

**Dimitra Tzanis**  
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## **EDUCATION**

**Certificate of Advanced Study (CAS) in Mental Health Counseling**  
**Alfred University, Alfred, NY**  
Expected May 2022

**Certification in Victim Advocacy**  
**Stony Brook University, Stony Brook, NY**  
April 2021

**Master of Science in Psychology**  
**Mercy College, Dobbs Ferry, NY**  
August 2020

**Bachelor of Science in Psychology**  
**Mercy College, Dobbs Ferry, NY**  
May 2019

**Deree - The American College of Greece**  
**Athens, Greece**  
Study Abroad, January 2017

## **RESEARCH EXPERIENCE**

**Research Assistant**  
Psycho-Oncology Laboratory  
*Department of Psychology, Hunter College (CUNY)*  
*New York, New York*  
*Supervisor: Jennifer S. Ford, PhD*  
6/2021 - Present

**Master's Thesis**  
*Faculty Advisor: Alberto Manzi, PhD.*  
*Faculty Reader: Rebecca Trenz, PhD.*  
*Mercy College, NY*  
August 2020

Title: Exploring the Effect of Gender, Personality, and Reflective Functioning on the Perception of Emotional Scenarios

This research focused on whether or not gender influences how an individual interprets emotional situations. Likewise, it assesses if one's personality type and reflective functioning affects how one understands emotions.

- Completed IRB application for approval.
- Recruited participants in person and online through various social media platforms.
- Extracted, and cleaned participant data in SPSS.
- Ran statistical analysis including Pearson's correlations, multiple regressions, ANOVA and MANOVA.
- Conducted extensive literature searches on mentalization, social cognition, and individual differences in emotions and personality.

**Directed Research, Lab Manager**

*Faculty Advisor: Rebecca Trenez, PhD.*

*Mercy College, NY*

May 2020

Title: Social Media Use, Identity Development, and Anxiety Among Emerging Adults

This research focused on exploring the relationship between social media use, dimensions of identity development and the experience of anxiety among emerging adults. Additionally, exploring the possible mediating effect that social media use may have on the ruminative exploration dimension of identity development and the experience of anxiety among emerging adults.

- Conducted literature searches and summarized significant information in an appropriate format to present findings.
- Supervised fourteen undergraduate research assistants and assisted in editing annotated bibliographies.
- Assisted and trained students in computerized SPSS data analysis.

**Research Assistant**

*Mercy College, NY*

*Faculty Advisor: Alberto Manzi, PhD.*

September 2019 - Present

Title: Emotional Events Validation

This research examined data on scenarios and situations that people perceive as inducing sadness, happiness, anger, fear or a neutral state. Participants answered four open-ended questions about scenarios and situations that they find personally mood-eliciting.

Title: Examining the Effect of Gender on Mood, Personality, and Childhood Trauma

This research analyzes how individuals rank scenarios and situations that induce sadness, happiness, anger, fear or neutral mood states. These scenarios were collected in the previous study Emotional Events Validation. Its aim was to clarify the link between mentalization performance and individual variances to attachment, trauma, and personality traits.

- Completed IRB applications for approval.
- Assisted in the conducting of various psychological studies, including the recruitment of participants.
- Contributed to the set-up of each study using Gorilla data software.
- Distributed various research questionnaires for participants and managed the data collection and distribution.

- Contributed to writing research reports, literature searches, recording data, cleaning data, and the dictation and analysis of results.

### **Research Assistant**

STEM Summer Research

*Faculty Advisors: Julia Zavala, PhD., Rebecca Trenz, PhD.*

*Mercy College, NY*

June 2019

Title: The Role of Epistemic Perspectives and Social Media Use on Academic Performance

This research examined whether or not epistemic perspectives moderated the relationship between social media use and academic performance.

- Worked alongside 13 undergraduate students.
- Assisted in the set-up of SPSS file with faculty advisors.
- Ran SPSS data analysis including moderation analysis and multiple regressions.
- Assisted in the recruitment of participants on Mercy College Campuses.
- Debriefed participants.

### **Research Assistant**

STEM Summer Research

*Faculty Advisors: Rebecca Trenz, PhD., Julia Zavala, PhD.*

*Mercy College, NY*

June 2018

Title: Social Media Use, Identity Development, and Anxiety Among Emerging Adults

This research examined the relationship between identity formation, social media use and self-presentation among emerging adults.

- Completed Collaborative Institutional Training Initiative (CITI) certification.
- Worked alongside 10 undergraduate students.
- Conducted literature searches, and completed annotated bibliographies of current research.
- Assisted in the SPSS analysis of data.
- Assisted in the recruitment of participants on Mercy College Campuses.
- Debriefed participants.

## **CLINICAL EXPERIENCE**

### **Medical Scribe for *Randy Stevens, MD***

*White Plains Hospital - Cancer Center*

*White Plains, NY*

June 2020 - Present

- Accompany physician during patient consultations and assist in recording patient history and physical exam findings into the electronic medical record.
- Document HPI, PMH, ROS diagnostic test results.
- Organize and transcribe results for patients' laboratory tests, medications, and imaging studies including MRI, PET CT, CT, and X-Ray results.

- Document diagnosis, treatment plans, prescriptions, and discharge and follow-up information.
- Gaining knowledge on an assortment of cancers including (breast, prostate, glioblastoma, head and neck, lung, endometrial, cervical, uterine and skin cancers) in addition to a full course of treatment, possible acute and late effects, chemotherapy, immunotherapy, endocrine therapy and hormonal therapy treatments.

**Community Habilitation Worker**

*Jewish Union Foundation, NY*

June 2020 - Present

- Work directly with a disabled individual in their home and out in the community.
- Plan and implement activities that help foster independence and promote community involvement.
- Help individuals develop social and relationship-building skills.
- Support developmentally-disabled adults in developing and achieving personal goals.
- Complete paperwork to track an individual's monthly progress and monitor their work towards specific goals.

**Behavioral Therapist (BT), Behavior Technician Trainer**

*Center of Autism and Related Disorders (CARD), Hartsdale NY, Franklin Square NY*

*Supervisor: Janet Delgado, BCBA*

January 2019 - June 2020

- Aided children ages two-thirteen with autism and other special needs to meet their goals using proven ABA methods in a variety of settings, such as the school, home, or community.
- Used effective ABA methods, such as discrete trial teaching (DTT), naturalistic environmental teaching (NET).
- Improved functional skills, promote emotional and physical health, and increase independence of clients.
- Recorded precise behaviors, accurate behaviors, and program data.
- Observed and monitored client behavior and responses to treatment.
- Trained new employees on effective ABA techniques, data collection, and prompting skills.
- Worked directly with BCBA on implementing behavioral intervention plans for clients.

**AWARDS AND HONORS**

Psi Chi Honor Society

National Society of Collegiate Scholars (NSCS)

MS Psychology Graduate Student Excellence Award for MS Psychology

Summa Cum Laude 2020

GPA: 4.0

Dean's List 2018, 2019, 2020

## **WORKS IN PROGRESS**

Zavala, J., Trezn, R., **Tzani, D.** & Monsalve N. (2020). The Relationship Between Using Social Media for News, Academic Performance and Epistemic Perspectives. To be submitted to *Emerging Adulthood*.

**Tzani, D.**, Trezn, R. & Manzi, A. (2020). The Relationship Between Gender, Personality and Reflective Functioning. To be submitted to the *Journal of Individual Differences*.

Manzi, A., **Tzani, D.**, Monsalve N. & Loeffler K. (2020) The Relationship Between Reactions to Emotional Events as They Relate to Personality Traits, and Reflective Functioning. To be submitted to the *North American Journal of Psychology*.

## **INVITED TALKS**

4/2021: Panelist, Careers in Psychology Panelist, School of Social and Behavioral Sciences, Mercy College. (New York, NY).

6/2021: Panelist, STEM Summer Research Academy Graduate Panel, School of Social and Behavioral Sciences, Mercy College. (New York, NY)

## **PRESENTATIONS**

Zavala, J., Trezn, R., **Tzani, D.**, Monsalve, N. (2021, March). *The Relationship Between Using Social Media for News, Academic Performance, and Epistemic Perspectives*. Poster Presentation at the Eastern Psychological Association (EPA), Virtual Conference, Boston MA, Research Assistant.

An, T., Bablisky, A., Braga, A., Franco, K., Garabito, A., Harley, J., Konate, A., Konate, M., Leavy, L., Lopez, E., Meyer, N., Nuttall, O., Seda, L., **Tzani, D.**, Vasquez, T. (2020, June). *Social Media Use, Anxiety, and Identity Development Among Emerging Adults*. STEM Summer Research Academy at Mercy College, Virtual Presentation, Mercy College, NY, Lab Manager.

Zavala, J., Trezn, R., **Tzani, D.**, Pineiro, T. (2020, April). *The Role of Epistemic Perspectives and Social Media Use on Academic Performance*. Poster Presentation at the Westchester Undergraduate Research Conference, Virtual Meeting, Mercy College, NY, Research Assistant.

Zavala, J., Trezn, R., **Tzani, D.**, Pineiro, T. (2020, March). *The Role of Epistemic Perspectives and Social Media Use on Academic Performance*. Poster Presentation at the Eastern Psychological Association (EPA), Virtual Conference, Boston MA, Mercy College, NY, Research Assistant.

Castro-Acosta, T., Dirienzo, D., Franco, L., Garabito, A., Garcia Tejada, L., Hariprasad, S., Lee, D., Malette, C., Menendez, P., Rabushaj, F., **Tzani, D.**, Walsh, N., Warmbrand, E., Vera, T. (2019, June). *The Role of Epistemic Perspectives and Social Media Use on Academic Performance*. STEM Summer Research Academy at Mercy College, Mercy College, NY, Research Assistant.

Bello, B., Catucci, B., Huaynate, D., Jimenez, M., Luciano, E., McIntyre, A., Torrisi, L., Ticker, K., **Tzani, D.**, Wager, K., Warmbrand, E. (2018, June). *Social Media Use, Anxiety, and Identity Development Among Emerging Adults*. STEM Summer Research Academy at Mercy College, Mercy College, NY, Research Assistant.

## **SKILLS/CERTIFICATIONS**

SPSS

Excel

Highly proficient typing skills inclusive of speed and accuracy

Gorilla Data Software

Languages: Fluent in English and Greek

Basic life Support (BLS) certification

Assaultive Behavior Management (ABM) certification