

EDUCATION

Tufts University | Medford, MA

May 2024

BA in Community Health and BS in Psychology

Summa Cum Laude

University of London School of Oriental and Africana Studies | London, England

January-June 2023

Tufts-in-London Study Abroad Program

RESEARCH EXPERIENCE

McLean Hospital Laboratory for Affective and Translational Neuroscience

McLean Center for Depression, Anxiety, and Stress | Medford, MA

Research Advisor: Dr. Diego Pizzagalli

June 2024-Present

Responsible for running NIMH-funded project, [Early Life Stress: Molecular and Functional Imaging Approaches](#), examining the neurobiological sequelae underlying Childhood Sexual Abuse (CSA) and Major Depressive Disorder (MDD) through clinical interviews; self-report surveying; functional, structural, and molecular imaging

- Run complex 5-6 hour study visits with 1-2 hour functional magnetic resonance imaging (fMRI) and magnetic resonance spectroscopy (MRS) sessions, as well as clinical assessment and follow-up visits
- Administer questionnaires and cognitive and behavioral tasks (e.g., Value of Control and Emotional Conflict)
- Create advertisements and maintain various recruitment platforms (e.g., Meta, Reddit, Craigslist, Handshake, Rally, Research Match, school job boards, flyers) to enroll participants with current or past MDD and a history of CSA
- Maintain study compliance

Undergraduate Honors Thesis

May 2023-May 2024

Tufts University Department of Psychology | Medford, MA

Research Advisors: Dr. Keith Maddox, Jailekha Zutshi BA

- Prejudice and Bias Awareness in Anticipated Interracial Interactions: A mixed methods investigation of the relationship between bias awareness and symbolic racism as predictors of interracial anxiety and experiences of discrimination among people of color

Boston Medical Center Department of Psychiatry Research Assistant

January 2022-Present

Boston University School of Medicine | Boston, MA

Research Advisors: Dr. Rachel Oblath, Dr. Carolina Herrera, Dr. Alison Duncan, Dr. Seungbin Oh

- Qualitatively coding interviews and writing manuscripts on shared decision-making and LGBTQ youth for NIH-funded research study investigating youth of color experiences in psychiatric emergency services
- Writing conference abstracts and editing manuscripts for Boston Emergency Services Team research projects, performing data collection at BMC Psychiatric Emergency Services for studies examining COVID-19 effects on mental health, suicidal implicit associations, and extreme heat behaviors.

Boston Medical Center Wellness and Recovery After Psychosis Research Assistant September 2023-Present

Research Advisors: Dr. Hannah Brown, Dr. Brittany Gouse

- Writing literature reviews on characteristics of high ED utilizers with Schizophrenia, using EPIC to perform chart reviews and input data into Massachusetts Psychosis Network for Early Treatment Battery, recruiting patients in clinic for ongoing research studies, shadowing psychiatrists and clinical psychologists at the Wellness and Recovery After Psychosis (WRAP) Clinic

Massachusetts General Hospital Disparities Research Unit Research Assistant

January 2024-Present

Research Advisors: Dr. Margarita Alegria, Dr. Larimar Fuentes

- Patient interviewing for Positive Minds Strong Bodies clinical trial intervention aimed to reduce depression symptoms among elderly adults, administering psychiatric assessments such as the PHQ-9 for Depression,

Geriatric Anxiety Inventory and Depression Scale, Hopkins Symptom Checklist, World Health Organization Disability Assessment Schedule, PCL-5 PTSD Checklist for DSM-V, Montreal Cognitive Assessment

Emotion, Brain, and Behavior Lab Research Assistant

September 2021-September 2022

Tufts University Department of Psychology | Medford, MA

Advisor: Dr. Heather Urry, Prsni Patel BA

- Utilizing multiple coding schemes to code qualitative responses for the presence of various affective forecasting and emotion regulation strategies in studies exploring emotion response under stress
- Presenting at research meetings on effective forecasting study survey responses
- Editing EKGs and biological data relaying emotional responses to stress on MATLAB

Child Protection Research Group Research Assistant

January-June 2023

London School of Hygiene and Tropical Medicine | London, England

Advisor: Dr. Karen Devries

- Working on a project in collaboration with Ugandan-based nongovernmental organization Raising Voices to implement child violence interventions in school settings
- Qualitatively coding transcripts of educators and program trainers to assess the need for improvement in intervention protocol
- Developing surveys and baseline and follow-up assessments to track the effectiveness of various interventions

ACADEMIC CONFERENCE PRESENTATIONS

1. **Syed, S.**, Herrera, C. N., Oh, S., & Oblath, R. (2024, April 26). Trends in psychiatric emergency service use by Asian American youth before and during the COVID-19 Pandemic. Society of Pediatric Psychology Annual Conference, New Orleans, Louisiana.
2. **Syed, S.** (Presenter), Herrera, C. N., Freibott, C., Duncan, A., & Clark, J. (2023, November 6). Shared Decision Making Among Youth of Color, Guardians, and Care Team During Psychiatric Emergency Services Visit. American Public Health Association. Boston, Massachusetts.
3. Freibott, C. (Presenter), Herrera, C. N., **Syed, S.**, Duncan, A., & Clark, J. (2023, November 7). LGBTQ+ Youth of Color Perceptions of Sexual Orientation and Gender Identity Discrimination in Mental Health Settings. American Public Health Association. Boston, Massachusetts.
4. Herrera, C. N. (Presenter), **Syed, S.**, Freibott, C., Duncan, A., & Clark, J. (2023, May 24). Consequences From Prior Health Care Interactions on the Use of Psychiatric Emergency Services by Youth of Color. American Psychiatric Association Annual Meeting. New Orleans, Louisiana.
5. Herrera, C. N. (Presenter), **Syed, S.**, Freibott, C., Duncan, A., & Clark, J. (2023, April 9). Shared Decision Making Among Youth of Color, Guardians, and Clinicians During Psychiatric Emergency Services Visit. Society for Pediatric Psychiatry Annual Conference. Phoenix, Arizona.

MANUSCRIPTS IN PREPARATION

1. Herrera, C. N., **Syed, S.**, Freibott, C., Lipson, S. K., Duncan, A., & Clark, J. (n.d.). Assertion, Adjudication, and Shared Decision Making in Psychiatric Emergency Services: Perspectives from Youth of Color and Guardians. Manuscript under review.
2. Freibott, C., **Syed, S.**, Barnard, E., Herrera, C. N., Lipson, S. K., Duncan, A., & Clark, J. (n.d.). Discrimination and Stigma Experienced by LGBTQ+ Youth of Color in Mental Health. Manuscript under review.
3. Oh, S., **Syed, S.**, Herrera, C., Duncan, A., & Oblath, R. (n.d.). Racial and Ethnic Variations in a Multi-Channel Psychiatric Emergency Services Program. Manuscript under review.

4. **Syed, S.**, Oh, S., Herrera, C., Duncan, A., Oblath, R., & Brown, H. (n.d.). Asian American Use of Psychiatric Emergency Services Across the Life Course. Manuscript in draft.
5. Herrera, C., **Syed, S.**, Oblath, R., & Brown, H. (n.d.). Psychiatric Emergency Rooms and the Burden of Out of Area Patients. Manuscript in draft.

TEACHING EXPERIENCES

- Petey Greene Volunteer Student Tutor, Tufts University Chapter** **January 2024-Present**
- Tutoring students in educational programs under the Massachusetts Department of Youth Services
 - Participating in training and development sessions to improve tutoring practices and working with students in juvenile detention and incarceration
- Teaching Assistantship, Department of Community Health at Tufts University** **September 2023-Present**
- Assisting in course administration; collaborating with the professor to create and grade assignments, quizzes, and exams, ensuring accurate and timely feedback to students.
 - Reviewing papers and homework assignments, planning class discussions and activities that foster engagement, and creating resources for students to reference.
- Tutor, Leonard Carmichael Society at Tufts University** **September 2020- August 2021**
- Offered personalized tutoring sessions tailored to the specific learning needs and challenges of a 3rd-grade student.
 - Taught the student effective test-taking techniques, including time management, question analysis, and critical thinking skills, resulting in improved performance on quizzes and tests.

LEADERSHIP ACTIVITIES

- News and Analysis Editor, TuftScope: Health, Policy, and Bioethics Journal** **January 2021- Present**
- Managing a team of writers and contributors, overseeing the production of high-quality news articles and analyses related to health, policy, and bioethics topics, ensuring accuracy, relevance, and adherence to editorial standards.
 - Developing editorial strategies to cover timely and impactful topics in the field of health, policy, and bioethics, contributing to the journal's reputation for insightful and informed content.
- Mental Health Representative, Counseling and Mental Health Services at Tufts University**
- Developing and implementing campus-wide mental health awareness campaigns and initiatives, including workshops, seminars, and awareness events, reaching a diverse student population and encouraging open conversations about mental well-being.
 - Collaborating with Counseling and Mental Health Services staff to connect students with appropriate resources and support systems, ensuring that individuals in need receive timely assistance and guidance
- Executive Board Member, Tufts South Asian Political Action Community**
- Coordinating and managing panel discussions, workshops, and cultural showcases, fostering engagement and awareness within the South Asian community on campus.
 - Cultivating partnerships with other student organizations, local community groups, and campus departments to expand the organization's reach and impact

MEMBERSHIPS AND AWARDS

2022 American Public Health Association
2024 Society of Pediatric Psychology
2024 Psi Chi
Society of Pediatric Psychology Annual Conference 2024 Student Poster Award Winner
Tufts University Psychology Department Priscilla N. Dunne Prize 2024 Award Recipient

LANGUAGES

Native proficiency in Hindi and Urdu

Reading and basic competence in Spanish

RESEARCH SKILLS

Data analysis in R, NVIVO, MATLAB

Data collection in Qualtrics, RedCap

Basic knowledge and proficiency in Python

Advanced spatial analysis in ArcGIS Pro