

Arash Assar

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EDUCATION

Ph.D., Clinical Psychology
University of Notre Dame

Expected: 2028

M.A., Clinical Psychology
M.S., Quantitative Psychology
Ball State University

2021 – 2023

2021 – 2023

Thesis: *Multidimensional perfectionism and sleep disturbance: The role of self-compassion*
Chair: Anjoli Diaz, Ph.D.

M.S., Kinesiology & Health
Concentration: Sport Psychology
Miami University of Ohio

2018 – 2021

Thesis: *The mediating role of self-compassion in the relationship between goal orientation and self-efficacy*
Chair: Robert Weinberg, Ph.D.

B.A., Psychology
Minor: Applied Psychology
University of California, Santa Barbara

2012 – 2017

SCHOLARLY WORK

Peer-Reviewed Publications

Assar, A., Lueke, N. A., Eouanzoui, K. B., & Bolin, J. H. (2023). Sleep in NCAA division I collegiate athletes: Relations with self-compassion, stress, and rumination. *Stress and Health*, <https://doi.org/10.1002/smi.3338>

Assar, A., Weinberg, R. S., Ward, R. M., & Vealey, R. S. (2022). The mediating role of self-compassion on the relationship between goal orientation and sport-confidence. *The Sport Psychologist*. Advance online publication. <https://doi.org/10.1123/tsp.2021-0187>

Lueke, N. A., & Assar, A. (2022). Poor sleep quality and reduced immune function among college students: Perceived stress and depression as mediators. *Journal of American College Health*. Advance online publication. <https://doi.org/10.1080/07448481.2022.2068350>

Hussey, J., Weinberg, R., & Assar, A. (2020). Mindfulness in sport: An intervention for a choking susceptible athlete. *Case Studies in Sport and Exercise Psychology*, 4(1), 1-10. <https://doi.org/10.1123/cssep.2019-0025>

Other Scholarly Publications

Assar, A., & Mireles-Rios, R. (2017). Goals. In T. Shackelford & V. Weekes-Shackelford (Eds.), *Encyclopedia of Evolutionary Psychological Science*. Springer, Cham.
https://doi.org/10.1007/978-3-319-16999-6_2458-1

RESEARCH PRESENTATIONS

Refereed Conference Presentations

Assar, A., Diaz, A., Lee., T. T. C., & Fletcher, K. L (2024, June). *Multidimensional perfectionism and sleep: The role of self-compassion*. Poster presentation at the 38th Annual Meeting of the Associated Professional Sleep Societies, Houston, TX, United States.

Lueke N. A., **Assar, A.**, Desai V., Diaz, K., Jung, A., LeBlanc, I., & Lueke, A. (2024, June). *Perceived stress and worry mediate the link between sleep quality and immune function*. Poster presentation at the 38th Annual Meeting of the Associated Professional Sleep Societies, Houston, TX, United States.

Rieman, M., Diaz, A., **Assar, A.**, Sahni, E., Sanchez, A., Winbush, N., Davis, C., LaChance, L., Swope, K., Mourao, A. (2024, April). *Sleep and wellbeing in esport athletes*. Poster presentation at the 97th Annual Midwestern Psychological Association Conference, Chicago, IL, United States.

Floyd, V., Turney, C., **Assar, A.**, Dickens, H., Egeler, M., Walker, J., Vargas, I. (2024, June). *Cognitive Behavioral Therapy for Insomnia: The first line treatment for insomnia remains elusive*. Poster presentation at the 38th Annual Meeting of the Associated Professional Sleep Societies, Houston, TX, United States.

Dickens, H., Vance, A., Phelps, C. **Assar, A.**, Egeler, M., Floyd, F., Walker, J. Vargas, I. (2024, June). *Common pathways between distress and impairment related to insomnia, pain, and stress*. Poster presentation at the 38th Annual Meeting of the Associated Professional Sleep Societies, Houston, TX, United States.

Campbell, R.L., Nguyen, A.M., Gournay, L.R., Vargas, I., Williams, P., **Assar, A.**, Leen-Feldner, E.W. (2024, June). *Sleep deprivation impairs the ability to reappraise negative situations*. Poster presentation at the 38th Annual Meeting of the Associated Professional Sleep Societies, Houston, TX, United States.

Nobbe, T., **Assar, A.**, Mitchem, N., Sederlund, A., Hovermale, O., Asiama-Sampong, E., & Diaz, A. (2023, April). *Multidimensional perfectionism and sleep disturbance: The roles of sleep-interfering and interpreting processes* [Poster presentation]. Midwestern Psychological Association Annual Conference, Chicago, IL, United States.

- Asiama-Sampong, E., Sederlund, A., Hovermale, O., **Assar, A.**, Nobbe, T., & Diaz, A. (2023, April). *Negative affectivity and anxiety: The mediating role of adaptive metacognition* [Poster presentation]. Midwestern Psychological Association Annual Conference, Chicago, IL, United States.
- Assar, A.**, Delawalla, C. N., Goggins, M. K., Bray, K., Sander, J. B., Johnson, A. K., & Lee, T. T. C. (2022, June). *MMPI-A-RF predictors of strengths among adolescents in a residential treatment setting* [Paper presentation]. The 57th Annual Symposium on Recent MMPI Research, Minneapolis, MN, United States.
- Goggins, M. K., Delawalla, C. N., **Assar, A.**, Johnson, A. K., Sander, J. B., & Lee, T. T. C. (2022, June). *Therapeutic alliance and MMPI-A-RF* [Paper presentation]. The 57th Annual Symposium on Recent MMPI Research, Minneapolis, MN, United States.
- Assar, A.**, Humble, J., Woodling, C., Pellegrino, A., Price, K., Sederlund, A., & Diaz, A. (2022, May). *The mediating role of behavioral disengagement in the relationship between adaptive metacognition and anxiety* [Poster presentation]. The Association for Psychological Science 34th Annual Convention, Chicago, IL, United States.
- Assar, A.**, Lueke, N., Copeland, D., Gonzalez, G., Detrich, A., Streaty, N., & Jackson, C. (2022, May). *Perceived stress and rumination mediate the link between self-compassion and sleep quality among NCAA Division I student-athletes: A parallel mediation model* [Poster presentation]. The Association for Psychological Science 34th Annual Convention, Chicago, IL, United States.
- Assar, A.**, Shub, C., & Lueke, N. (2022, April). *Sleep and immune function as mediated by stress and depression* [Poster presentation]. The 95th Annual Midwestern Psychological Association Conference, Chicago, IL, United States.
- Assar, A.**, Weinberg, R., Ward, R. M., & Vealey, V. S. (2022, April). *Gender, self-compassion, goal orientation, and sport-confidence: A moderated mediation analysis* [Poster presentation]. The 95th Annual Midwestern Psychological Association Conference, Chicago, IL, United States.
- Assar, A.**, Copeland, D., Streaty, N., Gonzalez, G., Jackson, C., Detrich, A., Jennings, A., & Lueke, N. (2022, April). *Perceived stress and worry mediate the self-compassion link and sleep link in college students*. [Poster presentation]. The 95th Annual Midwestern Psychological Association Conference, Chicago, IL, United States.
- Assar, A.**, & Weinberg, R. S. (2021, April). *The mediating effect of self-compassion on the relationship between goal orientation and self-efficacy* [Poster presentation]. Midwestern Psychological Association, Digital Meeting.
- Lueke, N. A., **Assar, A.**, & Lueke, A. K. (2021, April). *From interparental to intrapersonal dynamic: Developmental origins of self-criticism* [Poster Presentation]. Midwestern Psychological Association, Digital Meeting.

Assar, A., & Weinberg, R. S. (2020, February). *The moderating effect of self-compassion on the relationship between goal orientation and self-efficacy* [Poster presentation]. The Midwest Sport and Exercise Psychology Symposium, Normal, IL, United States.

Hussey, J., **Assar, A., & Weinberg, R. S.** (2019, October). *Mindfulness in sport: An intervention for a choking susceptible athlete* [Poster presentation]. The 34th Annual Conference of the Association of Applied Sport Psychology 2019, Portland, OR, United States.

Assar, A., & Smith, S. (2019, February). *The influence of self-compassion on collegiate athletes' resilience during a post-failure performance* [Poster presentation]. The Midwest Sport and Exercise Psychology Symposium, Lexington, KY, United States.

APPLIED STATISTICAL EXPERIENCE

Research Consultant

August 2022 – June 2023

Office of Research and Academic Effectiveness

Ball State University

Supervisors: Drs. James Jones and Kianre Eouanzoui

- Provided research design and data analysis consultation services to faculty and student clients
- Attended meetings with faculty and student clients and participating in the selection of statistical approaches, data analysis, and presentation of results to the clients
- Tutored graduate students in the Quantitative Psychology master's program at Ball State University
- Worked with statistical software, including SPSS and AMOS

RESEARCH EXPERIENCE

Graduate Research Assistant – Lab Manager

Fall 2021 – May 2023

Advisor: Dr. Anjolie Diaz

Ball State University

- Graduate assistantship funded through the Department of Psychological Science awarded to study relations between personality characteristics, temperamental constructs, cognitive processing, and sleep behavior using actigraphy and electroencephalography (EEG) methodology

Graduate Research Assistant

Fall 2018 – Summer 2020

Advisor: Dr. Robert Weinberg

Miami University of Ohio

- Graduate assistantship funded through the Department of Kinesiology & Health awarded to assist with the completion of a mixed-method case study examining the effect of a sport-specific mindfulness intervention (i.e., Mindful Sport Performance Enhancement) on a collegiate athlete who experienced maladaptive anxiety and self-consciousness

Graduate Research Assistant

Fall 2018 – Summer 2020

Advisor: Dr. Brody Ruihley

Miami University of Ohio

- Graduate assistantship funded through the Department of Kinesiology & Health awarded to assist on projects examining: (1) relations between esports and motivation and (2) motivations of first-time fantasy sport participants to join fantasy sport leagues

Independent Research Study

Fall 2019

Advisor: Dr. Randal Claytor
Miami University of Ohio

- Completed a semester of an independent study examining the effects of acute aerobic and resistance exercise on cognitive performance

Undergraduate Research Assistant

August 2017 – June 2017

Advisor: Dr. Rebeca Mireles-Rios
University of California, Santa Barbara

- Collaborated on projects investigating: (1) relations between teacher well-being and teaching experience, (2) teacher-student relationship, and (3) teacher-administration relationship

Independent Research Study

January 2016 – June 2017

Advisor: Dr. Steve Smith
University of California, Santa Barbara

- Designed and led a study investigating the relation between self-compassion and collegiate athletes' resilience during a post-failure performance

McNair Scholars Internship

Summer 2015

Advisors: Drs. Rebeca Mireles-Rios and Holly Roose
University of California, Santa Barbara

- Completed McNair Scholars summer internship examining relations between athlete-coach relationship and goals of attending a four-year university in high school football players

TEACHING EXPERIENCE

Graduate Teaching Assistant

Spring 2022 – May 2023

Lead Professor: Dr. Alexandria K. Johnson
Course: Introduction to Psychological Science
Ball State University

- Graded class assignments and provided feedback to undergraduate students
- Assisted with the creation of exam items based on course readings
- Provided advice and suggestions to undergraduate students seeking assistance regarding class material

Graduate Teaching Assistant

Fall 2019 – Spring 2020

Lead Professor: Dr. Robert Weinberg
Miami University of Ohio
Course: Foundations of Sport and Exercise Psychology

- Graded students' homework and essay exams
- Assisted students in understanding course material during office hours
- Created and led study sessions for exam preparation
- Delivered lectures on *Exercise and Psychological Well-Being* (Fall 2019) and *Intrinsic and Extrinsic Motivation* (Spring 2020)

Graduate Teaching Assistant

Fall 2019 – Spring 2020

Lead Professor: Dr. Brody Rühley

Miami University of Ohio

Course: Sport Marketing (undergraduate and graduate courses)

- Proctored and graded exams and quizzes

Instructor of Record

Fall 2018 – Spring 2019

Course: Physical Activity Life Skills – Basketball

Miami University of Ohio

- Created course syllabus
- Designed lesson plans to include the following: warm-up, conditioning exercise, skill progressions, and cooperative games

Graduate Teaching Assistant

Fall 2018 – Fall 2019

Course: Physical Activity Life Skills – Mountain Biking

Miami University of Ohio

- Created course syllabus

Undergraduate Teaching Assistant

October 2016 – June 2017

Lead Professor: Dr. Rebeca Mireles-Rios

University of California, Santa Barbara

Course: Research Methods

- Supervised 20 undergraduate students' research projects
- Led weekly meetings on research methodologies
- Trained new research assistants in writing literature reviews, transcribing interview data, and thematic coding qualitative data

OTHER APPLIED EXPERIENCE

Crisis Consultant Intern

October 2020 – August 2021

Supervisor: Shane Joseph

Sojourner Recovery Services

Hamilton, OH

- Answered crisis calls from the National Suicide Prevention Lifeline and the Mental Health Crisis Hotline
- Utilized motivational and active listening while assisting individuals experiencing anxiety, depression, panic attacks, suicidal or homicidal ideations, manic episodes, and hallucinations
- Collaborated with crisis intervention teams and mental health professionals for callers seeking immediate crisis intervention

PROFESSIONAL SERVICE

Ad Hoc Reviewer

- *Case Studies in Sport and Exercise Psychology*

December 2020

Promise Scholars Workshop

Summer 2017

- Worked with an undergraduate group of first-generation students from low-income households, discussing the importance of establishing relationships with professors and strategies for establishing mentorship

“How to Be a Mentor” Instructional Development

Spring 2016

- Workshopped with faculty and graduate students on establishing an effective mentor-mentee relationship

HONORS, AWARDS, FELLOWSHIPS, & GRANTS

Honors

- Dean’s List Recognition, University of California, Santa Barbara 2016, 2017
- McNair Scholars Internship, University of California, Santa Barbara Summer 2015

Research Grants

- ASPiRE Graduate Student Research Competition November 2022
“Multidimensional Perfectionism and Sleep Disturbance: The Role of Self-Compassion”
Role: Student Co-Investigator (Mentor: Anjolie Diaz, Ph.D.)
Amount awarded: \$700

Fellowships

- Doctoral Academy Fellowship awarded by the University of Arkansas 2023-2024

PROFESSIONAL AFFILIATIONS

- Society of Behavioral Sleep Medicine 2023 – *present*
- Midwestern Psychological Association 2020 – *present*
- Association for Psychological Science 2022
- Association for Applied Sport Psychology 2018, 2019

LANGUAGES

- Fluent in English and Farsi

SKILLS & PROFICIENCIES

- Data Analysis Software: IBM SPSS (proficient), AMOS (proficient), G*Power (proficient), R & RStudio (intermediate)
- Microsoft Excel (intermediate)
- Qualtrics
- Electroencephalogram (EEG) capping and troubleshooting
- Actigraphy