

Kayley M. Okst

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EDUCATION

New York University

Ph.D. in Social Psychology

GPA: 4.0

Primary Advisor: Eric Knowles, Ph.D.; **Secondary Advisor:** Ashwini Ashokkumar, Ph.D.

Expected May 2027

New York, NY

Boston College

Bachelor of Arts in Psychology; Minor in Hispanic Studies

GPA: 3.84; *Magna Cum Laude* | **Major GPA:** 3.97

Advisor: Andrea Heberlein, Ph.D.

May 2019

Chestnut Hill, MA

- **Honors Thesis:** *Disagreement and Dehumanization: The Impact of Conflicting Opinions on Implicit Mental State Attribution*

University of Virginia

Spanish Language Study Abroad Program

GPA: 4.0

June – July 2017

Valencia, Spain

AWARDS & FELLOWSHIPS

Henry M. MacCracken Fellowship, New York University, ~\$155,000	2022-2027
Psi Chi Summer Graduate Research Grant, \$1,500	2025
Coons/Leibowitz Award for Best Graduate Student Teaching, \$2,000	2025
Graduate School of Arts and Sciences Dean's Conference Fund, New York University, \$500	Fall 2024
The Society for Personality and Social Psychology (SPSP) Graduate Registration Stipend, \$199	2024
Graduate School of Arts and Sciences Dean's Conference Fund, New York University, \$500	Spring 2024
Student Travel Award, Association for Psychological Science (APS), \$399	2023
Phi Beta Kappa Honors Society	2019
Psi Chi Psychology Honors Society	2019
Psychology Honors Program, Boston College	2015-2019
Dean's List First Honors	2015-2019

PUBLICATIONS

Rosansky, J. A., Howard, L., Goodman, H., **Okst, K.**, Fatkin, T., Fredericksen, A. K., Sokol, R., Gardiner, P., Parry, G., Cook, B.L., Weiss, R., & Schuman-Olivier, Z. D. (2024). Effects of live-online, group mindfulness training on opioid use and anxiety during buprenorphine treatment: A comparative effectiveness RCT. *Contemporary Clinical Trials*, 137, 107417. <https://doi.org/10.1016/j.cct.2023.107417>.

Rosansky, J. A., **Okst, K.**, Tepper, M. C., Schreck, A. B., Fulwiler, C., Wang, P. S., & Schuman-Olivier, Z. (2023). Participants' Engagement With and Results From a Web-Based Integrative Population Mental Wellness Program (CHAMindWell) During the COVID-19 Pandemic: Program Evaluation Study. *JMIR Mental Health*, 10(1), e48112. <https://doi.org/10.2196/48112>.

Schuman-Olivier, Z., Fatkin, T., Creedon, T. B., Samawi, F., Moore, S. K., **Okst, K.**, Fredericksen, A. K., Oxnard, A. S., Roll, D., Smith, L., Cook, B. L., & Weiss, R. D. (2022). Effects of a trauma-informed mindful recovery program on comorbid pain, anxiety, and substance use during primary care buprenorphine treatment: A proof-of-concept study. *The American journal on addictions*. <https://doi.org/10.1111/ajad.13364>.

Moore S. K., **Okst K.**, Smith L., Fatkin T., Creedon T., Fredericksen A.K., Gawande R. and Schuman-Olivier Z. (2022). "Today I Can Look in the Mirror and Like Myself": Effects of a Trauma-Informed Mindful Recovery Program on Self-Compassion. *Frontiers in Psychology*. 13:780383. <https://doi.org/10.3389/fpsyg.2022.780383>.

Fatkin, T. Moore, S. K., **Okst, K.**, Samawi, F., Creedon, T. B., Fredericksen, A., Oxnard, A., Roll, D., & Schuman-Olivier, Z. (2021). Feasibility and Acceptability of Mindful Recovery Opioid Use Care Continuum (M-ROCC): A Concurrent Mixed Methods Study. *Journal of Substance Abuse Treatment*. 130. <https://doi.org/10.1016/j.jsat.2021.108415>.

Okst, K., Moore, S. K., Smith, L., Fatkin, T., Wilson, C., Creedon, T., Samawi, F., Gawande, R., Fredericksen, A. K., Oxnard, A., Roll, D., Schuman-Olivier, Z. (2021). Effects of a Mindful Recovery Program During Buprenorphine Treatment on Trauma-Related Self-Compassion Deficits: A Pilot Study [abstract]. *Global Advances in Health and Medicine*, 10, P13.13. <https://doi.org/10.1177/21649561211003689>.

INVITED TALKS & PRESENTATIONS

Okst, K., Bin Meshar, M., & Knowles, E.D. (2025, March). *Outgroup Opposition: The Role of Counter-Introjection in Shaping Political Beliefs* [Data Blitz]. Six College Conference [NYU, Columbia, Yale, Cornell, Princeton, CUNY], New York, NY.

Okst, K. & Knowles, E.D. (2025, March). *On the origins of political schism: How oppositional belief formation fuels ideological polarization* [Invited Talk]. NYU Identities & Ideologies Working Group, New York, NY.

Okst, K., Bin Meshar, M., & Knowles, E.D. (2025, February). *Outgroup Opposition: The Role of Counter-Introjection in Shaping Political Beliefs* [Data Blitz; Single Presenter Talk]. The Society for Personality and Social Psychology Annual Convention, Denver, CO.

Okst, K. & Oettingen, G. (2024, February). *Misplaced Certainty & (In)Action: The Role of Certainty in Political Engagement* [Data Blitz]. Political Psychology Preconference at The Society for Personality and Social Psychology Annual Convention, San Diego, CA.

Okst, K. & Oettingen, G. (2024, February). *Misplaced Certainty & (In)Action: The Role of Certainty in Political Engagement* [Poster Presentation]. The Society for Personality and Social Psychology Annual Convention, San Diego, CA.

Okst, K. & Oettingen, G. (2023, May). *Increasing Cooperation and Trust in Political Opponents: A Research Proposal* [Poster Presentation]. Association for Psychological Science Annual Convention, Washington, D.C.

Rosanksy, J. A., **Okst, K.**, Howard, L., Baumgart Schreck, A., Fulwiler, C. E., & Schuman-Olivier, Z. D. (2022, November). *Evaluating a population-based mindfulness approach to 1° and 2° prevention of mental health disorders* [Poster Presentation]. Osher Integrative Medicine Network Forum 2022, Online.

Schuman-Olivier, Z., Howard, L.R., **Okst, K.**, Rosansky, J., Conversano, G., Baumgart-Schreck, A., Fulwiler, C. (2022, May). *CHAMindWell and the Resilience Study*. [Oral Presentation]. National Center for Complementary and Integrative Health (NCCIH) Advisory Council Open Session on Impactful Clinical Trials, Online.

Rosansky, J.A., **Okst, K.**, Howard, L., Baumgart Schreck, A., Fulwiler, C., Schuman-Olivier, Z. (2022). *CHAMindWell: A population-based approach to primary and secondary prevention of mental health disorders*. [Poster Presentation]. 2022 Division on Addiction Virtual Poster Session Hosted by Cambridge Health Alliance; 2022 CHA Academic Poster Session, Somerville, MA.

Rosansky, J.A., Borodovsky, J., Phillips, J., Fatkin, T., **Okst, K.**, Cook, B.L., Schuman-Olivier, Z.D. (2022, April). *Patients' experiences with buprenorphine treatment in Massachusetts during the COVID-19 pandemic* [Poster presentation]. Collaborative Perspectives on Addictions Annual Meeting, Portland, OR.

Okst, K., Moore, S. K., Smith, L., Fatkin, T., Wilson, C.L., Creedon, T., Samawi, F., Gawande, R., Fredericksen, A. K., Oxnard, A., Roll, D., Schuman-Olivier, Z. (2021). *Effects of a Mindful Recovery Program During Buprenorphine Treatment on Trauma-Related Self-Compassion Deficits: A Pilot Study*. [Poster Presentation]. Integrative Medicine & Health Symposium Hosted by the Academic Consortium; Division on Addiction Virtual Poster Session Hosted by Cambridge Health Alliance; Second Annual NIH HEAL Initiative Investigator Meeting.

Fatkin, T., Moore, S. K., **Okst, K.**, Samawi, F., Creedon, T. B., Fredericksen, A., Oxnard, A., Roll, D., & Schuman-Olivier, Z. (2020 & 2021). *Effects of a Trauma-Informed Mindful Recovery Program on Co-morbid Anxiety, Pain, and Substance Use during Buprenorphine Treatment: A Pilot Study*. [Poster Presentation]. American Academy of Addiction Psychiatry Annual Meeting; Contemplative Research Conference Hosted by Mind & Life; Second Annual NIH HEAL Initiative Investigator Meeting.

Okst, K., Heberlein, H. (2019). *Disagreement and dehumanization: The impact of conflicting opinions on implicit mental state attribution*. [Poster Presentation]. Boston College Psychology Undergraduate Research Conference, Chestnut Hill, MA.

Brodie, K., **Okst, K.**, Kay, M., & Heberlein, A. (2018). *Implicit Dehumanization of Competitors: A Gender Comparison*. [Poster Presentation]. 27th Annual UCLA Psychology Undergraduate Research Conference, Los Angeles, CA.

RESEARCH EXPERIENCE

Politics and Intergroup Relations Lab (PIRL)

New York University

Graduate Student Researcher

- PI: Eric Knowles, Ph.D.

April 2023 – Present

New York, NY

WE-Search Lab

New York University

Graduate Student Researcher

- PI: Ashwini Ashokkumar, Ph.D.

May 2024 – Present

New York, NY

Climate Cognition Lab

Stanford Doerr School of Sustainability

Graduate Student Researcher

- PI: Madalina Vlasceanu

August 2024 – Present

Remote

Motivation Lab

New York University

Graduate Student Researcher

- PI: Gabriele Oettingen, Ph.D.

September 2022 – December 2023

New York, NY

Center for Mindfulness and Compassion

Harvard Medical School/Cambridge Health Alliance (CHA)

Clinical Research Coordinator Level II (January 2021 – May 2022)

Clinical Research Coordinator Level I (January 2020 – December 2020)

- PI: Zev Schuman-Olivier, M.D.

January 2020 – May 2022

Cambridge, MA

Mind Perception Lab

Boston College

Lab Manager & Senior Honors Thesis Student

- PI: Andrea Heberlein, Ph.D.

August 2017 – May 2019

Chestnut Hill, MA

Community Psychiatry Program for Research in Implementation And Dissemination of Evidence-Based Treatments (PRIDE)

Massachusetts General Hospital/Harvard Medical School

Clinical Research Intern

- PI: Luana Marques, Ph.D.

June – August 2018

Chelsea, MA

Language Learning Lab

Boston College

Research Assistant

- PI: Joshua Hartshorne, Ph.D.

December 2016 – May 2018

Chestnut Hill, MA

TEACHING EXPERIENCE

New York University

Primary Instructor:

- **Introduction to Psychology** (Summer 2025)
 - Designed and delivered engaging lectures on core concepts across major domains of psychology
 - Created and implemented interactive group activities and in-class discussions to reinforce key concepts and promote critical thinking
 - Authored original worksheets, practice materials, assignments, and exams to facilitate learning

Teaching Assistant:

- **Data Literacy for Psychology** (Spring 2025)
 - Developed and graded exam questions, reflection prompts, and homework assignments to assess students' understanding of data literacy concepts
 - Held weekly office hours to clarify course material, assist with assignments, and support student success
 - Assisted in course administration, including managing the learning management system and coordinating assignment deadlines
- **Social Psychology** (Fall 2023, Fall 2024)
 - Developed and delivered weekly lectures to two 30-person undergraduate recitation sections
 - Facilitated interactive group discussions to promote active student engagement and critical thinking
 - Prepared comprehensive course materials and maintained effective communication with students to ensure a clear and accessible learning experience
- **Statistics for the Behavioral Sciences** (Summer 2024)
 - Assisted instructor in course design and implementation
 - Supported student learning in statistical methods and coding in R and JASP
 - Hosted office hours to provide individualized support outside of the classroom

Grader:

- **Introduction to Psychology** (Spring 2024)
- **Personality Psychology** (Summer 2023)

MENTORSHIP

Wooyoung Choi, Master's Student Researcher	2023 – 2025
• Recipient of the Master-Mentorship Model Award (\$1,000, Fall 2024)	
Nivedita Malu, Undergraduate Research Assistant	2024 – present
• Recipient of Dean's Undergraduate Research Fund grant (\$1,250, Fall 2024)	
Shirin Khasanova, Undergraduate Research Assistant	2024 – present
• Recipient of Dean's Undergraduate Research Fund grant (\$1,250, Spring 2024)	
Biying Li, Honors Thesis Student & Undergraduate Research Assistant	2022 – 2024
• Recipient of Dean's Undergraduate Research Fund grant (\$1,250, Fall 2023)	

PROFESSIONAL DEVELOPMENT, LEADERSHIP, & SERVICE

Society for Personality and Social Psychology (SPSP) Political Psychology Preconference, Co-Organizer	2024–2025
• Curate and invite distinguished guest speakers for themed symposia; review applications for early career talks, data blitzes, and poster presentations; and lead day-of scheduling and event planning	
New York University, Cohort Representative	2023 – present
• Act as a liaison between the cohort and the department, advocating for and addressing the concerns of fellow students within the PhD program	
New York University Political Polarization and Radicalization Group, Working Group Member	2023 – present
• Join bi-weekly discussions of novel polarization and radicalization research with interdisciplinary colleagues	
Application Statement Feedback Program, Editor	2023, 2024
• Provide constructive feedback and essay editing support to graduate school applicants in psychology with an emphasis on underrepresented minorities and/or those without formal mentorship in the field	
New York University PhD Preview Program, Graduate Student Volunteer	2023
• Provided insights about the “hidden curriculum” of graduate school applications to prospective applicants	

SKILLS

- **General Software:** R, Python, SPSS, Qualtrics, GitHub, Open Science Framework, Atlas.ti, Audacity, Canva, Inquisit, Microsoft Office Suite, Google Workspace
- **Clinical Psychology Software:** REDCap Survey & Database Software, Computerized Adaptive Testing for Mental Health (CAT-MH), EPIC Electronic Health Record Software
- **Languages:** Spanish (advanced), Italian (intermediate)

PROFESSIONAL AFFILIATIONS

American Political Science Association	June 2025 – Present
The International Society for Self and Identity (ISSI)	November 2024 – Present
Society for the Psychological Study of Social Issues (SPSSI)	April 2024 – Present
Identities & Ideologies Working Group at NYU (I&I)	January 2024 – Present
New York Academy of Sciences (NYAS)	October 2023 – Present
The Society for Personality and Social Psychology (SPSP)	January 2023 – Present
Association for Psychological Science (APS)	January 2023 – Present