

Kayley M. Okst

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EDUCATION

New York University
Ph.D. in Social Psychology
GPA: 4.0

Expected May 2027
New York, NY

Boston College
Bachelor of Arts in Psychology; Minor in Hispanic Studies
GPA: 3.835; *Magna Cum Laude* | **Major GPA: 3.973**

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
Graduate School of Arts and Sciences Conference Fund, New York University, \$500	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>.

Okst, K., Heberlein, A., [in preparation]. Disagreement and dehumanization: The impact of conflicting opinions on implicit mental state attribution.

PRESENTATIONS

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

Center for Mindfulness and Compassion

Harvard Medical School/Cambridge Health Alliance (CHA)

Research Coordinator Level II (January 2021 – May 2022)

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

Teaching Assistant:

- **Social Psychology** (Fall 2023)
 - Developed and delivered engaging 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

Grader:

- **Introduction to Psychology** (Spring 2024)
 - Graded exams throughout the semester and provided feedback for improvement to students
- **Personality Psychology** (Summer 2023)
 - Delivered lecture on personality disorders, graded exams, discussion posts, and research proposals

UNDERGRADUATE STUDENT MENTORSHIP

Biying Li, *Honors Thesis Student & Research Assistant*

2022 – present

- Recipient of Dean's Undergraduate Research Fund grant (\$1,250, Fall 2023)

Shirin Khasanova, *Research Assistant*

2024 – present

PROFESSIONAL DEVELOPMENT, LEADERSHIP, & SERVICE

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 PhD Preview Program, *Graduate Student Volunteer*

2023

- Provided insights about the “hidden curriculum” of graduate school applications to prospective applicants

Application Statement Feedback Program, *Editor*

2023

- Provided constructive feedback and essay editing support to graduate school applicants in psychology

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

New York Academy of Sciences

October 2023 – Present

The Society for Personality and Social Psychology (SPSP)

January 2023 – Present

Association for Psychological Science (APS)

January 2023 – Present