

Niki Hayatbini, Ph.D.

Postdoctoral Scholar

School of Nursing & Health Studies, University of Washington, Seattle, WA

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CURRENT POSITION

Postdoctoral Scholar

School of Nursing and Health Studies

University of Washington at Bothell

EDUCATION

Ph.D. in Cognitive Psychology, Miami University – August 2024

Brain, Cognitive, and Development Program,

Graduate certificate in Applied Statistics/Data Science

Dissertation: “Examining the role of distress tolerance and cognitive flexibility in relation to orthorexia nervosa symptoms”

Dissertation Advisor: Vrinda Kalia, Ph.D.

M.A. in Psychological Research, Texas State University – August 2019

Thesis: “Neurocognitive functions in individuals with sub-clinical body dysmorphic disorder”

Thesis Advisor: Amitai Abramovitch, Ph.D.

M.Sc. in Clinical Psychology, Iran University of Medical Sciences – September 2014

Thesis: “The relationship between body image satisfaction and body image coping strategies with psychological symptomatology among aesthetic surgery applicants”

Thesis Advisor: Rokhsareh Yazdandoost, Ph.D.

B.A. in Clinical Psychology, University of Science and Culture – September 2010

Thesis: “The relationship between parenting styles with creativity among ordinary and gifted students”

Advisor: Alireza Mahdavian, Ph.D.

PEER REVIEWED PUBLICATIONS

1. **Hayatbini, N.**, Knaft, K. M. & Kalia, V. (2025). Coronavirus Anxiety Associated with Enhanced Orthorexia Nervosa Symptoms and Reduced Cognitive Flexibility. *Psychological Reports*.

<https://doi.org/10.1177/00332941251343542> IF = 1.7

2. Knaft, K. M., **Hayatbini, N.**, Wilensky, S. M., & Kalia, V. (2024). Rumination and Gender in the Relation Between Perceived Threat and State Anxiety During COVID-19. *Psychological Reports*. <https://doi.org/10.1177/00332941241246491> IF = 1.7

3. Kalia V., Knaft, K., **Hayatbini, N.** (2021). Adverse Childhood Experiences (ACEs) Associated with Reduced Cognitive Flexibility in Both College and Community Samples. *PLoS One*, 16(12), e0260822.

<https://doi.org/10.1371/journal.pone.0260822> IF = 2.9

4. **Hayatbini, N.**, Knaft, K., & Kalia, V. (2021). Cognitive Reappraisal Moderates the Relationship Between Perfectionism and Cognitive Flexibility. *Journal of Clinical Psychology*, 77(7), 1685-1699.

<https://doi.org/10.1002/jclp.23124> IF = 2.5

5. **Hayatbini, N.**, Oberle, C.D. & Ali, M.N. (2021). Are Orthorexia Nervosa Symptoms Associated with Deficits in Inhibitory Control? *Journal of Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity*, 26(5), 1553-1557. **IF = 2.9**
6. Kalia, V., Knauff, K., & **Hayatbini, N.** (2020). Cognitive Flexibility and Perceived Threat from COVID-19 Mediate the Relationship Between Childhood Maltreatment and State Anxiety. *PLoS One*, 15(12): e0243881. <https://doi.org/10.1371/journal.pone.0243881> **IF = 2.9**
7. **Hayatbini, N.** & Oberle, C.D. (2019). Are Orthorexia Nervosa Symptoms Associated with Cognitive Inflexibility? *Psychiatry Research*, 271, 464-468. **IF = 4.2**
8. Yazdandoost, R.Y., **Hayatbini, N.**, Fatemi, M. (2017). Body Image Coping Strategies Among Aesthetic Surgery Clients in Iran. *World Journal of Plastic Surgery*, 6(2), 159-163.
9. Yazdandoost, R.Y., **Hayatbini, N.**, Asgharnejad Farid, A., Gharaee, B. & Latifi, N. (2016). A Comparative Study of Body Image Dissatisfaction and Psychological Symptoms Among Invasive and Minimally Invasive Aesthetic Surgery Clients and Control Group. *World Journal of Plastic Surgery*, 5(2), 144-149.

OTHER PUBLICATIONS

Hayatbini, N. (2024). Examining the Role of Cognitive Flexibility and Distress Tolerance in Relation to Orthorexia Nervosa Symptoms (*Doctoral Dissertation*). Miami University, Oxford, Ohio.
http://rave.ohiolink.edu/etdc/view?acc_num=miami1721262295846726

Hayatbini, N. (2019). Neurocognitive Function in Individuals with Sub-Clinical Body Dysmorphic Disorder (Master's *Thesis*). Texas State University, San Marcos, Texas.
<https://digital.library.txstate.edu/handle/10877/8374>

MANUSCRIPTS UNDER REVIEW

Hayatbini, N., Ward, R.M. & Kalia, V. Executive Functions in Relation to Orthorexia Nervosa Symptomology: A Systematic Review. *Issues in Mental Health Nursing*.

He, J., Ali, S., Garrit, N., **Hayatbini, N.** & Mashhadi, A. Human-Centric AI in Mental Health: Insights from Reddit's Support Communities. *The 26th International AAAI Conference on Web and Social Media (ICWSM)*, a prominent conference focused on the intersection of the web, social media, and society.

Hayatbini, N., Knauff, K., & Kalia, V. Cognitive Reappraisal and Perceived Threat of Covid-19 Associated with Eating-Related Coping Behaviors. *Current Psychology*.

MANUSCRIPTS IN PREPRATION

Hayatbini, N. & Naranjo, J. *Current State of Knowledge and Practice in Supporting youth Mental Health and Wellbeing*.

Hayatbini, N. & Kalia, V. *Orthorexia Nervosa and cognitive flexibility in college students and community adults*.

Hayatbini, N. & Kalia, V. *Association between Distress Tolerance and Orthorexia Nervosa Symptoms: The Mediation Role of Cognitive Flexibility*.

McElveen, T., & **Hayatbini, N.** *Intrapersonal Profiles Predicting Executive Function and Math Skill Development: A machine Learning study.*

Hayatbini, N. & Abramovitch, A. *Neurocognitive Functions in Individuals with Sub-Clinical Body Dysmorphic Disorder.*

Hayatbini, N. & Abramovitch, A. *Association between Body Image Disturbance and Willingness to Undergo Elective Cosmetic Surgery: The Mediation Role of Cognitive Fusion.*

PEER REVIEWED PRESENTATIONS AT SCIENTIFIC MEETINGS

Poster Presentations

**Undergraduate student/mentee/RA*

Hayatbini, N., *Delander, G., *Larouere, T. & Kalia, V. “*Food disgust sensitivity associated with enhanced symptoms of orthorexia nervosa in community adults*”, Poster presented at the 36th Annual Convention of the Association for Psychological Sciences (APS), San Francisco, CA, May 23–26, 2024.

*Bowen, I., **Hayatbini, N.** & Kalia, V. “*Reduced cognitive flexibility associated with orthorexia nervosa in community adults*,” Poster presented at the 95th Annual Convention of the Midwestern Psychological Association (MPA), Chicago, IL, April 18–20, 2024.

Hayatbini, N., *Giesler, N. & Kalia, V. “*Perfectionism is associated with enhanced symptoms of orthorexia nervosa in community adults*”, Poster presented at the 34th Annual Convention of the Association for Psychological Sciences (APS), Chicago, IL, May 27–29, 2022, and the 28th Annual Hinkle poster session, Department of Psychology, Miami University, Oxford, OH, April 29, 2022.

Hayatbini, N., Knauff, K.M. & Kalia, V. “*Perfectionism associated with deficits in flexibility and maladaptive emotion regulation*”, Poster presented at the 93rd Annual Meeting of the Midwestern Psychological Association (MPA), Virtual Event, April 22–24, 2021.

Hayatbini, N., Knauff, K.M. & Kalia, V. “*Perfectly or flexibly regulated? examining the associations between perfectionism, cognitive flexibility, and strategies of emotion regulation*”, Poster presented at the Graduate Research Forum (GRF) 11th Annual Conference at Miami University, Oxford, OH, November 6, 2019.

Hayatbini, N., & Oberle, C. “*Cognitive inflexibility associated with orthorexia nervosa is domain specific*”, Poster presented at the ARMADILLO 26th Annual Conference for Cognitive and Cognitive neuroscience in the Southwest Regional Area, Houston, TX, September 28–29, 2018.

Hayatbini, N., & Abramovitch, A. “*Association between body image disturbance and willingness to undergo elective cosmetic surgery: the mediation role of cognitive fusion*”, Poster presented at the 30th Annual Convention of the Association for Psychological Sciences (APS), San Francisco, CA, May 2018, and presented at Texas State University, Psychology Day 2018. *Received Research Award,*

Mahdavian, A., & **Hayatbini, N.** “*The relationship between parenting styles with creativity among ordinary and gifted students*”, Conference on Nurture and Social Structures (Family, School and Parish), Tehran, Iran, May 5–7, 2011.

Paper Presentations

**Undergraduate student/mentee/RA*

Hayatbini, N., *Giesler, N. & Kalia, V. “*Distress tolerance difficulties are associated with enhanced symptoms of orthorexia nervosa in community adults*”, Talk given at the 94th Annual Convention of the Midwestern Psychological Association (MPA), Chicago, IL, April 20–22, 2023.

Hayatbini, N., Knauff, K.M. & Kalia, V. “*Cognitive reappraisal associated with healthy eating as a coping mechanism during COVID-19 pandemic*”, Flash Talk presented at the 33rd Annual Convention of the Association for Psychological Sciences (APS), Virtual Event, May 26–27, 2021.

***Rizzo, J., Kalia, V., Hayatbini, N., & Knauff, K. M.** *Does late bilingualism impact cognitive flexibility.* Talk given at the 26th Annual Undergraduate Research Forum, Miami, University, Oxford, OH, April 29th, 2020.

OTHER PRESENTATIONS

Hayatbini, N. (2022, October). *Executive functions and orthorexia nervosa: a systematic review of the literature.* Talk given at Brain, Cognitive, and Development Brown Bag, Miami University, Oxford, OH.

Hayatbini, N. (2019, November). *Perfectly or flexibly regulated? Examining the associations between perfectionism, cognitive flexibility, and strategies of emotion regulation.* Talk given at Brain, Cognitive, and Development Brown Bag, Miami University, Oxford, OH.

Hayatbini, N. (2020, October). *Cognitive inflexibility in orthorexia nervosa is domain specific.* Talk given at Brain, Cognitive, and Development Brown Bag, Miami University, Oxford, OH.

Hayatbini, N. (2021, November). *Does COVID-19 anxiety affect orthorexia nervosa symptoms and cognitive flexibility?* Talk given at Brain, Cognitive, and Development Brown Bag, Miami University, Oxford, OH.

UNDERGRADUATE MENTORSHIP

**Undergraduate student/mentee*

Summer Research Award, University of Washington May 2025

- Mentored two undergraduate students who each won \$1,500 for their contributions to drafting a paper on the current state of practice in supporting youth mental health and wellbeing. Focused on guiding undergraduate researchers in collaborative academic writing and research synthesis to advance understanding of evidence-based approaches in youth mental health support.

Doctoral Undergraduate Opportunity Scholarship (DUOS), Miami University November 2023

- Granted \$1,000 for a qualitative study aimed at understanding the cognitive, emotional, and behavioral components associated with orthorexia nervosa.
- Focused on aiding a doctoral and undergraduate student team to work together to develop, conduct, and present a research project.

Undergraduate Research Award (URA), Miami University October 2021

- Granted \$225.00 scholarship focusing on aiding a doctoral and undergraduate student team to work together to develop, conduct, and present a research project.

AWARDS AND HONORS

Awards

Graduate College Travel Fund, Miami University	March 2024
Graduate College Professional Attire Grant, Miami University	March 2024
Omid scholarship, Persian American Cultural Society (PACS)	October 2023
Marjorie Post Farrington scholarship, Miami University	May 2023
Omid scholarship, Persian American Cultural Society (PACS)	October 2022
Patrick J. Capretta Memorial Scholarship, Miami University	May 2022
Graduate Students' Achievement Award, Miami University	November 2021
Graduate College Scholarship, Texas State University	August 2019
MAPR Scholarship, Texas State University	August 2018
Graduate Merit Fellowship, Texas State University	August 2017
Psychology Day Research Award- Runner up, Texas State University	May 2018
<ul style="list-style-type: none"> Awarded for the poster presentation: "Body image disturbance and elective cosmetic surgery: The mediating role of cognitive fusion" at Psychology Day 2018. 	

Honors

- Received a Letter of Commendation from the faculty of department of Psychology, acknowledging outstanding achievements, including the successful defense of the dissertation proposal, completion of a crucial summer internship, receipt of the Marjorie Post Farrington Scholarship, collaboration on a Doctoral-Undergraduate Opportunity Scholarship (DUOS)-funded research project, and acceptance of a poster presentation at the annual MPA conference (December 2023)
- Achieved 1st place among 20 students in the Clinical Psychology M.Sc. program at Iran University of Medical Sciences (August 2014).
- Secured 7th place (top 0.14%) among 5,000 candidates in the Psychology M.Sc. University Entrance Exam (July 2011).
- Ranked 2nd among 60 students in the B.Sc. Clinical Psychology program at the University of Science and Culture (August 2010).
- Awarded 1st place among 150 students for the high school diploma in Experimental Sciences (May 2006).
- Earned 1st place among 900 students in the high school Biology Laboratory Sciences Competitions (June 2006).

RESEARCH EXPERIENCE

Postdoctoral Scholar, School of Nursing & Health Studies University of Washington PI: Jason Naranjo, Ph.D.	2024 – present
Lab Manager, Thought, Language, and Culture Lab Miami University PI: Vrinda Kalia, Ph.D.	2020 – 2024
Graduate Research Associate, Thought, Language, and Culture Lab Miami University PI: Vrinda Kalia, Ph.D.	2019 – 2024
Research Assistant, Neuropsychology & Psychopathology Lab	2017 – 2019

Texas State University
PI: Amitai Abramovitch, Ph.D.

Student Researcher, Supervised Research

2011 – 2014

Iran University of Medical Sciences
PI: Rokhsareh Yazdandoost, Ph.D.

TEACHING

Miami University, Oxford, OH

Instructor of record

PSY 293 (Lecture): Introduction to Psychological Statistics

August 2022 – May 2023

- Twice weekly lectures; graded assignments for over 60 students; administered and graded midterm and final exams; held weekly office hours.

Lab Instructor

PSY 293 (Laboratory): Introduction to Psychological Statistics

January – May 2020

- Weekly lab sessions (two classes); developed and graded in-class assignments for 42 students; held weekly office hours; held review sessions for midterm and final exams.

Texas State University, San Marcos, TX

Lab Instructor

PSY 2301 Introduction to Statistics/SPSS

August 2018 – August 2019

- Led two Introduction to Statistics Lab sections, instructing a total of 60 undergraduate students.
- Assessed and graded projects, quizzes, and assignments, ensuring timely recording and return of graded work.
- Held regular office hours for student consultations, providing assistance with homework and course material.

Teaching Assistant

Assistant to an instructor: Advanced and Intermediate Research Methods, Statistics and Introduction to Psychology Courses

August 2017 – August 2018

- Maintained regular office hours to meet with students and to assist students with homework assignments.
- Graded assignments and essays, recorded grades, and returned assignments with feedback.

TECHNICAL WORKSHOPS (In-person and online)

- 5-Day Gen AI Intensive, *Kaggle & Google*, April 2025.
- Understanding Bayesian: An Introduction to Key Concepts, *Association for Psychological Sciences*, San Francisco, CA, May 2024 (Certification awarded).
- R Bootcamp, Center for Analytics and Data Science, *Miami University*, Spring 2020.
- EEG Signal Processing Techniques in EEGLAB Workshop, "*Atieh*" *Psychological, Psychiatric and Clinical Neuroscience Center*, September 2016 (Certification awarded).
- rTMS in Research and Treatment Workshop, "*Atieh*" *Psychological, Psychiatric and Clinical Neuroscience Center*, November 2016 (Certification awarded).
- Biofeedback Workshop, "*Atieh*" *Psychological, Psychiatric and Clinical Neuroscience Center*, June 2016 (Certification awarded).
- Life Skills Workshop, *Iran University of Medical Sciences*, Spring 2013 (Certification awarded).

MENTORSHIP WORKSHOPS

- Expanding Your Mentoring Toolkit: Practical Structures and Strategies for Nurturing Student Autonomy, *University of Washington*, June 2025.
- Mentorship and Team Building Skills Workshop, *Miami University*, February - April 2024.

ONLINE COURSES

- Generative AI with large language models.
- Signal processing (Python) for Neuroscience practical course (Certification awarded).
- PCA & multivariate signal processing, applied to neural data (Certification awarded).
- Supervised Machine Learning (ML) Bootcamp (Certification awarded).
- SAS Business Analytics (Certification awarded).
- Power BI (Certification awarded).
- Tableau Bootcamp for Data Visualization (Certification awarded).
- Figma UI/ UX Design Essentials, February 2023 (Certification awarded).
- User Experience Design Fundamentals, January 2022 (Certification awarded).

PROFESSIONAL EXPERIENCE

Postdoctoral Scholar at School of Nursing & Health studies, UW, Seattle, WA, November 2024 – Present.

- Conducting research on Youth Mental Health First Aid (YMHFA) training to assess its effectiveness and identify opportunities for improvement
- Leading a team of graduate and undergraduate students from diverse disciplines (social work, nursing, public health, psychology, and education) to conduct a systematic review of youth behavioral health literature, identify gaps in current practices, and inform innovative, evidence-based policy solutions for K-12 mental health services within MTSS frameworks.
- Leading development of evidence-based curriculum for Youth Wellness & Behavioral Health courses, focusing on mental health interventions and support services in K-12 settings
- Overseeing the creation of an online resource hub, including interactive visualization dashboards, to disseminate evidence-based behavioral health strategies and insights to practitioners, stakeholders, and the broader community.

Senior Research Associate for Center for school-based mental health programs), Remote (Summer internships), June 2021 – August 2021 and May 2023 – August 2023.

- Analyzed data from 34+ high and middle schools in Butler County, Ohio.
- Developed and designed an online survey to gather feedback from youth participants in substance use prevention workshops conducted in Butler County, Ohio.
- Evaluated Butler County's K-12 substance use prevention framework.

Clinical Psychologist at "Atieh" Psychological, Psychiatric and Clinical Neuroscience Center, Tehran, Iran, October 2014 – May 2017.

- Conducted individual psychotherapy focused on anxiety disorders in children and adolescents.
- Administered Transcranial Magnetic Stimulation (TMS) treatment to patients as a pivotal component of treatment packages.
- Delivered psychoeducational sessions tailored for patients with anxiety disorders.

Clinical Psychologist at "Nikan" Psychological and Consulting Clinic, Tehran, Iran, March 2011 – May 2017.

- Conducted diagnostic interviews with newly admitted patients.
- Performed personality and IQ assessments.
- Provided individual psychotherapy sessions.
- Led psychoeducational sessions for patients experiencing anxiety.

TECHNICAL SKILLS

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| • Qualtrics | • SPSS | • SAS | • Power BI | • Figma for UI/UX design |
| • Microsoft Office Suite (Word, Excel, PowerPoint, Access) | • R | • Mplus | • Tableau | |

REVIEWING

Assisted with reviews at: Plos One, Current Psychology

COMMUNITY PRESENTATIONS AND MEDIA INTEREST

Kalia, V. (July 2021). "Perfectionistic Tendencies Are Associated with Reduced Cognitive Flexibility and Heightened Emotional Suppression." This article in [PsyPost](#) discusses the significant findings of the research conducted by **Hayatbini et al. (2021)**, highlighting the impact of perfectionism on cognitive and emotional processes.

Hayatbini, N. (May 2025). "Coronavirus Anxiety Associated with Heightened Orthorexia Nervosa Symptoms and Reduced Cognitive Flexibility." This article in [PsyPost](#) discusses the significant findings of the research conducted by **Hayatbini et al. (2025)**, highlighting pandemic-related anxiety combined with reduced cognitive flexibility contributed to an increase in orthorexia nervosa symptoms, as individuals became rigidly preoccupied with healthy eating as a coping mechanism

BROADENING PARTICIPATION IN PSYCHOLOGY

National Counsel of Mental Wellbeing (NATCON25), Philadelphia, PA May 2025
 Attended the nation's leading conference on mental health and substance use care, engaging with sessions on behavioral health innovation, youth mental health, suicide prevention and application of AI in mental health field.

School SUCCESS Conference, Miami University, Oxford, OH June 2019
 Assistance with coordination of the first annual School SUCCESS Conference held by Miami University's Center for School-Based Mental Health Programs, which was attended by approximately 300 educators, administrators, and mental health professionals.

MEMBERSHIPS

Association for Psychological Science
 Midwestern Psychological Association

REFERENCES

Dr. Jason Naranjo jnaranjo@uw.edu Department of Educational Studies University of Washington, WA	Dr. Vrinda Kalia kaliav@miamioh.edu Department of Psychology Miami University, OH	Dr. Amitai Abramovitch abramovitch@txstate.edu Department of Psychology University of Texas at Austin, TX
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