

Octavia H. Zahrt

Curriculum Vitae

Stanford Graduate School of Business
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EDUCATION

Stanford University Ph.D. 2020
Organizational Behavior (Micro) (expected)
Graduate School of Business
Stanford, CA

University College London B.A. 2015
European Social and Political Studies, 1st class Honors
London, UK

Paris Institute of Political Studies (Sciences Po) 2013 – 2014
Study abroad
Paris, France

RESEARCH AREAS

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

SELECTED HONORS & AWARDS

Stanford Catalyst for Collaborative Solutions Research Grant 2018
Research group led by Scott Delp (PI) received \$2,250,000 for various projects on “Motivating Mobility and Health on a Global Scale.”

Stanford Center for Digital Health Apple Watch Seed Grant 2017
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.

SPSP Graduate Travel Award, SPSP Annual Convention 2017
Awarded based on the excellence of the submitted conference abstract and on the strength of the applicant’s scholarly achievements.

SPSP Diversity Fund Graduate Travel Award, SPSP Annual Convention 2017
Awarded based on the excellence of the applicant’s scholarly record and with the

goal to increase diversity within personality and social psychology.

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. (2020). Effects of Physical Activity Recommendations on Mindset, Behavior and Perceived Health. *Preventive Medicine Reports*.

Cauchard, J. R., Frey, J., Zahrt, O. H., Johnson, K., Crum, A., & Landay, J. A. (2019). The Positive Impact of Push vs Pull Progress Feedback. *Proceedings of the ACM on Interactive, Mobile, Wearable and Ubiquitous Technologies*.

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

Web-Based

Zahrt, O. H. (2019). How Motherhood can Benefit Your Career and Your Company. *Medium*. Available at: https://medium.com/@octavia.zahrt/how-motherhood-can-benefit-your-career-and-your-company-d389f8162802?source=friends_link&sk=251da199a25f43abed4c2d333a42bef1

Zahrt, O. H. (2019). The Gender Pay Gap—Yes, It's a Real Thing. *Medium*. Available at: https://medium.com/@octavia.zahrt/the-gender-pay-gap-yes-its-a-real-thing-9784548d0b22?source=friends_link&sk=920bd697d8348fc1cdafb3db7ebadc0b

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. (*data analysis*). 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 (April 11, 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).

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 – 2019

Managing Groups and Teams: MBA Course, Stanford University Graduate School of Business; TA for Professor Lindy Greer. 2017 – 2019

WORK EXPERIENCE

Ph.D. Fellow 2019

RIVA

Ph.D. Fellow, People Analytics Summer 2018

Google

PROFESSIONAL SERVICE

President, Ph.D. Association of Women 2018 – 2019
Stanford University Graduate School of Business

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

Reviewer 2016 – 2019
Appetite Journal; ACM Conference on Human Factors in Computing Systems (CHI)

Student Mentor, GSB Ph.D. Mentors Program 2016 – 2019
Stanford University Graduate School of Business

President, European Society 2012 – 2013
University College London

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