

Mahima Das

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SKILLS

- Project Management, Teamwork, Effective Communication, Teaching, Leadership
- Languages known- English (Fluent), Hindi (Fluent), Bengali (Native)
- Proficient in MS Word, Excel, PowerPoint, Project, Suite; intermediate in SPSS, AMOS, JAMOV and R.

RESEARCH INTERESTS

My research focuses on the psychological impacts of childhood maltreatment, particularly its influence on negative behavioural and health outcomes. I employ quantitative research methods with a focus on SPSS, AMOS and R for statistical analysis. Prospective areas of inquiry include alcohol and substance misuse and moral injury on trauma-informed, culturally sensitive applications through advanced quantitative methods including machine learning and meta science. My work seeks to inform both psychological theory and clinical practice, with long-term contributions to research, assessment, and intervention development for marginalized and high-risk populations.

EDUCATION

University of Sussex *September, 2026*
Masters in Research in Psychological Methods

Bengaluru City University, Indian Institute of Psychology and Research *August, 2024*
Master of Science, Psychology (CGPA- 8.98)-3rd Rank in University

University of Calcutta, Asutosh College
Bachelors of Science (Honours), Psychology (CGPA- 7.865) *August, 2022*

RESEARCH EXPERIENCE

University of Sussex *September, 2025*

- Course Representative in Student Union
- Active Listening Volunteer (Nightline)
- Events Officer in Psychology Society
- Working with Dr. Faith Matcham on digital interventions for alcohol via AI and wearables.

Mahindra University

Research Assistant (Remote) *June, 2025- September, 2025*

- Working on Black Swan funded project “Resilience in structured hardships.”
- Wrote a systematic review on effects of hardship on gratitude.
- Recruited and managed 28 participants over 30 days for 3 hardship tasks- collected interviews and transcribed them to complement the quantitative data.
- Cleaning, sorting and analysing data using SPSS and writing academic paper to disseminate the findings.

**CHI for Trauma and Well-being
Research Assistant (Remote)**

June, 2025- Aug, 2025

- Worked on the systematic review titled “Illness Burden of Trauma”.

**Trauma Group, Stanford University- Hebrew University of Jerusalem
Research Assistant (Remote)**

2024- Present

- Working on two projects, one psychometric project related to sibling sexual abuse- cleaning and sorting of a dataset of around 3000 data and currently writing a research paper on that; another empirical project on secondary data analysis on Arabic dyads.
- Presentation on new topics in weekly lab meetings and grant writing.

**Indian Institute of Psychology and Research- Astara Clinic
Research Assistant (On-site- Bengaluru)- Funded project**

May, 2024- July, 2024

- Contributed to a retrospective prevalence study on child maltreatment among Indian emerging adults.
- Conducted data collection, sorting and cleaning.
- Focused on ethical field practices and sensitivity to vulnerable populations.
- Worked on the academic paper.

PROFESSIONAL EXPERIENCE

**University Lecturer and Departmental Administrative Officer
St. Anne's Degree College for Women, Bengaluru
(On-site)**

September 2024 – March 2025

- Taught master's-level coursework including Psychometry, Psychotherapy, Theoretical Perspectives of Psychology, and Organizational Behavior.
- Conducted hands-on training in SPSS, supervised scale development projects, and mentored students through dissertation work.
- Incorporated intersectional, trauma-informed pedagogy across teaching modules to encourage critical and inclusive thinking.
- Supervised 5+ students in scale development.
- Organized events and workshops for over 50+ people.
- Handled job posting and monthly departmental newsletter.

Trainee Counsellor

That Happiness Project, Hyderabad (Remote)

April, 2024 – January, 2025

- Conducted over 40 supervised counselling sessions with emerging adults facing anxiety and interpersonal difficulties using low intensity CBT and ACT techniques
- Applied skills in active listening, case formulation, and use of assessment tools.

Remedial Educator (Intern and Full-Time)

Anugrah Siksha Kendra, Bengaluru (Remote)

February 2023 – August 2024

- Trained and worked in educational remediation for children with learning disabilities.
- Applied evidence-based techniques in personalized education plans.

EMOJAR

Research Assistant (Remote)

July, 2020- November, 2020

- Wrote blogs related to psychology and articles for monthly issue of emojar magazine.

Internship Trainee

AIESEC India , Kolkata, India (Remote)

Aug, 2020- Jan, 2021

- Worked as a Team Member in OGT (Outgoing Global Talent) as a Sales Executive and was involved in direct Customer Service and interaction.
- Lead assistance in event managements, in events like Youth Speak Forum and such.

VOLUNTEERING

Service User Volunteer
Change Grow Live

November, 2025-Present

Open Science Officer
Undergraduate Psychology Association

November, 2025-Present

- Creating open science guides for authors of UPA journal
- Conducting workshops to encourage open science
- Managing registered report pipeline

Active listening Volunteer
Sussex Nightline

September, 2025- Present

- Trained to be a listening volunteer (14 hours)
- Completed waking nights to cater to callers and giving Nightline approved services and listened to them following the principles.

Clinical Intern
Caring Minds , Kolkata

August, 2022- October, 2022

- Participated in regular client observation under 4 clinical psychologists to improve observation skills.
- Participated in administering psychological test battery for clients and scoring of psychometric tests like IQ (WPPSI, WISC, WAIS), MBTI, IPDE, DSMD, CAARS, SCARED, BDI, BSDS and such.

PRESENTATION

Das, M., Unnikrishnan, S., & Sibey, A. (November, 2023). MEDIA VIOLENCE AND ANXIETY: A META-ANALYSIS ON THE OUTCOMES OF AGGRESSION BASED ANXIETY. (Paper presentation). National Conference On Unraveling The Psychological Tapestry: Exploring Diverse Fields and Career Paths. Pilathara, Kannur, India.

Das,M. (February,2021). Gender Security and Pandemic. (Paper presentation). IIHSG International Conference 2021. (oral, virtual).

WORKSHOPS AND TRAININGS ATTENDED

- Workshop on Swift Solutions for Technology Addiction-2, SHUT Clinic, NIMHANS Centre for Well-Being (2024)

GUEST LECTURES AND PANEL ENGAGEMENTS

- **Guest Lecturer**, St. Anne's Degree College for Women, Bengaluru Topic: Empowering minds: Motivation and Coping Strategies (2024)

Invited to conduct a session for advanced learners of BBA on motivation, Stress and coping strategies.

- **Panel Moderator**, Indian Institute of Psychology and Research, Bengaluru Topic- Beyond the Diagnosis: Uniting Psychology and Oncology (2024) Moderated an institutional panel featuring students on bridging psychology and oncology on the basis of causes, prevention, care and awareness.