

# Research Portfolio

Jessica Applegate

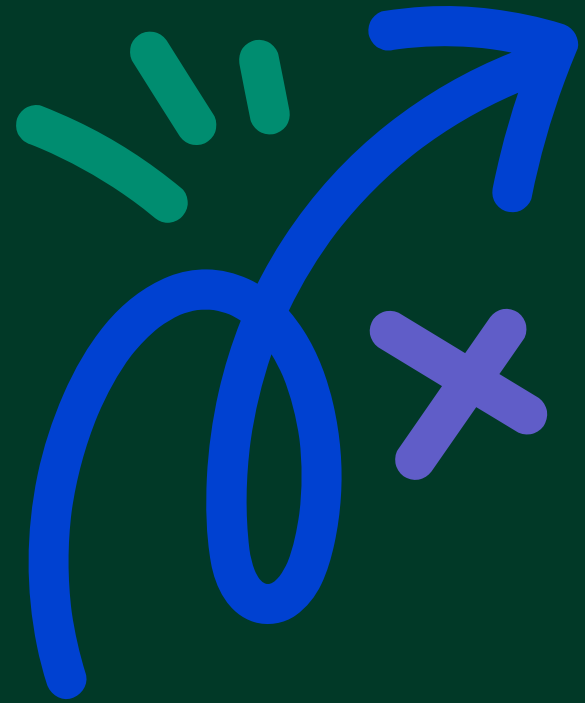
*Updated June 5, 2024*



# Overview



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# Introduction

## WHO I AM

Current graduate student at the University of Washington in the Human-Centered Design & Engineering department.

B.A. in Psychology & Sociology from Georgia State University

## MY EXPERIENCE

3 years of social science research experience.

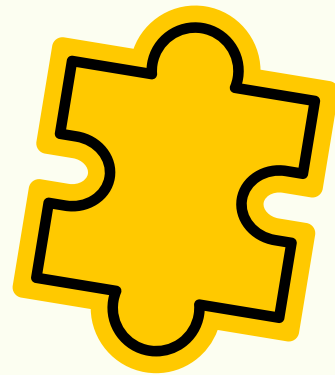
Currently working on a handbook (2025) of Housing and Health with Sociology and Public Health scholars from around the world.

Interested in how design contributes to social , mental, and physical health outcomes.

# Psychology Research Projects

I've worked in 3 labs at Georgia State University. Let's talk about these projects!

# SHAPE JOY: An intervention to increase empathic happiness in children.



## RESEARCH OBJECTIVE #1

Develop a program that easily fits into families' daily routines.



## RESEARCH OBJECTIVE #2

Strengthen parent-child contemplation practices.



## RESEARCH OBJECTIVE #3

Strengthen children's empathy skills so that they are able to maintain empathic happiness longer.

# SHAPE JOY: Overview

For this developmental psychopathological study, researchers from 2 Georgia State University labs collaborated to design an intervention with the aim to develop and maintain children’s empathic happiness.

**DURATION OF PROCEDURES**

Study procedure (including screening) takes 7 weeks total.

**SAMPLE SIZE**

We had about 30 families participate in the study and 27 complete the study (n=27).

**GEOGRAPHICAL LOCATION**

Families were required to live in the state of Georgia.

**AGE OF PARTICIPANTS**

Families with children ages 4 to 6 years old.

**METHODS**

Interviews, surveys, behavioral tasks, self-assessments, and procedure evaluations.

**OUTCOMES**

SHAPE JOY participants demonstrated change in variables of interest.

# What I did with SHAPE JOY

Brief overview of roles I played during the duration of this research project.

RECURITMENT	MATERIAL DEVELOPMENT	PRESENTATION
<ul style="list-style-type: none"><li>• I operated as the <b>first point of contact</b> for research participants.</li><li>• Using <b>Excel</b>, I tracked how often potential participants were contacted, how they were contacted, and made notes for next steps.</li><li>• As a <b>participant manager</b>, I <b>screened</b> potential participants and <b>scheduled</b> pre- and post-assessments.</li></ul>	<ul style="list-style-type: none"><li>• As a research assistant, I was responsible for various <b>material development</b>.</li><li>• I worked on <b>slide decks</b> used for <b>behavioral tasks</b>, made changes to existing <b>Qualtrics surveys</b>, and led pre-assessment <b>interviews</b>.</li></ul>	<ul style="list-style-type: none"><li>• Once our first round of data collection was complete, I performed an <b>analysis</b> using <b>R</b> to present our findings at <b>GSU’s Psychology Research Conference</b> in 2023.</li></ul>



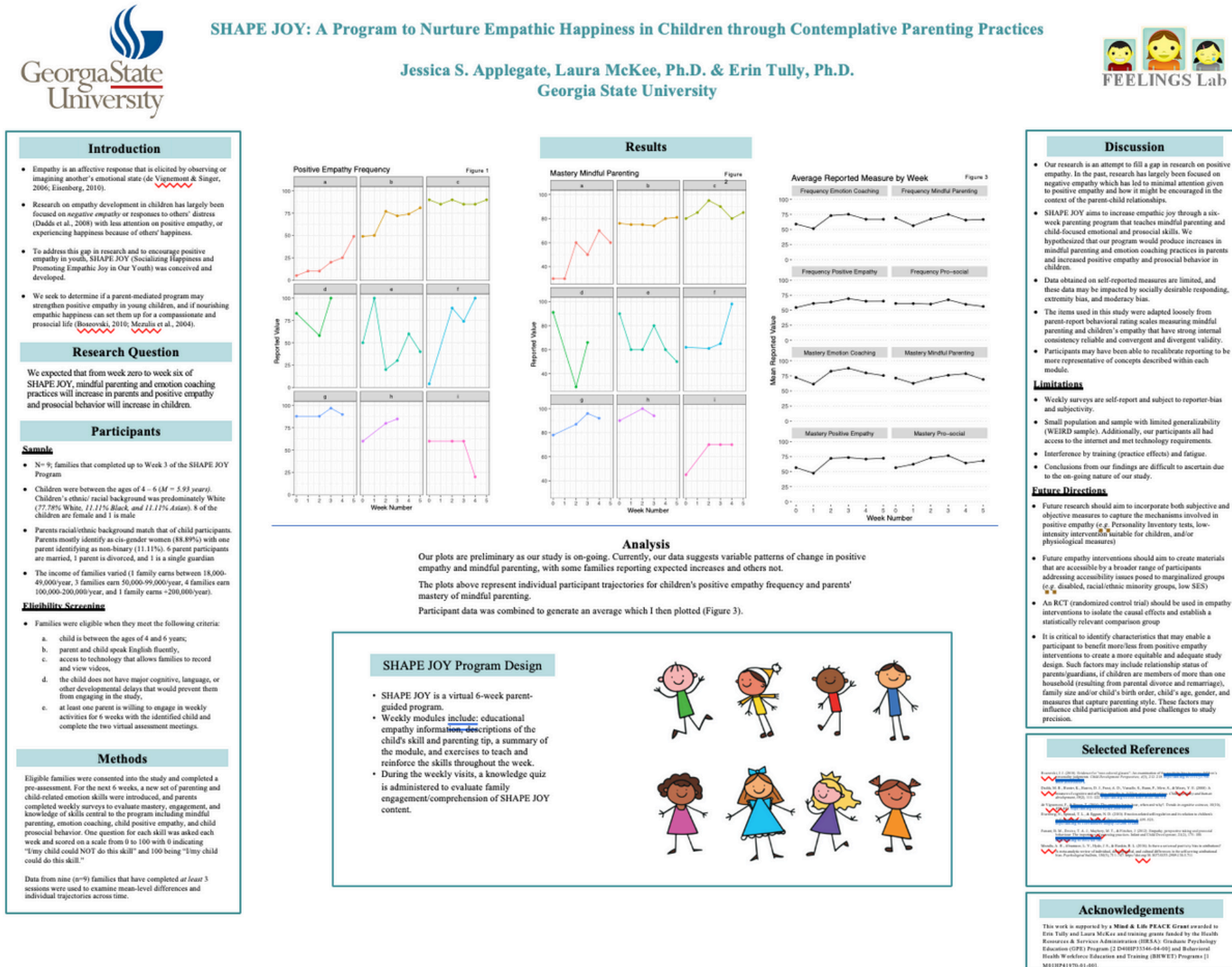
# SHAPE JOY Data Presentation

I worked independently to run an analysis using **R** to present our data at a Psychology conference in 2023.

Our data suggested variable patterns of change in the variables I analyzed—positive empathy and mindful parenting.

To this end, our **data collection was not complete** at the time of this poster presentation.

This project is still in progress.



- I suggested **future directions** for this body of research.
- Including:
  - Creating more accessible materials** to allow for a more inclusive, diverse sample (e.g. less WEIRD).
- I also proposed using a **Randomized-Control Trial (RCT)** to isolate causal effects and establish a statistically relevant comparison group.



# Age-Friendly University (AFU): Evaluating GSU's Atlanta Campus



## RESEARCH OBJECTIVE #1

Design data collection walk to reflect a day on campus.



## RESEARCH OBJECTIVE #2

Run 3 sessions with participants to discuss, evaluate, and reflect on the age-friendliness of GSU.



## RESEARCH OBJECTIVE #3

Present findings to GSU leadership to enact meaningful, age-inclusive change on campus.

# AFU Evaluation: Overview

As the research project lead, I was sponsored by the Cognition & Aging Lab at GSU.

I designed this study based on **Participatory research methods** and adopted the use of **Photovoice** to evaluate the age-inclusiveness of GSU’s main campus in Atlanta, GA.

DURATION OF PROCEDURES	Each group of participants takes 1 month to run.
SAMPLE SIZE	We plan to recruit 6 participants per group and aim to run 10 groups (n=60).
GEOGRAPHICAL LOCATION	1 session is an in-person data collection walk on GSU’s campus and the remaining 2 sessions are virtual (focus group and interview).
AGE OF PARTICIPANTS	Participants must be over the age of 55 years old.
METHODS	Photovoice, focus group, interview, and survey.
OUTCOMES	This AFU evaluation is intended to enact meaningful change on GSU’s main campus in Atlanta, GA.

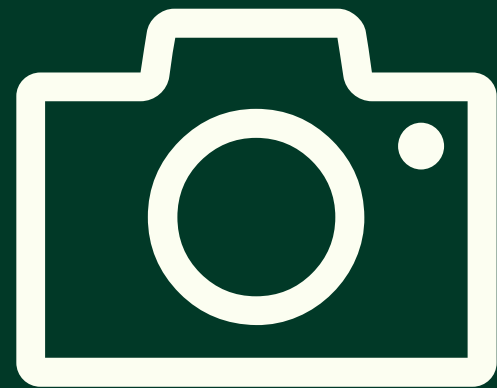
# What I did as a Research Lead

Brief overview of my responsibilities as the project lead for GSU’s Age-Friendly evaluation.

STUDY DESIGN	MATERIAL DEVELOPMENT	IRB PROCESS	PRESENTATION
<ul style="list-style-type: none"><li>• Our <b>participatory research study</b> uses <b>citizen-scientists</b> who have been trained on <i><b>Photovoice</b></i> protocol to capture, and evaluate GSU’s age-friendliness.<ul style="list-style-type: none"><li>◦ Incorporated the <b>WHO Age-Friendly Cities framework</b> into my study design as GSU is an urban, city campus.</li></ul></li></ul>	<ul style="list-style-type: none"><li>• <b>Created</b> our <b>research manual</b> after review of existing literature to provide appropriate attribution when necessary.</li><li>• <b>Designed protocol</b> for each step of the procedure (e.g. recruitment, session 1-3, and final presentation).</li><li>• I also <b>created infographics</b> to assist with participant training.</li></ul>	<ul style="list-style-type: none"><li>• <b>Followed IRB standards</b> for human-subjects research.</li><li>• <b>Iterated</b> study <b>based on IRB feedback</b>.</li><li>• After 2 iterations, <b>my study was approved</b> and <b>received funding</b> from the <b>Gerontology Institute</b> at GSU.</li></ul>	<ul style="list-style-type: none"><li>• This <b>study is on-going</b>.</li><li>• Our goal is to present our findings to GSU leadership to enact meaningful, age-inclusive change at GSU.</li></ul>

# Photovoice Method

*Photovoice (Wang & Burris, 1997)*



## WHAT IS IT?

- A **collaborative citizen science research method** that asks individuals to **document community-based interests and issues** using photographs and audio recording.

## WHY IS IT HELPFUL?

- As a **participatory action research strategy** *Photovoice* enables people to **create and discuss photographs** as a **means of catalyzing personal and community change**.

# AFU Evaluation

Methods used and their relevance.

## Motives and Aims

- Georgia State University was accepted into the Age-Friendly University (AFU) Global Network in 2023.
- The goal of this research project is to evaluate the age-friendliness of the GSU Atlanta campus.
- We **aim to improve the campus experience for life-long learners.**

**CREATE A MORE INCLUSIVE  
LEARNING ENVIRONMENT.**

## How we get there

- To this end, ***Photovoice*** (Wang & Burris, 1997), has three main goals:
  - (1) to enable individuals to record and **reflect their community's strengths and concerns,**
  - (2) to **promote critical dialogue** about important issues through group discussion of photographs, and
  - (3) to **enact meaningful change.**

# Other Projects I've worked on!



## HANDBOOK OF HOUSING & HEALTH (Edgar Elgar Publishing, 2025)

**Co-author** of introductory chapter.

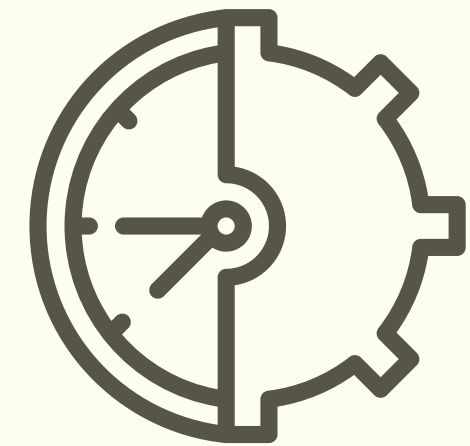
Researched sections related to urban design, Smart Cities, sustainability, technology, and policy



## REMOTE RESEARCH ASSISTANT FOR PHD STUDENT

Assisted a PhD student with a **meta-analysis**.

Wrote an **R script to collate citations** which I then **coded on Rayyan**.



## SUPPLIER DIVERSITY INTERN @ DEMATIC

**Cleaned internal databases** and provided research to identify potential diverse vendors.

Used **Figma** to lead **design & build** of the SD official **website**



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# Jessica Applegate

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UW HCDE