

# Anshu Patel

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## EDUCATION

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### University of California, Los Angeles

*B.A. in Psychology (Dec. 2019), Minor in Film, TV, and Media Studies*

- **GPA:** 3.9 (Major GPA: 4.0)
- **Awards & Honors:**
  - Magna Cum Laude

### University of Minnesota, Twin Cities

*Social Psychology Ph.D. Candidate (Est. Grad date - Spring 2027)*

*Graduate Minor: Quantitative Methods in Education*

- **GPA:** 4.0
- **Awards & Honors:**
  - Psychology Departmental Fellowship - 2021
  - David Campbell Fellowship - 2023
  - Graduate Summer Research Fellowship - 2024, 2025

## SKILLS

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- SPSS
- R
- Hindi and Gujarati Fluency
- Beginner Portuguese

## RESEARCH EXPERIENCE

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### Social Interaction Lab - University of Minnesota

Sept. 2021 - Present

*Graduate Researcher*

- Conduct a variety of data cleaning and analyses using R statistical software, including exploratory factor analysis, confirmatory factor analysis, structural equation modeling, path analysis, measurement invariance analyses, linear regression, multilevel modeling
- Extracting themes from qualitative, open-response survey items
- Conduct and carry out novel research projects from inception to publication in top journals
- Present and translate findings for academic and non-academic audiences at conferences, symposiums, and campus professional development events

### Couples Lab - Columbia University

Sept. 2020 - Sept 2021

Primary Investigator: Dr. Niall Bolger

*Research Assistant*

- Monitor and execute a daily diary study to understand how cohabitating New York City couples are managing the stresses of COVID-19 and the current social and political turmoil
- Design and implement multi-step process to ensure data quality using automated IP address verification on Qualtrics

- Automate daily diary survey distribution through MailMerge to approximately 60 participants biweekly
- Identify successfully completed diaries using R code and subsequently distribute payment to participants
- Recruit participants across social media platforms such as Reddit, Facebook, Researchmatch, Craigslist, and Honeybee and verify eligibility through Qualtrics screener
- Walked participants through the study via Zoom video calls and acted as first point of contact for questions and concerns

**Marriage Lab - UCLA**

Aug. 2019 - Mar. 2020

Primary Investigators: Dr. Thomas Bradbury and Dr. Benjamin Karney

*Behavioral Coder*

- Performed observational coding of moment-to-moment interpersonal processes during conflict interactions, using a novel observational coding system based on the interpersonal circumplex
- Collaborated with other research assistants in weekly meeting to standardize assessment criteria of conflict interaction videos involving over 150 newlywed couples

**High School Diversity Project - UCLA**

Apr. 2018 - June 2020

Primary Investigators: Dr. Jaana Juvonen and Dr. Sandra Graham

*Research Assistant*

- Conducted an independent research project evaluating the relationship between peer rejection and body image using a large breadth of data from over 20 California middle schools
- Compiled a literature review and academic analysis of Living Learning Communities in universities
- Perform descriptive and multivariate statistical analyses of data using SPSS
- Tracked over 1,800 research participants, and performed any necessary follow-up tasks, including the administration of additional post-high school surveys and distribution of honorariums
- Assisted in data collection at large, diverse Los Angeles high schools, distributing survey apparatus to participants and monitoring them to ensure that all procedures are followed

**UCLA Reasoning Lab**

Apr. 2018 - Sept. 2018

Primary Investigators: Dr. Keith Holyoak and Dr. Patricia Cheng

*Research Assistant*

- Recruited 10-30 research participants weekly through an online database and granted class credit upon completion
- Instructed and supervised participants while conducting a metaphor perception task to ensure compliance with the procedure

**PRESENTATIONS**

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**Patel, A., Simpson, J. (2024).** Emotional Regulation and Partner Violence: A Closer Look at Responding to Aggression in Intimate Relationships. IARR, Boston, MA. Poster Presentation.

- Patel, A.,** Simpson, J. (2024). Unstable ground: exploring the link between fluctuations in maternal sensitivity and intimate partner violence. International Institute of Love Studies, Gran Canaria. Poster Presentation.
- Patel, A.,** Simpson, J. (2023). The perception of intimate partner violence (IPV) in the general public. SPSP, Atlanta, GA. Poster Presentation.
- Patel, A.\*,** Zhang, J.\*, Digiovanni, A., Bolger, N. (2022). If love is the treasure, laughter is the key: shared laughter, anxious attachment, and closeness. SPSP, San Francisco, CA. Poster Presentation.
- Patel, A.\*,** Zhang, J.\*, Digiovanni, A., Bolger, N. (2021). If love is the treasure, laughter is the key: shared laughter, anxious attachment, and closeness. Columbia SIPPS Conference, New York, NY. Oral Presentation.
- Patel, A.,** Lessard, L., Juvonen, J. (2019). Mind and body: an exploration of bodily ostracization and body dissatisfaction through the lens of rejection. UCLA Psychology Undergraduate Research Conference, Los Angeles, CA. Poster Presentation.

## PUBLICATIONS

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### In Press / Published

- Patel, A.\*,** Horii, R.\*, Schneider, J., Mann, T., & Sibley, C. (2025). The relationship between body satisfaction and self-esteem in women throughout the lifespan: A longitudinal analysis. *Psychology and Aging*.
- Karantzas, G., Romano, D. A., Chesterman, S., Marshall, E. M., Knox, L., Lawless, N., Ferguson, E., Miller, P. G., Eckhardt, C. I., Pilkington P., **Patel, A.,** Simpson, J. (2025) *British Journal of Social Psychology*, 64(3), e12911.
- Vieth, G., **Patel, A.,** & Simpson, J. (in press). Formation and change of interpersonal trust across the lifespan. In *Handbook of Trust and Social Psychology* (pp. 9-30). Edward Elgar Publishing.

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### Submitted

- Patel, A.,** & Simpson, J. (submitted). Unraveling the complexities of intimate partner violence: Exploring observers' perceptions and reactions in a response escalation paradigm. Manuscript submitted for publication.

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### In Preparation

- Digiovanni, A., Murphy, M., **Patel, A.,** Zhang, J., & Algoe, S. (in preparation). If love is the treasure, laughter is the key: Shared laughter, anxious attachment, and closeness. Manuscript in preparation.
- Patel, A.,** & Simpson, J. (in preparation). Unstable ground: Exploring the link between fluctuations in maternal sensitivity and intimate partner violence. Manuscript in preparation.
- Nakamura, M., **Patel, A.,** Eller, J., Simpson, J., & Roisman, G. (in preparation). Fluctuations in maternal sensitivity and adult attachment. Manuscript in preparation.
- Karantzas, G., Eller, J., **Patel, A.,** & Simpson, J. (in preparation). Origins of IPV perpetration and victimization: A longitudinal approach. Manuscript in preparation.

## TEACHING AND VOLUNTEER EXPERIENCE

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**Bell Museum**

February 2025 - Present

*Volunteer Gallery Cart Attendant*

- Engage K-12 aged children in various pre-set activities related to museum natural history exhibits
- Answer visitor questions and provide a welcoming environment

**Psychology of Language**

Spring 2024, 2025

*Instructor of Record*

**HSYLC (HAUSCR Summit for Young Leaders in China) `**

Aug. 2020

Harvard Association for US China Relations

*Core Lecturer and Capstone Leader*

- Designed and executed an engaging, interactive curriculum for *Beauty Sickness: Women and Body Image in the Cultural Context*, a course exploring female body image and media impact
- Taught high-achieving Chinese high school students, navigating cultural and language barriers with the help of a teaching assistant
- Held daily office hours for over 40 students to expand on course material and encourage further engagement with the course content
- Led a week long Capstone course for students interested in beginning their research journeys related to body image and eating disorders

**Human Sexuality Summer Course - UCLA**

Aug. 2019 - Sept. 2019

Dr. David Frederick

*Teaching Assistant*

- Assisted in teaching a six-week long undergraduate course, covering the following topics: body image, gender identity, and attraction
- Scheduled and maintained regular office hours to meet with up to 10 students a week
- Led and promoted collaborative discussion within the classroom environment
- Coordinated grading with a team of 3 teaching assistants

**REPORTING AND BROADCASTING EXPERIENCE**

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**The Minnesota Daily**

Mar. 2025 - Present

*Investigative Reporter, previously Campus Administration Staff Reporter*

- Produce in-depth, data-driven investigative stories; currently leading a week-long series examining university defense-related research expenditures
- Pitch and report a minimum of two stories per week for the campus administration desk, meeting tight deadlines
- Cover breaking news, free speech issues, budget cuts, and groundbreaking research, including two top read stories on university leadership elections and campus crime

**Radio K**

Sept. 2023 - Present

*DJ and Podcast Reporting Intern*

- Host weekly two-hour long show semesterly, broadcasting on FM radio
- Pitch and produce stories for biweekly podcast Real College Radio, available at radiok.org
- Edit segments including music and field audio, using ProTools
- Wrote live show review to be published on radiok.org

**UCLA Radio**

Sept. 2017 - Dec. 2019

*DJ and Genre Director*

- Researched, scripted, and hosted three weekly hour-long web-based radio shows, the longest running of which was titled *Saturday Morning Cartoons*
- Managed a social media page with over 2,000 followers promoting the aforementioned show
- Pitched ideas and created content for a monthly newsletter including album and live show reviews