

## EDUCATION

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- University of Maryland, College Park** GPA: 4.00/4.00  
APA accredited and NASP approved Doctoral Program in School Psychology  
Advisor: Dr. Cixin Wang  
Doctor of Philosophy expected May 2024
- American University (August 2011– December 2012)** GPA: 3.88/4.00  
M.A., Personality and Social Psychology  
Thesis: *Effects of Perceived Parenting Styles on Psychopathology, Nature of Attachment, Self-esteem and Grit among American and Indian Students*
- Maharaja Sayajirao University, India (June 2006– April 2008)** GPA: 4.00/4.00  
M.A., Clinical Psychology  
Thesis: *Understanding the Effects of Birth order in relation to Personality and Adjustment*
- Gujarat University, India (June 2003– April 2006)** GPA: 4.00/4.00  
B.A., Psychology

## PUBLICATIONS & PRESENTATIONS

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### Peer Reviewed Journal Articles

- Fabian, E., **Havewala, M.**, Deschamps, A., & Horton, N. (accepted for publication). The Road to Work: Youth with Disabilities & their Views on Employment and the ADA. *Rehabilitation Research, Policy & Education*.
- Havewala, M.**, & Wang, C. (Under Review). Peer Victimization and Child Emotional and Behavioral Difficulties: Potential Moderators. *Journal of Child and Family Studies*.
- Ravi, S., **Havewala, M.**, Kircanski, K., Brotman, M., Schneider, L., Fox, N., Pine, D., Leibenluft, E., & Filippi, C. (Under Review). Parenting and childhood irritability: How parents respond to children's negative emotions moderates the development of irritability. *Development & Psychopathology*.
- Ye, Y., Wang, C., Zhu, Q., He, M., **Havewala, M.**, Bai, H., & Wang, T. (Revise & Resubmit). Parenting and Teacher-Student Relationship as Protective Factors for Chinese Adolescent Adjustment during COVID-19. *School Psychology Review*.
- Felton, J. W., **Havewala, M.**, Collado, A., Myerberg, L., Lee, J., & MacPherson, L. (under review). Rumination and Co-Rumination are Vulnerabilities for Alcohol-Related Problems and Depressive Symptoms among College Students. *Journal of American College Health*.
- Havewala, M.**, Felton, J. W., & Lejuez, C. W. (2019). Friendship quality moderates the relation between maternal anxiety and trajectories of adolescent internalizing symptoms. *Journal of Psychopathology and Behavioral Assessment*. <https://doi-org.proxy-um.researchport.umd.edu/10.1007/s10862-019-09742-1>
- Felton, J. W., Shadur, J. M., **Havewala, M.**, Gonçalves, S., & Lejuez, C. W. (2019). Impulsivity moderates the relation between depressive symptoms and substance use across adolescence. *Journal of Clinical Child and Adolescent Psychology*. <https://doi-org.proxy-um.researchport.umd.edu/10.1080/15374416.2018.1537189>
- Felton, J. W., Cole, D. A., **Havewala, M.**, Kurdziel, G., & Brown, V. (2018). Talking together, thinking alone: Relations among co-rumination, peer relationships, and rumination. *Journal of Youth and Adolescence*. <https://doi-org.proxy-um.researchport.umd.edu/10.1007/s10964-018-0937-z>
- Felton, J.W., Collado, A., **Havewala, M.**, Shadur, J.M., MacPherson, L., & Lejuez, C.W. (2018). Distress tolerance interacts with negative life events to predict depressive symptoms across adolescence. *Journal of Clinical Child and Adolescent Psychology*, DOI: [10.1080/15374416.2017.1405354](https://doi.org/10.1080/15374416.2017.1405354).
- Baron, N., Calixte, R., & **Havewala, M.** (2017). The Persistence of Print among University Students: A Cross-National Study. *Telematics and Infomatics*, 34 (5), 590-604.

## Mazneen Havewala

### Book chapters

Fabian, E., **Havewala, M.**, Simonsen, M., & Ethridge, G. (2020). Youth and Adults with Psychiatric Disabilities: Improving Career and Employment. In Strauser (Ed.) *Career Development, Employment and Disability in Rehabilitation: From Theory to Practice – 2<sup>nd</sup> Edition*. Springer Publishing, New York.

### Poster and Paper Presentations

**Havewala, M.**, Wang, C., Liu., J. (2020, August). Evaluating the effectiveness of a Culturally Responsive Parenting Intervention for Asian Americans. Poster presented at the American Psychological Association 2020 annual meeting, Washington, DC.

**Havewala, M.**, Wang, C., Yao, J. (2020, August). Covitality Moderates the Relation between Victimization and Internalizing Symptoms among Chinese Elementary School Children. Paper for symposium presented at the American Psychological Association 2020 annual meeting, Washington, DC.

**Havewala, M.**, Wang, C., Yao, J. (2020, February). Associations between Victimization, Parenting Behaviors and Psychopathology among Chinese students. Paper to be presented at the NASP 2020 Annual Convention, Baltimore, MD.

Pulcastro, H., **Havewala, M.**, Meinzer, M.C., & Chisolm, A.C. (2019, June). Positive Friendship Quality Moderates the Relation Between Perceived Interparental Conflict and College Adjustment. Poster presented at the 3<sup>rd</sup> JCCAP Future Directions Forum, Washington, DC.

Ganesh, D., **Havewala, M.**, Meinzer, M.C., & Chisolm, A.C. (2019, May). Mindfulness interacts with depression to predict Post-traumatic stress symptoms among college students. Poster presented at the 31<sup>st</sup> APS annual convention, Washington, DC.

**Havewala, M.**, & Felton, J.W., Shadur, J.M., MacPherson, L., & Lejuez, C.W. (2019, March). The Role of Parental Distress Tolerance and Parental Distress Reactions in Adolescent Internalizing Symptoms. Poster presented at the 2019 Society for Research in Child Development Biennial Meeting, Baltimore, MD.

**Havewala, M.**, & Felton, J.W. (2018, November). Rumination mediates the relation between Gender Identity and Depressive Symptoms during Adolescence. Poster presented at the 52<sup>nd</sup> Annual Association for Behavioral and Cognitive Therapies, Washington, DC.

**Havewala, M.**, Felton, J.W., Shadur, J.M., Lejuez, C.W. (2018, April). Impulsivity moderates the relation between depression and polysubstance use in adolescents. Poster presented at the Anxiety and Depression Association of America Annual Conference, Washington, DC.

**Havewala, M.**, Felton, J.W., Lejuez, C.W. (2018, April). Maternal anxiety and the stress buffering role of friendships during adolescence. Poster presented at the Anxiety and Depression Association of America Annual Conference, Washington, DC.

**Havewala, M.** & Felton, J.W. (2018, March). Co-Rumination and its Association with Rumination, Sex and Friendship Quality during Adolescence. Poster presented at the 89<sup>th</sup> Annual Convention of the Eastern Psychological Association, Philadelphia.

Calixte, R., **Havewala, M.**, & Baron, N. (2016, March). Implications of use of digital platforms for academic reading. Poster presented at the 87<sup>th</sup> Annual Convention of the Eastern Psychological Association, New York City.

**Havewala, M.**, Calixte, R., & Baron, N. (2016, March). Reading in Hardcopy or Digital Screens: Preferences and Attitudes – A Qualitative Study. Poster presented at the 87<sup>th</sup> Annual Convention of the Eastern Psychological Association, New York City.

**Havewala, M.** & Gray, J. (2013, March). Effects of Perceived Parenting Styles and Culture on Psychopathology. Poster presented at the 84<sup>th</sup> Annual Convention of the Eastern Psychological Association, New York City.

## **Mazneen Havewala**

**Havewala, M. & Roy, S.** (2012, March). Gender Differences in the 16 PF in Indian University/College Students. Poster presented at the 83<sup>rd</sup> Annual Convention of the Eastern Psychological Association, Pittsburgh.

Verma, A., **Havewala, M.** (as Dalal, M.). (2008, February). The Power of Subconscious Mind. Paper presented at the International Seminar on Health Psychology, Agra, India.

### Oral Presentations

**Havewala, M.** (November, 2018). Ethical issues in Research in Psychology. Guest lecture presentation at the Research Methods class of the Fall term 2018, University of Maryland, College Park.

**Havewala, M.** (January, 2018). Clinical Assessment, Projective Techniques and Measures of Personality. Guest lecture presentation at the Clinical Assessment class of Winter term 2018, University of Maryland, College Park.

**Havewala, M.** (January, 2017). Understanding Personality and Personality Assessment. Guest lecture presentation at the Clinical Assessment class of Winter term 2017, University of Maryland, College Park.

**Havewala, M.** (November, 2016). Ethics and Dissemination. Guest lecture presentation at the Research Methods class of Fall term 2017, University of Maryland, College Park.

**Havewala, M.** (November, 2012). The Role of Religious Coping, Religiosity/Spirituality and Religious Participation as Predictors of Mental and Physical Health in Indian and US Muslims. Presentation at the Psychology of Religion class of Fall semester 2012, American University, Washington, DC.

**Havewala, M.** (October, 2012). The Effects of Estradiol, Raloxifene and Phytoestrogen on Visual and Logical Memory in Perimenopausal depressed women. Presentation at the Branch of Behavioral Endocrinology, NIHM, NIH, Bethesda.

### Awards

- Awarded Pearson scholarship for the top poster prize at APA Convention, 2020
  - Awarded Grant (Co-PI) by Horizon Foundation of Howard County, MD (Aims of grant: increase mental health awareness among Asian Americans)
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## **RESEARCH EXPERIENCE**

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### **Faculty Research Assistant (August 2019-present)**

BULLYING PREVENTION AND MENTAL HEALTH PREVENTION LAB, UNIVERSITY OF MARYLAND, College Park

1. *A Culturally Responsive Parenting Intervention to Reduce Peer Victimization and Psychosocial difficulties for Asian American Students (Funded by Society for the Study of School Psychology)*
2. *Promoting Mental Health Awareness in the Chinese American Community (Funded by Chinese Culture and Community Service Center, Inc.)*
3. *Fostering Mental Health Awareness and Reducing Stigma among Asian Indians (Funded by Horizon Foundation)*
4. *Investigating Longitudinal Associations between Parenting, Victimization, School Climate and Mental Health among Chinese elementary School Children*
5. *Using Children's Literature to Promote Social Emotional Learning and Decrease Bullying among Elementary School Children.*
6. *Investigating Relations Between Discrimination, Cyber Victimization, Campus connectedness, and Mental Health among College Students*  
Supervisor: Dr. Cixin Wang

- Conducting literature reviews
- Grant writing and preparation
- Assisting with data collection
- Interfacing the IRB
- Creating the surveys on Qualtrics
- Data entry, scoring, cleaning data and conducting data analyses

## Mazneen Havewala

### **Faculty Research Assistant (August 2019-present)**

WAY2WORK MARYLAND, UNIVERSITY OF MARYLAND, College Park

*Psychiatric rehabilitation and career development of youth with disabilities*

Supervisor: Dr. Ellen Fabian

- Conducting literature reviews
- Assisting with creating a coding system for qualitative analyses
- Data organization
- Data analyses
- Interfacing with the IRB

### **Faculty Research Assistant (June 2018–August 2019)**

CHILD DEVELOPMENT LAB, UNIVERSITY OF MARYLAND, College Park

*Trajectories of Behavioral Inhibition and Risk for Anxiety (Funded by The National Institutes of Health; Grant Number: MH 93349)*

Supervisors: Dr. Nathan Fox, Dr. Daniel Pine, and Dr. Andrea Chronis-Tuscano

- Collected data for the ongoing longitudinal project by assessing participants on various forms of psychopathologies using the Kiddie Schedule for Affective Disorders and Schizophrenia (K-SADS) and the Anxiety and Related Disorders Interview Schedule for DSM V (ADIS 5)
- Conducted suicide risk assessments

### **Research Volunteer (August 2017-April 2018)**

DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF MARYLAND, College Park

*Behavioral Activation to Reduce Problem Drinking in College Students with ADHD (Funded by the National Institutes of Health; Grant Number: R34 AA022133)*

Principal Investigator: Dr. Andrea Chronis-Tuscano

- Screened participants by assessing for Attention Deficit Hyperactivity Disorder (ADHD), substance dependence disorders and other forms of psychopathologies using the Structured Clinical Interview for DSM-V and the Adult ADHD Clinical Diagnostic Scale (ACDS)
- Presented cases during weekly supervision meetings

### **Project Coordinator (September 2016–December 2017)**

DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF MARYLAND, College Park

*Distress Tolerance and Stress Exposure in the Development of Internalizing Symptoms During Adolescence (Funded by Dean's Research Initiative Award 2015-2016)*

Principal Investigator: Dr. Julia Felton

- Designed, set up and managed daily operations of the study
- Recruited, scheduled, tracked and ran participants, administered study tasks and questionnaires
- Performed data entry, scoring, cleaned data, conducted data analyses
- Budgeted and managed study finances

### **Project Coordinator and Principal Investigator (September 2016–December 2017)**

DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF MARYLAND, College Park

*Examining the Bidirectional Relation between Co-rumination and Depression among College-Aged Students*

Supervisor: Dr. Julia Felton

- Conceptualized the project, research and protocol design
- Created the survey on Qualtrics
- Managed data collection and participant compensation
- Conducted data analyses

### **Research Volunteer (September 2016–April 2018)**

DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF MARYLAND, College Park

*Determining Eligibility to participate in research projects*

Principal Investigator: Dr. Edward Bernat

## Mazneen Havewala

- Screened participants by collecting data on various forms of psychopathologies using the Structured Clinical Interview for DSM-IV and V at the Salvation Army Harbor Light (SAHL), an inpatient substance use facility
- Scheduled and coordinated SCID training sessions, trained and supervised new students on conducting the SCID
- Updated and maintained scoresheets and other protocol documents

### **Data Collector, Certified CLASS Observer (December 2015–June 2016)**

SCHOOL READINESS CONSULTING, Silver Spring, MD

*Mandated evaluation of Pre-K teachers in DC by the Office of the State Superintendent of Education*  
Supervisor: Dori Mornan

- Observed teacher-student interactions in Pre-K classrooms in DC Public and Charter Schools and Community-Based Organizations
- Scored teachers using the Classroom Assessment Scoring System
- Wrote detailed narratives based on the observations

### **Research Assistant (August 2015–August 2016)**

CENTER FOR TEACHING, RESEARCH AND LEARNING, AMERICAN UNIVERSITY, Washington, DC

*Textbook usage patterns among college students*  
Supervisor: Dr. Naomi Baron

- Conceptualized, developed and designed the study
- Conducted literature reviews and created survey questions
- Recruited participants
- Collected and analyzed data, and prepared reports based on the findings

### **Research Volunteer (July 2012–October 2012)**

NATIONAL INSTITUTES OF HEALTH, NIMH Section on Behavioral Endocrinology, Bethesda, MD

1. *The Effectiveness of Hormone Therapy in Treating Depression Related to Menopause*
  2. *Investigating Cognitive Changes in Perimenopausal Women*
- Supervisor: Dr. Pedro Martinez

- Conducted literature reviews
- Screened participants using the Structured Clinical Interview for DSM-IV
- Assisted in data collection by administering a battery of neuropsychiatric tests and psychiatric rating scales
- Scored tests, entered data and conducted data analyses

### **Research Assistant (August 2011–August 2016)**

CENTER FOR TEACHING, RESEARCH AND LEARNING, AMERICAN UNIVERSITY, Washington, DC

*Examining Reading Styles and Habits of College Students among students in America, Germany, Japan, India and Slovakia*  
Supervisor: Dr. Naomi Baron

- Developed and designed the study
- Conducted literature reviews
- Created the surveys on SurveyMonkey
- Recruited, scheduled and tracked participants
- Developed coding schemes for the open-ended questions, and conducted data analyses

### **Research coordinator and rater in two clinical trials (October 2008–April 2010)**

HARI OM HOSPITAL, Ahmedabad, India

1. *A randomized, open-label, comparative, multi-centre study to evaluate the efficacy, safety and tolerability of Zotepine versus Haloperidol in treatment of Schizophrenia*
  2. *Evaluation of efficacy and safety of Armodafinil versus Modafinil in the treatment of patients with excessive daytime sleepiness associated with narcolepsy: A randomized, open label, comparative, multicenter trial*
- Supervisor: Dr. Naren Amin

## **Mazneen Havewala**

- Coordinated the clinical trials, developed and implemented research and administrative procedures, maintained study protocols
- Scheduled and screened patients, explained the study and administered study questionnaires

### **PROFESSIONAL EXPERIENCE**

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#### **Group Facilitator – Culturally responsive parenting to reduce bullying and depression for Asian American students (Spring and Fall, 2019)**

PARENT ACADEMY PROGRAM AT MONTGOMERY COUNTY PUBLIC SCHOOLS, ROBERT FROST MIDDLE SCHOOL, ROCKVILLE, MD.

- Led the session on Emotion Coaching for Asian American parents as part of 8 series workshop
- Co-facilitated other sessions of the workshop

#### **Group Facilitator – Trauma and Emotional Healing (September 2016–June 2017)**

SALVATION ARMY HARBOR LIGHT (University of Maryland, College Park Partnership)

- Assisted in assimilating material for 8 sessions of group therapy using principles of Cognitive Behavior Therapy
- Co-facilitated the group therapy sessions for women who had experienced traumatic experiences

#### **Group Facilitator – Let's Act (January 2017–June 2017)**

DC DEPARTMENT OF CORRECTIONS (University of Maryland, College Park Partnership)

- Observed and co-facilitated group therapy based on the principles of behavioral activation for offenders with substance-use issues

#### **Special Volunteer (July 2012–October 2012)**

NATIONAL INSTITUTES OF HEALTH, NIMH - Section on Behavioral Endocrinology, Bethesda, MD

- Took case history of new patients, screened new patients for research studies and scheduled follow-ups
- Administered neuropsychological tests: Benton Visual Retention Test, N-Back, California Verbal Learning Test, Morris Water Maze, Wechsler's Logical Memory Paragraph, Rey Complex Figure
- Administered psychiatric rating scales: Hamilton Depression Rating Scale and Hamilton Anxiety Rating Scale

#### **Clinical Psychologist (September 2008-December 2010)**

HARI OM HOSPITAL, Ahmedabad, India

- Provided counseling and carried out psychotherapy: Cognitive Behavior therapy, Supportive counseling, Psychodynamic therapy, Solutions-Focused therapy
- Carried out psychological testing and administered psychiatric rating scales: trained in using the Rorschach Inkblot Test, Thematic Apperception Test, Children's Apperception Test, Wechsler's Intelligence Test, Hamilton's Depression and Anxiety Scales, Yale-Brown Obsessive-Compulsive Scale, Positive and Negative Syndrome Scale
- Provided career counseling to adolescents using intelligence, aptitude and interest tests
- Took detailed history of new cases and saw patients on a follow-up basis
- Conducted psycho-education workshops

#### **Clinical Psychology Intern (December 2007-April 2008)**

K.G.P. CHILDREN'S HOSPITAL, MENTAL HEALTH CENTRE, Baroda, India

- Worked with children with cerebral palsy, mental retardation, learning disabilities, ADHD and autism
- Conducted play therapy and speech therapy
- Counseled parents and care-givers
- Involved in psychological testing and assessment

**TEACHING EXPERIENCE**

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**Teaching Assistant, Master's in Clinical Psychological Science Program – (August 2017 - Present)**

DEPARTMENT OF PSYCHOLOGY – UNIVERSITY OF MARYLAND, College Park

Courses

PSYC 643: Ethical and Professional Issues in Clinical Psychology (Fall 2018)  
PSYC 651: Writing and Critical Skills (Fall 2018)  
PSYC 622: Research Methods in Clinical Psychology (Fall 2018, Fall 2017)  
PSYC 644: Basic Foundations of Clinical Interventions (Fall 2018, Fall 2017)  
PSYC 625: Clinical Assessment: Psychometric Principles, Testing and Behavior (Winter 2019, Winter 2018)  
PSYC 624: Adult Psychopathology (Winter 2019, Winter 2018)  
PSYC 623: Child Psychopathology (Spring 2018)  
PSYC 630: Behavioral and Cognitive-behavioral Interventions for Adults (Spring 2018)

Responsibilities for courses listed above

- Assisting with assimilating course materials
- Grading quizzes and papers and providing constructive feedback and guidance to students
- Meeting with students to help with course-related queries

Additional Responsibilities

- Developed a study and collected data from UMD undergraduate students via Qualtrics on a number of variables (e.g. psychopathology, adjustment, parenting behaviors, personality) with the purpose of creating a database for students to gain additional research experience (create independent research projects; publish papers/present posters)
- Mentoring students and guiding them in their independent research projects (from the database described above)
- Responding to prospective applicants' calls and emails with queries about the program
- Assisting with reviewing new applications, coordinating interviews, and sending follow-up notification emails
- Creating surveys assessing the quality of the program, students' overall satisfaction/experiences during the program, and student outcomes, and collecting data on the same.

**Teaching Assistant**

DEPARTMENT OF PSYCHOLOGY – UNIVERSITY OF MARYLAND, College Park

Courses

PSYC 100: Introduction to Psychology (Spring 2018, Fall 2017)

Responsibilities for courses listed above

- Led the lab section of the course, supervised students' discussions during labs
- Ensured that students had grasped essential concepts of the course
- Graded papers, reviewed students' assignments and provided feedback
- Managed the PSYC 100 email account
- Proctored exams

Courses

PSYC 433: Basic helping skills – Research and Practice (Spring 2017)

Responsibilities for courses listed above

- Led the lab section of the course where students practiced essential counseling techniques

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- Began each lab section by reviewing the counseling skills for that week, presented students with opportunities to practice those skills on each other

### Teaching Assistant

DEPARTMENT OF PSYCHOLOGY – AMERICAN UNIVERSITY, Washington DC

#### Courses

PSYC 215: Abnormal Psychology (Spring 2012, Fall 2012)  
PSYC 335: Psychology of Religion (Spring 2012, Fall 2012)

#### Responsibilities for courses listed above

- Graded papers, assisted with assimilating course materials
- Taught modules of the course

### Private Tutor

Bethesda, MD

#### Courses

Abnormal Psychology (Summer 2012)  
Developmental Psychology (Summer 2013)

#### Responsibilities for courses listed above

- Tutored an undergraduate student with a non-verbal learning disorder, on both courses (3 credits)
- Helped prepare for exams, assisted with writing papers and other assignments
- Reviewed work and provided feedback

### Lecturer – (June 2009 – December 2010)

L.D. ARTS COLLEGE, Ahmedabad, India

#### Courses

General Psychology  
Abnormal Psychology  
Research Methods  
Experimental Psychology

#### Responsibilities for courses listed above

- Taught the courses
- Assimilated and put together course material
- Created course assignments and exams and graded them
- Mentored students, reviewed their work and provided feedback.

## SKILLS

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**Diagnostic Interviews:** K-SADS, SCID-5, ADIS 5, ACDS

### Assessment Tools and Batteries:

Projective Tests: Rorschach Inkblot Test, Thematic Apperception Test, Children's Apperception Test

Intelligence and Achievement Tests: Wechsler's Adult Scale – 4<sup>th</sup> Edition, Wechsler Intelligence Scales for Children – 5<sup>th</sup> Edition, Wechsler Preschool and Primary Scale of Intelligence – 4<sup>th</sup> Edition, Woodcock-Johnson IV Tests of Cognitive Ability, Woodcock Johnson IV Tests of Achievement, Universal Nonverbal Intelligence Test – 2<sup>nd</sup> edition.

Psychiatric Rating Scales: Hamilton's Depression Rating Scale, Hamilton's Anxiety Rating Scale, Yale-Brown Obsessive-Compulsive Scale, Positive and Negative Syndrome Scale



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Neuropsychiatric Tools: Benton Visual Retention Test, N-Back, California Verbal Learning Test, Morris Water Maze, Wechsler's Logical Memory Paragraph, Rey Complex Figure

**Software Programs:** SPSS, Qualtrics, EndNote, Microsoft Office Suite

**Foreign Languages:** Hindi, Gujarati