

RYAN ABERBACK

EDUCATION

- B.A, Honours Psychology - Concordia University, Montreal, Quebec 2016 – Present
- D.E.C., Social Sciences, Dawson College, Montreal, Quebec 2014 – 2016
- Specialization in Law, Society, and Justice

HONOURS AND AWARDS

- MITACS Research Training Award 2020
- 1st Prize Submission, Concordia Journal of Accessible Psychology 2020
- Concordia Campaign for the New Millennium Scholarship, for academic excellence 2019 – 2020
- Dean's List, Concordia University 2017 – 2018, 2019-2020
- Méritas Student-Athlete Award (Rugby), Dawson College 2015 – 2016
- Graduation Honour, Dawson College 2015 – 2016

PUBLICATIONS AND POSTER PRESENTATIONS

- Aberback, R.,** Cardoso, C., Ioachim, D., & Ellenbogen, M.A. (in prep). Oxytocin Promotes Positive Interpersonal Behaviour in Depressed Patients During Psychotherapy.
- Aberback, R.** & Ellenbogen, M.A. (2021, January). Oxytocin Promotes Positive Relational Behaviour Among Individuals with Major Depressive Disorder During Interpersonal Therapy. [Submitted]. 2021 APS Virtual Conference.
- Aberback, R.** & Ellenbogen, M.A. (2021, January). Oxytocin Promotes Positive Relational Behaviour Among Individuals with Major Depressive Disorder During Interpersonal Therapy. [Poster Presented]. 8th Annual Centre for Clinical Research in Health (CCRH) Conference, Montréal, Québec, Canada.
- Aberback, R.** (2020). Let's Not Trip Out Just Yet!. *Concordia Journal of Accessible Psychology*. <https://www.concordiapsychjournals.ca/cjap/blog/lets-not-trip/>
- Aberback, R.,** Trespalacios, F., & Ellenbogen, M.A. (2020, May 27-30). High Anxiety Moderates Mood Response To A Stressor Following Attentional Retraining. [Poster Accepted]. 81st Canadian Psychological Association Annual National Convention, Montréal, Québec, Canada. (Conference cancelled due to COVID-19)
- Aberback, R.,** Trespalacios, F., & Ellenbogen, M.A. (2020, January 23-24). High Anxiety Moderates Mood Response To A Stressor Following Attentional Retraining. [Poster Presented]. *Centre for Research and Human Development (CRDH) Conference*, Montréal, Québec, Canada

RESEARCH EXPERIENCE

- Research Coordinator** Fall 2020 – Present
- Stress and Developmental Psychopathology Lab, Concordia University
- Draft project and grant proposals, conduct literature reviews, collect, organize, and analyze participant data, and present findings at scientific conferences
 - Oversee all research projects, facilitate graduate student projects, lead undergraduate volunteers, manage participant interviews, and schedule in-person lab visits

Project Coordinator*Fall 2020 – Present*

Tracking mental health and chronic stress during the COVID-19 pandemic: A longitudinal study of resilience and vulnerability, Stress and Developmental Psychopathology Lab

- Created online questionnaires and advertisements, contacted participants, built project database, currently analyzing participant data

Co-Investigator*Fall 2020 – Present*

Ketamine as a Treatment for Eating Disorders and Comorbid Depression: A Case Study, Eating Disorders Continuum, Douglas Mental Health University Institute

- Co-author of a case study examining the efficacy of ketamine as a treatment for an Otherwise Specified Feeding or Eating Disorder (OSFED) and treatment resistant depression
- Aided in the design of the study's methods, analyzed the participant's data, and helped write the forthcoming manuscript

Co-Investigator*Fall 2019 – Winter 2020*

Hons. Thesis: The Behavioural Effects Of Oxytocin During The Course of Psychotherapy, Stress and Developmental Psychopathology Lab

- Examined how the administration of the hormone oxytocin alters behaviours associated with therapeutic alliances in clinically depressed participants undergoing interpersonal therapy

Project Coordinator*Summer 2019 – Present*

Oxytocin and Reaction Time (OTRT) Study, Stress and Developmental Psychopathology Lab

- Investigating the link between the hormone oxytocin and interpersonal aggression
- Organizing and overseeing research project, creating project databases, scheduling participants, collecting, cleaning, and analyzing data

Research Assistant*Summer 2019*

Retraining of Attentional Biases Project, Stress and Developmental Psychopathology Lab

- Collected cortisol and eye-tracking data to examine the effect of attentional retraining on participants' response to a psychosocial stressor
- Cleaned and processed cortisol data, created databases, and analyzed data

Co-Investigator*Summer 2019 – Winter 2020*

Autoimmune Disorders and Eating Disorders Project, Eating Disorders Continuum

- Created an epidemiological study focused on illuminating the link between autoimmune disorders and eating disorders
- Generated a methodologically and statistically valid research project, writing and submitting project proposals for ethics approval, collaborating with multiple authors

Independent Study*Winter 2019*

Project Title: A Review of Prominent Theories in Psychedelic Science

- Undergraduate elective (PSYC 483) allowing upper level students to conduct independent research and produce written work under the mentorship of a chosen faculty member
- Conducted a systematic review on the neuropsychological, phenomenological, and therapeutic applications of psychedelic substances

Research Volunteer*Summer 2018 – Present*

Eating Disorders Continuum, Douglas Mental Health University Institute

- Aid in creating and finalizing research grants, proposals, and scientific papers; responsible for entering, organizing, filing, and conducting statistical analyses with participant data; conduct literature reviews for current/future research endeavours

SERVICE TO COMMUNITY

Co-Founder & Co-Editor in Chief

Summer 2020 – Present

Concordia Journal of Psychology and Neuroscience (CJPN)

- Spearheaded the creation and launch of CJPN, an open source, scientific periodical in an effort to advertise and foster undergraduate research at Concordia University; collaborated with graduate students and faculty

Guest Lecturer

Fall 2018

Introduction to Psychology (PSYC 200), Concordia University

- Presentation for undergraduate students; complimented Dr. Lucy Farisello's lecture on epigenetics and added insight into epigenetic factors of Anorexia Nervosa
- Communicated the current literature on psychedelic science and brain activity

Introduction to Psychology, Royal West Academy

- Expressed the purpose and importance of psychological research, transferred scientific knowledge to high school level students

Volunteer Trainer

2014-2018

Cote Saint-Luc Minor Hockey Association

- Supported coaches in coordinating team practices and developing the player's skills
- Mentored youth, ages 5-10, in team-building and sportsmanship