

Joseph Anthony Cifelli

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Career Objective

To pursue a Ph. D. in clinical or counseling psychology with the ultimate goal of becoming a psychologist who researches, practices, and writes about mindfulness, acceptance, and well-being.

Education

The Pennsylvania State University University Park, PA
Bachelor of Art in Psychology May 2019
Bachelor of Art in Philosophy May 2019
Cumulative GPA: 3.51
Psychology GPA: 3.73

Academic Honors and Grants

The Dean's List, College of Liberal Arts Fall 2017- Spring 2019
Psi Chi, The International Honor Society in Psychology Fall 2018 - Spring 2019
College of Liberal Arts Enrichment Funding Summer 2018

Research Experience and Employment

Bennet Pierce Prevention Research Center

Research Project Coordinator

Project: COVID19 Family Study

Principal Investigator: Mark Feinberg, Ph.D.

March 2020- Present

- Coordinated NIH-funded study adaptation assessing how participants were impacted by COVID19
- Facilitated and directly managed daily and monthly data collection, survey distribution, survey maintenance, participant database, and participant retention
- Provided weekly project updates and participation numbers to research team
- Assisted as-needed on papers emerging from findings
- Spearheaded independent research project from open-ended response data

Project: Family Foundations 2

Principal Investigator: Mark Feinberg, Ph.D.

May 2019- Present

- Coordinated all aspects of NIH-funded longitudinal study
- Lead dual-wave data collection efforts, reviewing for accuracy and quality in the process
- Provided project status updates and managed the lab's overall task list in weekly team meetings
- Coded recorded video sessions of group leaders administering intervention curriculum to participants
- Recruited, trained, and supervised research assistant during the 2020 spring semester
- Administered child semi-structured interviews

Project: Student Flourishing Initiative

Principal Investigator: Rob Roeser, Ph.D.

August 2020- Present

- Coordinated NIH-funded intervention study of a flourishing course on the well-being of students

- Managed data collection, survey distribution, and participant retention
- Spearheaded independent research project using the lab's largely untouched data

Laboratory for Personality, Psychopathology, and Psychotherapy Research

March 2018- Present

Doctoral Personality Disorder Training: Coordinator

Principal Investigator: Kenneth N. Levy, Ph.D.

- Trained, directed, evaluated, and supervised ten research assistants in an empirical study assessing the quality of doctoral programs' training on personality disorders
- Presented project progress on a weekly to basis to Dr. Levy and graduate students
- Assisted on manuscript resulting from findings, including drafting the submission letter, drafting the abstract, summarizing findings in tables, and offering edits and input throughout

Undergraduate Research Assistant

- Involved in a variety of NIMH-funded research studies focused on borderline personality disorder, attachment, psychotherapy, and personality
- Transcribed the Adult Attachment Interview, an auditory semi-structured interview
- Proctored and administered lab experiments to subjects
- Conducted data entry and coding of the Anxiety Disorder Interview Schedule for the DSM-V
- Carried out literature searches

Independent Research Projects

Principal Investigator: Mark Feinberg, Ph.D.

1. Cifelli, J. A., & Gedaly, L. (2020) Family adjustment and outcomes to COVID19 and Lockdowns
 - Coded and categorized 220 open-ended responses to the following question: What has been helpful to you and your family during this period—what would you recommend to other parents and families?
 - Responses were coded by second researcher and discrepancies were discussed and mutually resolved
 - Created research questions and hypotheses
 - Ran bivariate correlations, regressions, and chi-square analyses on categorized responses and a variety of outcomes, including mental well-being, COVID-related stress, and family cohesion
 - Summarized and presented findings to research team

Clinical Experience

As of March 2020, trained to conduct the following clinical interviews:

- SCID-IV/5: The Structured Clinical Interview for DSM-IV/5
- SASII: Linehan's Suicide Attempt-Self Injury Interview Standard (Short Version)
- IDPE: The International Personality Disorder Examination
- AAI: Main's Adult Attachment Interview

March 2018- Present

- Completed supervised training to conduct four clinical interviews
- Successfully administered a clinical assessment with study subject
- Attended weekly, hour-long lab meetings to discuss undergraduate and graduate student clinical cases with other lab members and PI
- Reliably transcribed three Adult Attachment Interviews

Publications In-Review

Feinberg, M. E., Mogle, J., Lee, J.K., Tornello, S. L., Hostetler, M. L., **Cifelli, J. A.**, Hotez, E., & Bai, S. (*In-Review*) Impact of the COVID-19 Pandemic on Parent, Child, and Family Functioning. Submitted to: Journal of Family Psychology.

Posters and Presentations

Penn State Psi Chi Undergraduate Research Conference

Cifelli, J. A. (2019) *Mindfulness and Meditation v. Advertisements*

- Researched the cognitive benefits of mindfulness and meditation to find evidence to support my hypothesis that people who practice mindfulness will be less susceptible to the subliminal and intentional effects of advertisements
- Won 3rd place

Teaching Assistant

Spring 2019 **Undergraduate Teaching Assistant**

Psychology 490 Men and Masculinity

Dr. David Wimer

- Assisted in creating a new, online Psych 490 class set to begin in the fall of 2019
- Performed literature searches, found detailed information on class topics, and searched for citations

Certificates

Stand by State – Bystander Intervention Training (3 hours program)

HIPAA Human Subjects IRB Certification – Social Science and Biomedical Modules

NIH Certification – Protecting Human Research Participants

State of Pennsylvania Mandated Reporter Training

Computer Skills

Data Analysis/SPSS: applied experience in running regressions, chi-square analyses, and bivariate correlations

EndNote: experience adding citations to papers and grants

Qualtrics: experience maintaining, editing, and distributing surveys; tracking completions and progress

Transcription (Express Scribe): experience transcribing the Adult Attachment Interview

Canva: created newsletter summarizing research team, findings, and future research focuses

Zotero: experience uploading citations and articles in the Zotero database

References

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