

Emma Estrella

she/her | ecestrel@iu.edu | Indianapolis, IN

Education

Doctor of Philosophy Present
 Clinical Psychology
 Indiana University-Purdue University Indianapolis (IUPUI), Indianapolis, IN

Bachelor of Science 2022
 Psychology, *summa cum laude* with High Distinction
Minors: Integrative Neuroscience & Asian and Middle Eastern Studies- Chinese track
Honors thesis: Healthcare Experiences Among Adults with Hypermobile Ehlers-Danlos Syndrome and Hypermobility Spectrum Disorder in the US
 University of Minnesota (UMN), Minneapolis, MN

Honors and Awards

University of Minnesota
 Top Honors Thesis in Psychology: Sharon Borine Award 2022
 Ronald E. McNair Scholar 2021–2022
 College of Liberal Arts Dean’s List (all semesters) 2018–2022
 University Honors Program 2018–2022

Research Experience

Research Consultant 2023
 Real EmPowerment Solutions LLC, Minneapolis, MN
 Supervisors: Adam Moen & Yi Tang, Ph.D. Candidate

- Developed a coding manual to classify and categorize posts uploaded by users on mental health apps Avalo and Marblesapp; summarized key differences between manual coding and GPT coding.
- Categorized 3000+ mental health-related posts based on topic, context, and potential for immediate risk to self or others and 600+ posts from other social networking services (e.g., Reddit) to serve as control data.

Undergraduate Research Assistant & Ronald E. McNair Scholar 2020–2022
 Stress and Trauma Lab, University of Minnesota
 Mentors: Patricia Frazier, Ph.D. & Kayla Huber, Ph.D. Candidate

Project 1: Senior Honors Thesis

- Independently collected data from 2,125 adults with hypermobile Ehlers-Danlos Syndrome and Hypermobility Spectrum Disorder.
- Performed data cleaning and correlations in SPSS to examine the relationships between patient satisfaction with healthcare, health quality of life, and self-efficacy for symptom management.

- Coded qualitative data about desired changes to improve healthcare using directed content analysis.

Project 2: Scoping Review

- Screened the titles/abstracts of 11,587 of documents using Rayyan, followed by the full text review of 1,167 documents for inclusion in a scoping review of the US gender-based public harassment literature.
- Performed forward and backward citation tracking using Web of Science and managed citations in Zotero.
- Collaborated with team members in the development of a data charting form. Checked the accuracy of data charting of other research assistants.

Undergraduate Research Assistant

2019–2020

Roisman Relationships Lab, University of Minnesota

Mentors: Glenn Roisman, Ph.D. & Sophia Magro, Ph.D. Candidate

- Transcribed 100+ hours of Adult Attachment Interviews (AAIs) and Attachment Script Assessments (ASAs) using Express Scribe and tracked changes in Word.
- Trusted with confidential Secure Base Script Knowledge data contained in the AAIs and ASAs from two landmark studies (Minnesota Twin Registry; NICHD Study of Early Childhood Care and Youth Development).

Teaching Experience

Undergraduate Section Leader

2021–2022

Course: Psychology Research Methods (2 sections)

Instructor: Mark Stellmack, Ph.D.

- Taught 21-22 psychology students how to write a research paper, design experiments, and analyze data during weekly 75-minute labs.
- Graded student research papers and weekly lab assignments and provided feedback.

Undergraduate Teaching Assistant

2021–2022

Course: Psychology Research Methods (2 sections)

Instructor: Mark Stellmack, Ph.D.

- Proctored, graded, and entered grades into the online gradebook for three midterm exams and one final exam each semester.
- Assisted with various tasks such as organizing student survey and lab activity data, consulting with the professor, performing class demonstrations, and reviewing assignments.

Undergraduate Teaching Assistant

2020–2021

Courses: Honors & General Psychology Research Methods (5 sections)

Instructor: Mark Stellmack, Ph.D.

- Attended 5-6 weekly lectures and 1 weekly lab via Zoom to monitor the chat window and help answer questions.
- Assisted with various tasks such as organizing student survey and lab activity data, consulting with the professor, reviewing/grading assignments, and tallying scores.

Section Leader

2019–2020

Course: College of Liberal Arts First-Year Experience (2 sections)

Instructors: Meagan Hagerty, M.S. & Pang Yang, M.S.

- Graded weekly assignments, held weekly office hours, and facilitated 3 group meetings and 1 individual meeting with each student each semester.
- Provided students with guidance and support regarding topics such as major exploration, campus involvement, and the transition into college.
- Co-presented a 30-minute presentation about the harms of diet culture at the Partnerships Across Student Leadership (PASL) Conference hosted by the Office of Student Experience.

Publications

Estrella, E., & Frazier, P. (2023). Healthcare experiences among adults with hypermobile Ehlers-Danlos syndrome and hypermobility spectrum disorder in the US. *Disability and Rehabilitation*. <https://10.1080/09638288.2023.2176554>

Posters and Presentations

Estrella, E., Jude, A., Huber, K., & Frazier, P. (2023, May 27). *Healthcare experiences among adults with hypermobile Ehlers-Danlos syndrome and hypermobility spectrum disorder in the United States* [Poster presentation]. 2023 APS Annual Convention, Washington, D.C., United States.

Estrella, E., & Frazier, P. (2022, April 13). *Healthcare experiences among adults with hypermobile Ehlers-Danlos syndrome and hypermobility spectrum disorder in the United States* [Poster presentation]. Spring 2022 Undergraduate Research Symposium hosted by the Office of Undergraduate Research, University of Minnesota, Minneapolis, Minnesota, United States.

Voss, E., Yan, P., Mody, I., DeWitt, K., Roy, A., & **Estrella, E.** (2022, March 3). *Navigating campus in a pandemic: How well are first- and second-year students connecting to the U?* [Virtual poster presentation]. Tate Advising Conference hosted by the Academic Advising Network, University of Minnesota, Minneapolis, Minnesota, United States. https://mediaspace.umn.edu/media/t/1_gvomolu5

Estrella, E., Huber, K., Riegelman, A., Davis, C., & Frazier, P. (2021, August 3). *A scoping review of gender-based public harassment in the United States* [Virtual poster presentation]. Virtual McNair Poster Symposium, University of Minnesota, Minneapolis, Minnesota, United States. <https://vimeo.com/581248678>

Estrella, E., Huber, K., Riegelman, A., Davis, C., & Frazier, P. (2021, July 28). *A scoping review of gender-based public harassment in the United States* [Virtual poster presentation]. 2021 Virtual National McNair Conference, University of California, Los Angeles, California, United States.

Gauer, J., Irvin, S., Davis, C., **Estrella, E.**, Voss, E., DeWitt, K., & Vue, P. (2021, March 4). *Importance of peer mentorship during virtual learning* [Virtual conference session]. Tate Advising Conference hosted by the Academic Advising Network, University of Minnesota, Minneapolis, Minnesota, United States.
https://mediaspace.umn.edu/media/t/1_5die4gpg

DeWitt, K., & **Estrella, E.** (2020, February 29). *Diet culture: The flaw with trying to look flawless* [Conference session]. Partnerships Across Student Leadership (PASL) Conference hosted by the Office of Student Experience, College of Liberal Arts, University of Minnesota, Minneapolis, Minnesota, United States.

Open Science Materials

Estrella, E., Frazier, P., & Huber, K. (2022). *Healthcare experiences among adults with hypermobile Ehlers-Danlos syndrome and hypermobility spectrum disorder in the US* [Preregistration]. Open Science Framework. <https://doi.org/10.17605/OSF.IO/H26RD>

Estrella, E., Voss, E., Mody, I., DeWitt, K., Roy, A., Yan, C., Hammell, A. E., Hofelich Mohr, A., Hines, A., & Ronning, E. (2022). *Spring 2022 University of Minnesota College of Liberal Arts first-year student surveys* [Data set]. Data Repository for the University of Minnesota. <https://doi.org/10.13020/3new-m828>

Estrella, E., Davis, C. N., Mody, I., DeWitt, K., Roy, A., Yan, C., Hines, A., Hammell, A. E., Hofelich Mohr, A., & Ronning, E. (2022). *Fall 2021 University of Minnesota College of Liberal Arts first-year student surveys* [Data set]. Data Repository for the University of Minnesota. <https://doi.org/10.13020/m1r9-f829>

Huber, K., Riegelman, A., Frazier, P., & **Estrella, E.** (2020). *Sexual harassment in public space: A scoping review of the US literature* [Preregistration]. Open Science Framework. <https://doi.org/10.17605/OSF.IO/F3BGN>

Work Experience

Director of Analytics

2021–2022

Team Leader

2020–2021

Office of Student Experience, University of Minnesota

- Designed and distributed surveys in Qualtrics to assess 1,500 students' college experiences and determine program adjustments to improve the first-year experience.
- Analyzed survey data on belongingness, campus navigation, and student comfort using Excel and presented findings to staff and other departments.
- Mentored groups of 5-6 leaders on facilitating meetings with their first-year students, creating surveys, and analyzing quantitative and qualitative data.
- Co-facilitated 2 reflection sessions on diversity, equity, and inclusion (DEI) to a total of 30 first-year students.
- Co-led and coordinated the Partnerships Across Student Leadership (PASL) Conference consisting of student presentations and a keynote for 130 staff members.

- Designed presentations on peer mentorship and post-pandemic college navigation for the 2021 and 2022 Tate Advising Conferences.

Editing & Reviewing Experience

Associate Editor 2021–2022

Sentience Undergraduate Journal of Psychology, University of Minnesota

- Assisted the Editor with tasks such as reviewing proofs and compiling reviews.
- Organized and distributed manuscripts to reviewers; organized and distributed feedback to authors.
- Managed email and Google Drive associated with the journal.

Journal Reviewer 2020–2021

Sentience Undergraduate Journal of Psychology, University of Minnesota

- Reviewed 4 undergraduate student-authored manuscripts submitted to the journal.
- Completed one review form per manuscript; outlined strengths and weaknesses and made suggestions for improving the paper for publication.
- Re-reviewed articles that were resubmitted following revisions.

Mentorship Experience

Honors Mentor 2019–2021

University Honors Program, University of Minnesota

- Provided guidance to 5 mentees within the University Honors Program on topics such as honors requirements, academic decisions, and the transition into college.

Welcome Week Leader 2019–2021

Orientation and Transition Experiences, University of Minnesota

- Prepared ~100 students for their first-year transition to the university by leading student groups during Welcome Week; provided programmatic support for 10+ events serving over 6,000 student participants each year and completed 300+ hours of community service.

Skills and Certifications

Computer Skills

- SPSS, Qualtrics, Microsoft Office (Word, Excel, PowerPoint) [intermediate]
- RStudio, GitHub, Express Scribe, Adobe (photoshop) [basic]

Training

- Received training on sexual violence prevention, DEI, and facilitation.
- Graduate and Professional Student Mentoring Dialogues: NRMN/CIMER Level 1 Mentor Training (August 2023)

Languages

- English (native); Mandarin Chinese (intermediate: reading, listening, and speaking)