

# Neslihan Özhan

BSc, MSc

PHD CANDIDATE

Southampton, England, United Kingdom

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I was born in Türkiye in 1992 and am proficient in English and Turkish languages. I have been residing in the United Kingdom since 2017. My research interests primarily focus on the explorations of human-based anxiogenic experimental models, specifically within the context of virtual reality (VR), their potential relevance to anxiety-related and other chronic conditions. Through the use of standardised, ethical, and cost-effective VR-based human experimental protocols, my research has yielded findings that can contribute to the characterisation of anxiety disorders, leading to more precise treatment strategies. Additionally, I am interested in interactive data visualisation, analysis, and reporting.

## Education

### University of Southampton

PHD IN PSYCHOLOGY

United Kingdom

Nov 2018 - Oct 2023

- Passed with minor corrections on Oct 2023; Degree award date 14 March 2024
- Thesis:** Exploring Social Anxiety in Virtual and Online Platforms within Novel Experimental Laboratory Paradigms

### University of Southampton

MSc IN FOUNDATIONS OF CLINICAL PSYCHOLOGY

United Kingdom

2017 - 2018

- Graduated with *Distinction*
- Thesis:** Are Visual Searches Faster in the Case of Emotionally Threatening Targets?
- Gathered qualitative data (via semi-structured interviews), analysed the findings via thematic analysis and produced a report

### Ege University

BSc IN PSYCHOLOGY

Izmir, TURKEY

2011 - 2015

- Graduated with *Certificate of Honour* (overall GPA 3.17/4.00)

## Project Collaborations

### University of Southampton

RESEARCH ASSISTANT

Southampton

June 2023–Present

- Ongoing research project investigating the connections between online mindfulness practice and improvements in general mental well-being through interoceptive mechanisms and reduced worry

### University of Southampton

POSTGRADUATE CO-RESEARCHER

Southampton

Sep 2022–Present

- Ongoing research project into the causal relationship between negative imagery and social anxiety in virtual environments.

### University of Southampton and Emteq Lab

POSTGRADUATE CO-RESEARCHER

Southampton

Oct 2021–Oct 2022

- Involved in the project *CO2 Challenge in EmteqPro Virtual Reality* with Emteq Lab. Duties involved experimental set-up, data collection. The data analysis and write-up are in progress. More information on the EmteqPro Virtual Reality [↗](#)

### Istanbul Bilgi University

POSTGRADUATE CO-RESEARCHER

Istanbul

Sep 2021–Present

- The project aims to qualitatively and quantitatively investigate 'the Poetika Series', a multidisciplinary and culturally customised mindfulness based intervention/interactive workshop on mental wellbeing.

## Awards and Funding

### University of Southampton

THE DEAN'S LIST AWARDS

Sep 2018

- Awarded as exceptional performance (70% or above) across the full range of summative assessments in a particular part or across their programme of study (which will incorporate academic and practice-based assessments)

### Turkish Embassy

DOCTORATE SCHOLARSHIP

July 2015

- Awarded funding to undertake four-year postgraduate programme at Doctorate level (£83 200)

## Turkish Embassy

MASTERS SCHOLARSHIP

July 2015

- Awarded funding to undertake one-year postgraduate taught programme at Masters level (£20 800)

## Teaching and Supervision Experience

### University of Southampton

Southampton

TEACHING ASSISTANT

Feb 2021–Jun 2022

- Psychology Department, MSc modules included: Applied Research Methods: Statistical Analysis of Comparisons & Group Differences, Applied Research Methods: Correlational Methods

### University of Southampton

Southampton

PRESESSIONAL LANGUAGE AND ACADEMIC SKILLS ADVISOR

Jul–Sep 2019

- The Academic Centre for International Students, School of Humanities

## Skills

### Laboratory

- Virtual Reality
- Smart Wearables (PPG)
- Galvanic Skin Response
- Dry EMG sensors

### Statistics/Programming

- Rstudio; Rmarkdown [↗](#)
- Python
- SPSS

### Research

- Online surveys (e.g., Qualtrics, Prolific)
- Data scraping via API
- Data analysis using Linear Mixed Effects Models

## Leadership, Service & Community Engagement

### School of Psychology, University of Southampton

Southampton

CO-ORGANISER, PGR CONFERENCE 2022, 2023

Jun 2022 – Jun 2023

- Involved in the organisation of the programme schedule, key speakers, financing, logistics

### John Hansard Gallery, University of Southampton

Southampton

12/48 COUNTRIES ART MOVIE [↗](#)

May 2018

- Filmed in a short movie with the aim of sparking conversations about underrepresented individuals and the lesser-known histories of cross-cultural figures in the areas of science, music, and literature

### TUVAA (The United Voices of African Associations)

Southampton

COMMUNITY CONNECTOR

Mar 2018–Feb-2020

- Helping isolated group of people (asylum seekers / refugees) to overcome their daily life struggles
- Registry and accounting

## Training and Professional Development (Selected)

NETWORK META-ANALYSES (THEORY AND PRACTICE) BY DR CINZIA DEL GIOVANE (THE UNIVERSITY OF MODENA (ITALY))

2023

INTRODUCTION TO RESEARCH COMPUTING (DOCTORAL COLLEGE, UNIVERSITY OF SOUTHAMPTON)

2023

EMERGENCY FIRST AID AT WORK - BLENDED LEARNING [↗](#) (AID | TRAINING)

2021

RSTUDIO: A SINGLE HOME FOR R& PYTHON (RSTUDIO)


2021

EFFECT SIZE STATISTICS WEBINAR (THE ANALYSIS FACTOR)

2021

<b>PREPARING IMPACTFUL RESEARCH PROPOSALS &amp; GRANT APPLICATIONS</b> (UNIVERSITY OF EAST ANGLIA)	2021
<b>AN INTRODUCTION TO SCALE DEVELOPMENT</b> (UNIVERSITY OF EAST ANGLIA)	2021
<b>ANALYSING QUALITATIVE DATA</b> (UNIVERSITY OF EAST ANGLIA)	2021
<b>AN INTRODUCTION TO STRUCTURAL EQUATION MODELLING</b> (UNIVERSITY OF EAST ANGLIA)	2021
<b>NETWORKING FOR RESEARCHERS</b> (DOCTORAL COLLEGE, UNIVERSITY OF SOUTHAMPTON)	2020
<b>SYSTEMATIC REVIEWS: Q&amp;A CLINIC</b> (DOCTORAL COLLEGE, UNIVERSITY OF SOUTHAMPTON)	2020
<b>INTRODUCTION TO PUBLIC ENGAGEMENT WITH RESEARCH</b> (DOCTORAL COLLEGE, UNIVERSITY OF SOUTHAMPTON)	2020
<b>SOFTWARE CARPENTRY WORKSHOP - PYTHON &amp; GIT</b> (SOUTHAMPTON RESEARCH SOFTWARE GROUP)	2019
<b>META-ANALYSES (METHODOLOGICAL AND PRACTICAL ASPECTS) BY PROF SAM CORTESE</b> (UNIVERSITY OF SOUTHAMPTON)	2019
<b>ORIENTATATION TO TEACHING AND DEMONSTRATING</b> (DOCTORAL COLLEGE, UNIVERSITY OF SOUTHAMPTON)	2019
<b>BIBLIOMETRICS: MEASURING THE IMPACT OF RESEARCH</b> (DOCTORAL COLLEGE, UNIVERSITY OF SOUTHAMPTON)	2019
<b>THE R PROJECT FOR STATISTICAL COMPUTING</b> (UNIVERSITY OF SOUTHAMPTON)	2019
<b>SMARTPHONES AND MOBILE SENSORS IN ONLINE SURVEYS</b> (NATIONAL CENTRE FOR RESEARCH METHODS (NCRM))	2019
<b>RESEARCH DATA MANAGEMENT</b> (DOCTORAL COLLEGE, UNIVERSITY OF SOUTHAMPTON)	2019


## Presentations (Selected)

<b>Investigations of Online Videoconferencing Platforms for Social Anxiety</b> 	<i>University of Southampton</i>
POSTER SESSION PRESENTED AT THE DOCTORAL COLLEGE FESTIVAL RESEARCH SHOWCASE	2022
<b>Investigations of Online Videoconferencing Platforms for Social Anxiety</b>	<i>Virtual</i>
ORAL PRESENTATION AT THE PSYCHOLOGY POSTGRADUATE AFFAIRS GROUP (PSYPAG) CONFERENCE	2021
<b>Evaluating the CO2 Experimental Model of Anxiety in Immersive Virtual Reality (VR)</b>	<i>University of Southampton</i>
POSTER SESSION PRESENTED AT THE FESTIVAL RESEARCH SHOWCASE BY DOCTORAL COLLEGE	2019
<b>Relating Anxiety and Phobias to Threat Detection</b>	<i>University of Southampton</i>
POSTER SESSION PRESENTED AT THE POSTGRADUATE PSYCHOLOGY RESEARCH CONFERENCE (PGR)	2018

## Publications

- Gnacek, M., Özhan, N., Broulidakis, J., Mavridou, I., Kostoulas, T., Balaguer-Ballester, E., Gjoreski, M., Gjoreski, H., Nduka, C., Garner, M., Graf, E., & Seiss, E. (n.d.). Physiological markers of arousal induced by CO2 inhalation in virtual reality. *Submitted*.
- Terry, J., Ross, R. M., Nagy, T., Salgado, M., Garrido-Vásquez, P., Sarfo, J. O., Cooper, S., Buttner, A. C., Lima, T. J., Öztürk, İ., et al. (2023). Data from an international multi-centre study of statistics and mathematics anxieties and related variables in university students (the SMARVUS dataset). *Journal of Open Psychology Data*, 11(1), <https://doi.org/10.5334/jopd.80>.
- Özhan, N., Graf, E., & Matthew, G. (n.d.). Investigations into the anxiogenic potential of novel 360-degree technology as a psychosocial laboratory paradigm. *In Preparation, Data Collected, Near Submission*.
- Özhan, N., Graf, E., & Matthew, G. (n.d.). Investigations of the camera features of online social communication platforms for social anxiety. *Submitted*.
- Özhan, N., Graf, E., & Matthew, G. (n.d.). Evaluating the CO2 experimental model of anxiety in immersive virtual reality (VR). *In Preparation, Data Collected, Near Submission*.
- Deniz, E., Derinalp, P., Gulkanat, I., Kaz, C., Özhan, N., & Toseeb, U. (2022). Sibling bullying in turkish adolescents: Translation and cross-cultural validation of the sibling bullying questionnaire. *Journal of Family Violence*, 1-14. <https://doi.org/10.1007/s10896-022-00360-2>.

## References

<b>Erich Graf, PhD</b>	<a href="#">Contact</a> 
B44, WEST HIGHFIELD CAMPUS, UNIVERSITY ROAD, SO17 1BJ	
<b>Matthew Garner, PhD</b>	<a href="#">Contact</a> 
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