

Emma Janes

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EDUCATION

University of North Carolina at Chapel Hill

May 2025

Honors Program

Highest Distinction

Dual Majors: B.S. Neuroscience (GPA: 4.0), B.S. Psychology (GPA: 4.0)

Minor: Chemistry

Overall GPA: 3.80

Relevant Coursework:

Clinical Psychology, Data Models and Inference, Research Methods in Psychology, Statistics in Psychological Research, Psychopathology, Neurotechnology, Computer Programming and Data Science, and Behavioral Neuroscience

RESEARCH EXPERIENCE

Principal Investigator

2024-Present

Honors Thesis: *Postpartum Obsessive-Compulsive, Anxiety, and Depression Symptom Severity Varies with Maternal Race and Ethnicity*

UNC Chapel Hill Department of Psychology and Neuroscience

Faculty Mentor: Jonathan Abramowitz, PhD

- Formulated novel research question/aims and conducted extensive literature review on racial discrepancies in OCD, anxiety, and depression symptoms during the postpartum period
- Utilized self-report screening tools such as the Edinburgh Postnatal Depression Scale (EPDS), Perinatal Anxiety Screening Scale (PASS), and Obsessive-Compulsive Inventory-Revised (OCI-R) to measure participant postpartum depression, anxiety, and OCD symptom severity, and conducted statistical analyses of longitudinal datasets via SPSS
- Defended Honors Thesis to professionals in the Psychology and Neuroscience field, and presented at the Psychology and Neuroscience Undergraduate Research Poster Center

Clinical Research Assistant

2022-2024

Therapeutic Alliance and Exposure Study

UNC Chapel Hill Anxiety and Stress Lab, Principal Investigator: Jonathan Abramowitz, PhD

- Qualitatively coded over 30 hours of exposure and response prevention treatment sessions utilizing measures of therapeutic alliance (i.e., Working Alliance Inventory-Observer Form) and treatment fidelity
- Reviewed and maintained detailed documentation of 15 treatment sessions including various approaches to rapport-building and participant response
- Collaborated with other research assistants to manage data entry and cleaning in Qualtrics

Clinical Research Assistant

2022-2024

Perinatal OCD Study

UNC Chapel Hill Anxiety and Stress Lab, Principal Investigator: Jonathan Abramowitz, PhD

- Oversaw participant email communications, informed participants about study procedures, and scheduled follow-up study visits
- Entered screening data into Qualtrics and Microsoft Excel, and evaluated eligibility based on self-reported clinically significant obsessive-compulsive symptoms

- Coordinated administrative study tasks, including creating informative study-related social media posts via Canva, updating participant tracking spreadsheets, facilitating informed consent processes, and organizing enrollment information

RELEVANT CLINICAL EXPERIENCE

UNC Hospitals, Volunteer 2023-2025

- Engage creatively with pediatric patients on a broad range of developmental, emotional, and physical abilities in the Children's Hospital for multiple hours weekly, create personalized projects and crafts for inpatient and outpatient children
- Assist in introducing healthy and affordable options for food-insecure patients, assembling take-home bags of nutritious meals for discharged patients
- Respond promptly to call bells, organize supplies, and effectively communicate with medical staff to address patient needs and concerns
- Provide compassionate care by attending to patients' comfort needs, including fetching blankets, water, assisting with transport, and offering companionship

UNC Dermatology, Senior Medical Scribe March 2025 Medical Scribe 2024-2025

- Document patient encounters accurately while professionally supporting a diverse patient population and care team
- Interpret complex healthcare and pharmaceutical information shared by medical staff and ultimately share in a manner patients can clearly understand
- Collaborate seamlessly with medical professionals while demonstrating the ability to work independently in dynamic clinical environments

LSNer, Peer Mental Health Support 2022-2024

- Provided compassionate peer support through active listening, conversing, and directing peers to relevant resources
- Completed training in mental health first aid, provided multiple hours of weekly support via an online chat platform, offering UNC peers a resource for any mental health challenges they faced

PUBLIC HEALTH VOLUNTEERING EXPERIENCE

Phi Delta Epsilon, Programming Committee Leader 2022-Present

- International Medical Fraternity at the University of North Carolina at Chapel Hill
- Engage and collaborate with local organizations to create and participate in volunteer activities for Phi Delta Epsilon and elevate knowledge of different healthcare fields
- Create engaging and informative activities and lead weekly meetings with Phi Delta Epsilon members
- Spread awareness and fundraise for Children's Miracle Network.

GlobeMed, Member 2022-2023

- Informed Chapel Hill communities of important current public health issues, fundraised for/meet with ASSADE, a non-profit partner educating underserved communities in Guatemala on reproductive and oral health
- Created engaging presentations to inform GlobeMed members of current disparities in female reproductive health around the world

POSTER PRESENTATIONS

- **Janes, E. F.** (2025, April 23). *Postpartum Obsessive-Compulsive, Anxiety, and Depression Symptom Severity Varies with Maternal Race and Ethnicity*. Poster presented at 26th Annual Celebration of Undergraduate Research at the University of North Carolina at Chapel Hill

- **Janes, E. F.**, Friedman, J. B., Abramowitz, J. S. (2025, May 31). *Postpartum Obsessive-Compulsive, Anxiety, and Depression Symptom Severity Varies with Maternal Race and Ethnicity*. Poster presented at 3rd Annual Student Research Symposium for the Association of Behavioral and Cognitive Therapies
- Friedman, J. B., **Janes, E. F.**, Juel, E. K., Inozu, M., Myers, N. S., & Abramowitz, J. S. (2025, November). *Sociodemographic Predictors of Postpartum OCD Symptoms: Age, Race, Ethnicity, Income, and Education*. Poster to be presented at 59th Association for Behavioral and Cognitive Therapies Convention, New Orleans, LA

AWARDS AND HONORS

- Honors Carolina
- Graduated with Highest Distinction
- Graduated with Honors in the Psychology Department
- Dean's List, 2021-2025
- Phi Beta Kappa Academic Honor Society
- Psi Chi International Honor Society in Psychology

SKILLS AND CERTIFICATIONS

- SPSS statistical program
- Qualtrics survey platform
- REDCap survey platform
- Salivary cortisol assays
- Hair cortisol sampling
- Actigraphy software
- Basic Python Programming Training
- CITI Human Subjects Protection, Certified in 2025
- Mental Health First Aid, Certified in 2022
- Emergency Medical Technician, Certified in 2022
- Proficient with Microsoft Word, Excel, and PowerPoint programs