TIMOTHY ALAN MATTHEWS

Curriculum vitae
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Phone: +1 424 535 8293

CURRENT POSITION

Title:	Assistant Professor (tenure-track faculty)
Institution:	California State University, Northridge
Department:	Environmental and Occupational Health

Courses: Research Methods in Environmental and Occupational Health
Environmental and Occupational Health Exposure Assessment
Environmental and Occupational Health Epidemiology
Global Perspectives of Environmental and Occupational Health
Environmental Health I

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*Denotes work completed after appointment

EDUCATION

2023 Ph.D.
University of California, Los Angeles
Department of Environmental Health Sciences

2020 M.S.
University of California, Los Angeles
Department of Environmental Health Sciences

2016 B.A.
University of California, Los Angeles
Department of Psychology

PUBLICATIONS https://scholar.google.com/citations?user=5Fev7l4AAAAJ&hl=en

18. **Matthews TA**, Shao H, Forster M, Kim I. (2024). Associations of Adverse Childhood Experiences with Depression and Anxiety among Children in the United States: Racial and Ethnic Disparities in Mental Health. Journal of Affective Disorders.
https://doi.org/10.1016/j.jad.2024.07.121
[Impact factor: 4.9]

17. Guardiano M, **Matthews TA**, Liu S, Arah OA, Siegrist J, Li J. (2024). Longitudinal associations of effort and reward at work with changes in cognitive function: evidence from a national study of U.S. workers. International Archives of Occupational and Environmental Health.
https://doi.org/10.1007/s00420-024-02081-z
[Impact factor: 2.6]

16. Coates M, Arah AO, **Matthews TA**, Sandler DP, Jackson CL, Li J. (2024). Multiple forms of perceived job discrimination and hypertension risk among employed women: Findings from the Sister Study. American Journal of Industrial Medicine.
https://doi.org/10.1002/ajim.23634
[Impact factor: 3.5]

15. **Matthews TA,** Liu X, Chen L, Li J. (2024). Prospective Associations of Occupational and Leisure-Time Physical Activity with Risk of Diabetes: A Cohort Study from the United States. Annals of Work Exposures and Health. 68(6); 581-92.
https://doi.org/10.1093/annweh/wxae034
[Impact factor: 1.8]

14. Saiki, M, **Matthews TA**, N Kawakami, W Robbins, Li J. (2024). Formulations of Job Strain and Psychological Distress: A Four-Year Longitudinal Study in Japan. Safety and Health at Work. 15(1):59-65.
https://doi.org/10.1016/j.shaw.2024.01.001
[Impact factor: 3.5]

13. **Matthews TA**, Li J. (2023). Adverse Childhood Experiences, Social Isolation, Job Strain, and Cardiovascular Disease Mortality in U.S. Older Employees. Medicina. 59(7);1304.
https://doi.org/10.3390/medicina59071304
[Impact factor: 2.4]

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12. Li J, **Matthews TA**, Clausen T, Rugulies R. (2023). Workplace Discrimination and Risk of Hypertension: Findings from a Prospective Cohort Study in the US. Journal of the American Heart Association. 12(9);e027374.
https://doi.org/10.1161/JAHA.122.027374
[Impact factor: 6.1]

11. **Matthews TA**, Guardiano M, Omidakhsh N., Cushing L., Robbins W., Hong O., Li J. (2023). Associations of COVID-19 Related Work Stressors with Psychological Distress: Racial and Ethnic Disparities in Californian Workers. International Journal of Environmental Research and Public Health. 20(1);144.
https://doi.org/10.3390/ijerph20010144
[Impact factor: 4.6]

10. **Matthews TA**, Chen L, Li J. (2022). Increased Job Strain and Cardiovascular Disease Mortality: a Prospective Cohort Study in U.S. Workers. Industrial Health. 61(4);250–9
https://doi.org/10.2486/indhealth.2021-0233
[Impact factor: 1.8]

9. **Matthews TA**, Porter N, Siegrist J, Li J. (2022). Unrewarding work and major depressive episode: Cross-sectional and prospective evidence from the U.S. MIDUS study. Journal of Psychiatric Research. 156:722–8.
https://doi.org/10.1016/j.jpsychires.2022.11.009
[Impact factor: 3.7]

8. **Matthews TA**, Zhu Y, Robbins W, Rezk-Hanna M, Macey PM, Song Y, Li J. (2022). Adulthood Psychosocial Disadvantages and Risk of Hypertension in US Workers: Effect Modification by Adverse Childhood Experiences. Life. 12(10);1507.
https://doi.org/10.3390/life12101507
[Impact factor: 3.2]

7. Liu X, **Matthews TA**, Chen L, Li J. (2022). The Associations of Job Strain and Leisure-Time Physical Activity with the Risk of Hypertension: The Population-Based Midlife in the United States Cohort Study. Epidemiology and Health. 44;e2022073.
https://doi.org/10.4178/epih.e2022073
[Impact factor: 3.2]

6. **Matthews TA**, Chen L, Chen Z, Han X, Shi L, Li Y, Wen M, Zhang D, Li H, Su D, Li J. (2022). Gender Difference in Working from Home and Psychological Distress following Working from Home: A National Survey in U.S. Employees during the COVID-19 Pandemic. Industrial Health. 60(4);334–44
https://doi.org/10.2486/indhealth.2022-0077
[Impact factor: 1.8]

5. **Matthews TA**, Sembajwe G, von Känel R, Li J. (2022). Associations of Employment Status with Opioid Misuse: Evidence from a Nationally Representative Survey in the U.S. Journal of Psychiatric Research. 151;30–3.
https://doi.org/10.1016/j.jpsychires.2022.04.001
[Impact factor: 3.7]

4. Li J, **Matthews TA**, Chen L, Seamans M, Leineweber C, Siegrist J. (2021). Effort-Reward Imbalance at Work and Drug Misuse: Evidence from a National Survey in the U.S. International Journal of Environmental Research and Public Health. 18(24);13334.
https://doi.org/10.3390/ijerph182413334
[Impact factor: 4.6]

3. Chen L, Li J, Xia T, **Matthews TA**, Tseng T-S, Shi L, Zhang D, Chen Z, Han X, Li Y, Li H, Wen M, Su D. Changes of Exercise, Screen Time, Fast Food Consumption, Alcohol, and Cigarette Smoking during the COVID-19 Pandemic among Adults in the United States. (2021). Nutrients. 13(10);3359.
https://doi.org/10.3390/nu13103359
[Impact factor: 4.8]

2. **Matthews TA**, Chen L, Chen Z, Han X, Shi L, Li Y, Wen M, Zhang D, Li H, Su D, Li J. (2021). Negative Employment Changes During the COVID-19 Pandemic and Psychological Distress: Evidence from a Nationally Representative Survey in the U.S. Journal of Occupational and Environmental Medicine. 63(11);931–7.
https://doi.org/10.1097/jom.0000000000002325
[Impact factor: 3.9]

1. **Matthews TA**, Robbins W, Preisig M, von Känel R, Li J. (2021). Associations of Job Strain and Family Strain with Risk of Major Depressive Episode: A Prospective Cohort Study in U.S. Working Men and Women. Journal of Psychosomatic Research. 147;110541.
https://doi.org/10.1016/j.jpsychores.2021.110541.

[Impact factor: 3.5]

MANUSCRIPTS IN PREPARATION

Moghadam R, Seong M, Huang A, Toledo-Corral C, **Matthews TA**. Associations of Adverse Childhood Experiences with Cardiometabolic Risk: Overweight and Diabetes in a Nationally Representative Sample of United States Children and Adolescents. (In preparation, July 2024).

M Seong, Huang A, Roller M, Bilder R, **Matthews TA**. Associations of Traumatic Brain Injury with Learning Disability and Developmental Delay in a United States Pediatric Population. (In preparation, September 2024).

GRANT FUNDING, AWARDS, AND HONORS

2024 Summer Grant Program ($3000)
Research and Sponsored Programs Office,
California State University, Northridge

2023 **Grant Title:** Do long working hours increase the risk of cardiovascular disease mortality? Evidence from the U.S. National Health Interview Survey 1997-2015
Granting Agency: NIH-CDC-NIOSH (National Institutes of Health, Centers for Disease Control, National Institute of Occupational Safety and Health)
Grant Number: R21OH012446
Grant Period: September 2023 – September 2025

Role: Co-Principal Investigator
Subaward Amount: $30,000
Major Goals: The aim of this project is to assess the contribution of long working hours to excess cardiovascular disease mortality rates in the U.S.

2023 UCLA Fielding School of Public Health
Dean's Outstanding Student Award ($1,000)
2022 Finalist
European Association of Psychosomatic Medicine Elsevier Young Investigator Award
2020 Southern California Education Research Center (SCERC) Pilot Project Research Training Grant ($10,000)
2020 Richard J. Jackson Designing Healthy Communities Fellowship ($5,000)
2020-2023 UCLA Graduate Division University Fellowship ($18,000)

INVITED TALKS

2024 California Stress, Trauma & and Resilience (CAL STAR) Network Laboratory for Stress Assessment and Research Seminar, February 7th, 2024. "Adverse Childhood Experiences, Social Isolation, Work Stress, and Deaths of Despair in the United States". Semel Institute for Neuroscience and Human Behavior, University of California, Los Angeles.

2023 Environmental Health Sciences Seminar 411, October 4, 2023. "Adverse Childhood Experiences, Social Isolation, Work Stress, and Deaths of Despair: Sequelae of the U.S. Opioid Epidemic. Fielding School of Public Health, University of California, Los Angeles.

2023 Southern California Education Research Center (SCERC) Fall Conference, September 14, 2023. "Increased Job Strain and Risk of Cardiovascular Disease Mortality in U.S. Workers". Fielding School of Public Health, University of California, Los Angeles.

2023 Education Research Center Joint Schools Seminar, April 7, 2023. "COVID-19 pandemic related work stressors and psychological distress in Californian workers". University of Minnesota and University of Iowa.

2023 Occupational Health Doctoral Seminar, January 26, 2023. "Exploring the California Health Interview Survey". Department of Occupational and Environmental Health Nursing Training Program. School of Nursing, University of California, San Francisco.

CONFERENCE PRESENTATIONS

2024 Grigsby T, Shanazari E, Shaverdi A, Zhang X, **Matthews TA,** Forster M. Adverse Childhood Experiences and College Student Mental Wellbeing: The Role of Coping Styles and the Developmental Timing of Adversity. Poster presentation at the 46th Annual Meeting and Scientific Sessions of the Society for Behavioral Medicine (SBM). San Francisco, California. March 26-20, 2025.

2024 **Matthews TA**, Li J. Adverse Childhood Experiences, Social Isolation, Job Strain, and Cardiovascular Disease Mortality in US Older Employees. Poster presentation at the 11th Nordic Conference of Epidemiology and Register-Based Health Research (NordicEpi). June 12-14, 2024. (Accepted).

2024 Guardiano M, **Matthews TA**, Liu S, Li J. How Are Work-Related Effort and Reward Associated with Changes in Cognitive Function Among a National Cohort of U.S. Workers? Poster presentation at the 20th Annual UCLA Nursing Science and Innovation Conference. May 22, 2024.

2024 Chen L, **Matthews TA**, Liu X, Li J. Physical Activity Paradox and Risk of Diabetes: Evidence from a Population-Based Cohort in the United States. International Congress on Occupational Health. April 28-May 3, 2024.

2023 Li J, **Matthews TA**, Akinyelure O, Chen I, Alterman T, Howard G, Howard V, LA MacDonald. Association of Workplace Discrimination with Incident Hypertension: Findings from the US National REGARDS Study. Poster presentation at the Work, Stress, and Health Conference. November 8-11, 2023.

2023 J Li, **Matthews TA**, H Yang. Digitalization Use, Psychosocial Work Characteristics, and Mental Health among Workers: Evidence from the United States 2004-2021.

Poster presentation at the Joint Congress of the International Congress of Occupational Health – Work Organization and Psychosocial Factors (ICOH-WOPS) and Asia Pacific Academy of Psychosocial Factors at Work (APA-PFAW). Tokyo, Japan, September 19-22, 2023.

2023 M Saiki, **Matthews TA**, Kawakami N, Robbins W, Li J. Formulations of Job Strain and Psychological Distress: A Four-Year Longitudinal Study in Japan. Poster presentation at the Joint Congress of the International Congress of Occupational Health – Work Organization and Psychosocial Factors (ICOH-WOPS) and Asia Pacific Academy of Psychosocial Factors at Work (APA-PFAW). Tokyo, Japan, September 19-22, 2023.

2023 Guardiano M, **Matthews TA**, Liu S, Li J. Preliminary Findings on Effort/Reward in the Workplace and Cognitive Function Among Workers in the United States. Poster presentation at the 19th Annual UCLA Nursing Science and Innovation Conference. May 31, 2023.

2023 Coates M, Arah O, **Matthews TA**, Sandler P, Jackson C, Li J. Perceived job discrimination and hypertension risk among US women: Findings from the Sister Study. Oral presentation at the 2023 Annual Meeting for the Society for Epidemiologic Research (SER). June 13-16, 2023.

2022 **Matthews TA**, Li J. Negative Employment Changes during the COVID-19 Pandemic and Well-being in U.S. Workers: Substructures of Intersectional Vulnerability in Happiness and Sleep Quality. Oral presentation at the 6th International Conference on Wellbeing at Work 2022: Wellbeing in Hectic Times. June 13-15, 2022.

2022 Li J, **Matthews TA**. Effort-reward Imbalance at Work and Risk of Major Depressive Episode: a Cohort Study in the U.S. Oral presentation at the 6th International Conference on Wellbeing at Work 2022: Wellbeing in Hectic Times. June 13-15, 2022.

2022 **Matthews TA**, Li J. Associations of Job Strain and Family Strain with Risk of Major Depressive Episode: A Prospective Cohort Study in U.S. Working Men and Women. Oral presentation at the 9th European Association for Psychosomatic Medicine (EAPM) Conference 2022. June 8-11, 2022.

2022 **Matthews TA,** Li J. Who is most Vulnerable to Psychological Distress following Working from Home? A National Survey in U.S. Employees during the COVID-19 Pandemic. Oral presentation at the 33rd International Congress of Occupational Health (ICOH). February 6-10, 2022.

2021 **Matthews TA,** Li J. Associations of Negative Employment Changes During the COVID-19 Pandemic with Psychological Distress: A Large-Scale Survey in the U.S. Session chair, oral paper presentation at the Asia Pacific Academy for Psychosocial Factors at Work (APA-PFAW). July 27-30, 2021.

2021 **Matthews, TA,** Li J., Robbins, W. Associations of Job Strain and Family Strain with Risk of Major Depressive Episode: A Prospective Cohort Study in U.S. Working Men and Women. Poster presentation at the American Occupational Health Conference (AOHC). May 2-5, 2021.

2017 Boyle C., Zhang Z., Chuang E., Kagiwada M., **Matthews, TA**, Oh G., Goldbeck J., Tran A., Duong J., Bower J. Reward Sensitivity Facilitates Stress Recovery through Positive Emotion. Poster presentation at the Center for Neurobiology of Stress and Resilience Annual Symposium, University of California, Los Angeles. February 3, 2017.

UNIVERSITY SERVICE

2023-2024 Curriculum Committee, Department of Environmental and Occupational Health

International Education Council Department International Liaison, Department of Environmental and Occupational Health

Commencement Committee, College of Health and Human Development

MEDIA COVERAGE

2023 Washington Post, May 14, 2023. Report Links Workplace Discrimination to High Blood Pressure. https://www.washingtonpost.com/wellness/2023/05/14/workplace-discrimination-hypertension/

2023 CNN, April 26, 2023. Workplace Discrimination Linked to Increased Risk of High Blood Pressure, Study Finds. https://www.cnn.com/2023/04/26/health/work-discrimination-blood-pressure/index.html

2023 US News, April 26, 2023. Discrimination at Work Could Raise Blood Pressure https://www.usnews.com/news/health-news/articles/2023-04-26/discrimination-at-work-could-raise-blood-pressure

2023 American Heart Association, April 26, 2023. U.S. Adults Who Felt Discrimination at Work Faced Increased Risk of High Blood Pressure. https://newsroom.heart.org/news/u-s-adults-who-felt-discrimination-at-work-faced-increased-risk-of-high-blood-pressure

2021 New York Post, October 15, 2021. Americans drank and smoked more during the pandemic, study shows https://nypost.com/2021/10/15/americans-drank-smoked-more-in-the-pandemic-study-shows/

2021 NBC Los Angeles, August 4, 2021. UCLA Study: Stress at Work, Home Increases Risk of Depression in U.S. Workers.

https://www.nbclosangeles.com/news/local/ucla-study-stress-at-work-home-increases-risk-of-depression-in-u-s-workers/2662539/

2021 Los Angeles Times, December 16, 2021. Clash of the kitchens: California leads the way in a new climate battleground. https://www.latimes.com/politics/story/2021-12-16/clash-of-the-kitchens-california-leads-the-way-in-a-new-climate-battleground

2021 California Health Line, February 16, 2021. Bay Area Cities Go to War Over Gas Stoves in Homes and Restaurants. https://californiahealthline.org/news/article/bay-area-cities-go-to-war-over-gas-stoves-in-homes-and-restaurants/

2021 Slate Magazine, February 14, 2021. Gassed Up - How the energy industry tricked Americans into loving a dangerous appliance. https://slate.com/technology/2021/02/gas-stove-dangers-appliance-homes-industry.html

2021 US News, February 10, 2021. Bay Area Cities Go to War Over Gas Stoves in Homes and Restaurants. https://www.usnews.com/news/cities/articles/2021-02-10/bay-area-cities-go-to-war-over-gas-stoves-in-homes-and-restaurants

2020 Salon Magazine, December 6, 2020. Amid COVID, the air hazards of gas appliances draw new scrutiny. https://www.salon.com/2020/12/06/amid-covid-the-air-hazards-of-gas-appliances-draw-new-scrutiny_partner/

2020 Slate Magazine, December 3, 2020. Why Gas Stoves Are More Hazardous Than We've Been Led to Believe. https://slate.com/technology/2020/12/gas-stoves-hazardous-asthma.html

2020 The New Yorker, November 21, 2020. When "Creatives" Turn Destructive: Image-Makers and the Climate Crisis. https://www.newyorker.com/news/daily-comment/when-creatives-turn-destructive-image-makers-and-the-climate-crisis

2020 Salon Magazine, May 10, 2020. Gas-powered appliances may be hazardous for your health: study. https://www.salon.com/2020/05/10/gas-powered-appliances-may-be-hazardous-for-your-health-study_partner/

2020 Sierra Club, April 27, 2020. Pollution from Gas Appliances Endangers Our Health. Going Electric Can Help. https://www.sierraclub.org/articles/2020/04/pollution-gas-appliances-endangers-our-health-going-electric-can-help

ACADEMIC PEER REVIEW

2024 Reviewer, Annals of Work Exposures and Health
[Impact factor: 1.8]

2023-Present Journal Editor,
Early Career Editorial Board
Hygiene and Environmental Health Advances (HEHA)

Reviewer, Sustainable Cities and Society
[Impact factor: 10.5]

Reviewer, American Journal of Industrial Medicine
[Impact factor: 3.5]

2021-Present

Reviewer, Digital Health
[Impact factor: 2.9]

Reviewer, Industrial Health
[Impact factor: 1.8]

Reviewer, Archives of Environmental and Occupational Health
[Impact factor: 1.8]

Reviewer, Nature Partner Journals (npj) Mental Health Research

Abstract Reviewer, American Public Health Association 2022

CAMPUS TALKS

2024 *Speaker,* Prospective Associations of Workplace Discrimination with Incident Hypertension. California State University, Northridge Environmental and Occupational Health Technical Symposium 2024. California State University, Northridge. April 16, 2024.

2021 *Mentor Speaker,* Public-Health Initiative: Leaders of Tomorrow Event, University of California, Los Angeles.

2020 *Presenter*, Negative Employment Changes During the COVID-19 Pandemic and Psychological Distress: Evidence from a Nationally Representative Survey in the U.S. Environmental Health Sciences 230B Interdisciplinary Occupational Health Practice, University of California, Los Angeles.

2020 *Panel Speaker,* BruinSynaptoGenesis Public Health and Policy Event, University of California, Los Angeles.

PROFESSIONAL EXPERIENCE

2020–2023 *Graduate Student Researcher*, University of California, Los Angeles
Occupational epidemiology research on the relationship between work stress and health, including cardiovascular disease, depression, and opioid abuse. Statistical analysis of large, nationally representative datasets, construction of tables and figures, literature review, report writing, manuscript preparation, proposal writing, and grantsmanship.
(PIs: Dr. Jian Li, Dr. Wendie Robbins)

2022 *Teaching Fellow*, University of California, Los Angeles
Served as a 50%-time Teaching Fellow for Nursing 50: Fundamentals of Epidemiology during Summer 2022. Designed, wrote, and graded homework assignments and examinations. Collaborated with faculty and held office hours.

2022 *Graduate Teaching Fellow*, University of California, Los Angeles
Served as a 50%-time Graduate Teaching Fellow for graduate level course Environmental Health Sciences M270: Work and Health in Winter 2022. Collaborated with faculty, evaluated student presentations, and graded written research assignments.

2019–2021 *Test of Oral Proficiency Rater*, University of California, Los Angeles
Tested the oral English ability of international students in the context of normal Teaching Assistant duties at UCLA. Evaluated pronunciation, vocabulary, grammar, rhetorical organization, and question handling. Scored and documented test–taker performance in real time. Attended training and examination sessions.

2021 *Teaching Associate,* University of California, Los Angeles
Served as a 50%-time Teaching Associate for Nursing 50: Fundamentals of Epidemiology during Summer 2021. Led lab sections and taught over 30 students. Designed, wrote, and graded homework assignments and examinations. Collaborated with faculty and held office hours.

2020 *Teaching Associate*, University of California, Los Angeles
Served as a 50%-time Teaching Associate for Life Science 7B – Genetics, Evolution, and Ecology during Fall 2020. Led lab sections and taught over 50 students. Graded written assignments. Collaborated with faculty and held office hours.

2020 *Teaching Associate*, University of California, Los Angeles
Served as a 50%-time Teaching Associate for Life Science 7B – Genetics, Evolution, and Ecology during Summer Session C 2020. Led lab sections and taught over 50 students. Graded written assignments. Collaborated with faculty and held office hours.

2020 *Teaching Associate*, University of California, Los Angeles
Served as a 50%-time Teaching Associate for Life Science 7B – Genetics, Evolution, and Ecology during Summer Session A 2020. Led lab sections and taught over 50

students. Graded written assignments. Collaborated with faculty and held office hours.

2020 *Reader*, University of California, Los Angeles
Served as a Reader for Communication 100 – Communication Science during Summer during Summer Session A 2020. Graded written assignments.

2020 *Teaching Associate*, University of California, Los Angeles
Served as a 50%-time Teaching Associate for Life Science 7B – Genetics, Evolution, and Ecology during Spring Quarter 2020. Led lab sections and taught over 50 students. Graded written assignments and examinations. Collated and organized course materials for future iterations of the class and created a handbook for LS 7B Teaching Assistants. Collaborated with faculty, attended weekly TA meetings, and held office hours.

2020 *Teaching Assistant*, University of California, Los Angeles
Served as a 50%-time Teaching Assistant for Communication 100 – Communication Science during Winter Quarter 2020. Led discussion sections and taught over 70 students. Graded written assignments and examinations. Collaborated with faculty and held office hours.

2019 *Teaching Assistant*, University of California, Los Angeles
Served as a 50%-time Teaching Assistant for Life Science 15 – Life: Concepts and Issues during Fall Quarter 2019. Led discussion sections and taught over 70 students. Graded student debates, participation, and weekly quizzes. Proctored and graded examinations and wrote exam questions. Prepared discussion section presentation slides. Prepared computer slides, chalkboards, and writing materials at lecture hall. Collaborated with faculty, attended weekly Teaching Assistant meetings, and held two office hours a week. Enrolled in college–level teaching course.

2019 *Graduate Student Researcher*, University of California, Los Angeles
Research on the air quality impacts and health risks of gas appliances in California commissioned by the Sierra Club. Creating emission factor databases for pollutants emitted from gas and electric appliances. Modeling indoor air pollutant exposures and the benefits of future electrification with regard to human health and climate change outcomes. Literature review, report writing, data analysis, and creation of tables and figures.
(PI: Dr. Yifang Zhu)

2019 *Teaching Assistant*, University of California, Los Angeles
Served as a 50%-time Teaching Assistant for Psychology 115 Behavioral Neuroscience during Winter Quarter 2019. Led discussion sections and taught over 80 students. Wrote and graded weekly quizzes. Proctored and graded examinations and wrote exam questions. Collaborated with faculty and held office hours.

2018 *Native English Teacher,* York International Kindergarten, Hong Kong
Taught morning and afternoon classes to 200 students. Created innovative teaching materials for interactive hands–on lessons. Increased efficiency and access to

educational media by digitizing over 100 books. Organized musical, cultural, and sporting events. Wrote recommendations for students applying to competitive primary schools. Planned meetings, field trips, demonstrations, seminars, and workshops.

2016–2017 *Research Assistant,* Health Psychology Department, University of California, Los Angeles
Conducted experimental sessions involving the administration of an acute challenge task and supervised participants in completing computerized behavioral tasks and assessments of emotion and stress response. Assisted in study management, correspondence with and screening of participants, updating study databases, preparation of study materials, and data cleaning and analysis. Contributed to conference presentations.
(PI: Dr. Julienne Bower)

2016–2017 *Research Assistant*, Semel Institute for Neuroscience, University of California, Los Angeles
Assessed the efficacy of mindful calmness training in reevaluating and regulating fear stimuli and fear responses. Administered computerized fear conditioning, fear elimination, and mindful calmness training to participants. Collected emotion and galvanic skin response data for analysis of fear arousal response and fear extinction.
(PI: Dr. Lobsang Rapgay)

2009 *Research Assistant*, State Key Laboratory of Brain and Cognitive Sciences, University of Hong Kong, Hong Kong
Produced literature review on effects of language on perception, attended Xi'an symposium on similar recently conducted research.
(PI: Dr. Tan, Li Hai)

2008 *Lab Technician,* Linguistics Department, University of Hong Kong, Hong Kong
Maintained lab equipment, transported hardware, and updated software.

LEADERSHIP

2018–2021 *Mentor*, Public Health Initiative: Leaders of Tomorrow (PILOT), University of California, Los Angeles
Served as a mentor for UCLA undergraduate students pursuing careers in public health and medicine. Regularly met and advised mentees, attended professional development events, reviewed resumes, and conducted practice interviews.

2015–2017 *Director*, Innergy, University of California, Los Angeles
Directed weekly educational workshops targeting physical and mental health. Led guided meditations and therapeutic physical activities. Responsible for event planning, contacting guest speakers in healthcare and wellness professions for hosting experiential workshops, creating publicity, and building a conscious living community for promoting the cultivation of mindfulness, compassion, and connection.

PROFESSIONAL ORGANIZATIONS

International Congress of Occupational Health (ICOH)

Asia Pacific Academy for Psychosocial Factors at Work (APAPFAW)

American College of Occupational and Environmental Medicine (ACOEM)

PROFESSIONAL SKILLS
Grantsmanship
Scientific Writing
SAS Statistical Software Package
R Statistical Software Package
GIS Geographic Information Systems Software
Microsoft Office Suite (Microsoft Word, Powerpoint, Excel)

LANGUAGES
English (native)
Cantonese (fluent)
French (conversant)
German (conversant)