

## CURRICULUM VITAE

# Costanza Alessio

Research Associate | Department of Psychology | University of Miami

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## PERSONAL INFORMATION

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### Home Address

905 NE 27th Ave  
Hallandale Beach, FL 33009

### Office Address

5665 Ponce De Leon Blvd,  
Coral Gables, FL 33124

## EDUCATION

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### Florida International University

*Bachelor of Arts, Psychology*  
*Summa Cum Laude*  
Cumulative GPA: 3.93  
Major GPA: 3.98

Miami, FL  
April 2019

## RESEARCH & PROFESSIONAL EXPERIENCE

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### Post-baccalaureate Research Associate at the Jha Lab, University of Miami

under the mentorship of Dr. Amishi Jha, Ph.D.

September 2019 - Current

#### *Coordination and Logistics*

- Formulated procedures for running and coordinating research studies
- Prepared IRB submissions and protocol close ups, ClinicalTrials.gov registrations, and grant-related reports
- Coordinated delivery of research interventions for small- and large-scale studies

#### *Recruitment and Testing*

- Prepared recruitment materials, contacted and screened prospective participants, and collected consent form in-person and remotely
- Designed and coded surveys, assessments instruments, and cognitive tasks via Inquisit software
- Formulated procedures for quality review of data collected remotely/online

#### *Data Analysis*

- Organized experimental data on Microsoft Excel
- Run statistical analysis including ANOVA, Intent-to-Treat, Hierarchical Linear Modeling, Multiple Regressions, and Moderation via SPSS

#### *Dissemination*

- Presented posters and oral presentations at research conferences
- Prepared manuscripts

## **Counselor at FIU Summer Treatment Program, Florida International University**

under the mentorship of Dr. Katie C. Hart, Ph.D.

June 2019 - August 2019

### ***Data collection***

- Collected behavioral data for children attending the program on a daily basis
- Recorded and inputted collected data via Redcap

### ***Intervention delivery***

- Implemented a clinical treatment program for children with ADHD, ODD and other behavioral and developmental concerns
- Assisted certified teachers and lead counselors in conducting classroom activities and recreational activities
- Implemented an individualized treatment program for a child with autism under the direction of the lead counselor and clinical supervisors

## **Undergraduate Research Assistant, Florida International University**

under the mentorship of Dr. Ronald Fisher, Ph.D.

October 2016 - May 2019

### ***Coordination and Logistics***

- Prepared research protocols for IRB submission
- Provided support in coordination and delivery of small-scale studies
- Contributed to identifying problems and alternatives throughout the investigations
- Developed and delivered a pilot study investigating recall of affective memories and the effects of verbalization on memory retrieval

### ***Recruitment, Testing, and Data Analysis***

- Prepared recruitment materials, contacted and screened prospective participants, and collected consent forms
- Provided research support by collecting and coding qualitative data
- Delivered portions of the Cognitive Interview in research studies

### ***Ad-Hoc Reviewer***

- Co-reviewed a scholarly article submitted to Acta Psychologica Journal

## **PUBLICATIONS**

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### **Book Chapters**

1. Denkova, E., **Alessio, C.**, Barry, J., Zanesco, A. P., Rogers., S. L., Matusevich, K., & Jha A. P. (in press). Practical and theoretical considerations for mindfulness training implementation in organizational settings. *Handbook of Organizational Conflict Management*.

### **Peer-Reviewed Articles**

2. Boland, C. L., Zanesco, A. P., Denkova, E., **Alessio, C.**, Price, M., Rogers, S. L., & Jha, A. P. (under review). Investigating the impact of short-form mindfulness training on measures of stress and affect in time-pressured professional and community settings.

3. Jha, A. P., **Alessio, C.**, Denkova, E., Ripoll-Martinez, C., & Rogers, S. (in prep). Establishing a framework for scalable community-wide mindfulness training delivery: An initial pragmatic trial of mindfulness training in community leaders.
4. Zanesco, A. P., Denkova, E., Barry, J., **Alessio, C.**, & Jha, A. P. (in prep). Cognitive correlates of combat arms performance and complex decision making in an augmented-reality simulation.
5. Denkova, E., **Alessio, C.**, & Jha, A. P. (in prep). The power of distancing during a pandemic: The impact of decentering on COVID-19 intrusive thoughts and psychological health.
6. Boland, C. L., **Alessio, C.**, Walsh, E. A., Safren, S. A. (in prep). Mindfulness-based interventions for sexual-related concerns along the cancer continuum: A systematic review.
7. Denkova, E., Barry, J., Zanesco, A. P., **Alessio, C.**, Rooks, J., Rogers, S. L., & Jha, A. P. (in prep). Mindfulness training for elderly during the COVID-19 pandemic.

## **ORAL PRESENTATIONS**

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1. **Alessio, C.**, Barry, J., Zanesco, A. P., Rogers, S. L., Matusevich, K., Denkova, E., & Jha, A. P. (2021, July 5-9). *Investigating Train-the-Trainer Delivery of Short-form Mindfulness Training by Human Resource Professionals in a Workplace Setting*. Presented at the International Conference on Mindfulness 2021; Online

## **POSTER/PAPER PRESENTATIONS**

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1. Boland, C. L., **Alessio, C.**, McDonald, K., Zanesco, A. P., Denkova, E., & Jha, A. P. (2021, August 12-14) *Feasibility and Acceptability of Digital Application-based Delivery of Mindfulness Training*. Poster presented at: American Psychological Association's Annual Convention; Online
2. Boland, C.L., **Alessio, C.**, Walsh, E.A. (2021, July 5-9) *Mindfulness-based Interventions for Sexual Concerns Across the Cancer Control Continuum: A Systematic Review*. Paper presented at: International Conference on Mindfulness, Aarhus, Denmark; Online
3. **Alessio, C.**, Barry, J., Zanesco, A. P., Denkova, E., Rogers, S. L., Matusevich, K., & Jha, A. P. (2020, November 5-8). *Leading Mindfully: Examining the effects of short-form mindfulness training on leaders' attention, well-being, and workplace satisfaction*. Poster presented at: The Mind & Life 2020 Contemplative Research Conference; Online
4. Barry, J., **Alessio, C.**, Rooks, J., Rogers, S. L., Jha, A. P., & Denkova, E. (2020, November 5-8). *The Power of Distancing during a Pandemic: Greater Decentering Protects Against the Deleterious Effects of COVID-19-related Intrusive Thoughts on Psychological Health in Older Adults*. Poster presented at: The Mind & Life 2020 Contemplative Research Conference; Online

## **SERVICE**

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- May 2021 - Present    **Academic and Professional Peer Mentor at City Tutors**
- Nov 2020 - Present    **Diversity and Equity Committee at the University of Miami**  
Committee Member
- Sep 2019 - Present    **Undergraduate Research Peer Mentor at University of Miami**  
Azin Pooresmaeil  
Carolyn Keatley  
Cindy Ripoll Martinez  
Bao Tran Duong  
Beatrice Fontana
- May - July 2021        **Prime Grant Award Peer Mentor at University of Miami**  
Cindy Ripoll Martinez (undergraduate student)  
Shannon Vasquez (graduate student)

## **ORGANIZATION MEMBERSHIP**

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- Phi Beta Kappa Honor Society - Florida International University Chapter
- Psi Chi Honor Society - Florida International University Chapter

## **SKILLS**

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- **Languages:** Italian (Native), Spanish (Bilingual)
- **Coding (*Inquisit software*):** coding of testing batteries, including questionnaires and cognitive tasks
- **Statistical Analysis:** SPSS