

Clare Wongwai
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EDUCATION

PhD, Clinical Psychology August 2024 – Present
Expected graduation: May 2030
University of Illinois at Chicago

BA, Sociology-Anthropology and Asian Studies September 2018 - May 2022
Emphasis in Psychology - GPA: 3.71
St. Olaf College

Semester Abroad Program August - December 2021
Yonsei University, Seoul, South Korea - GPA: 3.93

RESEARCH INTERESTS

Community-based participatory research, implementation science, historically underserved and minoritized populations, youth and families of color, culturally responsive and accessible health services and treatments, health disparities, mental health literacy, social determinants of health, acculturative stress, racism-based stress and trauma, stereotypes, stigma, discrimination, socialization

HONORS & AWARDS

Dean's List

- Fall of 2019, 2020
- Spring of 2020, 2021, 2022

Spring Honor's Day (*recognizes students who have achieved a cumulative GPA of 3.60 or above*)

- Spring of 2021, 2022

RESEARCH EXPERIENCE

Graduate Research Assistant July 2024 - Present
University of Illinois at Chicago
PI: Loretta Hsueh, Ph.D., Health Services to Advance Equity and Diversity Lab

General Responsibilities

- Attend and regularly lead lab meetings to facilitate professional development
- Organize and fulfill lab management tasks including updating the lab handbook and website
- Assisting in health service research project tasks in collaboration with other scholars

Research Study Assistant November 2023 - July 2024
Northwestern University, Feinberg School of Medicine

PI: Judith Moskowitz, Ph.D., Positive Psychology and Health Investigations Group

Project Title: Fostering Optimal Regulation of Emotion to prevent Secondary Trauma (FOREST)

- Assist community violence intervention workers at 3 clinical community sites in Chicago during monthly skill sessions with logistical, regulatory, and facilitation duties
- Conduct surveys, interviews, and focus groups with ~15 selected staff to determine the reach, effectiveness, implementation, and sustainability of the program

PI: Elizabeth Addington, Ph.D.

Project Title: Optimizing Affect during Ketamine infusions for depression (OAK)

- Facilitate semi-structured interviews with clinicians and adults receiving ketamine infusions for treatment-refractory depression

- Incorporate feedback from clinicians and patients to maximize the feasibility and acceptability of a non-pharmacologic integrative health intervention

In collaboration with Cultivate Collective and the Academy for Global Citizenship

Project Title: *Cultivate Collective: Implementation of a Community Teaching Kitchen*

- Review literature to inform the evaluation of community-based teaching kitchen curriculum
- Create pre- and post-surveys to assess outcomes of participating in a teaching kitchen training

Clinical Research Coordinator

August 2022 - July 2024

Northwestern University, Feinberg School of Medicine

PI: Sheehan Fisher, Ph.D., Emily Miller, M.D.

Project Title: *Prevention of Perinatal Depression in Birthing People with a History of Adverse Childhood Experiences: A Type 2 Effectiveness Implementation Trial (PPD-ACE)*

- Recruit, enroll, and randomize participants with databases and REDCap
- Retrieve, clean, and organize participant data and questionnaires on electronic medical records
- Assist in administrative duties including data submissions and IRB revisions
- Lead team meetings with collaborators in obstetrics, psychology, psychiatry, and biostatistics

Project Title: *Coping with Severe Nausea and Vomiting in Pregnancy (SNVP)*

- Review existing literature on the impact of SNVP/hyperemesis gravidarum on the psychological well-being of birthing parents
- Assisted in the preparation of the introduction, background, study design, and measures sections of this grant application that was successfully awarded (*2024 Friends of Prentice Grant*)

Project Title: *African-American Social Support Effectiveness Treatment- Partners Alleviating Perinatal Depression (ASSET-PPD)*

- Liaise with participants from recruitment through study completion
- Construct and revise survey instruments on REDCap
- Direct IRB administration and updates throughout the study

Research Study Assistant

June 2022 - July 2024

Northwestern University, Feinberg School of Medicine

PI: Inger Burnett-Zeigler, Ph.D., Mind-Body Lab

General Responsibilities

- Train and manage new lab members regarding cleaning and checking data, screening and contacting participants, and serving as teaching assistants for mindfulness classes
- Initiate and lead a collaborative scoping review that explores culturally informed brief, single-session online services that utilize mindfulness-based interventions
- Assist in coding interviews and manuscript writing for a research project titled *Hustle Mommies*, to develop and implement mental health resources for mothers in inner-city communities

Project Title: *Effectiveness and Implementation of a Mindfulness Intervention for Depressive Symptoms Among Low-income, Racial/Ethnic Minority Adults in a Federally Qualified Health Center*

- Correspond and communicate with community partnerships, including co-investigators and 8 Federally Qualified Health Centers (FQHC)
- Facilitate interviews with community partners to inform implementation strategies
- Assist in writing manuscripts and grants by conducting literature reviews and compiling data
- Code video-recorded sessions of an adapted mindfulness-based stress reduction intervention
- Plan and lead regular meetings for the lab members and data analysis team

Moore Undergraduate Research Apprentice Program (MURAP) Scholar

May 2021 - July 2021

University of North Carolina at Chapel Hill

Advisor: Allison De Marco, Ph.D.

Project Title: *Our Bookshelves Right Now: Anti-racist Messages of Current Bestselling Children's Picture Books*

- Designed a research project and finalized a paper concerning the prevalence and quality of anti-racist themes and representation in children's books
- Presented a seminar presentation and engaged in a presentation discussion and Q&A session with fellow cohort members, faculty, and research staff
- Finalized a blog post summarizing my project's main findings and recommendations

Refugee Resettlement Education & Employment Intern

November 2020 - February 2021

Catholic Charities Southwestern Ohio

Advisor: Rachel Burgess, Case Management Supervisor

Project Title: *Needs Assessment Report*

- Assessed the career and financial needs of resettled refugees in the U.S. by designing surveys and directly interviewing clients
- Conducted program evaluation for resettlement program service effectiveness
- Produced and presented a report on how refugees fare post-arrival, identifying successes and areas for improvement to interlocutors

Collaborative Undergraduate Research and Inquiry (CURI) Scholar

May - July 2020

St. Olaf College

Advisor: Ka Wong, Ph.D.

Project Title: *Asia in Minnesota: Diversity, Visibility, and Intersectionality in Higher Education*

- Conducted and transcribed semi-structured interviews with students, parents, and professionals in higher education to highlight Asian Americans from various backgrounds
- Reviewed and synthesized literature surrounding Asian American history and the commonalities and distinctions between Asian American experiences
- Finalized and presented a website and documentary trailer that highlighted Asian American history, transcribed interviews, and resources at the CURI Closing Symposium

CLINICAL EXPERIENCE

Clinical Study Coordinator

June 2022 - July 2024

Northwestern University, Feinberg School of Medicine

- Assess participants for depressive symptoms and suicide ideation using the *Patient Health Questionnaire-9* (PHQ-9)
- Serve as the Teaching Assistant (TA) for 8-week Mindfulness-Based Stress Reduction classes, guide and encourage participants to engage in class material
- Facilitate parent-infant interaction sessions, among mothers, fathers, and infants, that will be coded for facial expressions during playtime
- Design, coordinate, and assist in leading a five-session, group therapy intervention to reduce maternal distress through psychoeducation, valued living, distress tolerance and acceptance, mindfulness, and behavioral planning

Online Hotline Crisis Volunteer

January 2023 - April 2024

Blackline, nationwide hotline

- Support individuals who are experiencing crisis, abuse, or mistreatment
- Collect and document information on negative police and vigilante encounters from callers
- Compile resources for professional staff, trained volunteers, and partnerships in Chicago

Lead Adaptive Camp Counselor

May - August 2019, 2020, and 2022

Round Rock Parks and Recreation, Round Rock, TX

- Corresponded with coworkers, advisors, and parents to plan inclusive daily activities and care for children and youth with mental and physical disabilities, ages 5–21

- Evaluated counselor performances alongside supervisors as a nominated lead counselor

Autism Advocacy Club Volunteer

September 2019 - May 2020

St. Olaf College, Northfield, MN

- Mentored middle and high school students on the Autism spectrum at local public schools
- Structured and led weekly activities based on students' hobbies and interests

BOOK CHAPTERS & MANUSCRIPTS

De Marco, A. & **Wongwai, C.** (In preparation). *Our bookshelves right now: Anti-racist messages of current bestselling children's picture books.*

Fisher, S. D., Walsh, T. & **Wongwai, C.** (2024, July). *The importance of perinatal non-birthing parents' mental health and involvement for family health.*

Vue, P., & **Wongwai, C.** (2023). Steps towards more introspective and anti-racist work in writing centers. *The Peer Review*, 7(3). <https://thepeerreview-iwca.org/issues/issue-7-3/introspective-and-anti-racist-work/>

Wongwai, C. (2022). How gratitude informs tutoring: Finding comfort in the unknown. In M. Orsini & L. Kleinman (Eds.), *Student writing tutors in their own words: Global voices on writing centers and beyond.* Routledge.

BLOG POSTS

Wongwai, C. (2021, September). *Raising anti-racist children: Picture books that help* [Blog post]. <https://jordaninstituteoffamilies.org/2021/raising-anti-racist-children-picture-books-that-help/>

CONFERENCE POSTER & WORKSHOP PRESENTATIONS

Wongwai, C., Lee, M., Hsueh, L., & Zhu, L. (submitted 2024, August) *Association of acculturation with depression misperception among Asian and Latine adults in the US: National Health and Nutrition Examination Survey (NHANES) 2015-2018.* Submitted to present at the Society of Behavioral Medicine's Annual Meeting in San Francisco, CA.

Fisher, S. D., & **Wongwai, C.** (2024, July) *Paternal mood and involvement on maternal and child outcomes.* Slides presented at the International Congress of Infant Studies (ICIS) in Glasgow, Scotland.

Wongwai, C. (2023, April). *What's in our picture books? Anti-racism messages in children's literature.* Poster presented at the Annual Midwestern Psychological Association Conference (MPA) for the Psi Chi program in Chicago, Illinois.

Wongwai, C. (2023, April). *Perceptions and portrayals: How media represents Austin, Texas's unhoused community.* Poster presented at the Annual Midwestern Psychological Association Conference (MPA) for the Psi Chi program in Chicago, Illinois.

Wongwai, C. (2023, April). *Are we deterring Asian Americans from getting help? Providing culturally sensitive integrative mental health care.* Poster presented at the Annual Midwestern Psychological Association Conference (MPA) for the Division 27/Society for Community Research and Action (SCRA) in Chicago, Illinois.

Wongwai, C. (2023, April). *Adopting and adapting: A review on identity development in interracial and international East Asian adoptees.* Poster presented at the 2023 Diversifying Clinical Psychology Networking Event by the Council of University Directors of Clinical Psychology (CUDCP) virtually.

Wongwai, C. (2022, December). *Are we deterring Asian Americans from getting help? Providing culturally sensitive integrative mental health care.* Poster presented at the 2022 Institute for Public Health and Medicine (IPHAM) Population Health Forum at Northwestern University in Chicago, Illinois.

Vue, P., & **Wongwai, C.** (2022, May). *A workshop for introspective and anti-racist work in writing*. Interactive presentation given at the Diversity, Equity, and Inclusion Symposium: Recognizing Excellence, Challenges, and the Work Ahead at St. Olaf College, Northfield, MN.

Miller, Z., Vue, P., & **Wongwai, C.** (2021, November). *Steps towards more introspective and anti-racist work in writing centers*. Workshop presented at the National Conference on Peer Tutoring in Writing (NCPTW) Annual Conference virtually.

Kennedy, L., & **Wongwai, C.** (2021, March). *On the road: Working toward equity and inclusion in undergraduate classes*. Oral presentation given at the Midwest Sociological Society Annual Conference Meeting (MSS) virtually.

New, M., O'Donoghue, L., Vang, M.V., **Wongwai, C.**, Xiong, A., & Young, D. (2020, July). *Asia in Minnesota: Diversity, visibility, and intersectionality in higher education*. Website presented at the Collaborative Undergraduate Research and Inquiry Closing Symposium at St. Olaf College virtually.

ADDITIONAL PAPER PRESENTATIONS

Wongwai, C. (2023, June). *She's missing in more ways than one: How psychology can help us understand and amplify the lack of media coverage of missing non-white women*. Presented at the 2023 Summer Undergraduate Research Education Program Conference at University of Georgia, virtual.

Wongwai, C. (2022, May). *She's missing in more ways than one: How social identity theory can help us understand the lack of attention given to missing non-white women*. Presentation and theory paper presented in the Social Psychology course at St. Olaf College.

Wongwai, C. (2022, April, May) *Navigating a fine Line: Culturally sensitive mental health care and Are we deterring Asian Americans from getting help? Racial and cultural sensitivity in mental health care*. Capstone presentation series and paper presented in the Seminar for Asian Studies at St. Olaf College.

Wongwai, C. (2021, July). *Our bookshelves right now: Anti-racist messages of current bestselling children's picture books*. Presentation presented at the Moore Undergraduate Research Apprentice Program Seminar at University of North Carolina at Chapel Hill, virtual.

Abadi, M., Kennedy, L., Moran, S., & **Wongwai, C.** (2020, December). *Racial and ethnic equity and inclusion in St. Olaf College's curriculum and pedagogy*. Presentation and paper presented at the school-wide Foundations of Social Science Research summary presentation at St. Olaf College, virtual.

DIVERSITY, EQUITY, & INCLUSION EXPERIENCE

Program Scholar

May 2023 - April 2024

Institute for Recruitment of Teachers (IRT), Phillips Academy-Andover

Advisor: Leslie Godo-Solo, M.A., Ed.S.

- Selected alongside ~130 other students for outstanding scholarship and commitment to addressing issues of social justice, equity, and access within education
- Participate in a 10-month program and engaged in rigorous coursework, required facilitations, mock interviews, and multiple presentations by IRT alumni
- Engage in professional and academic skill development through workshops, webinars, and one-on-one counseling

Coordinator and Presenter of Anti-racism Tutor Workshops

August 2020 - May 2022

Diversity, Equity, and Inclusion Symposium, St. Olaf College

Advisor: Bridget Draxler, Ph.D.

- Created and led research teams with fellow tutors, presented workshops and conference presentations, and submitted a publication on anti-racism tutoring praxis

- Co-facilitated a series of introspective exercises for educators regarding inclusivity and anti-racist practices in classrooms for linguistically diverse students
- Led a collaborative project with the International & Off-Campus Studies department that aims to increase cultural sensitivity for students studying abroad

Program Scholar and Alumni

May 2021 - July 2021

MURAP Summer Research Fellowship, UNC-Chapel Hill

Advisor: Allison De Marco, Ph.D.

- Selected alongside 19 other students for outstanding scholarship and commitment to addressing issues of social justice, equity, and access within humanities and social science research
- Attended and engaged in weekly seminars covering social justice topics across social science and humanities disciplines
- Presented a seminar presentation and engaged in a presentation discussion and Q&A session with fellow cohort members, faculty, and research staff

Researcher and Presenter

August - December 2020

Presentation: Racial and Ethnic Equity and Inclusion in St. Olaf College's Curriculum and Pedagogy

- Conducted focus groups, surveys, and SPSS analyses to assess students' experiences with racial/ethnic equity and inclusion in classes, pedagogy, and curriculum
- Presented campus-wide survey findings and our recommendations for faculty and leadership
- Finalized a paper that was showcased in the Board of Regents Committee's DEI resource folder

Researcher and Presenter

May - July 2020

CURI Summer Research Program, St. Olaf College

- Conducted interviews with students, parents, and professionals in higher education to highlight Asian American experiences in higher education
- Co-presented a website, documentary trailer, and resources to improve DEI efforts at the college

TEACHING & MENTORSHIP

Teaching Assistant

August 2024 - Present

University of Illinois at Chicago, Department of Psychology

Fall 2024 Semester, Course: Introduction to Psychology

- Lead four weekly discussion sections with a total of 80 students
- Grade papers and managed grade entry and attendance in Blackboard
- Participate in a weekly adjunct teaching assistant seminar and monthly support group
- Hold weekly office hours to provide additional student support

The Psychology Undergraduate Research Readiness (PURR) program

August 2024 - Present

University of Illinois at Chicago, Department of Psychology

- Mentor underrepresented undergraduate students in refining their research, communication, academic professionalism, and teamwork skills
- Host workshops that provide undergraduates with professional development information to prepare them to apply for research labs, graduate education, and post-graduate opportunities
- Organize interactive activities, guest speakers, and information sessions

Project SHORT Mentor

July 2024 - Present

Students for Higher Education Opportunities and Representation in Training, nonprofit

- Mentor underrepresented undergraduate students through the graduate application process
- Aid in creating educational materials and leading workshops

Writing Center Lead Tutor

February 2019 - May 2022

Center for Advising and Academic Support, St. Olaf College

- Facilitated and tailored over 215 one-on-one sessions to address higher-order concerns

- Served as a nominated *Lead Tutor*, led tutor training, and managed 40 tutors
- Conducted interviews and assisted in the annual hiring process of new tutors

Academics and Resources Peer Coach, Fall Semester

August - November 2020

Center for Advising and Academic Support, St. Olaf College

- Facilitated individual advising sessions and weekly group meetings with 9 first-year students from diverse backgrounds
- Coordinated with fellow peer leaders to plan weekly activities and discussions designed to improve each student's acclimation and success

LEADERSHIP & SERVICE

Campus Student Representative

August 2024 - Present

American Psychological Association, Division 38: Society for Health Psychology

- Serve as liaisons between SfHP's Student Advisory Council and the UIC graduate program
- Host sponsored events that promote health psychology

Chinese House President and Official Language Coordinator

August 2020 - May 2022

St. Olaf College, Northfield, MN

- Organized monthly Chinese House and Program Events for cultural education and engagement as the nominated president
- Arranged and facilitated weekly Chinese Conversation Tables for Chinese language students to practice conversational Mandarin

Executive Member of Asian American Student Union

August 2018 - May 2022

St. Olaf College, Northfield, MN

- Educated others about national and global issues concerning the Asian American and Pacific Islander (AAPI) communities
- Planned and led weekly meetings and monthly campus events to fundraise and spread awareness around current events, including the annual Lunar New Year campus-wide event
- Served as the *First-Year Representative* (2018-2019), *Secretary* (2020-2021), and *Co-Chair* (2021-2022)

Executive Organizer of AAPI Visibility Week

March - May 2021

Asian American and Pacific Islander Visibility Week Event, St. Olaf College

- Orchestrated a hallway display and series of panels to highlight various cultures and histories of AAPI communities in collaboration with 8 cultural campus organizations
- Facilitated daily community events aimed to provide spaces for processing and coping
- Performed and volunteered at the AAPI Cultural Showcase

Food Pantry Volunteer

December 2015 - August 2019

St. Andrew's Food Pantry Austin, TX

- Facilitated weekly setup and distribution of grocery and school items for community members
- Translated for deaf clients using American Sign Language (ASL)

RESEARCH & CLINICAL SKILLS

- **Software:** Epic, Excel, Qualtrics, REDCap, RStudio, SPSS Statistics, Wolfram Mathematica
- **Reference Management:** EndNote, PsychINFO, PubMed, Zotero
- **Research Methods Courses:** Anthropology, Asian Studies, Psychology, Sociology
- **Graphic Design:** Adobe InDesign, Adobe Photoshop, Canva, WordPress
- **Assessments:** *Longitudinal Interval Follow-up Evaluation* (LIFE); *Mini-International Neuropsychiatric Interview* (MINI); *Patient Health Questionnaire-9* (PHQ-9)
- **Training:** De-Escalation Techniques
- **Languages:** American Sign Language, Korean, Mandarin Chinese (conversational fluency)