DYUTHI DINESH

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ABOUT ME

My research interests encompass psychology and mental health-related fields, including- **social psychology, neuroscience, emotion and behavior, cognition, and social media**. I currently work as a clinical researcher and conduct RCTs and test the Efficacy of the Wysa app (an AI-led mental health intervention). My past research (as a psychology honors student at the **University of British Columbia**) has involved exploring individual differences (including demographic, political, ideological and scientific literacy variables) that contribute to COVID-19 vaccine hesitancy and conspiracy beliefs. At Wysa, I have authored two papers about the efficacy and acceptance of digital mental health interventions (in the process of publication) and published one paper about the importance of cultural adaptations of digital mental health interventions. My work experience has entailed leading multiple projects in data analysis and statistical methods in Digital Mental Health. These experiences have honed my skills in research design, implementation, data analytics, statistics, and writing.

EDUCATION

Columbia University   *September 2024 - Current*
Master of Arts in Quantitative Methods in Social Sciences

University of British Columbia, Canada   *September 2018 - April 2022*
Bachelor of Science in Psychology (Hons)
Grade: **94.9%**; Dean's List (all four years); Member of "Society of Scholars"

Sri Kumaran Children's Home   *June 2016 - June 2017*
Higher Secondary School

AWARDS & SCHOLARSHIPS

International Major Entrance Scholarship	*2018-2022*
Outstanding International Student Award	*2018W*
First-year Mathematics Award (Nominated)	*2019W*
International Student Faculty Award	*2019W*
Deputy Vice-Chancellor Scholarship for International Students	*2019W, 2020W, 2021W*
The Faculty of Science International Student Award	*2020W*
First-Year Physics Award (Nominated)	*2020*
International Undergraduate Research Award*	*2021S*
*Could not accept due to COVID-19 travel restrictions	
Best Honours Presentation (PURC, UBC)	*2022W*

WORK EXPERIENCE

Clinical Researcher, Research and Clinical Development, Wysa   *September 2022 - Current*
Responsibilities: Working as a researcher with Wysa, an AI conversational agent for mental health support. Testing efficacy and usage using mixed-method approaches and RCTs. Conducting statistical testing, including sample size calculations, regression models, analyses of variance, logistic regressions, and simple descriptive and inferential statistics. Conducted R programming training sessions for the team.
Learning Outcomes: Learned query writing and database management using MongoDB Atlas, Developed analytical skills, Research design, Testing efficacy, Mixed-method approaches, Qualitative and quantitative data, Academic research paper writing, R programming, Scientific writing, Presentation skills, Communication skills, Time management skills, Independent work, Teamwork, Teaching.

Research Assistant, University of British Columbia   *September 2019 - September 2022*
Volunteer Research Assistant at various labs
Responsibilities: Worked as a research assistant in various labs (see below for projects).

Learning Outcomes: SPSS, R, Qualtrics, Scientific Writing, Presentation skills, Communication skills, Time management skills, Working independently, Working in a lab.

RESEARCH EXPERIENCE

Dr. Carolyn Szostak's lab, UBC   *September 2020 - September 2022*
Honours Student (PSYO 490B): Studied individual differences that contribute to COVID-19 vaccine hesitancy and conspiracy beliefs. Conducted literature reviews, compiled measures, and developed questionnaires using Qualtrics. Created consent and debriefing forms. Considered appropriate statistical tests for analysis, and conducted data analysis. Presented the results in two conferences, and completed an honors thesis manuscript.
Directed Studies (PSYO 381B): Helped conduct research for the "Media & Climate Change" study: including literature review, data analysis, and writing an academic IMRD paper.
Volunteer: Conducted a scoping review (using Covidence) regarding student well-being and academic accommodation.
Learning Outcomes: Literature review, Scoping review, Research design, Research ethics application, Qualtrics, Scientific writing, Data analyses, Quantitative method, Statistical testing, SPSS, R, Covidence, Presentation skills, Working independently, Holistic research skills.

The Truth and Trust Lab, UBC   *January 2020 - April 2022*
Directed Studies Student (PSYO 481A): Helped design a study to facilitate lie and truth conditions during a dyadic conversation to evaluate deception detection in real-life conversations. Presented the study design and methods to the research team. Moderated interview-styled conversations between participants on Zoom.
Volunteer: Continued to run participants for the above study on Zoom.
Learning Outcomes: Research design, Survey creation (Qualtrics), Ethics application, Lab presentation, Working in a lab, Communication skills, Deception research, Literature review, Teamwork, Working independently.

The Psychopathology Lifespan and Neuropsychology (PLAN) Lab, UBC   *Sept-Dec 2019; Oct 2020 - Feb 2021*
Volunteer: Ran participants for the "Gratitude study" which evaluated the effects of gratitude-focused mindfulness on body image perceptions.
Learning Outcomes: Data collection, Running participants, Communication skills.

The Health Psychology Lab, UBC   *September 2019 - February 2020*
Volunteer: Ran participants for the "Lean on Me" study which studied the effects of social support on stress. Collected data on tweet deck for a Twitter-based study exploring the use of crisis text line. collected data from Facebook for a study based on chronic fatigue syndrome and the emotions expressed on Facebook posts.
Learning Outcomes: Data collection from social media.

PEER-REVIEWED PUBLICATIONS

- *Language Adaptations of Mental Health Interventions: User Interaction Comparisons with an AI-enabled Conversational Agent (Wysa) in English and Spanish.*
  Dinesh DN, Rao MN, Sinha C. Language adaptations of mental health interventions: User interaction comparisons with an AI-enabled conversational agent (Wysa) in English and Spanish. DIGITAL HEALTH. 2024;10. doi:10.1177/20552076241255616

- (Submitted for publication) *Examining a Brief Web and Longitudinal App-Based Intervention [Wysa] for Mental Health Support in Singapore during the COVID-19 Pandemic: Mixed-Methods Retrospective Observational Study.*
  Sinha et al. Examining a Brief Web and Longitudinal App-Based Intervention [Wysa] for Mental Health Support in Singapore during the COVID-19 Pandemic: Mixed-Methods Retrospective Observational Study. Frontiers in Digital Health (Submitted).

CONFERENCES

Interdisciplinary Student Health Conference (ISHC), UBC.   *March 2022*

Role: Delivered an engaging presentation on my honors project, investigating the relationship between COVID-19 beliefs, vaccine beliefs, scientific literacy, belief in science, media usage, and belief in COVID conspiracy theories.

Psychology Undergraduate Research Conference (PURC), UBC.   *March 2022*

Role: Presented my honors research findings on the intricate interplay between COVID-19 beliefs, vaccine beliefs, political ideology, scientific outlook, social media usage, and conspiracy mentality. Received the "Best Honours Presentation" award.

TEACHING EXPERIENCE

Math and Science Tutor, UBC   *January 2022 - April 2022*
Tutor for Math (100 level), Chemistry (100 and 200 levels) & Biology (100, 200 and 300 levels)
Responsibilities: Hosted tutor sessions for Math, Chemistry, and Biology. Explained complex concepts to students. Helped with subject knowledge. Directed students to beneficial resources.
Learning Outcomes: Strong grasp of subject matter, Teaching skills, Communication skills, Time management skills, Working independently.

Teaching Assistant, UBC   *January 2022 - April 2022; September 2020- April 2021*

***PSYO 271:** Introduction to Data analysis;* ***PSYO 121:** Introduction to Psychology: Personal Functioning*

***PSYO 270:** Introduction to Research Methods and Design;* ***PSYO 111:** Introduction to Psychology: Basic Processes*
Responsibilities: Taught statistics for data analysis in research. Hosted review sessions. Graded assignments. Invigilated examinations. Helped with subject matter during office hours: statistics and basic psychology concepts. Taught research methods and basic psychological concepts.

Learning Outcomes: Strong grasp of basic psychological concepts and research methods, Strong understanding of data analysis and statistics, Tutoring, Communication skills, Time management skills, Working independently, Working in a team.

Volunteer tutor, UBC   *January 2021 - April 2021*
Tutor for PSYO 271: Introduction to Data Analysis

INTERNSHIPS & PROFESSIONAL TRAINING

Google, Coursera *Conduct UX Research and Test Early Concepts*   *June 2022*

Heart It Out, Bangalore   *November 2021 - February 2022*
Intern
Responsibilities: Transcribed practicum programs: Mental Health & Law in India, Tech in Mental Health (MH). Attended masterclasses: *Therapy for those who don't know they need therapy*, *Motivational interviewing*. Observed 6 Therapy sessions and wrote SOAP reports. Reviewed activity resources for depression and anxiety. Helped create training manuals for therapists. Conducted research about intersections between MH and medical science: dermatology, oncology, dentistry, gynecology, and pediatrics.
Learning Outcomes: Methods in Therapy, Mental health and MH services in India, Surveying mental health issues, critical thinking about how mental health services can be improved.

Turning Point- Centre for psychological assessments and therapies, Bangalore   *June 2020 - July 2020*
Intern
Responsibilities: Wrote client reports. Supported the administration of psychological tests under supervision: disability testing, and various psychological and psycho-educational tests for children (ADHD, learning disability, memory). Observed client behavior.
Learning Outcomes: Clinical experience, Understanding of how psychological assessments are conducted and how treatment plans are reached, Communication skills, Working in a team.

EXTRACURRICULAR

Indian Student Association, UBC *Treasurer*   *September 2019 - April 2022*

Horror Movie Club, UBC *Internal Coordinator& Treasurer*   *September 2020 - April 2022*

Intern at WARDS (Welfare Association for Rehabilitation of Disabled), BLR   *August 2018 - September 2018*

Case Studies at CARE (Chemical Addiction Rehabilitation Education), BLR   *October 2017 - January 2018*

SKILLS

Research:	Mixed Methods, Quantitative, Qualitative, Statistical Analyses
Programming:	R, HTML, TeX (LaTeX), Python
Database Management:	MongoDB Atlas
Software & Tools:	SPSS, Microsoft Office (Word, Excel, PowerPoint), Qualtrics
Spoken languages:	English, Kannada, Hindi
Other skills:	Working in a team, Working independently, Time management, Teaching