

CURRICULUM VITAE

Athena B. Thai

EDUCATION

Florida State University, Tallahassee, FL

August 2025 - Present

Clinical Psychology Ph.D.

Faculty Mentor: Thomas Joiner, Ph.D.

Rutgers University, New Brunswick, NJ

May 2025

B.A. Psychology (Data Science Minor, Cognitive Science Minor)

GPA: 4.0/4.0, Psi Chi Honor Society

FELLOWSHIPS

Lloyd C. Gardner Fellowship, Rutgers University

2023 - 2024

Disordered Eating, Self-Injurious Thoughts and Behaviors, and Appearance-Related Comments on Social Media

Role: Principal Investigator (faculty sponsor: Jessica L. Hamilton, PhD)

Amount: \$1,000

Dorothy and David Cooper Summer Undergraduate Research Fellowship,

2023

Rutgers University

The Role of Social Media in Adolescent Body Disturbance and Self-Injurious Thoughts and Behaviors

Role: Principal Investigator (faculty sponsor: Jessica L. Hamilton, PhD)

Amount: \$4,000

AWARDS

Undergraduate Research Talk: First Place, Illinois Summer Research Symposium

2024

MANUSCRIPTS IN REVIEW

1. Hamilton, J.L., Untawale, S., Dalack, M.N., Yao, A., Kleiman, E.M., **Thai, A.** (2024). Self-harm Content on Social Media and Proximal Risk for Self-injurious Thoughts and Behaviors among Adolescents. Manuscript submitted for publication.

2. **Thai, A.,** Gibson, L.L. (2024). Challenges to Implementing Trauma-Informed Practices: Serving Students of Color in School-Based Settings. Manuscript submitted for publication.
3. **Thai, A.,** Dalack, M.N., Hamilton, J.L. (2024). The Role of Social Media in Adolescent Body Disturbance and Self-Injurious Thoughts and Behaviors. Manuscript submitted for publication.

MANUSCRIPTS IN PREPARATION

1. **Thai, A.,** Dreier, M., Hamilton, J.L. (In preparation). Emotional Responses to Social Media and Non-Suicidal Self-Injury Among Adolescents.

CONFERENCE POSTER AND ORAL PRESENTATIONS

Poster Presentations

1. **Thai, A.,** Dreier, M., Nair, A., Hamilton, J.L. (April 2024). Emotional Responses to Social Media and Non-Suicidal Self-Injury Among Adolescents. Accepted to the 4th annual meeting of the Suicide Research Symposium. Virtual.
2. David, Z., **Thai, A.,** Dreier, M., Hamilton, J.L. (April 2024). *Depressive Symptoms Not Shown to be a Moderator for Body Image and NSSI Urge*. Submitted to the 4th annual meeting of the Suicide Research Symposium. Virtual.
3. **Thai, A.,** Dalack, M.N., Kane, N., Hamilton, J.L. (November 2024). *The Role of Appearance-Related Comments on Social Media in the Relationship Between Disordered Eating and Self-Injurious Thoughts and Behaviors in Adolescents*. Accepted to the 58th annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT). Philadelphia, PA.
4. Harnedy, L.E., **Thai, A.,** Goldberg, S., Raman, V., & Hamilton, J.L. (November 2024). *Exploring the relationships between past-month sleep quality, emotion dysregulation, and disordered eating among community adolescents*. Accepted to the 58th annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT). Philadelphia, PA.
5. Dalack, M.N., **Thai, A.,** Hamilton, J.L. (October 2024). *Parent Social Media Use, Teen Social Media Experiences, and Suicidal Ideation*. Accepted to the annual meeting of the Society for Research on Psychopathology. Montreal, CA.

6. **Thai, A.**, Dalack, M.N., Hamilton, J.L. (May 2024). *Disordered Eating, Self-Injurious Thoughts and Behaviors, and Appearance-Related Comments on Social Media*. Presented at the annual Lloyd C. Gardner Fellowship Symposium. New Brunswick, NJ.
7. **Thai, A.**, Dalack, M.N., Choukas-Bradley, S., Hamilton, J.L. (April 2024). *The Role of Social Media in Adolescent Body Disturbance and Self-Injurious Thoughts and Behaviors*. Presented at the 3rd Annual Suicide Research Symposium. Virtual.
8. Harnedy, L.E., Dalack, M., **Thai, A.**, Selby, E.A., Hamilton, J.L. (April 2024). *Past-month disordered eating among community adolescents with and without past-month suicidal thoughts and behaviors*. Presented at the 3rd Annual Suicide Research Symposium.

Oral Presentations

1. **Thai, A.**, Gibson, L.L. (July 2024). *Challenges to Implementing Trauma-Informed Practices: Serving Students of Color in School-Based Settings*. Presented at the annual Illinois Summer Research Symposium. Champaign, IL.
2. **Thai, A.**, Dalack, M.N., Hamilton, J.L. (June 2024). *Emotional Responses to Social Media, Disordered Eating, and Self-Injurious Thoughts and Behaviors*. Presented at the Fifth Annual Youth Suicide Research Consortium. Virtual.

RESEARCH EXPERIENCE

Rutgers University, New Brunswick, NJ

January 2023 - May 2025

PI: Dr. Jessica L. Hamilton, Ph.D.

Research Assistant

- **Independent Project: Seniors Honors Thesis**

Emotional Responses to Social Media and Non-Suicidal Self-Injury Among Adolescents

- Designed a two-part study to identify cross-sectional and longitudinal relationships between positive and negative emotional responses to social media and non-suicidal self-injury urges and engagement
- Conducted an extensive literature review regarding adolescent non-suicidal self-injury, social media use and mental health outcomes, and emotional responses to online and in-person experiences
- Used R to clean participant responses from an 8-week ecological momentary assessment study, conduct linear and logistic regressions, and conduct multilevel modeling with within-person centering
- Advisors: Dr. Jessica Hamilton and Melissa Dreier (graduate mentor)

- **Independent Project: Lloyd C. Gardner Fellowship**

Disordered Eating, Self-Injurious Thoughts and Behaviors, and Appearance-Related Comments on Social Media

- Designed a cross-sectional study to identify whether appearance-related comments on social media played a significant role in the relationships between disordered eating, non-suicidal self-injury, and suicidal ideation
- Used R to filter participants from a larger dataset of responses, create participant scores for study measures, conduct logistic regression analyses with moderators, and create graphs and figures
- Wrote a research manuscript and presented findings in a poster presentation
- Advisors: Dr. Jessica Hamilton and Maya Dalack (graduate mentor)

- **Independent project: Cooper Summer Undergraduate Research Fellowship**

The role of social media in adolescent body disturbance and self-injurious thoughts and behaviors

- Conducted an extensive literature review on adolescent non-suicidal self injury and suicidal ideation, social media, and appearance and body concerns
- Examined the relationship between appearance-related social media consciousness and adolescent self-injurious thoughts and behaviors
- Gained familiarity with R statistical software to code participant responses and conduct logistic regression analyses
- Wrote a research manuscript and presented findings at the 3rd Annual Suicide Research Symposium
- Advisors: Dr. Jessica Hamilton and Maya Dalack (graduate mentor)

- **Pathways Linking Use of Social media to Teen Outcomes (PLUS-2) Study**

- NIMH Project Number: 5K01MH121584-04
- Recruited for eligible participants by creating ads on Instagram according to IRB protocol
- Screened and contacted eligible participants to schedule study calls
- Led consent, assent, and app download calls to help participants download study apps
- Tracked participant data in MetricWire for daily surveys, Actigraphy for sleep monitoring, and AWARE for smartphone sensing to ensure quality data collection and participant compliance
- Gained familiarity with setting up survey triggers for ecological momentary assessment
- Created a codebook for scoring measures, data cleaning, and analysis

- **Teen Social Media Experiences (TSME) Study**
 - Used Canva to create Instagram ads recruit for eligible participants according to IRB protocol
 - Used R statistical programming to identify participant responses indicating suicidal risk and discern human responses from bot responses
 - Contacted participants for safety checks
 - Conducted qualitative coding of survey responses to ensure relevance, specificity, and grammatical accuracy
 - Aided in qualitative coding of items in a newly developed measure
 - Created a codebook for scoring measures, data cleaning, and analysis

- **Investigating Negative Violence Exposure on Social Media in Teens (INVEST): A multi-part study**
 - Revised and edited study operating procedures
 - Recruited for eligible participants by creating ads on Instagram according to IRB protocol
 - Led focus groups to engage with teens about their experiences seeing gun violence on social media
 - Transcribed focus groups
 - Aided in the creation of a longitudinal survey and integrated IRB feedback
 - Used R statistical software to create variables and summary scores for measures
 - Coded surveys for ecological momentary assessment in MetricWire

- **Sleep Single-Session Intervention**
 - Provided feedback for creation of a single-session intervention to improve adolescent sleep
 - Used Canva to design recruitment flyers to promote community participation in the study

- **Outreach, Social Media, and Other Lab Activities**
 - Planned events for information dissemination and engagement with local communities, including Teen Mental Health Advocacy Day 2023, Rutgers Day 2023 and 2024, and the Walk Away from Depression Walkathon 2023
 - Used Canva to create informative and research-based Instagram posts about a variety of topics (ex: Bullying Prevention Month, Social Jetlag, Suicide and LGBTQ+ Adolescents) to spread resources and increase accessibility
 - Created advocacy videos to promote later school start times in New Jersey

Summer Research Opportunities Program Scholar

- **Independent Project: Summer Research Opportunities Program**

- Challenges to Implementing Trauma-Informed Practices: Serving Students of Color in School-Based Settings*

- Examined the efficacy of an initiative to implement trauma-informed practices in a school serving under-resourced youth of color
 - Analyzed commonly faced barriers and the association between the number of challenges faced and changes in implementation efficacy across a two-year time period
 - Utilized SPSS statistical software to analyze descriptive statistics and conduct a Paired Samples T-Test, One-Way ANOVA, and create graphs and tables
 - Wrote a research manuscript and presented findings at the annual Illinois Summer Research Symposium
 - Advisor: Dr. Lynda Gibson

CLINICAL EXPERIENCE

Volunteer

September 2022 - Present

Crisis Text Line

- Volunteered 4 hours per week to help texters regain control during moments of distress through building rapport, identifying goals, and discovering effective coping mechanisms
- Performed suicide and self-harm risk assessments to ensure texter safety

Intern

September 2024 - December 2024

University Behavioral Health Care Partial Hospitalization for Adolescents

- Observed group therapy sessions with adolescents ages 12-17 with a history of self-harm, suicide, substance abuse, and depression
- Built rapport with adolescents and monitored patient behavior during group sessions
- Shadowed mental health clinicians in facilitating groups based on various topics, including anger management, emotional intelligence, and processing trauma

WORK EXPERIENCE

Senior Peer Instructor

January 2025 - May 2025

First-Year Interest Group Seminars, Rutgers University

- Facilitated teaching of a class of 15 students to become peer instructors
- Met with students 1:1 to provide detailed feedback and constructive criticism on lesson plans
- Collaborated with staff teams to revise lesson plans and discuss student progress

Peer Instructor

September 2024 - December 2024

First-Year Interest Group Seminars, Rutgers University

- Received training to create engaging class activities and resolve student conflicts
- Created lesson plans to teach a class of 20 first-year students introductory topics in psychology while increasing awareness of university resources
- Worked with a faculty mentor to brainstorm relevant foundational knowledge for students
- Invited faculty members for guest talks and organized a peer panel with current undergraduate students

Peer Mentor

August 2023 - May 2024

Psychology Discovery House Living-Learning Community, Rutgers University

- Provided guidance, support, and advice for 30 first-year students with an interest in pursuing psychology
- Organized monthly events for networking, professional development, and building community
- Hosted weekly office hours to help students with classwork, apply for research opportunities, and find resources for success

SKILLS

- Computer coding: Java, R
- Microsoft Office platforms: Word, Excel, PowerPoint
- Graphic Design: Canva, Figma
- Online Survey Platforms: Qualtrics, Google Forms, REDCap, MetricWire
- Languages: English (fluent), Mandarin (fluent), Spanish (elementary)