

# Octavia H. Zahrt

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Education	<b>Stanford University Graduate School of Business</b> , Stanford, CA Ph.D. Candidate, Organizational Behavior (Micro) Expected completion 2020	2015 – Present
	<b>University College London</b> , London, UK B.A., European Social and Political Studies, 1 <sup>st</sup> class Honors	2011 – 2015
	<b>Paris Institute of Political Studies (Sciences Po)</b> , Paris, France Study abroad	2013 – 2014
Skills	<b>Expertise</b> Research methods, statistics for behavioral sciences, surveys, participant recruitment, team dynamics, design processes, literature review, interdisciplinary research, organizational behavior, social psychology, health psychology, behavioral health <b>Methodology</b> Survey research; randomized controlled experiments in field, lab, and online settings; experience sampling; cross-sectional and longitudinal studies of large archival data; data management; data visualization <b>Statistics</b> Multivariate regression, correlation, model comparison, ANOVA, Structural Equation Modeling (SEM), Hierarchical Linear Modeling (HLM), multilevel (mixed) modeling, factor analysis, statistical methods for observational and quasi-experimental data (incl. matching), longitudinal statistics (incl. survival analysis), bootstrapping, principle component analysis, clustering <b>Computing</b> R, Excel (advanced); SQL (intermediate); HTML, Java (basic) <b>Languages</b> Fluent in English, French, and German	
Current Research Topics	Employee health, wellbeing, and engagement Health technology Social influences on health Psychological mindsets Diversity in organizations Leadership	
Experience	<b>Ph.D. Candidate, Stanford University</b> <i>Dept. of Organizational Behavior (Micro)</i> <ul style="list-style-type: none"><li>Designed, conducted, and analyzed 30+ studies using surveys, behavioral measures, health outcomes, in-person &amp; online platforms with 10,000+ participants</li></ul>	2015 – Present

- Ongoing research collaboration with the Health Enhancement Research Organization (HERO) to analyze the influence of leadership support on employee health and organizational outcomes
- Collaborating on research teams with faculty, post-docs, and graduate students across multiple disciplines (business, psychology, computer science, behavioral medicine)
- Managing undergraduate and full-time research assistants
- Presenting research at professional conferences

**Undergraduate Researcher, University College London**

2013 –  
2015

*Dept. of Psychology, School of Medicine*

- Designed, conducted, and analyzed a social network field intervention to promote diversity at UCL Medical School (with 300+ medical students as participants)
- Collaborated with 1 research faculty and 8 teaching faculty

**Visiting Researcher, UC Berkeley**

Summer  
2014

*Dept. of Organizational Behavior (Micro), Social and Nonverbal Behavior Lab*

- Designed, conducted, and analyzed a lab study on the impact of hierarchy on prosocial behavior
- Collaborated with 2 research faculty
- Managed 2 undergraduate research assistants

**Undergraduate Researcher, Stanford University**

Summer  
2013

*Dept. of Psychology, Dweck-Walton Lab*

- Assisted with design and preparation of a social-psychological intervention study to ease minority students' transition into college
- Collaborated with 1 research faculty, 2 graduate researchers, and 1 research assistant

*Dept. of Psychology, Language and Cognition Lab*

- Assisted with design, preparation, and field data collection of a study on children's language development
- Collaborated with 1 research faculty & 1 graduate researcher

**Undergraduate Researcher, Stanford University**

Summer  
2012

*Dept. of Communication, Communication Between Humans & Interactive Media (CHIME) Lab*

- Assisted designing, conducting, and analyzing an fMRI study investigating differences in neural activity of heavy and light multitaskers
- Trained and certified Level 3 MR Operator in the Stanford Center for Cognitive and Neurobiological Imaging (CNI)
- Collaborated with 1 research faculty & 1 post-doc

**Publications**

**Zahrt, O. H.**, & Crum, A. J. (2017). Perceived Physical Activity and Mortality: Evidence from Three Nationally Representative U.S. Samples. *Health Psychology*.

2017

**Conference Presentations**

**Zahrt, O. H.** (Chair). "Leveraging Social-Psychological Insights to Promote Public Health and Wellbeing". Presenters: **Zahrt, O. H.**, Donnelly, G. E., Jachimowitz, J. M., Dai, H. *Symposium to be presented at the annual convention of the Society for Personality and Social Psychology (SPSP), Atlanta, GA.*

2018

**Zahrt, O. H.** (Chair) & Turnwald, B. P. (Co-chair). "Rethinking Health Behavior Change". Presenters: **Zahrt, O. H.**, Turnwald, B. P., Lenne, R. L., & Wood, W. *Symposium presented at the annual convention of the Society for Personality and Social Psychology (SPSP), San Antonio, TX.*

2017

	<b>Zahrt, O. H.</b> & Crum, A. J. "Effects of Public Health Messages About Physical Activity on Health-Related Mindsets and Health Outcomes". <i>Presented at the annual meeting of the American Public Health Association (APHA)</i> .	2016
	<b>Zahrt, O. H.</b> , Carney, D. R. & Maner, J. K. "Effects of Power, Social Status, Hierarchical Instability, and Gender on Prosocial Behavior". <i>Presented at the annual convention of the Society for Personality and Social Psychology (SPSP), San Diego, CA</i> .	2016
<b>Works in Progress</b>	<b>Zahrt, O. H.</b> , Crum, A. J. & Pfeffer, J. ( <i>in prep</i> ). Leadership mindsets and their effects on team leader and member wellbeing and performance.	
	<b>Zahrt, O. H.</b> , Landay, J. & Crum, A. J. ( <i>data collection</i> ). Leveraging health technology (Apple Watch) to foster adaptive health mindsets, behavior change, and sustained health improvements.	
	Oppezzo, M., <b>Zahrt, O. H.</b> & Neale, M. A. ( <i>data collection</i> ). Walk 'n' talk: Effects of walking (vs. sitting) on negotiation performance.	
	<b>Zahrt, O. H.</b> & Grossmeier, J. ( <i>under review</i> ). Does leadership support boost the effectiveness of workplace wellbeing programs?	
	<b>Zahrt, O. H.</b> & Howe, L. C. ( <i>in prep</i> ). Managers as role models for wellbeing.	
	<b>Zahrt, O. H.</b> & Crum, A. J. ( <i>in prep</i> ). Unintended effects of public health guidelines on individuals' health mindsets, exercise behavior, and health.	
	Wolf, K. & <b>Zahrt, O. H.</b> ( <i>in prep</i> ). Encouraging diversity in friendship networks to improve minority student success.	
<b>Teaching Experience</b>	<b>The Paths to Power:</b> MBA Course, Stanford University Graduate School of Business; TA for Professor Jeffrey Pfeffer	2017 – Present
	<b>Managing Groups and Teams:</b> MBA Course, Stanford University Graduate School of Business; TA for Professor Lindy Greer	2017 – Present
<b>Service</b>	<b>Officer, Ph.D. Association of Women</b> , Stanford University Graduate School of Business <ul style="list-style-type: none"> <li>• Organizing talks, panel discussions, workshops, and social events to facilitate conversations about workplace diversity and support women in their careers</li> <li>• Collaborating with the organizing committee (6 graduate students) and the Ph.D. administrative office</li> </ul>	2017 – Present
	<b>President, European Society</b> , University College London <ul style="list-style-type: none"> <li>• Responsible for 300+ members of a student organization</li> <li>• Directed a committee of 7 undergraduate students</li> <li>• Organized and led UCL-wide social, cultural, and careers events</li> <li>• Supervised the publication of the Eureka magazine</li> </ul>	2012 – 2013
<b>Scholarships &amp; Awards</b>	<b>Stanford Center for Digital Health Apple Watch Seed Grant</b> Aimed to facilitate novel and transformative research with health care technology, leveraging the expertise and academic rigor of Stanford to achieve meaningful community health improvements	2017
	<b>SPSP Graduate Travel Award</b> , SPSP Annual Convention Awarded based on the excellence of the submitted conference abstract and on the strength of the applicant's scholarly achievements	2017

<b>SPSP Diversity Fund Graduate Travel Award</b> , SPSP Annual Convention Awarded based on the excellence of the applicant's scholarly record and with the goal to increase diversity within personality and social psychology	2017
<b>The Dean's List</b> , Faculty of Arts and Humanities, University College London A commendation to undergraduate students excelling in their chosen field	2015
<b>Fourth Year Sessional Prize</b> , Dept. of European Social and Political Studies, University College London Awarded to students with the best overall performance in department	2015
<b>German National Academic Foundation Scholarship</b> Awarded to students of outstanding academic achievements and potential	2012

**References**

**Alia Crum, Ph.D.**, Professor of Psychology, Stanford University  
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Phone: (970) 987-9182

**Marilyn Oppezzo, Ph.D.**, Post-Doctoral Scholar in the Prevention Research Center, Stanford University, School of Medicine  
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