

HELEN O. PITCHIK, PhD, MSc

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EDUCATION & TRAINING

University of California Berkeley, School of Public Health July 2021-present
Postdoctoral Scholar, Division of Epidemiology
Berkeley, CA
Jointly advised by Lia C. H. Fernald and Matthew Bonds (Harvard Medical School)

University of California Berkeley, School of Public Health 2016-2021
PhD in Epidemiology
Berkeley, CA
Advisor: Lia C. H. Fernald, PhD
Thesis: Child development in a global context: Innovations, interventions, and implementation at scale

Harvard T. H. Chan School of Public Health 2014-2016
Master of Science in Global Health and Population
Boston, MA
Advisors: Wafaie W. Fawzi & Christopher R. Sudfeld
Thesis: Early-life predictors of child cognitive, motor and socioemotional development in Dar es Salaam, Tanzania

Harvard University 2008-2012
Bachelor of Arts in Neurobiology, Mind Brain Behavior track
Cambridge, MA
Advisor: Robert Stickgold
Honors thesis: Sleep and Ecological Memory

PEER-REVIEWED PUBLICATIONS

1. Salem MK, **Pitchik HO**, Sultana J, Rahman M, Jannat KK, Luby SP, Mridha MK, Winch PJ, Fernald LCH. Prevalence of sugar-sweetened food consumption in rural Bangladeshi children aged 6-24 months. *J Nutr*. 2022. doi:10.1093/jn/nxac119
2. Forsyth JW, Kempinsky A, **Pitchik HO**, Alberts CJ, Mutuku FM, Kibe L, Ardoin NM, LaBeaud AD. Larval source reduction with a purpose: designing and evaluating a household- and school-based intervention in coastal Kenya. *PLoS Negl Trop Dis*. 2022;16:e0010199. doi:10.1371/journal.pntd.0010199
3. Shless J, Crider Y, **Pitchik H**, Qazi A, Styczynski A, LeMesurier R, Haik D, Kwong L, LeBoa C, Bhattacharya A, Hamidi Y, Phalen R. Evaluation of the effects of repeated disinfection on medical exam gloves: Part 1. Changes in physical integrity. *J Occup Environ Hyg* 2021;0:1–11. doi:10.1080/15459624.2021.2015072
4. Phalen R, Patterson J, Cuadros Olave J, Mansfield S, Shless J, Crider Y, **Pitchik H**, Qazi A, Styczynski A, LeMesurier R, Haik D, Kwong L, LeBoa C, Bhattacharya A, Hamidi Y. Evaluation of the effects of repeated disinfection on medical exam gloves: Part 2. Changes in mechanical properties. *J Occup Environ Hyg*. 2021;0:1–14.
5. **Pitchik HO**, Tofail F, Akter F, Sultana J, Shoab AK, Huda TMN, Forsyth JE, Kaushal N, Amin MR, Jahir T, Yeasmin F, Khan R, Das JB, Hossain K, Hasan MR, Rahman M, Winch PJ, Luby SP, Fernald LCH. Effects of the COVID-19 pandemic on maternal mental health and the child caregiving environment on families in rural Bangladesh. *Child Dev*. 2021;92:e764–80
6. Jahir T, **Pitchik HO**, Rahman M, et al. Making the invisible visible: Developing and evaluating an intervention to raise awareness and reduce lead exposure among children and their caregivers in rural Bangladesh. *Environ Res*. 2021;199:111292. doi:10.1016/j.envres.2021.111292
7. Jahir T, Winch PJ, Leontsini E, Hwang ST, Yeasmin F, Hossain K, Das JB, Amin R, Nurul Huda TM, Sultana J, Khan R, Akter F, Shoab A, Hasan R, **Pitchik HO**, Tofail F, Fernald LCH, Luby SP, Rahman M. Success factors for community health workers in implementing an integrated group-based child development intervention in rural Bangladesh. *Int J Environ Res Public Health*. 2021;18:7891. doi:10.3390/ijerph18157891
8. **Pitchik HO**, Tofail F, Rahman M, Akter F, Sultana J, Shoab AK, Huda TMN, Jahir T, Amin MR, Hossain K, Das JB, Chung EO, Byrd KA, Yeasmin F, Kwong LH, Forsyth JE, Mridha MK, Winch PJ, Luby SP, Fernald LCH. A holistic approach to promoting early child development: a cluster randomised trial of a group-based, multicomponent intervention in rural Bangladesh. *BMJ Glob Health*. 2021;6(3):e004307.
9. Jeong J, **Pitchik HO**, Fink G. Short-term, medium-term and long-term effects of early parenting interventions in low- and middle-income countries: a systematic review. *BMJ Glob Health*. 2021;6(3):e004067.

10. Yeasmin F, Winch PJ, Hwang ST, Leontsini E, Jahir T, Das JB, Amin MR, Hossain MK, Huda TMN, Akter F, Shoab AK, Tofail F, Mridha MK, Sultana J, **Pitchik H**, Fernald LCH, Luby SP, Rahman M. Exploration of attendance, active participation, and behavior change in a group-based responsive stimulation, maternal and child health, and nutrition intervention. *Am J Trop Med Hyg*. 2021;104(4):1586–1595.
11. Luoto JE, IL Garcia, FE Aboud, DR Singla, LC Fernald, **HO Pitchik**, UY Saya, R Otieno, E Alu. Group-based parenting interventions to promote child development in rural Kenya: a multi-arm, cluster-randomised community effectiveness trial. *Lancet Global Health*. 2021;9(3):e309–e319.
12. Akter F, Rahman M, **Pitchik HO**, Winch PJ, Fernald LCH, Huda TMN, Jahir T, Amin R, Das JB, Hossain K, Shoab AK, Khan R, Yeasmin F, Sultana J, Luby SP, Tofail F. Adaptation and integration of psychosocial stimulation, maternal mental health and nutritional interventions for pregnant and lactating women in rural Bangladesh. *Int J Environ Res Public Health* 2020;17(17):6233.
13. **Pitchik HO**, Chung EO, Fernald LC. Cross-cultural research on child development and maternal mental health in low- and middle-income countries. *Curr Opin Behav Sci*. 2020;36:90–97.
14. Fernald LCH, **Pitchik HO**. The necessity of using direct measures of child development. *Lancet Global Health*. 2019;7(10):e1300–e1301.
15. Jeong J, **Pitchik HO**, Yousafzai AK. Stimulation interventions and parenting in low- and middle-income countries: a meta-analysis. *Pediatrics*. 2018;e20173510.
16. **Pitchik HO**, Fawzi WW, McCoy DC, Darling AM, Abioye AI, Tesha F, Smith ER, Mugusi F, Sudfeld CR. Prenatal nutrition, stimulation, and exposure to punishment are associated with early child motor, cognitive, language, and socioemotional development in Dar es Salaam, Tanzania. *Child Care Health Dev*. 2018;44(6):841–849.

PAPERS IN REVISION OR UNDER REVIEW

1. Jain A, Harrison C, **Pitchik HO**, Kim R, Subramanian SV. The association between anthropometric failure and toilet types: a cross-sectional study from India. [IN REVISION]
2. **Pitchik HO**, Tofail F, Akter F, Sultana J, Shoab AK, Huda TMN, Rahman M, Winch PJ, Luby SP, Fernald LCH. Concurrent validity of the Ages and Stages Questionnaire Inventory in rural Bangladesh. [IN REVISION]
3. Jervis P, Coore-Hall J, **Pitchik HO**, Arnold CD, Grantham-McGregor S, Rubio-Codina M, Baker-Henningham H, Fernald LCH, Hamadani J, Smith JA, Trias J, Walker SP. Impact of the Reach Up parenting program on child and parent: systematic review and meta-analysis. [IN REVISION]
4. Styczynski A, Amin MB, Parveen S, Pervez A, Zeba D, Akhter A, **Pitchik HO**, Islam MA, Hossain MI, Saha SR, Gurley E, Luby S. Hospital perinatal transmission dynamics of antimicrobial resistance, Bangladesh, 2020. [UNDER REVIEW]
5. Winters S, **Pitchik HO**, Akter F, Yeasmin F, Jahir T, Huda TMN, Rahman M, Winch PJ, Luby SP, Fernald LCH. How does women's empowerment relate to antenatal care attendance? A cross-sectional analysis among rural women. [UNDER REVIEW]

CONFERENCE PRESENTATIONS

Pitchik HO, Chung EO, Bhushan NL, *et al*. Pregnancy and depressive symptoms in adolescent girls and young women (HPTN 068). Meeting of the Society for Epidemiologic Research. Chicago, IL; June 2022. [oral]

Pitchik HO, Tofail F, Akter F, *et al*. Effects of the COVID-19 pandemic on caregiver mental health in a low-resource, rural context. Measuring Development 2021: Emerging Data and Methods in Global Health Research. Virtual; April 2021 [oral]

Pitchik HO, Tofail F, Akter F, *et al*. Effects of the COVID-19 pandemic on caregiver stimulation and maternal mental health in rural Bangladesh. Society for Research on Child Development Biennial Meeting. Virtual; April 2021 [oral]

Pitchik HO, Sultana J, Shoab AK, *et al*. Delivery of an integrated child development intervention by government health workers in Chatmohar, Bangladesh. Society for Research on Child Development Biennial Meeting. Virtual; April 2021 [oral]

Pitchik HO, Tofail F, Fernald LCH, *et al*. Concurrent validity of the Ages and Stages Questionnaire Inventory in rural Bangladesh. Panel Discussion at Connecting Worlds: Studying Child Development in Low Resource Contexts, special topic

meeting of SRCD. Virtual; December 2020. [oral]

Pitchik HO, Rahman M, Tofail F, *et al.* Scaling up an integrated child development intervention in Chatmohar, Bangladesh. Meeting of the Society for Epidemiologic Research. Virtual; December 2020. [poster]

Pitchik HO, Tofail F, Fernald LCH, *et al.* Examining the delivery and dosage of caregiving interventions and caregiving practices in rural Bangladesh, a cluster RCT. Meeting of the Society for Epidemiologic Research. Minneapolis, MN; June 2019. [poster]

Pitchik HO, Tofail F, Fernald LCH, *et al.* Impact of integrated caregiving intervention on maternal caregiving practices and mental health in rural Bangladesh, a Cluster RCT. Meeting of the Society for Research in Child Development. Baltimore, MD; March 2019. [poster]

Pitchik HO, Fawzi WW, Sudfeld CR, *et al.* Prenatal nutrition, stimulation, and exposure to punishment are associated with early child motor, cognitive, and socioemotional development in Dar es Salaam, Tanzania. International Congress on Nutrition, Buenos Aires, Argentina; October 2017. [poster]

TEACHING

PH250C: Advanced Epidemiologic Methods, UC Berkeley School of Public Health	Spring 2019
<i>Graduate Student Instructor</i>	Berkeley, CA

- Taught weekly 2-hour discussion sessions and maintained weekly office hours to review material covered in lecture
- Graded homework assignments, midterms, and final exams

PH250B: Epidemiologic Methods II, UC Berkeley School of Public Health	Fall 2017
<i>Graduate Student Instructor</i>	Berkeley, CA

- Developed, administered, and graded three exams throughout the semester to test students' mastery of epidemiologic methods concepts
- Co-taught weekly 2-hour discussion sessions and maintained weekly office hours to review material covered in lecture

GPH504: Applied Qualitative Methods for International Health Research, Harvard T.H. Chan School of Public Health	Spring 2016
<i>Teaching Assistant</i>	Boston, MA

- Graded assignments, updated teaching materials, and co-taught a session on focus groups for 'Applied Qualitative Methods for International Health Research'

INVITED DISCUSSIONS & LECTURES

Strengthening Maternal and Newborn Care in Bangladesh	February 2022
<i>Discussant</i>	

- For a panel discussion on a USAID-funded Maternal Newborn Care Strengthening Project

HED825: Introduction to Epidemiology, San Francisco State University	April 2020
<i>Guest Lecturer</i>	

- Developed and delivered 45-minute lecture on intervention study designs to MPH students enrolled in a department of health education core course

PH218b: Evaluation of Health and Social Programs, UC Berkeley School of Public Health	October 2019
<i>Guest Lecturer</i>	

- Developed and delivered a 60-minute lecture on randomized control trials, with an applied example

GRANTS & AWARDS

Strategic Impact Evaluation Fund	Invited full
• Co-investigator on proposal, "Evaluating WASH Benefits to Quantify Learning Loss from COVID-induced School Closures in Rural Bangladesh", \$390,000 USD requested	proposal under review
Schools2030 Global Research Grant	2021-2023

- Co-investigator on proposal, "The Development of Picture Comprehension: Improving Learning Materials and Assessment Tools in Global Contexts", \$150,000 USD

Stanford Center for Innovation in Global Health Seed Grant: Special COVID-19 call	2020
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- External co-investigator on proposal titled "Rapid development of guidelines for low-cost PPE evaluation and decontamination for resource-limited settings", \$44,000 USD

Psychology and Economics of Poverty (PEP) Seed Funding Award, UC Berkeley	2020
<ul style="list-style-type: none"> Co-investigator on proposal, “When and How Do Toddlers in Rural Western Kenya Understand the Representational Nature of Pictures?” 	
UC Berkeley Graduate Division Conference Travel Grant	2019
<ul style="list-style-type: none"> For travel to the Society for Epidemiologic Research Conference in Minneapolis, Minnesota 	
Subir Chowdhury Graduate Fellowship on the Quality of Life in Bangladesh	2018-2019
<ul style="list-style-type: none"> For dissertation work on child development in rural Bangladesh 	
Society for Epidemiologic Methods Dissertation Workshop Participant	2019
<ul style="list-style-type: none"> Selected as one of 12 doctoral students to present dissertation prospectus for discussion with facilitating faculty and peers 	
UC Berkeley Center for Global Public Health Summer Research Fellowship	2018
<ul style="list-style-type: none"> For summer research in Bangladesh 	
William Griffiths Fellowship	2017
<ul style="list-style-type: none"> Recipient of Public Health Alumni Association annual scholarship competition 	
UC Berkeley Graduate Division Conference Travel Grant	2017
<ul style="list-style-type: none"> For travel to the 2017 International Congress on Nutrition in Buenos Aires, Argentina 	
Harvard Center for African Studies Graduate Research Grant	2015
<ul style="list-style-type: none"> For summer research in Dar es Salaam, Tanzania 	
Mary Gordon MBB Thesis Research Grant and Harvard College Research Program Funding	2011
<ul style="list-style-type: none"> For undergraduate honors thesis research in neurobiology 	

SERVICE

N95decon.org	April 2020 – Dec 2021
<ul style="list-style-type: none"> Part of a team of volunteer scientists and researchers developing PPE guidance for low- and middle-income countries during the COVID-19 pandemic 	
Mentor, Undergraduate Research Apprentice Program	Spring 2017
<ul style="list-style-type: none"> Met weekly with two undergraduate students to introduce them to global child development research and mentor them on a research project using video observations to better understand parenting practices in rural Bangladesh 	
Ad hoc reviewer	
<ul style="list-style-type: none"> Child Development, Maternal & Child Nutrition, Wellcome Trust 	

PRE-DOCTORAL RESEARCH EXPERIENCE

Center for Global Child Health, Hospital for Sick Children	
<i>Role: Full time summer research assistant with Diego Bassani, PhD</i>	Summer 2016
<ul style="list-style-type: none"> Assisted with baseline survey design and report writing for an evaluation of maternal and child health programming in Mali, Pakistan, Kenya, and Mozambique 	
<i>Role: Full time summer research assistant with Zulfiqar Bhutta, PhD</i>	Summer 2014
<ul style="list-style-type: none"> Assisted with a systematic review of mass food fortification in developing countries 	
Center for Disease Dynamics, Economics and Policy	2012 - 2013
<i>Role: Full time research analyst</i>	New Delhi, India
<ul style="list-style-type: none"> Contributed to grant writing with the Immunization Technical Support Unit at the Public Health Foundation of India Coordinated the reproductive, maternal, and child health volume for the Disease Control Priorities Network 	

PROFESSIONAL AFFILIATIONS

- Society for Epidemiologic Research
- Society for Research in Child Development

SOFTWARE

- Quantitative Analysis: Stata, R
- Qualitative Analysis: Nvivo
- Survey Administration: SurveyCTO, CommCare, REDCap, OpenDataKit