

ZELAL KILIC
CURRICULUM VITAE
Pittsburgh, PA | +1 (860) 772-9323 | zelalkilic@pitt.edu

EDUCATION

- 2022-Present **University of Pittsburgh**, Pittsburgh, PA
Ph.D. student in Clinical & Developmental Psychology
Advisor: Jennifer Silk, Ph.D.
Secondary Advisor: Sophia Choukas-Bradley, Ph.D.
- 2016-2020 **Connecticut College**, New London, CT
B.A. Psychology and Computer Science, *Magna Cum Laude*, Phi Beta Kappa
Cumulative GPA: 3.91, Psychology GPA: 3.93, Computer Science GPA: 3.92
Honors Thesis: *The Influence of Self-Concept Clarity on Links Between Interpersonal Stress and Emotion Regulation*
- 2018-2019 **Harvard University**, Cambridge, MA
Visiting Undergraduate Student

HONORS, AWARDS, & FELLOWSHIPS

- 2023 Peer-Recognition Poster Award, *Digital Media and Developing Minds International Scientific Congress* (\$250)
- 2022 David and Grace Lazovik Student Research Grant, *University of Pittsburgh* (\$1000)
- 2022-2023 Arts and Sciences Fellowship Award, *University of Pittsburgh* (\$24,552)
- 2020 Psi Chi Award for Contribution to the Field of Psychology, *Connecticut College Chapter*
- 2020 The Rena Rimsky Wing '67 Endowed Fund for Psychology Student Research, *Connecticut College* (\$150)
- 2020 Bernard I. Murstein Award for research in interpersonal relationships, *Connecticut College*
- 2018-2020 Distinction in Computer Science Award, *Connecticut College*
- 2016-2020 Dean's High Honors
- 2019 Summer Research Grant, *Tour Cummings Center for International Studies and Liberal Arts* (\$9000)
 Selected scholar to conduct research on problematic internet use and self-injurious thoughts and behaviors at Harvard University and Stellenbosch University
- 2018 ConnSSHARP Research Grant, *Connecticut College* (\$3000)
 Award to support independent student summer research focused on self-injurious thoughts and behaviors
 Faculty Sponsor: Audrey Zakriski, Ph.D., Michael Armeiy, Ph.D.
- 2018 American Psychological Association Student-Faculty Research Fund, *APA*, (\$1000)
- 2018 Global Scholars Fund, *Walter Commons for Global Study and Engagement*, (\$500)

PUBLICATIONS

- Kilic, Z.,** McKone, K.M., Stout, C., Grad-Freilich, M., Ladouceur, C.D., Choukas-Bradley, S., & Silk, J.S. (2024). Overthinking Over Screens: Girls ruminate more after negative social media interactions with peers compared to in-person interactions. *Affective Science*.
- Silk, J.S., Sequeira, S.L., James, K.M., **Kilic, Z.,** Grad-Freilich, M.E., Choukas-Bradley, S., & Ladouceur, C.D. (2024). The role of neural sensitivity to social evaluation in understanding ‘for whom’ social media use may impact emotional health during adolescence. *Affective Science*.
- Choukas-Bradley, S., **Kilic, Z.,** Stout, C. D., & Roberts, S. R. (2023). Perfect storms and double-edged swords: Recent advances in research on adolescent social media use and mental health. *Advances in Psychiatry and Behavioral Health*, 3, 149-157. <https://doi.org/10.1016/j.ypsc.2023.03.007>
- Flannery, J.S., Maza, M.T., **Kilic, Z.,** Telzer, E.H. (2023). Cascading bidirectional influences of digital media use and mental health in adolescence. *Advances in Child Development and Behavior*. 64, 255-287. <https://doi.org/10.1016/bs.acdb.2022.10.003>
- Lochner, C., Albertella, L., Kidd, M., **Kilic, Z.,** Ioannidis, K., Grant, J.E., Yucel, M., Stein, D.J., Chamberlain, S.R. (2022). The COVID-19 Pandemic and Problematic Usage of the Internet: Findings from a diverse adult sample in South Africa. *Journal of Psychiatric Research*. <https://doi.org/10.1016/j.jpsychires.2022.06.035>
- Nick, E.A., **Kilic, Z.,** Nesi, J., Telzer, E. H., Lindquist, K. A., & Prinstein, M. J. (2022). Adolescent digital stress: Frequencies, correlates, and longitudinal association with depressive symptoms. *Journal of Adolescent Health*. <https://doi.org/10.1016/j.jadohealth.2021.08.025>

MANUSCRIPTS UNDER REVIEW & IN PREPARATION

- Kilic, Z.,** Nick, E.A., Calhoun, C.D., Pollak, O.H., Rudolph, K., Hastings, P., Nock, M.K., & Prinstein, M.J. (submitted for publication). Adolescent girls’ close friendship dynamics as prospective predictors of self-injurious thoughts and behaviors.
- Kilic, Z.,** Maheux, A. J., Nesi, J., Silk, J.S. , Choukas-Bradley, S. (in preparation). Intimate Disclosure in Online-Only Friendships Predicts Depressive Symptoms in Adolescence.

CONFERENCE PRESENTATIONS

- Kilic, Z.,** McKone, K.M., Stout, C., Grad-Freilich, M., Ladouceur, C.D., Choukas-Bradley, S., & Silk, J.S. (2025, July). *Overthinking Over Screens: Girls ruminate more after negative social media interactions with peers compared to in-person interactions*. Poster accepted for the Digital Media and Developing Minds International Scientific Congress, Washington, DC.
- Kilic, Z., McKone, K.M.,** Ladouceur, C.D., & Silk, J.S. (2025, May). *Is Rumination More Maladaptive for Online than In-person Stress? An EMA Investigation*. Poster accepted for the Society for Research in Child Development, Minneapolis, MN.
- Kilic, Z.,** McKone, K.M., Ladouceur, C.D., & Silk, J.S. (2024, November). *Is Rumination More Maladaptive for Online than In-person Stress? An EMA Investigation*. Poster presented at the Association for Behavioral and Cognitive Therapies’ 58th Annual Convention, Philadelphia, PA.
- Kilic, Z.,** McKone, K.M., Stout, C., Grad-Freilich, M., Ladouceur, C.D., Choukas-Bradley, S., & Silk, J.S. (2024, April). *Overthinking Over Screens: Girls ruminate more after negative social media interactions with peers compared to in-person interactions*. Flash talk and poster presented at the Society for Research on Adolescence, Chicago, IL.

- Chopra, D., **Kilic, Z.**, Silk, J.S. (2024, April). *Exploring the Associations Between Peer Social Threat, Parental Social Support, and Online-Only Friendships in Adolescents*. Poster presented at the University of Pittsburgh Department of Psychology Annual Undergraduate Research Poster Session, Pittsburgh, PA, United States.
- Kilic, Z.**, Maheux, A. J. , Nesi, J., Silk, J.S. , Choukas-Bradley, S. (2023, November). *Longitudinal associations between adolescents' online-only friendships and depressive symptoms*. Poster accepted for Association for Behavioral and Cognitive Therapies' 57th Annual Convention, Seattle, WA.
- Kilic, Z.**, Maheux, A. J. , Nesi, J., Silk, J.S. , Choukas-Bradley, S. (2023, September). *Associations between adolescents' online-only friendships, depressive symptoms, and social media experiences*. Flash talk and poster presented at the Digital Media and Developing Minds International Scientific Congress, Washington, DC.
- Kilic, Z.**, Sequeira, S. L., Ladouceur, C. D., & Silk, J. S. (2023, March). *Adolescent girls' attributions of negative social interactions as longitudinal predictors of depression and suicidal ideation*. Poster presented at the Society for Research in Child Development, Salt Lake City, UT.
- Kilic, Z.**, Nick, E., Lindquist, K., Telzer, E., Nesi, J., & Prinstein M. (2021, April). *Adolescents, Digital Stress, and Depressive Symptoms*. Poster presented for presentation at the Society for Research in Child Development, held virtually.
- Kilic, Z.**, & Zakriski, A. (2020, May). *The Influence of Self-Concept Clarity on Links Between Interpersonal Stress and Emotion Regulation*. Poster presented at the Student Research Symposium, New London, CT.
- Kilic, Z.**, & Tarimo, W. (2020, May). *Using Mobile Technologies to Increase Accessibility of Student Counseling Services*. Project presented at the Student Research Symposium, New London, CT.
- Kilic, Z.**, Rodman, A. & McLaughlin, K. (2019, November). *Cognitive control moderates the relationship between maltreatment and anxiety in youth*. Poster presented at the Association for Behavioral and Cognitive Therapies' 53rd Annual Convention, Atlanta, GA.
- Kilic, Z.**, & Lochner, C. (2019, October). *Correlates of Personality Disorders to Binge-Watching and Problematic Internet Use*. Poster presented at the All College Symposium, New London, CT.
- Kilic, Z.**, Hamlett, N., & Zakriski, A. (2018, November). *An experience sampling approach to understanding links between technology use and psychological functioning*. Poster presented at the New England Psychological Association, Worcester, MA.
- Kilic, Z.**, (2017, October). *The Effects of the Overuse of Technology and Socioeconomic Status on Adolescent Mental Health Disorders*. Poster presented at the All College Symposium, New London, CT.

OTHER ACADEMIC LOCAL PUBLICATIONS

- Kilic, Z.**, Omrawo, C., & Lochner, C. (2019). Problematic internet use: an overview. *Mental Health Matters*.
- Kilic, Z.** (2017). Effects of Musical Mood Induction on a Visual Memory Test. *Connecticut College Psychology Journal*.

RESEARCH EXPERIENCE

2022-Present **Graduate Research Assistant**

Families, Emotions, Neuroscience & Development Lab, University of Pittsburgh

PI: Jennifer Silk Ph.D.

Project: *Teen SCREEN Project*

- Research topic: Investigating the effects of online and in-person peer interactions on the development of adolescent depression and self-injurious thoughts and behaviors
- Administer semi-structured clinical diagnostic interviews and suicide assessments
- Lead passive sensing and ecological momentary assessment data collection efforts

Lab Member

Teen and Young Adult Lab, University of Pittsburgh

PI: Sophia Choukas-Bradley Ph.D.

2020-2022

Project Coordinator

Peer Relations Lab and Developmental Social Neuroscience Lab, University of North Carolina at Chapel Hill

PIs: Mitch Prinstein Ph.D., Eva Telzer Ph.D., Casey Calhoun Ph.D.

Project: *Teen Transition Project and Project NeuroTeen*

- Manager of a 5-year longitudinal study of adolescent social, emotional, neural development funded by Dr. Telzer's \$2.8 M R01 NIH research grant and the Adolescent Brain Development and Technology Initiative
- Collected neural and behavioral data from 15-17-year-old participants and their parents, involving daily EEG scans, ecological momentary assessments, social media data, questionnaire measures, blood sampling, and fMRI brain scans

2019-2020

Independent Undergraduate Honors Thesis

Psychology Department, Connecticut College

- Explored the influence of self-concept clarity on in-vivo social stressors in people with higher borderline personality symptoms and lower emotion regulation

2019-2020

Research Assistant

MRC Unit on Risk and Resilience in Mental Disorders, Stellenbosch University

PI: Christine Lochner Ph.D., Dan Stein Ph.D.

- Conducted lit reviews and co-authored manuscripts on the correlates between technology use and various psychopathological outcomes

Summer

2019

Undergraduate Research Assistant

Nock Lab, Harvard University

PI: Matthew Nock Ph.D., Advisor: Shirley Wang M.A.

Project: *A systematic review of self-injurious thoughts and behaviors literature based on NIMH's RDoC grant*

Project: *A longitudinal investigation of dietary restriction, eating-disorder psychopathology, and non-suicidal self-injury among adolescents*

- 2018-2019 **Undergraduate Research Assistant**
Hooley Lab, Harvard University
 PI: Jill Hooley Ph.D., Advisor: Chelsea Boccagno M.A.
Project: *Emotion reactivity and regulation choice in non-suicidal self-injury: Examining the role of social-evaluative threat*
Project: *Instagram, Identity, and Illness: A Longitudinal Study.*
- 2018-2019 **Undergraduate Research Assistant**
Stress and Development Lab, Harvard University
 PI: Katie McLaughlin Ph.D.
Project: *NIH funded intensive longitudinal study investigating stress and psychopathology across adolescents*
- Summer
 2018 **Summer Research Intern**
Butler Hospital— affiliated with Brown University)
 PI: Michael Armey Ph.D.
- 2017-2020 **Undergraduate Research Assistant**
Clinical Psychology Research Group, Connecticut College
 PI: Audrey Zakriski Ph.D.
 - Conducted a pilot EMA project on how different media of technology affect eating disorders and body image
- 2017-2020 **Undergraduate Research Assistant**
Behavioral Mechanisms of Attention Research Group, Connecticut College
 PI: Jeff Moher Ph.D.
 - Utilized EEG, finger-tracking and eye-tracking tools to investigate the mechanisms of attention and distraction

CLINICAL AND PROFESSIONAL EXPERIENCE

- 2022-
 Present **Practicum Student**
Families, Emotions, Neuroscience & Development Lab, University of Pittsburgh
 Supervisors: Jennifer Silk Ph.D., Cecile Ladouceur Ph.D., Lori Scott Ph.D., Caroline Oppenheimer Ph.D.
 - Conducting semi-structured diagnostic interviews, suicide assessments, and safety planning with teenagers and families
- 2022-
 Present **Practicum Student**
Clinical Psychology Center, University of Pittsburgh
 Supervisors: Jill Cyranowski Ph.D., Kathryn Roecklein Ph.D., Andrea Weinstein Ph.D., Barbara Baumann Ph.D.
 Setting: outpatient program
 Modalities: cognitive behavioral therapy (CBT); exposure response prevention (ERP); alternatives for families: cognitive behavioral therapy (AF-CBT); parent management training (PMT); intelligence and academic testing using standardized psychometric examinations

- Summer 2017 **Clinical Intern**
Guzel Gunler Health Services, YDY Education Research Consulting, Istanbul, Turkey
 Supervisor: Yanki Yazgan M.D. Ph.D.
- Worked collaboratively with a multidisciplinary team comprised of psychiatrists, psychologists, primary therapists, dietitians, and nursing staff to mentor children with autism, ADHD and other psychological disorders

TEACHING EXPERIENCE

- 2019-2020 **Psychological Statistics**
 Teaching Assistant, Psychology Department, Connecticut College
- 2017-2020 **Intro to Computer Science**
 Teaching Assistant, Computer Science Department, Connecticut College
- 2017-2020 **Turkish Language Tutor**, Global Learning Lab

SERVICE RECORD

- 2023-2024 Mentor, Hot Metal Bridge Post-Bac Program, University of Pittsburgh
- 2023-2024 Clinical Psychology Program Student Representative, University of Pittsburgh
- 2019-2020 Chapter Journal Editor, *Psi Chi International Honors Society in Psychology*
- April 2018 Student Representative/Discussant, *Camel Days Parents Panel*
- April 2018 Organizer/Moderator, *Annual Psychology Department Conference*, Connecticut College
- 2017-2020 International Student Advisor, Connecticut College

OTHER WORK EXPERIENCE

- Fall 2017 **Business Analyst**, The Water Project, New London, CT
- Reorganized and redesigned for the website for The Water Project with a team of software developers
- 2018-2020 **Translator**, Start Fresh, Connecticut College
- Helped refugees with their language needs in New London area

TECHNICAL AND LANGUAGE SKILLS

Statistical Programs: R, SPSS

Languages: Turkish (Native proficiency), German (Limited working proficiency)

Other Computer Skills: Python, Java, Github, Acqknowledge, QRSTools, FreeSurfer, RedCAP, HTML, Scheme, Psychopy, Qualtrics

PROFESSIONAL AFFILIATIONS

- 2022 – Present Association for Behavioral and Cognitive Therapies Child and Adolescent Depression Special Interest Group
- 2022 – Present American Arab, Middle Eastern, and North African Psychological Association
- 2018-2020 Psi Chi Member & Chapter Journal Editor
- 2018-2020 ActiveMinds Student Member at Connecticut College
- 2019-2020 Women in STEM and Women Student Member in CS at Connecticut College

