Depression Treatment Study, Parent-Teen Sleep Improvement Study, Community Implementation Study, Habit Based Sleep Intervention

Faculty: Allison Harvey  
Supervisor: Heather Hilmoe  
Main Contact email: heatherhilmo@berkeley.edu  
Location: Remote during SIP, in person option if campus reopens  
Position Dates: Fall 2020 - Spring 2021  
Website: https://www.ocf.berkeley.edu/~ahsleep/gbsmrc_mock/

Description of Research: The Golden Bear Sleep and Mood Research Clinic is currently working on four novel treatment and implementation studies. Meta-analyses confirm Cognitive Therapy (CT) as a frontline treatment for individuals with depression, with patients less likely to relapse than those on antidepressant medications alone. Despite these impressive outcomes, there is room for improvement, as only one third of all patients respond to treatment and last a year without relapse. The purpose of our Depression Treatment Study is to improve memory for treatment in order to improve treatment outcome. Our Parent-Teen Sleep Improvement study is focused on improving teen sleep behaviors with the help of their parents. Poor sleep is a public health concern for our adolescent population, impacting educational and recreational performance as well as relationships, health, and mood. The purpose of this study is to help parents augment the transdiagnostic treatment to improve sleep among youth. The Community Study focuses on implementing and sustaining a sleep treatment within community mental health clinics, to improve mental health outcomes for individuals with mental illness. The GBSMRC is partnering with nine counties throughout California, and our role as facilitators is to offer support-- from training clinicians to be 'sleep coaches' to providing materials to coordinating with clients-- every step of the way. The science of habit formation suggests key behavior change strategies that have the potential to improve existing evidence-based psychological treatments. The Habit-Based Sleep Intervention (HABITS) focuses on evaluating a novel intervention HABITS plus text messaging. The goal is to help clients eliminate unhelpful sleep health habits and build new helpful sleep habits.

Description of Student Responsibilities: Students will be assigned to various lab crews based on interest and skills. There may be opportunities in the future to be involved in more advanced projects with direct clinical exposure. Students must be able to commit to around 10 hours of work per week for a minimum of one month. Some weeks will be lighter than others, but having the flexibility to work 10 hours a week is required. Research interns will have the opportunity to join either of the below crews. However, there is opportunity to overlap between crews, depending on research intern interest and skills. Data Crew Must have excellent attention to
Duties will include data entry of a variety of study information for all of our studies. Data entry experience is preferred, but not required. Working knowledge of Excel and Google Sheets, MS Access and R is preferred and would be helpful in fulfilling the role. With the growing emphasis on data analysis within the Psychology field, this is a great way to gain exposure and skills that will be valuable in advancing to graduate school and employment opportunities. Data science is the future!! Core Responsibilities Crew Must be organized, punctual, and responsible. Students help project coordinators with critical aspects of the study processes including collecting sleep diaries (calling participants daily to collect sleep data over a week-long period), recruiting participants/flyering, preparing for sessions, contacting organizations for study recruitment, doing post-session tasks, scanning, making copies, and preparing therapy binders, as well as addressing with essential study needs as they arise. This position will allow the research intern to gain crucial knowledge of the inner processes essential to starting, running, and closing out large-scale clinical trials.

Application Process: Please send an email with your resume/CV and cover letter to heatherhilmoe@berkeley.edu

Deadline: Position open until filled
Emotions and Well-Being

Faculty: Iris Mauss
Supervisor’s email: imauss@berkeley.edu
Main Contact email: geraldyoung@berkeley.edu
Location: Remote
Position Dates: Fall 2020 - Spring 2021
Website: https://eerlab.berkeley.edu/

Description of Research: This project investigates the different ways in which specific emotions and affective states relate to distinct social processes (e.g., sense of belonging, self-esteem) and well-being (e.g., depression, anxiety). We also seek to identify individual difference variables that moderate these associations (e.g., personality, emotion judgments, emotion regulation, culture). Specifically, the project seeks to answer questions such as: Are different emotions and affective states associated with distinct social processes? In what ways do emotion judgments, emotion regulation, and culture moderate these associations? Does culture predict the emotions and affective states that promote well-being? How does culture influence our experience of emotions and affective states?

Description of Student Responsibilities: No prior experience is necessary. Students will work closely the graduate student (Gerald Young) on tasks ranging from qualitative coding, survey construction and design, collecting and analyzing data, conducting literature reviews, and reading assigned literature. Gerald will provide all necessary training. Students will also have the opportunity to independently lead projects of their own under the supervision of Gerald Young & Iris Mauss. Students must commit at least 6 hours a week to this research and be available for weekly meetings. Further, it is ideal if you can commit to at least two semesters.

Application Process: Please email Gerald Young at geraldyoung@berkeley.edu indicating your availability and research interests.

Deadline: Position open until filled
Personalizing Psychotherapy for Anxiety and Depression: A Psychophysiological Perspective

Faculty: Aaron Fisher
Supervisor’s Name: Esther Howe
Supervisor’s email: howe@berkeley.edu
Location: Remote
Position Dates: Fall 2020 - Spring 2021
Website: www.dynamicpsychlab.com

Description of Research: The Fisher Lab is seeking Research Assistants to help with a large psychophysiology project. The Lab has finished data collection for a study examining personalized psychotherapy for anxiety and depression in which physiological measurements (Heart Rate Variability, Impedance Cardiography, Skin Conductance) were collected from participants at multiple time points. These data need to be cleaned, and analyses must be conducted examining relationships between physiological signals and emotions, thoughts, and behaviors. If you’re interested to learn more, you can check out some of Dr. Aaron Fisher's work on his Research Gate page: https://www.researchgate.net/profile/Aaron_Fisher

Description of Student Responsibilities: RAs will be brought on at Level I and may progress based on performance and interest.

- Level I: Clean physiological data
- Level II: Conduct literature reviews
- Level III: Assist with analyses

Interest in clinical science research and physiology in particular, self-directed, curious about or committed to pursuing graduate studies in psychology, available for nine+ hours per week

Training will be provided. Priority will be given to students who can commit to 2+ semesters.

Application Process: Email your CV or resume to howe@berkeley.edu with the subject line "Fall 2020 Psychophys RA". Please include a brief paragraph outlining your interest in the role, any relevant experience, and your preferred time commitment (hours/week and number of consecutive semesters).

Deadline: 9/9/2020
Research on Infants' and Children's Cognitive Development

Faculty: Fei Xu  
Supervisor’s Name: Gwyneth Heuser  
Supervisor’s email: babylab@berkeley.edu  
Location: Work will likely be remote for the entirety of the fall semester. Normally, on-campus work is done in Berkeley Way West  
Position Dates: Fall 2020 - Spring 2021  
Website: babylab.berkeley.edu

Description of Research: The Berkeley Early Learning Lab, under the direction of Professor Fei Xu, researches statistical inference, categorization development, social cognition, information search, decision-making and language acquisition in infants and children aged 4 months to 10 years. Children participate in our studies at our Berkeley Way West lab, at preschools, and at local children’s museums. Our lab conducts studies using a variety of exciting developmental and psychological methods, including violation of expectation, behavioral measures, verbal tasks, choice paradigms, iPad games and eye tracking. Becoming a research assistant in the Berkeley Early Learning Lab offers students the opportunity to learn more about child development research and the research process, as well as gain first-hand experience interacting with participants in a highly productive research lab.

Description of Student Responsibilities: Typical tasks of first-semester research assistants in our lab are:

- Greeting and escorting parents and child participants to our lab
- Scheduling participants
- Preparing and processing consent documents
- Stimuli production
- Maintaining stimuli/toys and lab testing spaces
- Assisting with infant participant recruitment
- Assisting with administrative work
- Off-site participant recruitment
- Assisting with eye tracking calibration
- Assisting the experimental sessions
- Behavioral and statistical coding

Application Process: Qualifications: Required: Experience working with children and parents; At least 9 hours of availability each week; Weekend availability; Proficiency in English; Ability to work remotely /// Not required, but desirable: Committing for more than a semester, Programming skills To apply, please send an email to Gwyneth Heuser, the lab manager, at
babylab@berkeley.edu with a copy of your CV/resume and a statement of interest describing your past research experience (if any), what it is about our lab that interests you, and why you think you would be a good fit for our lab. We will let you know hopefully by the end of the week of August 31 whether you are selected for an interview. We will let you know our final decision by Friday, September 11.

**Deadline:** August 31
Faculty: Oliver John
Supervisor’s Name: Ryan Lundell Creagh
Supervisor’s email: ryanlundellcreagh@berkeley.edu
Location: Remote
Position Dates: Fall 2020 - Spring 2021

Description of Research: The Berkeley Personality Lab is currently recruiting RAs to work on several different projects related to personality and social psychology. The project for Fall semester will require compiling some statistics from various sports leagues and prepping them for analysis. All work for Fall 2020 can be done remotely. RAs who demonstrate commitment to the project and a strong work ethic will have the opportunity to contribute to other projects during Spring 2021 (if desired).

Description of Student Responsibilities: For Fall 2020, applicants will be responsible for the creation of a master data set using existing player statistics from various professional sports leagues. An interest in sports, and experience in data analysis and/or machine learning and data mining is considered an asset, but is not required. All selected RAs will be required to complete a brief training session, at which time all necessary skills will be taught.

Application Process: Interested applicants should send their CVs, along with a one page description of why they believe they are a good fit for the lab to ryanlundellcreagh@berkeley.edu.

Deadline: Position open until filled