

Dasha A. Sandra

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August 2023

EDUCATION

Sept 2023 –

PhD, Psychological Clinical Science

University of Toronto Scarborough, Canada

2019 – 2021

Master of Science (Integrated Program in Neuroscience)

McGill University, Montreal, Canada, cGPA 4.0

Supervisor: Dr. Mathieu Roy

Topic: Placebo effects and contextual factors in precision medicine

2015 – 2019

Bachelor of Arts (Honours Psychology, Minor in Anthropology)

McGill University, Montreal, Canada, cGPA 3.95

RESEARCH EXPERIENCE

2019 – 2023 Graduate student researcher, Research Assistant, Roy Pain Lab, McGill

Led a series of projects testing the effects of framing treatment as personalised on placebo analgesia in healthy volunteers.

2020 – 2021 Graduate Research Assistant, Langer Mindfulness Lab, Harvard

Assisted on projects relating to mindfulness, health, and social psychology.

2017 – 2022 Project Coordinator, Raz Cognitive Neuroscience Lab, McGill

Collaborated on developing an evidence-based brief behavioural intervention to reduce problematic smartphone use and screen time in young adults; co-authored several scientific articles currently under review on the subject.

Coordinated a research program spanning 2 grants over 3 years with a team of 5 researchers and research assistants. Helped develop relationships with non-profit organizations to promote knowledge dissemination of the resulting projects across Quebec.

2016 – 2017 Undergraduate Research Assistant, McGill

Led a year-long project on motivation and cognitive effort with Dr. Ross Otto

CLINICAL EXPERIENCE

- 2022 – Co-Lead, Montreal Ukrainian Wellness Program, Ukrainian National Federation – Quebec**
Co-founded a program that provides free mental health services, such as individual assessment, group support, psychotherapy, and trauma-based therapy for displaced Ukrainians in Quebec, Canada.
- 2020 – 2022 Triage Coordinator at First Episode Psychosis Program, Jewish General Hospital, Montreal, Canada**
Conducted clinical interviews with patients suffering from various mood and other psychiatric disorders to determine patient and symptom profile which determined patient eligibility for the psychosis program. Presented clinical cases for program assignment to the clinical team on a weekly basis.

GRANTS & AWARDS

Grants

- 2023 – 2024** Canada Ukraine Foundation, **\$119,870 (Project co-lead)**
- 2022 – 2023** Ukrainian National Federation Foundation, **\$143,910 (Project co-lead)**
- 2022 – 2024** Social Sciences and Humanities Research Council of Canada (SSHRC) Insight Grant, **\$96,358 (Project leader)**

External Awards

- 2023 – 2027** **Doctoral Graduate Scholarship, Fonds de Recherche du Québec – Société et Culture (FRQSC) – \$100 000, *Accepted***
- 2022 – 2026** **Doctoral Graduate Scholarship Social Sciences and Humanities Research Council of Canada (SSHRC) – \$80 000, *Declined***
- 2019 – 2021** **Master’s Graduate Scholarship, Fonds de Recherche du Québec – Nature et Technologie (FRQNT) – \$35 000, *Accepted***
- 2019 – 2021** **Master’s Graduate Scholarship, Fonds de Recherche du Québec – Société et Culture (FRQSC) – \$35 000, *Declined***
- 2019 – 2020** **Master’s Graduate Scholarship, Social Sciences and Humanities Research Council of Canada (SSHRC) – \$17 500, *Declined***
- 2017** **Caltech Undergraduate Research Award – \$6 000**

Internal Awards

2023	University of Toronto Bassili Award – \$1 500
2017	McGill Dow-Hickson Scholarship – \$2 000
2017 – 2018	McGill TEAM Teaching Assistantship Award – \$300×5
2015 – 2018	Dean’s Honour List, McGill University
2016	McGill Sceptre Investment Counsel Limited Scholarship – \$2 000
2016	McGill ARIA (Arts Research Internship Award) – \$4 000
2016	Psychology Case Study Competition, McGill/Concordia University, Winning Team, Behavioral Neuroscience division

PEER-REVIEWED PUBLICATIONS

(*accepted*) Olson, J. A., **Sandra, D. A.**, Veissière, S. P. L., & Langer, E. J. (2023). Sex, age, and smartphone addiction across 41 countries. *International Journal of Mental Health and Addiction*.

(*in press*) **Sandra, D. A.**, Olson, J. A., Pageaux, B., & Roy, M. (2023). “Ready-to-use” two-week home exercise program targeting depressive symptoms: Pilot study. *Frontiers in Psychiatry*.

Sandra, D. A., Olson, J. A., Langer, E. J., & Roy, M. (2023). Presenting a sham treatment as personalised increases the placebo effect in a randomised controlled trial. *eLife*, 12:e84691.

Garel, N., Thibeault-Levesque, J., **Sandra, D. A.**, Solomonova, E., Lifshitz, M., Richard-Devantoy, S. & Greenway, K. (2023). Imprinting: Expanding the Extra-Pharmacological Model of Psychedelic Drug Action to Incorporate Delayed Influences of Sets and Settings. *Frontiers in Human Neuroscience*, 17, 1200393.

Olson, J. A., **Sandra, D. A.**, Langer, E. J., Raz, A. & Veissière, S. P. L. (2022). Creativity and smartphone use: Three correlational studies. *International Journal of Human-Computer Interaction*, DOI: 10.1080/10447318.2022.2088451

Olson, J. A., **Sandra, D. A.**, Colucci, E., Al Bikaii, A., Chmoulevitch, D., Nahas, J., Raz, A. & Veissière, S. P. L. (2022). Smartphone addiction is increasing across the world: A meta-analysis of 24 countries. *Computers in Human Behavior*, 129, 107138.

Olson, J. A., **Sandra, D. A.**, Chmoulevitch, D., Raz, A. & Veissière, S. P. L. (2022). A nudge-based intervention to reduce problematic smartphone use: Randomised controlled trial. *International Journal of Mental Health and Addiction*, 1-23.

Schmidtman, G., Jennings, B. J., **Sandra, D. A.**, Pollock, J., & Gold, I. (2020). The McGill Face Database: validation and insights into the recognition of facial expressions of complex mental states. *Perception*, 49(3), 310-329.

Solomonova, E., Dubé, S., Blanchette-Carrière, C., **Sandra, D. A.**, Samson-Richer, A., Carr, M., Paquette T. & Nielsen, T. (2019). Different patterns of sleep-dependent procedural memory consolidation in Vipassana meditation practitioners and non-meditating controls. *Frontiers in Psychology*, 10, 3014.

Sandra, D. A., & Otto, A. R. (2018). Cognitive capacity limitations and Need for Cognition differentially predict reward-induced cognitive effort expenditure. *Cognition*, 172, 101–106.

CONFERENCE, WORKSHOP, AND OTHER PRESENTATIONS

Genetic enchantment and placebo effects in precision medicine. Invited oral presentation for the Program in Placebo Studies at Harvard Medical School on July 11, 2023.

Framing a sham intervention as personalised increases its effectiveness. Oral presentation for the 26th Conference of the Association for the Scientific Study of Consciousness on June 24, 2023.

Framing a sham treatment as personalised increases its effectiveness. Oral presentation for the 4th International Conference of the Society for the Interdisciplinary Placebo Studies on May 11, 2023.

Power of Uniqueness: Sham Personalisation Increases Pain Relief. Oral presentation for *Neurosymposium* online, on June 19, 2021.

Power of Uniqueness: Sham Personalisation Increases Pain Relief. Oral presentation for *Association for Scientific Study of Consciousness* online, on June 15, 2021.

Effective strategies to reduce problematic smartphone use. Oral presentation for *Healthy Brains for Healthy Lives* on February 2, 2020.

Reducing smartphone overuse through behavioural nudges. Poster presentation for *Cognitive Science Society Conference* in Montreal, Canada, on July 25, 2019.

Smartphone addiction: predictors and prevention. Oral presentation for *International Association for Physical Education in Higher Education* in Hampstead, New York, on June 21, 2019.

Phone immersion: Relationship between hypnotisability and smartphone use. Poster presentation for *Lady Davis Institute Scientific Retreat* in Montreal, Canada, on May 2, 2019.

Personality predictors and Interventions for Smartphone Addiction. Poster presentation for *International Congress of Psychological Science* in Paris, France on March 8, 2019.

Now You Read Me, Now You Don't: Hypnotic Suppression of Reading. Poster presentation for *Honours Undergraduate Research Day* at McGill University, Montreal on April 12, 2018.

How Hypnotizable are you? 11 practical workshops during a lecture series for *McGill Psychology Student Association*, Montreal, Jan 2018 – Oct 2019.

How Much Does My Thinking Cost? Invited presentation for *Decision Neuroscience at Montreal* meeting at Montreal Neurological Institute, Montreal on January 31, 2018.

How Much Does My Thinking Cost? Poster presentation for *Undergraduate Research Conference* at McGill University, Montreal on October 26, 2017.

Social Cues in Prosocial Choice. Oral presentation for *Summer Undergraduate Research Day* at California Institute of Technology, Pasadena, CA on August 24, 2017.

I Think, Therefore I Spend: Manipulating the Costs and Benefits of Cognitive Effort. Poster presentation for *Honours Undergraduate Research Day* at McGill University, Montreal on April 7, 2017.

Why Undergraduate Research Matters. Invited oral presentation for *Faculty of Arts Undergraduate Research Event* at McGill University, Montreal on Jan 12, 2017.

Eat or Move? The role of Hippocampus-Nucleus Accumbens Pathway in Feeding and Locomotion. Poster presentation for *Faculty of Arts Undergraduate Research Event* at McGill University, Montreal on Jan 12, 2017.

Optogenetics: The Power of Light in Brain Research. Invited oral presentation for *Convergence Initiative, Perceptions of Neuroscience* at Fine Arts Faculty of Concordia University on Oct 6, 2016.

Eat or Move? The role of Hippocampus-Nucleus Accumbens Pathway in Feeding and Locomotion. Poster presented at *Integrated Project in Neuroscience Retreat* conference, McGill University on Sept 15 and 16, 2016.

TEACHING EXPERIENCE

2016-2019 Undergraduate Teaching Assistant at McGill University

- Held reviews, tutorials, and conferences on course materials, graded exams and essays for the following courses:
PSYC 212 (2 terms) – Perception
PSYC 215 (1 term) – Social Psychology
PSYC 406 (1 term) – Psychological Tests
PSYC 444 (2 terms) – Sleep Mechanisms and Behaviour

PRESS

Moore in the Morning. *CFRB*. 20 July 2023.

Medical Myth Busting with Dr. Barry Dworkin. *CFRA*. 20 July 2023.

New study reveals the placebo effect of just saying a medical treatment is personalized. *National Post*. 19 July 2023.