Ilana Emily Ladis, M.A.

Department of Psychology, University of Virginia

(305) 781-4729 | ilana.ladis@gmail.com | ilanaladis.com

Background

I am a **mental health researcher** experienced in quantitative analysis and interpretation of human behavior data. I am passionate about using data analysis to optimize emotional and mental wellbeing and improve organizational outcomes.

Education

2019 – present	**University of Virginia**	Charlottesville, VA	GPA: 4.00 Ph.D. in Clinical Psychology, Expected August 2025 M.A. in Clinical Psychology, December 2021 Concentration in Quantitative Psychology
2017	**Wesleyan University**	Middletown, CT	GPA: 3.82 Bachelor of Arts, *High Honors* in Psychology

Selected Awards and Honors

2021 – 2026	National Science Foundation Graduate Research Fellowship ($138,000)
2020	Research Blitz Presenter, *Association for Behavioral and Cognitive Therapies Suicide and Self-Injury Special Interest Group*
2020	1 out of 4 Selected UVA Finalists, Google PhD Fellowship Program
2019	Graduate Student Poster Award, *Association for Behavioral and Cognitive Therapies Technology & Behavior Change Special Interest Group*

Selected Research Experience

2019 – present	**Ph.D. Researcher,** Program for Anxiety, Cognition and Treatment (PACT) Lab University of Virginia, Charlottesville, VA

- Analyze complex, multilevel datasets to investigate factors leading to mental health outcomes (e.g., anxiety, suicidality, emotion dysregulation)
- Received fellowship support from the National Science Foundation (GRFP) to study prediction of imminent suicide risk using quantitative text analysis
- Supervise 10 undergraduate students on projects related to mental health and technology (e.g., the development of a web-intervention for anxiety)
- Disseminate findings via conference presentations and publications

2017 – 2019	**Clinical Research Coordinator,** Center for OCD and Related Disorders (CORD) Massachusetts General Hospital/Harvard Medical School, Boston, MA

- Coordinated industry-sponsored studies to develop and test cognitive-behavioral therapy apps for anxiety and depressive disorders
- Conducted longitudinal data analysis to track symptom improvements
- Completed user experience interviews alongside industry colleagues
- Synthesized feedback for engineers to improve app adherence + usability
- Translated findings for presentations to non-academic audiences

Selected Publications and Presentations (of 25 total)

Ladis, I. Gao, C., & Scullin, M. (In Preparation). COVID-19-related news consumption and sleep quality in the early pandemic: A network analysis.

Ladis, I., Valladares, T. L., Coppersmith, D. D. L., Glenn, J. J., Nobles, A. L., Barnes, L. E., & Teachman, B. A. (2021). Characterizing sleep disturbance based on text messages of suicide attempt survivors. IASR / AFSP International Summit on Suicide Research.

Larrazábal, M. A., **Ladis, I**., Rashid, H., Daniel, K. E., Beltzer, M. L., Boukhechba, M., Barnes, L. E., & Teachman, B. A. (2020). Toward just-in-time interventions: Detecting different temporal stages of state social anxiety. Association for Behavioral and Cognitive Therapies.

Ladis, I., Weingarden, H., Schwartzberg, A., Harrison, O., & Wilhelm, S. (November 2019). Testing a cognitive-behavioral smartphone application for body dysmorphic disorder: Maintenance of gains at 6-month follow-up. Association for Behavioral and Cognitive Therapies.

Technical Skills and Software

Research Skills: Data analysis and visualization in R (including archival and complex multilevel data); Structural Equation Modeling; Multi-Level Modeling; Network Analysis; Factor Analysis; Survey development and implementation

Software: R/RStudio, R Markdown; SPSS; Excel; Linguistic Inquiry Word Count (LIWC), Qualtrics

Selected Teaching Experience at UVA

06/2021 – 08/2021   **R Bootcamp Instructor and Teaching Assistant**
Introduction to R Summer Course for Incoming Psychology Graduate Students
- Taught a 2-day workshop on R fundamentals for UVA graduate students
- Led a data visualization tutorial using ggplot

02/2021 – 05/2021   **Lab Teaching Assistant**, *Research Methods and Data Analysis II*
- Taught statistics labs in R for ~40 undergraduates with a focus on conducting correlation analyses, regressions, ANOVAs, etc.
- Held weekly office hours and graded coding assignments

Selected Diversity, Equity, and Inclusion Initiatives at UVA

2021 – present   Co-chair, *UVA's Annual Diversifying Scholarship Conference*

2020 – present   Executive Planning Committee, *UVA's Annual Diversifying Scholarship Conference*

2019 – present   Member, *Department of Psychology Diversity and Inclusion Committee*