - March 2021*
La Jolla, CA
Community Center Graduate Liaison

- Created intersectional feminism programming for the graduate community, the Office of Equity, Diversity, and Inclusion, and the Office of Academic Affairs
- Facilitated conversations around intersectionality, inequity, and women's health/well-being
- Organized participant data collected from multiple Qualtrics servers

Active Minds, The Well, University of California, Riverside *Sept. 2018 - June 2019*
Riverside, CA
Student Director of Public Relations/Marketing

- Created programming for the undergraduate students within the schools of Natural Sciences and Engineering to engage them with Wellness Center resources
- Facilitated conversations around mental health stigma on the interpersonal and societal levels
- Organized participant data collected from multiple Qualtrics servers to co-design wellness center programming

TEACHING EXPERIENCE

TEACHING ASSISTANT

Fall 2025	*Internship in Psychology | PSYC 390* Instructor: Colleen Conley, Ph.D. Loyola University Chicago
Winter 2021	*Public Health Honors Practicum I | FMPH 196A* Instructor: Sarah Linke, Ph.D, MPH University of California, San Diego
Fall 2020	*Health Behavior and Chronic Diseases | FMPH 110* Instructor: Sarah Linke, Ph.D, MPH University of California, San Diego
Spring 2020	*Clinical Nutrition in Public Health | FMPH 161* Instructor: Christine Zoumas, MS, RD University of California, San Diego
Winter 2020	*Health Policies for Healthy Lifestyles | FMPH 120* Instructor: Anna M. Navarro, Ph.D. University of California, San Diego

CLINICAL EDUCATION

April 2021	Mental Health First Aid Training *Mental Health America of San Diego County*

March 2021 Psychological First Aid Training
Johns Hopkins University

PROFESSIONAL SERVICE

2025 - present	Social Media Student Chair, Tech SIG, ABCT
2024 - present	Communications Manager, Student SIG, ABCT

PROFESSIONAL AFFILIATIONS

2026 - present	Society for Prevention Research (SPR)
2026 - present	Association for Computing Machinery (ACM)
2025 - present	International Society for Research on Internet Interventions (ISRII)
2024 - present	Society for Implementation Research Collaboration (SIRC)
2023 - present	Student & Trainee Special Interest Group, Society for Digital Mental Health
2023 - present	Society for Digital Mental Health (SDMH)
2023 - present	Student Special Interest Group, ABCT
2023 - present	Dissemination & Implementation SIG, ABCT
2023 - present	Technology & Behavior Change SIG, ABCT
2023 - present	Association for Behavioral and Cognitive Therapies (ABCT)

SKILLS

- Quantitative Methods (R Statistical Software, SPSS Statistical Software, JASP Statistics Program)
- Citation Management (EndNote, Zotero, Mendeley)
- In-Depth and Focus Group Interviews
- Qualitative Methodologies (Thematic Analysis (NVivo), Ethnography)
- Data Management (REDCap, Qualtrics, Kuali)
- Adobe Suite (Adobe Illustrator, Adobe Photoshop, Adobe Lightroom, Adobe Premiere Pro)
- Search Engine Optimization Tools (AHRefs, BrowSEO)
- Fluency in Mandarin Chinese (reading + oral)