Jiaying (Mai) Xu

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Education

Brandeis University, Waltham, MA \
Master of Arts in Experimental Psychology \
GPA: 3.7/4.0 \
Thesis: *Alcohol as a Predictor of Sexual Aggression Recidivism*

June 2023 - May 2025

Brandeis University, Waltham, MA \
Bachelor of Arts in Philosophy and Psychology (Double Major) \
GPA: 3.7/4.0, Dean's List, Cum Laude

August 2020 – May 2023

Manuscripts in Preparation

Xu, J., & Knight, R. A. (2025). *Alcohol-Related Predictors of Sexual and Nonsexual Recidivism: A Cox Regression Analysis with Long-Term Follow-Up*.

Xu, J., & Xu, H. (2025). *Protective Traits and Preserved Executive Function in Individuals with Adverse Childhood Experiences*.

Posters

Xu, J., & Knight, R.A. (September 2025). *Alcohol as a Predictor of Sexual Aggression Recidivism*. Poster presented at the *Association for the Treatment & Prevention of Sexual Abuse (ATSA) Annual Research & Treatment Conference*; Orlando, Florida.

Research Experience

Research Assistant – Adverse Childhood Experiences and Cognitive Resilience \
Key Lab, Institute of Psychology, Chinese Academy of Sciences \
PI: Dr. Hang Xu

June 2025 – Present

Project Description: Leading a research initiative using a large-scale national dataset to identify protective traits that buffer against cognitive and emotional difficulties among individuals exposed to adverse childhood experiences (ACEs). The project aims to uncover resilience mechanisms that inform early identification and prevention strategies for severe mental health conditions.

Responsibilities:

- Directed project planning and analytical strategy to examine how ACEs interact with protective traits to influence executive function and emotion regulation.
- Conducted advanced statistical modeling in R to explore cognitive and emotional resilience pathways.
- Integrated theoretical and empirical literature to guide hypothesis development and interpretation of findings.
- Managed project timelines, coordinated with collaborators, and translated findings into actionable research outputs.
- Participated in ongoing lab meetings focused on developmental psychopathology and translational mental health science.

Graduate Researcher – Master's Thesis Project \
Knight Lab, Brandeis University \
PI: Raymond A. Knight, Ph.D.

June 2023 – Present

Project Description: Thesis project utilizing archival data from the Massachusetts Treatment Center (MTC) and a National Institute of Justice (NIJ) follow-up study to

examine how multiple dimensions of alcohol use predict different types of recidivism (e.g., sexual, violent, victimless) across 1–15 years post-release among male sexual offenders.

Responsibilities:

- Conducted literature review, study design, and hypothesis development for a Master's thesis on alcohol and recidivism.

- Submitted IRB proposal and obtained CITI certification for ethical research approval.

- Extracted and rated archival data from the MTC and NIJ-funded long-term follow-up study using the MTC Dictionary.

- Performed exploratory factor analysis (EFA) to develop and validate composite scales from 28 alcohol-related variables.

- Conducted logistic regression analyses to evaluate how distinct alcohol variables predicted recidivism types across 1–15 years.

- Synthesized findings from prior meta-analyses and theoretical models to inform factor structure and interpretation.

- Presented results at professional conferences (e.g., ATSA, MASOC, MATSA).

Research Assistant – SMILE and Big4 META Projects   **October 2024 – Present**
Youth Mental Health Lab, Harvard University
PI: John Weisz, Ph.D.

Project Description: Supporting two large-scale meta-analyses on youth mental health interventions. The SMILE project (funded by IES) synthesizes 300+ studies testing school-delivered interventions for K–12 students with social, emotional, or behavioral (SEB) concerns to examine treatment effectiveness, moderators, and links to academic performance. The Big4 META project is the first meta-analysis to investigate the effects of psychotherapy homework completion—real-world application of therapeutic skills—on mental health outcomes in youth.

Responsibilities:

- Screened and reviewed 3,000+ peer-reviewed articles for inclusion across both meta-analyses.

- Conducted data extraction and organization for intervention characteristics, outcomes, and moderator variables.

- Participated in weekly lab meetings and didactic trainings on meta-analytic methods and interrater reliability.

- Collaborated with team members to resolve coding discrepancies and improve clarity of the coding manual.

- Contributed to manuscript preparation and literature synthesis for upcoming publications.

Research Assistant   **February 2025 – Present**
Emotion Regulation Meta-Analysis Project, Yale University
PI: Mark Shuquan Chen, Ph.D.

Project Description: Assisting in an extensive meta-analysis updating a previous study published in *Nature Human Behavior*, examining emotion regulation and mental health across cultures. This project involves analyzing a vast array of studies to explore the roles of national cultures, WEIRDness (Western, Educated, Industrialized, Rich, and Democratic contexts), and demographics in emotion regulation strategies.

Responsibilities:

- Conducting systematic literature searches to identify relevant studies for inclusion in the meta-analysis.

- Screening and coding studies based on predefined inclusion and exclusion criteria.
- Extracting and organizing data pertaining to emotion regulation strategies and associated mental health outcomes.
- Collaborating with the research team to ensure consistency and accuracy in data coding and analysis.
- Participating in regular meetings to discuss project progress, address challenges, and contribute to the interpretation of findings.

Undergraduate Research Assistant   **June 2022 – May 2023**

Knight Lab, Brandeis University
PI: Raymond A. Knight, Ph.D.
Supervisor: Sonja Krstic, Ph.D.

Project Description: Supported literature review for research on psychopathy and sexual aggression, focusing on developmental antecedents and personality disorders. This role also provided foundational exposure to the Massachusetts Treatment Center (MTC) and National Institute of Justice (NIJ) datasets, which informed later independent research.
Responsibilities:

- Conducted comprehensive literature searches to identify recent studies related to psychopathy and sexual aggression.
- Reviewed and summarized findings from new publications to integrate into existing research frameworks.
- Collaborated with lab members to ensure the inclusion of current and relevant data in ongoing studies.

Undergraduate Summer Research Assistant   **May 2021 – Sept 2021**

Institute of Psychology, Chinese Academy of Sciences
PI: Xuefeng Chen, Ph.D.

Project Description: Contributed to research on poverty-related psychological issues, female parenting behavior, and the relationship between income and happiness.
Responsibilities:

- Conducted comprehensive literature reviews to update and synthesize existing research relevant to the project's focus areas.
- Entered, cleaned, and analyzed data using statistical software such as SPSS and Excel to identify patterns related to socioeconomic factors and psychological outcomes.
- Collaborated with the research team to interpret findings and prepare reports, contributing to the development of manuscripts for publication.

Industrial Experience

Psychology Student Intern   **August 2023 – June 2024**

Boston Children's Hospital, Pediatric Physicians' Organization at Children's (PPOC)
Supervisors: Maria Jesus Arrojo, LMFT, LMHC; Jonas Bromberg, Psy.D.
Project Description: Contributed to the foundational research for the development of an in-house digital platform aimed at enhancing clinician treatment effectiveness, particularly for outpatient pediatric practices.
Responsibilities:

- Conducted a comprehensive analysis of over 80 existing digital mental health tools for youth, synthesizing literature to evaluate their applicability in clinical settings.
- Designed and deployed clinician surveys using SurveyMonkey and Qualtrics to assess platform usage trends and identify access barriers.

- Analyzed survey data to inform the development of strategies for integrating digital tools into pediatric outpatient care.
- Presented findings to PPOC leadership, providing actionable insights that guided the IT department in creating a tailored digital platform to enhance behavioral health integration and clinician-patient engagement.

Extracurricular Activities

Student Club Co-Founder   Dec 2022 – Jan 2024
Muhe Mood Psychology, Brandeis Chapter

- Co-founded and managed a 114-member student organization focused on improving mental health awareness among international students.
- Coordinated campus-wide events, built partnerships with school counselors, and facilitated access to mental health resources.
- Oversaw content strategy and outreach through 100+ social media posts and initiatives, including an anonymous letter exchange campaign.

Teaching Experience

Graduate Course Assistant, Developmental Psychology, Brandeis University   **Fall 2024**
Principal Instructor: Hannah Snyder

Graduate Course Assistant, Statistics, Brandeis University   **Fall 2024**
Principal Instructor: Paul Dizio

Graduate Course Assistant, Intro to Psychology, Brandeis University   **Spring 2025**
Principal Instructor: Ryan Lundell-Creagh

Graduate Course Assistant, Statistics in R, Brandeis University   **Spring 2025**
Principal Instructor: Ryan Lundell-Creagh

Honors and Awards

Merit Scholarship, Brandeis University   **2023-24**
GSAS Grant, Brandeis University   **2023-24**
Cum Laude, Brandeis University   **2023**
Dean's List, Brandeis University   **2021-23**

Skills & Test Scores

Programming Skills: R, R Studio, SPSS, JASP, LaTeX, Python, Colab, Github, Matlab
Additional Skills: Qualtrics, Covidence, Stata, Umbrella, Survey Monkey, REDCap, Zotero
Languages: Mandarin (native), English (bilingual), Spanish (intermediate), Japanese (intermediate)
GRE: 166 Verbal, 165 Quantitative (June, 2021)
TOEFL: 114 (June, 2016)