

NEHA PARVEZ

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Kingston, Ontario

EDUCATION

- 2022 – Present **Queen’s University** Kingston, ON
Doctor of Philosophy, *Clinical Psychology (in progress)*
Supervisor: Jeremy G. Stewart, Ph.D., C. Psych.
- 2019 – 2021 **Teachers College, Columbia University** New York, NY
Master of Arts, *Clinical Psychology*
MA Thesis: *Expressive Flexibility and Nonsuicidal Self-Injury in Adolescents*
Supervisor: Christine B. Cha, Ph.D.
- Psi Chi Psychology Honors (2020)
- 2013 – 2018 **University of Toronto** Toronto, ON
Bachelor of Science, *Psychology (Minors: Biology and Anthropology)*
Senior Research Project: *The Information Superhighway – of Tears. A digital ethnography of grassroots movements for the missing and murdered Indigenous women crisis in North America*
Supervisor: Kristin Bright, Ph.D.

PUBLICATIONS

Wnuk, S., **Parvez, N.**, Hawa, R., & Sockalingam, S. (2020). Predictors of suicidal ideation one-year post-bariatric surgery: Results from the Toronto Bari-Psych Cohort Study. *General Hospital Psychiatry*, 63, 39-45.

POSTER AND CONFERENCE PRESENTATIONS

- Cha, C.B., Shin, K.E., **Parvez, N.**, & Nam, R. (2022, November). Examining the quality and daily experience of propection among suicidal adolescents. In K.E. Shin & C.B. Cha (Co-Chairs), *Examining Intra-daily Fluctuations in Psychological Processes among Suicidal Individuals*. Paper to be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies.
- Nam, R.J., **Parvez, N.**, & Cha, C.B. (2022, November). *Examining the role of implicit theories of emotion and nonsuicidal self-injury among adolescents*. Poster to be presented at the 56th annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Sanghvi, D., Cha, C. B., **Parvez, N.** (2022, November) *Examining the quality of future-oriented thoughts among suicidal adolescents using natural language processing*. Poster to be presented at the 56th annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Parvez, N.**, Nam, R.J., Pinder, J., Shin, K.E., Cha, C.B. (2022, June). *Emotion malleability beliefs among self-injurious and suicidal adolescents*. Presented at the National Conference of the Youth Suicide Research Consortium.
<https://www.youthsuicideresearch.org>

POSTER AND CONFERENCE PRESENTATIONS CONT.

Parvez, N., Tezanos, K.A., & Cha, C.B. (2021, October). *Expressive Flexibility and Self-Harm Among Adolescents*. Poster presented at the IASR/AFSP International Summit on Suicide Research.
<https://suicideresearchsummit.org/>

Parvez, N., Tezanos, K.A., Cha., C.B. (2021, April). *Expressive Flexibility and Nonsuicidal Self-Injury*. Presented at the 4th Annual Institution of Psychological Science and Practice (IPSP) Conference.

Jeong, H., Guzmán, E.M., **Parvez, N.,** Cha, C.B. (2020, November). *Enhancing the quality of online study data in clinical psychology research: A comparison of participant inattention measures*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, P.A.
<https://www.abct.org/conv2020/>

Parvez, N. (2018, April). *The Body Online Lab: The Information Superhighway – of Tears*. Presented at Displacements: The 2018 Biannual Meeting for the Society for Cultural Anthropology.

SELECT RESEARCH EXPERIENCE

- Aug 2019 – May 2021 **Laboratory for Clinical and Developmental Studies** New York, NY
Teachers College, Columbia University
PI: Dr. Christine Cha; Lab Focus: Suicide and self-injury in youth
Lab Manager (2021-2022) and Research Assistant (2019-2021)
Managed lab operations including supervision of 35 research assistants; helped plan and execute biweekly lab meetings; assisted with data collection for NIMH-funded study on prospection in suicidal teens; helped prepare NIH grant application and IRB materials; prepared, cleaned, and analyzed datasets; coordinated ecological momentary assessment (EMA) study on future-oriented thoughts in suicidal teens and online study examining problem solving skills in suicidal young adults.
- Oct 2020 – Sep 2021 **Loss, Trauma, and Emotion Lab** New York, NY
Teachers College, Columbia University
PI: Dr. George Bonanno; Lab Focus: Trauma, emotion, and coping
Research Assistant
Helped recruit and run pilot adolescent participants for an online study examining expressive flexibility in community and military families.
- May 2017 – Aug 2019 **Borderline Personality Disorder Clinic, Centre for Addiction and Mental Health** Toronto, ON
PI: Dr. Shelley McMain; Lab Focus: Treatment of BPD
Research Assistant
Assisted with data entry and cleaning; transcribed therapy sessions; conducted literature reviews for study examining efficacy of six versus 12-months of dialectical behavior therapy (DBT) for chronically suicidal young adults with BPD.
- Sep 2016 – Aug 2019 **Bariatric Surgery Program, Toronto Western Hospital** Toronto, ON
PI: Dr. Susan Wnuk; Research Focus: Bariatric patient well-being
Research Assistant
Conducted literature reviews; entered and cleaned data from psychosocial measures; created and managed database for study on mindfulness-based eating for bariatric surgery patients.

SELECT WORK EXPERIENCE

- Aug 2018 – Aug 2019 **Centre for MindBody Health** Toronto, ON
Intake Coordinator & Administrative Assistant
Assisted with management of clinic intakes; verified insurance claims; maintained hard and electronic client records; assisted with outreach to community to promote clinic services and workshops; managed administration of 2018 workshop on DBT for adolescents.
- Dec 2018 – Jun 2019 **Borderline Personality Disorder Clinic, Centre for Addiction and Mental Health** Toronto, ON
Intake Coordinator & Information Specialist
Completed patient chart reviews; developed new tracking system for intakes and assessments; provided DBT referrals to clients on waitlist; managed intake for BPD psychoeducation group; conducted research on improving clinic intake procedures and provided recommendations to clinic director.

CLINICAL TRAINING

- Nov 2020 **Preventing Suicide in Emergency Department Patients**
Suicide Prevention Resource Center, Online
- Oct 2020 **Counseling on Access to Lethal Means**
Suicide Prevention Resource Center, Online
- Nov 2018 **Dialectical Behaviour Therapy Skills with Multi-Problem Adolescents**
Alec L. Miller, Psy.D. YMCA, Toronto, ON.

EDITORIAL SERVICES

General Hospital Psychiatry

Ad hoc reviewer

Journal of Clinical Child and Adolescent Psychology

Ad hoc reviewer

Graduate Student Journal of Psychology Teachers College, Columbia University

Production Editor (2020-2021)

RELEVANT SKILLS

Clinical: Suicide risk assessment and safety planning

Software: SPSS, Qualtrics, REDCap, Microsoft Office