

# STEPHANIE TOWCH

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## LINKS

[Portfolio](#), [LinkedIn](#), [ResearchGate](#), [ORCID](#)

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## PROFILE

ESRC-funded PhD researcher in Psychology (Birkbeck, University of London) with a strong track record bridging organisational/clinical psychology and data-driven insight. Published author and conference presenter focused on work addiction, burnout, health and wellbeing, with expertise in psychometrics, survey design (Qualtrics) and advanced quantitative methods (R, SPSS, ML/SEM).

Former JPMorgan Chase professional with extensive experience in project/change management and global finance operations, known for driving process improvement, stakeholder alignment and delivery in complex, regulated environments. Bringing a rare blend of research rigour and industry execution to people analytics, organisational research and evidence-based programme design.

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## PROFESSIONAL EXPERIENCE

2023 — 2024	Research Assistant & Teaching Assistant, Psychological Sciences, Birkbeck University of London	London, UK
2014 — 2020	Project Manager, Global Finance Technology, JPMorgan Chase Bank	London, UK
2012 — 2013	Change Manager, Finance & Business Management, JPMorgan Chase Bank	London, UK
2007 — 2012	Trader's Assistant, Commodities Exotics Middle Office, JPMorgan Chase Bank	London, UK
2005 — 2007	Settlements Analyst, Commodities Bank Office, JPMorgan Chase Bank	Bournemouth, UK
2002 — 2005	Pensions Fund Account Clerk, Barclays Bank	Poole, UK

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## EDUCATION

Oct 2023 — Jul 2027	PhD Psychology, Birkbeck University of London ESRC-funded for my research on work addiction, health and wellbeing	London, UK
Jul 2024 — Sept 2027	MA Social Science Data Analysis, University of Essex Grade: Distinction, thesis pending Modules: Web scraping & data management, Confirmatory factor analysis & structural equation modelling, Machine learning for social scientists, Machine learning for estimating treatment effects from observational data	Essex, UK
Jul 2023	International Business Global Academy, Southwestern University of Finance and Economics	Chengdu, China
Oct 2021 — Sept 2023	MSc Organisational Psychology, Birkbeck University of London Grade: Merit Thesis: "Exploring the relationship between work addiction and burnout"	London, UK

Oct 2019 — Sept 2021

MSc Psychology, Birkbeck, University of London

London, UK

Grade: Distinction

Thesis: “The effect of selective attention on auditory processing: Detection accuracy of task-relevant frequencies versus task-irrelevant sounds.”

Sept 2001 — Aug 2005

BA (Hons) Financial Services, Bournemouth University

Bournemouth, UK

Grade: 2:1, Including French for Business

Thesis: "Afterwork: Final Salary versus Defined Benefits Pension Scheme"

SKILLS

- Project Management
- Qualtrics
- Training, Coaching, & Mentoring
- R Programming
- Business Process Improvement
- Psychometrics
- Finance Operations
- Machine Learning
- Quantitative & Qualitative Data Analysis
- Business Psychology
- SPSS
- Clinical Psychology

PUBLICATIONS,  
CONFERENCES &  
ACADEMIC  
CONTRIBUTIONS

- Publications
- Towch, S. V., & Pontes, H. M. (2025). Measuring ICD-11 Burnout: The Development and Validation of the Burnout Syndrome Test in a Nationally Representative Sample. *International Journal of Mental Health and Addiction*. <https://doi.org/10.1007/s11469-025-01603-1>
- Towch, S. V., Atroszko, P. A., & Pontes, H. M. (2024). Exploring the Relationship Between Work Addiction and Burnout. *International Journal of Mental Health and Addiction*. <https://doi.org/10.1007/s11469-024-01397-8>
- Conference Presentations
- Presented: “Exploring the relationship between work addiction and burnout” as part of the symposium on workaholism and its organisational implications at the EAWOP conference in Prague (May, 2025)
- Presented: “The Measurement of Work Addiction: IWAS-7 vs BWAS” at the EAWOP Small Group Meeting 2025 on workaholism research, University of Gdansk, Poland (September, 2025)
- Editorial and Peer Review Activities
- Reviewer for the Australian Psychologist and the International Journal of Mental Health and Addiction

GRANTS AWARDED

Oct 2024 — Jul 2027

ESRC-funded studentship via UBEL Doctoral Training Partnership (£100,000)

PhD Psychology research on work addiction, health and wellbeing

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LICENCES & AFFILIATIONS

Aug 2022	Graduate Member (GMBPsS), British Psychological Society Credential ID 507539	UK
Jan 2025	Graduate Member - European Association of Work and Organizational Psychology (EAWOP)	EU
Jan 2023	Assistant Test User (ATU), Test User Occupational Personality (TUOP) and Test User Occupational Ability (TUOA), British Psychological Society	UK
2015	Project Management Professional (PMP) Certification course	UK

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LANGUAGES	French	Very good command
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