

# Parisa Parsafar

Curriculum Vitae  
(October, 2016)

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The Department of Psychology  
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## EDUCATION

- 2015- current    Doctoral Candidate in Developmental Psychology  
                    Designated Emphasis in Public Policy  
                    **University of California, Riverside**  
                    Advisor: Elizabeth L. Davis
- 2012              M.A., Psychology  
                    **New York University**  
                    Advisor: Laura C. Reigada  
                    Thesis: A Case for Examining the Relationship between Illness Perceptions & Quality of  
                    Life in Pediatric Inflammatory Bowel Disease Patients with Comorbid Anxiety  
                    Distinction: Master's Scholar
- 2008              B.A. Psychology  
                    **University of California, Davis**
- 2008              B.A. Design  
                    **University of California, Davis**  
                    Distinction: Certificate of Excellence in Design

## HONORS & AWARDS

- 2015              Outstanding Teaching Assistant in the Department of Psychology, TADP Program,  
                    Graduate Division, **University of California, Riverside**
- 2012              Master's Scholar, **New York University**
- 2008              Certificate for Excellence in Design, **University of California, Davis**

## RESEARCH EXPERIENCE

- 2016 - current   Graduate Student Supervisor, Children's Attention & Regulation Project (CARP),  
                    University of California, Riverside, Psychology
- 2015 - current   Graduate Student Supervisor, Validation of the Children's Responses To Feelings  
                    Questionnaire, University of California, Riverside, Psychology

- 2015 - current Graduate Student Supervisor, Cognitive, Physiological, and Emotional Regulatory Benefits of a Brief Mindfulness Meditation Session, University of California Riverside, Psychology
- 2015 - current Graduate Student Supervisor, Biobehavioral Correlates of Meditation Training (with Tools for Peace Organization), Washington Irving Middle School, Los Angeles, CA
- 2014 - current Graduate Student Supervisor, Biobehavioral Correlates of Meditation Training At A Teen Summer Camp Study (with Tools for Peace Organization), Tehacapi, CA
- 2013 - current Graduate Student Supervisor, Physiology & Emotion Regulation in Kids (PERK) Study, Cued Memory Recall & Emotional Regulatory Strategy Coding Teams, University of California, Riverside
- 2011 - 2012 Research Assistant, Department of Developmental Neuroscience, Columbia University  
Supervisor: William Fifer, PhD
- 2010 - 2012 Research Assistant, Department of Psychology, City University of New York, Brooklyn College & Mt. Sinai Hospital Pediatric Gastroenterology  
Supervisor: Laura Reigada, PhD
- 2010 - 2012 Research Assistant, Pediatrics, New York University Medical Center  
Supervisors: Mar Alvarez Segura, M.D. & Dr. Nina Burtchen, M.D.
- 2010 - 2011 Research Intern, Pathways to Housing, New York  
Supervisor: Ana Stefancic, PhD
- 2009 Research Assistant, Department of Psychology, University of California, Davis  
Supervisor: Oanh Meyer, PhD

### **GRANT WRITING**

\*\* proposal and project mentorship of undergraduate student awardee

### **Completed**

\*\*University of California, Riverside Undergraduate (CRF) Chancellor's Research Fellowship: A Prospective Longitudinal Investigation of the Effects of Mindfulness Meditation on Stress Responses and Perceived Coping Self-Efficacy in Youth (graduate student mentor to Akhila Nekkanti, 2015-2016), \$5000

\*\*University of California, Riverside Undergraduate Student Mini-Grant: How do Attentional, Physiological, and Emotion Regulation Processes contribute to Children's Risk of Developing Externalizing Symptoms? (graduate student mentor to Nikita Mahbubani, Spring 2016), \$700

### **Declined**

Ford Foundation Predoctoral Fellowship: Examination of Effortful Control and Emotional Regulatory Processes that Influence Learning. (2014-2015)

**PUBLICATIONS**

Davis, E.L., **Parsafar, P.**, Quinones-Camacho, L.E., Shih, E.W. (in press) Psychophysiological Assessment of the Effectiveness of Emotion Regulation Strategies in Childhood, *Journal of Visualized Experiments*.

Davis, E.L., & **Parsafar, P.** (submitted). Children's Effective Use of Distraction and Reappraisal Depends on Age and Discrete Emotion Context.

**OTHER PUBLICATIONS**

\*\*undergraduate advisees

\*\*Orozco, N.J., **Parsafar, P.**, & Davis, E.L. (2015). The Effects of Emotion Regulation Strategies on Global Information Processing. *Audeamus Honor's Journal*, 27, 26-39.

\*\*Nekkanti, A., **Parsafar, P.**, & Davis, E.L. (2016). The Effects of Mindfulness Meditation on Adolescents' Stress Management. *UC Riverside Undergraduate Research Journal*.

**PEER REVIEWED CONFERENCE PRESENTATIONS**

\*\*undergraduate advisees

**Parsafar, P.**, & Davis, E.L. (May, 2016). Children's attentional biases to threat and difficulty regulating emotion predict memory for scary but not sad information. Poster presented at the annual meeting of the Association for Psychological Science, Chicago, IL.

\*\*Nekkanti, A., **Parsafar, P.**, Sillars, A., Nicolaidis, C., Shih, E., Bishara, L., Witcher, L., Price, J., Broom, N., & Davis, E.L. (May, 2016). Mindfulness improves youths' emotional awareness by increasing emotion regulation. Poster presented at the annual meeting of the Association for Psychological Science, Chicago, IL.

\*\*Mahbubani, N., \*\*Kao, P., **Parsafar, P.**, \*\*Russo, J., Shih, E., & Davis, E.L. (April, 2016). How do attentional, physiological and emotional regulatory processes contribute to children's risk for externalizing disorders? Poster presented at the annual UC Riverside Undergraduate Research Symposium, Riverside, CA.

\*\*Huynh, T., \*\*Nguyen, K., **Parsafar, P.** & Davis, E.L. (April, 2016). He said/She said: Boys and girls differ in emotional coherence. Poster presented at the annual UC Riverside Undergraduate Research Symposium, Riverside, CA.

\*\*Nekkanti, A., **Parsafar, P.**, Nicolaidis, C., Shih, E., Sillars, A., Bishara, L., Witcher, L., Price, J., Broom, N., & Davis, E.L. (April, 2016). Mindfulness meditation training increases cognitive control and emotion regulation and decreases school avoidance for youth. Poster presented at the annual meeting of the Western Psychological Association, Long Beach, CA.

Shih, E. W., Bishara, L., **Parsafar, P.**, Nicolaidis, C., Sillars, A., \*\*Nekkanti, A., Price, J., Witcher, L., & Davis, E. L. (February, 2016). *The Effects of Mindfulness Meditation on Youth's Socioemotional Functioning and Psychophysiology*. Paper presented at the Bridging the Hearts and Minds of Youth Conference. San Diego, CA.

- \*\*Nekkanti, A., Parsafar, P., Shih, E., Sillars, A., Nicolaides, C., Bishara, L., Witcher, L., Broom, N., & Davis, E.L.** (February, 2016). Mindfulness meditation training at a summer camp improves youth's stress management and coping self-efficacy. Poster presented at the annual meeting of the Bridging Hearts and Minds conference, University of California, San Diego, CA.
- Parsafar, P., \*\*Orozco, N., & Davis, E.L.** (March, 2015). What children do when feeling blue: Reappraisal of sadness promotes broadened information processing. Poster presented at the biennial meeting of the Society for Research in Child Development, Philadelphia, PA.
- Parsafar, P., & Davis, E.L.** (March, 2015). Understanding the impact of emotion regulation strategies on children's physiology: Effects of age and discrete emotion context. Poster presented at the biennial meeting of the Society for Research in Child Development, Philadelphia, PA.
- Shih, E. W., **Parsafar, P.,** Tools for Peace organization, & Davis, E. L. (March, 2015). Does learning to meditate impact how teens regulate? Socioemotional benefits of a week-long mindfulness-based summer camp. Poster presented at the biennial meeting of the Society for Research in Child Development, Philadelphia, PA.
- Shih, E. W., **Parsafar, P.,** Price, J., Witcher, L., Stoner, M., & Davis, E. L. (February, 2015). The biobehavioral effects of mindfulness training at an adolescent summer camp. Poster presented at the *Bridging the Hearts and Minds of Youth* conference, San Diego, CA.
- Parsafar, P.,** Shih, E. W., Price, J., Witcher, L., Stoner, M., & Davis, E. L. (February, 2015). Meditating and regulating: How a week-long youth meditation camp impacts "cool" inhibitory control. Poster presented at the *Bridging Hearts and Minds* conference, University of California, SD, CA.
- Davis, E., **Parsafar, P.,** Quinones-Camacho, L., & Buss, K. (July, 2014). Inhibitory control in late infancy predicts emotion regulation sophistication in kindergarten. Poster presented at the *International Society on Infant Studies* conference, Berlin, Germany.
- Burtchen N., Myers M.M., Violaris, K., **Parsafar, P.,** Thai, T., Grieve, P., Fifer, W. (May, 2013). Late preterm infants differ significantly from full term infants in EEG activity and functional connectivity at birth and one month after delivery. Poster presented at the *Pediatric Academic Societies* conference, Washington, DC.
- Burtchen N., Myers M. M., Tamura E. K., **Parsafar P.,** Grieve P. G., Fifer W.P. (October, 2012). Developmental trajectories of functional EEG connectivity in late preterm and full term infants. Poster presented at the *International Society for Developmental Psychobiology* meeting, New Orleans, LA.
- Tamura, E., Burtchen, N., Grieve, P., **Parsafar, P.,** Condon, C., Fifer, W., Myers, M. (October, 2012). Differences in EEG activity between late preterm and full term infants at birth and one month after delivery. Poster presented at the *International Society for Developmental Psychobiology* meeting, New Orleans, LA.
- Hoogendoorn, C.J., Blasco, M., Lin, H.C., **Parsafar, P.,** Khaimova, D., Reigada, L.C. (December, 2011). Gender and IBD subtype differences in internalized symptoms and physical measures. Poster presented at the *Advances in IBD* conference, Hollywood, FL.

Reigada, L., Briggie, A., Hoogendorn, C., **Parsafar P.**, Connaught, G., and Lin, H. (December, 2011). Comorbidity of Inflammatory Bowel Disease (IBD) and anxiety in children and adolescents. Poster presented at the *Advances in IBD* conference, Hollywood, FL.

Burtchen N., Alvarez-Segura M., Dreyer B.P., Castellanos F.X., **Parsafar P.**, Mendelsohn A.L. (November, 2011). Identifying infants at risk for social withdrawal behavior by utilizing the Edinburgh Postnatal Depression Screen (EPDS). Platform presentation at the *International Society for Developmental Psychobiology* meeting, Washington, DC.

Burtchen N., Alvarez-Segura M., Dreyer B.P., Fierman A.H., **Parsafar P.**, Mendelsohn A.L. (May, 2011). Utilizing the Edinburgh Postnatal Depression Screen (EPDS) for identification of infants at risk for dysregulation. Platform presentation at the *NYU Annual Joseph Dancis Pediatric Research Day*, NYU School of Medicine, New York, NY.

Burtchen N., Alvarez-Segura M., Dreyer B.P., Fierman A.H., **Parsafar P.**, Mendelsohn A.L. (April, 2011). Utilizing the Edinburgh Postnatal Depression Screen (EPDS) for identification of infants at risk for dysregulation. Platform presentation at the *Pediatric Academic Societies Meeting*, Denver, CO.

## **RESEARCH TALKS**

November 30<sup>th</sup>, 2015, "What children can do when feeling scared or blue: How discrete emotion context & children's age impact their emotion regulation,"  
Department of Psychology, University of California, Riverside

May 18<sup>th</sup>, 2015, "Experiencing, regulating, & remembering: Emotional intensity, regulation, & individual differences in children's experiences predict memory for emotion-eliciting information",  
Department of Psychology, University of California, Riverside

## **LECTURES**

February 8<sup>th</sup>, 2016, "The Development of Emotion in Childhood", Socioemotional & Personality Development, Lecture for Dr. Elizabeth Davis, Department of Psychology, University of California, Riverside

June 3<sup>rd</sup>, 2015, "How Psychologists Study Infants", Psychology Undergraduate Research Lecture, Developmental Psychology, Department of Psychology, University of California, Riverside

March 11<sup>th</sup>, 2015, "Repeated Measures ANOVA", Psychological Statistics, Lecture for Dr. Misaki Natsuaki, Department of Psychology, University of California, Riverside

## **TEACHING - INSTRUCTOR**

**Associate In**, Psychology Department, University of California, Riverside  
Summer 2016 Life Span Development

**Adjunct Lecturer**, Psychology Department, City University of New York: Brooklyn College  
 Fall 2011, Spring 2012 Introduction to Child Psychology

### **TEACHING -TEACHING ASSISTANT**

**Teaching Assistant**, Psychology Department, University of California, Riverside  
 Fall 2016, Fall 2015, Summer 2015, Winter 2015, Fall 2014, Psychological Methods: Statistics  
 Spring 2016, Spring 2015, Spring 2014 Intro to Psychology  
 Summer 2014 Research Methods  
 Winter 2016 Socioemotional & Personality Dev.

### **TEACHING - OTHER**

**Course Assistant**, Psychology Department, New York University  
 Fall 2012, Spring 2012, Fall 2011 Abnormal Psychology

### **TEACHING INTERESTS**

Statistics  
 Introduction to Psychology  
 Child Development  
 Life Span Development  
 Abnormal Psychology

### **MENTORING**

Nabila J. Orozco, 2014. MSRIP Summer Research Intern. The Effects of Emotion Regulation Strategies on Global Information Processing.

Nekkanti, Akhila, 2015. Chancellor's Fellow. A Prospective Longitudinal Investigation of the Effects of Mindfulness Meditation on Stress Responses and Perceived Coping Self-Efficacy in Youth.

Mahbubani, Nikita, 2016. UCR Student Minigrant Recipient. How do Attentional, Physiological, and Emotion Regulation Processes contribute to Children's Risk of Developing Externalizing Symptoms?

### **PROFESSIONAL SERVICE**

**Elected, Graduate Student Representative Officer:** Psychology. University of California, Riverside, 2015-2016

**Student Representative:** Developmental Psychology Recruitment Weekend, University of California, Riverside, 2014

**Graduate Student Brown Bag Co-Coordinator:** Developmental Talks & Colloquia, University of California, Riverside, 2014-2015

**REFERENCES**

Available upon request