

Shivani Dayal

Yale MPH | Psychology and Public Health Researcher | Artist & Musician

[Email](#) | [Website](#) | [Linked In](#) | [Twitter](#)

Research Interests: Social Psychology and Behavior, Cultural Factors in Mental Health, Music and Health, Trauma-Informed Care, Climate Equity and Health, Health Policy

Education

Yale University

New Haven, USA

Master of Public Health, Social and Behavioral Sciences

Aug 2022 – May 2024

Selected for Exclusive Joint Degree Program | Recipient of H. L. Kwee Scholarship

Yale School of Law Course: Sexuality, Gender, Health, & Human Rights

Yale School of Management Course: Mastering Influence and Persuasion

Yale-NUS College

Singapore

Bachelor's Degree with Honors in Psychology

Aug 2019 – May 2023

Full Merit-Based Scholarship

Thesis: Investigating How Hormonal Contraceptives Alter Behavior in Risk-Taking, Decision-Making, and Negotiation Behavior Domains

Saw Swee Hock School of Public Health

Singapore

Masters-Level Visiting Student

Jan 2023 – May 2023

SOAS University of London

London, UK

Medical Anthropology Exchange Program

Jan 2022 – May 2022

Relevant Projects: "Thinly-Veiled Systemic Exploitation of Woman From The Global South", "Using Language As A Roadmap in Psychological Treatment Plans", and "Music as a Tool for Communicating Identity and Catalyzing Change"

United World College, South East Asia (UWCSEA)

Singapore

International Baccalaureate (IB) Diploma

August 2017– May 2019

Research Experience and Work

Yale Department of Psychiatry

New Haven, USA

Postgraduate Associate (Supervised by Dr. AZA Allsop, M.D., PhD)

Oct 2024 – Present

- **Leading 7 projects:** Heading major paper submissions, identifying and driving novel collaborations to create new lab projects, finding and preparing for opportunities to share original research, grant-writing, generating research-based study designs and protocol, and conducting project-relevant quantitative and qualitative analyses.
- **Contributing to another 5 projects:** Co-designing study protocol, conducting project-relevant quantitative and qualitative analyses, co-writing research papers, recruiting and guiding participants (one-time and longitudinal), conducting field work for data collection by guiding participants through sessions, preparing & editing study materials, operating and calibrating Brain Activity and Heart Rate data collection technology.

- **Driving end-to-end research operations**, including designing studies, obtaining IRB approval, recruiting and guiding participants (one-time and longitudinal), and managing logistics, scheduling, and resource allocation to keep multi-project workflows on track.
- **Producing publication-ready scientific outputs**, drafting structured manuscripts, preparing conference abstracts/posters, and performing advanced statistical analyses (e.g., regression, factor analysis) on large datasets to generate actionable insights for the lab.
- **Strengthening cross-team collaboration and lab efficiency** by coordinating timelines with collaborators, troubleshooting study challenges, and supporting administrative tasks, improving overall project execution, and contributing to multiple successful research deliverables.

Legal Environmental Assistance Foundation (LEAF)

Singapore (Remote)

Environmental, Health and Economic Justice Strategist

August – Sept 2024

- Designed and developed **educational web content** on Triple Bottom Line Justice, highlighting the intersection of environmental protection, human health, and economic sustainability.
- Conceptualized and drafted materials—including a **proof-of-concept Ambassador Program** for students and graduates—to promote dissemination of academic and policy work on sustainability and justice.
- Researched and prepared **outreach materials** to educate the public on policies that strengthen environmental stewardship and health equity.

CDC Foundation, Climate Change and Health

Singapore (Remote)

Project Head and Intern (Supervised by Dr. Laura Seeff, M.D.)

June – August 2023

- **Researched methods for communicating climate-change-related health risks** to youth to provide education and encourage engagement through different channels
- **Researched the ways in which youth audiences differ** from other target segments in terms of barriers to reaching this segment, the subject matter which engages them most, and the types of media they frequently consume
- Suggested how to **quantify progress and success** through different quantitative and qualitative metrics
- **Created slide decks, reports, and surveys** to share with youth council members, teams within the CDC Foundation, and the CDC, and other experts in the field to present findings, receive feedback, and gather more data

'We Lift Us' Organization

(Virtual)

Social Justice Summer Scholar

June – August 2023

- Designed and created Instagram posts with multiple slides and **original artwork to represent and share the experiences** of the interviewees of this project through selected quotes
- **Received training in qualitative research and reflexivity** under Yale School of Public Health's Dr. LaDrea Ingram
- Contributed to project studying participants of the We Lift Us project; primarily minority women and mothers in the USA

Capstone Project, Hormonal Birth Control and Behaviour

Singapore

Thesis Research & Paper Writing

December 2022-April 2023

- **Analysed data from 5 different studies and 10 different datasets** to investigate the relationship between hormonal birth control use and behavioural domains such as risk-taking, competitive decision-making, and negotiation outcomes
- **Cleaned, processed, coded data, and created visualisations** of the data using R
- Wrote a full-length **research paper** presenting and discussing findings
- Created a **research poster** to share findings with the wider community

Sexual Misconduct Survivor Support, Yale-NUS

Singapore

Student Associate

August 2021-May 2023

- Reached out and suggested ways to **fill gaps in the system**, such as **make resources easier to access** and make more information available (e.g. what to do immediately after a traumatic incident, coping with intrusive thoughts and sensations, telling loved ones, taking legal action, etc.)
- **Ideated and created the framework** for a pending website to on-campus support survivor support
- **Co-wrote and designed a booklet** that serves as the first resource for survivors on the university campus

Dialectical Behavioral Therapy Group

Malaysia/Singapore

Group Coordinator

June 2021-March 2024

- **Acted as the point of contact** for groups of up to 7 members for 10 consecutive rounds of sessions to ensure a smooth enrolment process; **worked to unite clinicians across borders** in their pursuit to create accessible mental healthcare options under the supervision of Monash University's Dr. Keng Shian Ling

Holmusk: Evidence-Based Behavioral Health Organization

Singapore

Psychology Intern

Nov 2021 – May 2022

- **Researched for and wrote 10 educational articles** about mental health and well-being to engage and inform a Singaporean audience and reduce mental-health-related stigma
- **Created material for 6 (monthly) newsletters** for the organization's mailing list about mental health and well-being
- **Collected secondary data** on different psychiatric medications and their efficacy for subsequent research

National Public Health Initiative: Hand-Hygiene through Behavioral Insights

Singapore

Student Researcher

August 2021 – Dec 2021

- **Conducted a 10-hour-long Behavioural Insights-based randomised controlled trial** in collaboration with Singapore's Land Transport Authority to test our hypothesis that increasing the salience of hand sanitizer dispensers will increase hand hygiene at public transport stations to reduce COVID-19 transmissions in the community
- **Cleaned and analysed data** to determine efficacy of this Behavioral Insights-informed intervention to inform following nation-wide adoption

Yale-NUS Research: Covid-19 and Mental Health in India

India (Remote) /Singapore

Research Assistant

May 2021 – July 2021

- **Guided 100+ participants through a WhatsApp-based survey** by sending them daily survey links and acting as their point of contact
- **Handled administrative duties** such as tracking participants' progress through the survey, correcting errors in the raw data, and payment procedures
- **Translated** messages and survey questions into Hindi

Unionbank: Nudge Project

Philippines (Remote) /Singapore

Research Assistant

March 2021 – July 2021

- **Synthesised information from 15+ Behavioural Psychology research papers** to develop and present solutions for the UnionBank in the Philippines to increase uptake of online banking services and reduce the chances of in-person COVID-19 transmission

Yale-NUS Research: Human Attentional Capture Research

Singapore

Research Assistant

May 2020 – July 2020

- **Studied 10+ papers about Human Attentional Function and compiled 12 papers** that used eye-tracking technology to study reward learning to assist with the completion of a research paper about Value Driven Attentional Capture under the supervision of Professor Christopher Asplund of Yale-NUS College and NUS PhD student Chai Jing Wen

Healthy Mind Online: Mental Health Platform

Singapore

Intern

June 2017 – July 2017

- **Created brochures and a poster** to spread awareness about Postpartum Depression and the availability of anonymous healthcare services at Healthy Mind Online
- **Reached out to 7 brands** to spread these materials to the target segment: new parents

Conferences

Society for Neuroscience (SFN) 2025

San Diego, USA

Poster Presentation

Nov 15 – 19 2025

Generation Mental Health (GenMH) 2025

Nairobi, Kenya (Virtual)

Oral Presentation

Sept 5 – 6 2025

International Association for Conflict Management (IACM) 2024

Singapore

Paper Presentation

June 23 – 26 2024

Human Behavior and Evolution Society (HBES) 2024

Aarhus, Denmark

Poster Presentation

May 22 – 25 2024

Volunteering

Downtown Evening Soup Kitchen (DESK)

New Haven, USA

Volunteer

Aug 2025– Present

- Processing food, prepared meals and cleaned kitchen spaces for the organization; 3 hour shifts monthly and serving food during the organization's café hours; 2-hour shifts several times a month

Tango Therapy for Parkinsons

Brandford, USA

Volunteer

Aug 2025– Present

- Participating in as a volunteer for a Tango Therapy Service conducted for individuals living with Parkinson's Disease; 2 hour sessions weekly

Little Rose Shelter

Vietnam

Volunteer

May 2017 – May 2019

- Raised awareness for and connected with young girls who were victims of, or at risk of, abuse
- Organised and embarked on a fortnight-long unsupervised trip to Vietnam to bond with the shelter's residents with four other students

Music Therapy, APEX Harmony Lodge

Singapore

Volunteer

Aug 2016 – June 2017

- Provided weekly music therapy for dementia patients at APEX Harmony Lodge Singapore to improve the quality of life of patients during their treatment and stay at the lodge; 1 hour sessions weekly

Certifications/Shorter Training Programs

- **Berklee School of Music** Vocal Summit, 2025
- **Harvard Medical School** Global Mental Health: Trauma and Recovery Program, 2025

Additional Information

- **Languages:** English (native), Hindi (fluent)
- **Skills:** R Studio, R Markdown, SPSS, GraphPad Prism, Microsoft Excel, Social Media Management (Facebook, Instagram, Tiktok, Newsletters), Canva, Logic Pro X for audio editing
- **Awards:** Certification for 8-year Indian Classical Vocal Music Training, Certification of 5-year Fine Arts Course, Participation in multiple Selective International Music Festivals with The Association for Music in International Schools (AMIS), Lead roles in multiple Musical Productions (AIDA, Next to Normal, The Wiz)
- **Hobbies:** Vocal Music, Argentine Tango, Music Production, Meditation, Yoga