

Octavia H. Zahrt

Curriculum Vitae

Stanford Graduate School of Business
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EDUCATION

Stanford University Organizational Behavior (Micro) Graduate School of Business Stanford, CA	Ph.D. 2020 (expected)
University College London European Social and Political Studies, 1 st class Honors London, UK	B.A. 2015
Paris Institute of Political Studies (Sciences Po) Study abroad Paris, France	2013 – 2014

RESEARCH AREAS

Health and social psychology; organizational behavior; human-computer interaction; behavioral medicine.

SELECTED HONORS & AWARDS

Stanford Catalyst for Collaborative Solutions Research Grant Research group led by Scott Delp (PI) received \$2,250,000 for various projects on “Motivating Mobility and Health on a Global Scale.”	2018
Stanford Center for Digital Health Apple Watch Seed Grant Awarded 110 Apple Watches for research use. 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
SPSP Graduate Travel Award, SPSP Annual Convention Awarded based on the excellence of the submitted conference abstract and on the strength of the applicant’s scholarly achievements.	2017
SPSP Diversity Fund Graduate Travel Award, 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

The Dean's List, Faculty of Arts and Humanities, University College London 2015
A commendation to undergraduate students excelling in their chosen field.

Fourth Year Sessional Prize, Department of European Social and Political Studies, 2015
University College London
Awarded to students with the best overall performance in department.

German National Academic Foundation Scholarship 2012 – 2017
Awarded to students of outstanding academic achievements and potential.

PUBLICATIONS

Peer-Reviewed

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

Under Review

Zahrt, O. H. & Crum, A. J. (under review at *Preventive Medicine Reports*). Effects of Physical Activity Recommendations on Mindset, Behavior and Health.

Web-Based

Zahrt, O. H. (2018). Leadership Support and the Effectiveness of Wellness Initiatives. *Health Enhancement Research Organization (HERO) blog*. Available at: <https://hero-health.org/blog/leadership-support-and-the-effectiveness-of-wellness-initiatives/>

Lottridge, D., Zahrt, O. H., Harbott, L. K., Dougherty, R. F., & Nass, C. I. (2012). Preliminary results of brain activity during cognitive control tasks in chronic media multitaskers. Available at: <https://purl.stanford.edu/xh445jx0691>

ACADEMIC PRESENTATIONS

Chaired Symposia

Leveraging Social-Psychological Insights to Promote Public Health and Wellbeing. Society for Personality and Social Psychology (SPSP) Annual Convention 2018. Speakers include O. H. Zahrt, G. Donnelly, J. Jachimowitz, and H. Dai.

Rethinking Health Behavior Change. Society for Personality and Social Psychology (SPSP) Annual Convention 2017. Co-chaired with B. P. Turnwald. Speakers included O. H. Zahrt, B. P. Turnwald, R. Lenne, & W. Wood.

Conference Talks

O. H. Zahrt, & A. J. Crum. Perceived Physical Activity and Health: The Role of Social Comparison and Wearable Technology. Association for Psychological Science (APS) Annual Convention 2018.

O. H. Zahrt, & A. J. Crum. The Role of Mindsets in Promoting Public Health. Society for Personality and Social Psychology (SPSP) Annual Convention 2018.

O. H. Zahrt, & A. J. Crum. Adverse Psychological Side-Effects of Physical Activity Guidelines. Society for Personality and Social Psychology (SPSP) Annual Convention 2017.

O. H. Zahrt, & A. J. Crum. Effects of Public Health Messages About Physical Activity on Health-Related Mindsets and Health Outcomes. American Public Health Association (APHA) Annual Meeting 2016.

Conference Posters

K. Evans, O. H. Zahrt & A. J. Crum. Wearable Fitness Trackers and Their Effects on Mindsets and Stress: A Longitudinal Experiment. Society for Personality and Social Psychology (SPSP) Annual Convention 2019.

O. H. Zahrt, D. R. Carney, & J. K. Maner. Effects of Power, Social Status, Hierarchical Instability, and Gender on Prosocial Behavior. Society for Personality and Social Psychology (SPSP) Annual Convention 2016.

WORKS IN PROGRESS

Zahrt, O. H., Landay, J., Crum, A. J. et al. (*field data collection*). Leveraging wearable fitness trackers to foster adaptive health mindsets, behavior change, and sustained health improvements.

Oppezzo, M., Neale, M. A., Zahrt, O. H. et al. (*data analysis*). Walk ‘n’ talk: Effects of walking on a treadmill desk on stress, affect, and negotiation performance.

Woolf, K. & Zahrt, O. H. (*data analysis*). Encouraging diversity in friendship networks to improve minority student success.

SELECTED MEDIA COVERAGE

BBC, How Your Mindset Determines Your Health. Claudia Hammond (11 April, 2018).

The New York Times, How our Beliefs Can Shape our Waistlines. Gretchen Reynolds (Feb 22, 2018).

NPR, Just Thinking You're Slacking on Exercise Could Boost Risk of Death. Angus Chen (July 20, 2017).

Stanford News, Perceiving Oneself as Less Physically Active Than One's Peers is Linked to a Shorter Lifespan, Stanford Researchers Say. Milenko Martinovich (July 20, 2017).

UNDERGRADUATE RESEARCH EXPERIENCE

Undergraduate Research Assistant, University College London, Department of Psychology. Collaborated with Katherine Woolf on an intervention to encourage 2013 – 2015

interethnic friendships and reduce the ethnic achievement gap.

Visiting Researcher, UC Berkeley, Haas School of Business. Worked in Dana Carney's Social and Nonverbal Behavior Lab. Developed and conducted a study on the impact of social hierarchies on prosocial behavior. Summer 2014

Undergraduate Research Assistant, Stanford University, Department of Psychology. Worked in Greg Walton's lab on a social-psychological intervention study to ease freshmen's transition into college. Worked in Mike Frank's Language and Cognition Lab on a study about children's language development. Summer 2013

Undergraduate Research Assistant, Stanford University, Department of Communication. Worked with Clifford Nass and Danielle Lottridge on an fMRI study investigating multitasking. Trained and certified Level 3 MR Operator in the Stanford Center for Cognitive and Neurobiological Imaging (CNI). Summer 2012

TEACHING EXPERIENCE

Fundamentals of Management and Organizational Behavior: Undergraduate Course, San José State University; Guest Lecture on Wellbeing in the Workplace. 2018

The Paths to Power: MBA Course, Stanford University Graduate School of Business; TA for Professor Jeffrey Pfeffer. 2017 – Present

Managing Groups and Teams: MBA Course, Stanford University Graduate School of Business; TA for Professor Lindy Greer. 2017 – Present

WORK EXPERIENCE

Ph.D. Fellow 2019
RIVA

Ph.D. Fellow, People Analytics Summer 2018
Google

PROFESSIONAL SERVICE

President, Ph.D. Association of Women 2018 – Present
Stanford University Graduate School of Business

Officer, Ph.D. Association of Women 2017 – 2018
Stanford University Graduate School of Business

Reviewer 2016 – Present
Appetite Journal; ACM Conference on Human Factors in Computing Systems (CHI)

Student Mentor, GSB Ph.D. Mentors Program 2016 – Present
Stanford University Graduate School of Business

President, European Society
University College London

2012 – 2013

TECHNICAL SKILLS

R, statistical data analysis (advanced)

SQL, programming language (intermediate)

Java, programming language (basic)

LANGUAGES

English, fluent

French, fluent

German, native speaker

Latin, good knowledge