

# Heeya Ajwani

(206) 229-3627 | [Email](#) | [LinkedIn](#)

## EDUCATION

---

### University of Massachusetts Amherst

Bachelors of Science in Psychology

Certification in Social Work

Major GPA: 4.0 | Cumulative GPA: 3.982

Commonwealth Honors College

Amherst, MA

Expected May 2026

**Relevant Coursework:** Research Methodology, Statistics, Adult Psychopathology, Neuroscience, Adolescent Psychology, Personality, Developmental Psychology, Evolutionary Psychology

## AWARDS AND HONORS

---

2025	Mustang Research Scholarship, University of Massachusetts Amherst
2022 - 2025	Dean's List, University of Massachusetts Amherst
2022 - 2026	Chancellor's Award (\$64,000), University of Massachusetts Amherst

## PRESENTATIONS

---

**Ajwani, H.D.**, Denning D.M., Waite, E.E., Dixon-Gordon K.L. (November, 2024). *Unraveling the Links between Positive Emotion Dysregulation and Borderline Personality Disorder: Insights into Trait-Specific Associations*. [Poster Presentation]. ABCT Special Interest Group Exposition, Philadelphia, PA.

Lawrence E.R., Laws H.B., Waite E.E., DeFontes C.G., Denning D.M., **Ajwani H.D.**, Constantino M.J., Martell C.R., Dixon-Gordon K.L. (November, 2024). *The Impacts of Group Cohesion on the Effectiveness of DBT Group Therapy*. [Poster Presentation]. Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.

**Ajwani H. D.** (March, 2024). *Investigating Patterns of Interpersonal Stress Among Individuals with a Nonsuicidal Self-Injury History*. [Local Presentation]. Clinical Affective Science Lab, University of Massachusetts Amherst, Amherst, MA.

Lawrence E. R., Waite E. E., Haliczzer L. A., DeFontes C. G., Denning D. M., **Ajwani H. D** & Dixon-Gordon K. L. (November, 2023). *Emotional Reactivity in Borderline Personality Disorder: The Role of Suppression*. [Poster presentation] Association for Behavioral and Cognitive Therapies Convention, Seattle, WA.

**Ajwani H. D.** (January, 2023). *How people diagnosed with Borderline Personality Disorder experience relationships to oneself and others.* [Paper presentation]. Clinical Affective Science Lab, University of Massachusetts Amherst, Amherst, MA.

## **RESEARCH EXPERIENCE**

---

### **Treatment and Etiology Of Depression In Youth Lab**

Principal Investigator: Dr. Christian Webb

*Co-Op Student*

McLean Hospital

*January 2025 - Present*

- Conduct interest calls and phone screenings to assess participant eligibility based on the inclusion and exclusion criteria for multiple ongoing studies.
- Manage and maintain participant data collected during the recruitment process using Excel and REDCap.
- Conduct a comprehensive literature review on the relationship between social media and depression, summarizing key findings for an upcoming research study.
- Maintain ongoing communication with potential participants to update and reassess their eligibility for upcoming studies.

### **Clinical Affective Science Lab**

Principal Investigator: Dr. Katherine Dixon-Gordon

*Undergraduate Research Assistant*

UMass Amherst

*February 2023 - Present*

- Screen and compute physiological data on heart rate, respiration rate, and skin conductance response of participants to derive heart rate variability using AcqKnowledge.
- Facilitate data entry of questionnaire batteries through RedCap to assess positive and negative affect of DBT skills on BPD attributes.
- Conduct literature reviews for topics such as positive emotion dysregulation, mindfulness-based interventions, and suicidal ideation.
- Create detailed instructions and consent documentation for participant recruitment.

### **Institute for the Study of Resilience in Youth**

Principal Investigator: Dr. Gil Noam

*Student Visitor*

McLean Hospital

*June 2024 - September 2024*

- Assisted with curriculum development and evaluation programs focused on incorporating socio-emotional development and resilience-building activities in K-12 and Out of School programs.
- Conduct fidelity observations with PEAR Institute using DoS-OST to assess STEM instruction quality and integration of social-emotional skills in nationwide schools for Project Brainy.
- Executed transcription and analysis of observer discussion audio files for qualitative sub-studies.

- Constructed state-specific mental health resource sheets for K-12 and Out-of-School programs employing curriculum developed by ISRY.

**Department of Psychology, Symbiosis College**

Supervisor: Dr. Radhika Marathe

*Research Assistant*

Pune, India

*May 2021 - July 2021*

- Conducted an extensive literature review for master's thesis on Spiritual Intelligence, Learned Helplessness, and Self-Efficacy
- Conducted in-depth demographic studies, administered opinion polls, and gathered valuable data for analysis.
- Performed data compilation and analysis using REDCap and R.

**PROFESSIONAL EXPERIENCE**

---

**Office of Undergraduate Research Studies**

*Research Mentor*

UMass Amherst

*June 2024 - Present*

- Assist students with navigating both on-campus and off-campus research opportunities, ensuring they find positions that align with their academic and career goals.
- Provide personalized guidance on developing resumes and CVs tailored to research profiles in various fields, enhancing students' chances of securing research positions.
- Disseminate comprehensive information about research programs and mentorship opportunities available at UMass, helping students connect with faculty and resources to further their research endeavors.

**TalkItOutIndia**

*Outreach Manager*

Delhi, India

*January 2021 - December 2021*

- Assisted in creating a crisis intervention platform that connects teenagers with certified professionals in the fields of psychology and psychiatry through organizing webinars.
- Conducted targeted workshops and virtual interviews, skillfully evaluating the therapy requirements of teenagers and establishing collaborative relationships with adjacent therapists for optimal client referrals.
- Spearheaded social media campaigns and website management with a collaborative team of 5+ employees on Instagram, Twitter, and Facebook.

**STEMM4GIRLS**

*Marketing Head*

Remote

*January 2021 - September 2021*

- Effectively used various social media platforms to advertise and promote virtual sessions that featured internationally acclaimed women in STEM for the organization.
- Interacted and interviews adolescents girls on a regular basis to analyze target audience.

## TEACHING EXPERIENCE

---

### Introduction to Neuroscience (PSYCH 330)

Dr. Lori Astheimer

Teaching Assistant

UMass Amherst

September 2024 - December 2024

- Aided grading weekly assignments and exams for students and led weekly discussion sections regarding class content and exam material

### What Makes Us Human (PSYCH/HONORS 201H)

Dr. Joonkoo Park

Teaching Assistant

UMass Amherst

September 2024 - December 2024

- Developed weekly quizzes based on class content and graded weekly reflection notes.

## ORGANIZATIONS

---

Member, Association for Behavioral and Cognitive Therapies (ABCT)

Organizing Committee Member, ABCT Student Special Interest Group

Member, ABCT Personality/Personality Disorder Special Interest Group

Member, American Psychological Association

Member, Psi Chi Chapter, University of Massachusetts Amherst

## CERTIFICATIONS

---

- MGBE HRA Good Clinical Practice *June 2024*
- MGBE Clinical Research Bootcamp *June 2024*
- CITI Biomedical Research Investigators and Key Personnel *February 2023*
- CITI Social and Behavioral Research Investigators and Key Personnel *February 2023*
- CITI Good Clinical Practice *February 2023*
- Basic Statistics, University of Amsterdam *May 2021*

## SKILLS

---

- Intermediate knowledge of statistical analysis in R
- Intermediate in dataset cleaning and management in SPSS
- Proficient in creating and using REDCap databases
- Experience recruiting adolescent participants on social media (Instagram, Snapchat, and Reddit)
- Proficient in data collection using Qualtrics, in-person and virtual observation
- Proficient in data analysis using AcqKnowledge, ANOVA, linear regression
- Proficient in data management and cleaning using Excel and Word